

Turn To Nature To Meet Daily Fluid Needs

(NAPSA)—What is the most common substance on Earth and is the nutrient your body needs most? If you guessed water, you're right. In fact, up to 75 percent of adult body weight is water (about 10 to 12 gallons). Water is critical in regulating all body organs and temperature, and dissolving solids and moving nutrients throughout the body. Because water is naturally low in sodium, has no fat, cholesterol or caffeine and isn't flushed straight through the body like many other beverages, it's the natural solution to help reach your body's daily fluid quota. Great tasting water is also much less expensive than stocking your cabinet with other beverages—for only pennies a day, you can put clear, refreshing water at your family's fingertips.

How much is best?

How much water should you consume? Most adults need 8 to 12 eight-ounce glasses of water or fluids daily, but needs vary by activity level, health circumstances (including pregnancy) and even by age. For example, a 60-pound child would need a minimum of at least 30 ounces of water a day, or about three to four glasses. A 180-pound man would need about 90 ounces of water a day or about 11 to 12 glasses. People may need more water as they age, since thirst signals may



become dull, activity levels decline and prescription drugs may dehydrate their bodies further. You can visit the hydration calculator on www.culligan.com to estimate how many ounces you and your family members need.

Get serious about your drinking water

Now you know how much water to drink, but what if your water has a strange taste or smell, or you are concerned about the quality of your water? Water quality experts, such as Culligan, offer free water analysis to determine if you have contaminants that are affecting your water. To find a Culligan dealer, consult the Yellow Pages,

call 1-800-CULLIGAN, or visit www.culligan.com. This Web site offers helpful information about water and its uses, and allows you to sign up for a free monthly e-newsletter or order free videos.

If you do decide to improve your water quality, Culligan can offer a variety of drinking water options that will provide you with a continuous supply of great-tasting water. Delivered bottled water makes it easy to offer crystal clear, great tasting water to the whole family, or a professionally installed drinking water system can be conveniently located at your sink and can easily extend to your refrigerator water dispenser and ice cube maker.

Here are some additional tips to help you get serious about water while keeping your hydration habits fresh and tasty at the same time:

- Pour the water into an attractive glass or easy-to-use water bottle.
- Add ice, and a slice of lemon or lime.
- Chill your water.
- Drink moderate-size portions spread over the course of a day, rather than trying to drink it all at one time.
- Make drinking water a habit—drinking water at the same times each day will make it much easier to remember.