

Irene's



Health
Tips

• Home

Like many of you, I'm a mom (grandma, too!), so my family's health is uppermost in my mind. Let's talk water-- --and don't forget what was once called "Adam's ale" applies to Eve; water is a basic daily requirement for both sexes.

Sure, everybody knows that, but does everybody know that tooth decay, thinning bones, heart disease, stroke, diabetes, dementia, cancer and obesity are directly linked to whatever beverages of any kind one drinks daily? I got this information from the distinguished syndicated columnist Jane Brody of The New York Times.

Ms. Brody reported recently that a panel of nutrition and health experts sponsored by a Netherlands-based institute published a "Beverage Guidance System" to "...stop drinking their calories when those calories contribute little or nothing to their health and may actually detract from it."

The panel reviewed 146 published reports on the effect of beverages on all those diseases. And guess what popped up at the head of the preferred drink list? **Water!** As Ms. Brody put it, "No calories, no hazards, only benefits."

Now the panel did caution against falling in love with those vitamin-enhanced bottled waters if only that folks might think they're getting all they need from that source. That's why I'm happy with the very special bottled brands offered exclusively on world-wide-waters.com.

Nothing has been added to these purer than pure waters, unless it was by Mother Nature, one of my favorite people. Check the analyses for yourselves; you'll find good health in every ice-cold sip.

Will be chatting again soon.