

Water or Coke? – You choose.

Water

- 75% of all Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger
- Even MILD dehydration will slow down the metabolism as much as 30%
- One glass of water will shut down midnight hunger pangs for almost 100% of dieters studied in a U-Washington study.
- Lack of water is the n#1 trigger for daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain in up to 80% of sufferers (more accurately drink $\frac{1}{2}$ your body weight in ounces.
- A mere 25 drop in body water can trigger fuzzy short term memory, trouble with basic math, difficulty focusing.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, the risk of breast cancer by 79% and 50% less likely to develop bladder cancer.

Coke

- In many states in the USA, the highway patrol carries two gallons of coke to remove blood from the road after an accident
- You can put a t-bone steak in a bowl of coke and it will be gone in 2 days.
- To clean a toilet- pour a can of coke into the toilet and let the "real thing" sit for an hour, then flush clean. The citric acid in the coke removes stains from the vitreous enamel.
- To remove rust spots from chrome bumpers, rub the bumper with a piece of crumpled up aluminium foil dipped in Coca-Cola.
- To clean corrosion from the car battery terminals: pour a can of Coca-Cola over the terminals to bubble away the corrosion.
- To loose a rusty bolt: apply a cloth soaked in the Coca-Cola to the rusted bolt for several minutes.
- To remove grease from clothes" empty a can of Coke into the regular load of greasy clothes, add detergent and run through a regular cycle.

For your info.....

The active ingredient in coke is Phosphoric acid. Its ph is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from the bones and is a major contributor to the rising increase in osteoporosis.

To carry the Coca-Cola syrup (the concentrate) the commercial truck must use the hazardous material placards reserved for highly corrosive materials.

The distributors of Coca-Cola have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would you like a glass of water or coke?