

The Water Truth

Introduction



DREAM TREE
TRANSFORMING HEALTH & WEALTH THROUGH INNOVATION

You might be asking yourself, what is the Water Truth? We have designed this to help you discover the answer to that question for yourself. Why not take a few moments to learn what those of us at Dream Tree already know, take a few minutes to discover the Water Truth.

Water is the single most important resource for the human body and is the most essential nutrient involved in every function of the body. You probably already knew this and you have probably also heard that we need to "drink eight glasses of water everyday to remain hydrated and healthy", but did you know that our bodies are approximately 75% water and in order to function properly, we must consume at least half our body weight in ounces, every single day! When we don't consume enough water, we can begin to develop certain illnesses and even accelerate our aging processes.

From the water we drink to the water we bath in, water is necessary to maintain good health. Certainly everyone is already aware of this, but what most people don't realize is that much of the water we are using is not good for us; and in many instances it can even be detrimental to our health.

*Is the **Tap Water** you are drinking safe?*

*Does the amount of **Chlorine** in your water have any impact on the body?*

*Should you be treating your water with **Reverse Osmosis** or **Distillation** or should you be drinking **Bottled Water**?*

*How much water should you drink everyday and is the water you are drinking providing you with the **proper hydration** your body requires?*

*Does it matter if the water we consume is **Acidic** or **Alkaline** and can it have an impact on our health?*

*And finally, is the water you **Shower In** everyday healthy?*



The answers to these questions are at your fingertips, its time to take a few minutes to learn The Water Truth!



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