

## About Water Treatment

Water makes up a portion of almost everything we see and touch. But it can go through a number of changes. Some cause difficulties that we can be very much aware of, while others are undetectable. Other water conditions are so common, many of us have come to accept them and may not realize they can be improved.

## Your Water and You

We can live for weeks without food but only days without water. Water plays a huge role in our everyday lives. We bathe in it, brush our teeth with it, wash our clothes with it and clean our dishes with it. We swim in water and sprinkle our lawns with it. We wash our cars, trucks, vans, bikes and boats with water. We drink it, cook with it, make orange juice with it and mix baby formula with it. Industries use water in manufacturing processes. As a matter of fact, there's a little water in just about everything.

But more importantly, there's water in you. Between 55 and 65 percent of the human body is made up of water! That means if you took all of the water out of a 175-pound man, he would weigh a mere 70 pounds! And the younger you are, the more water your body contains.

Water:

- Regulates body temperature
- Serves as a solvent for minerals, vitamins, amino acids, glucose and other small molecules, aiding their assimilation into the body
- Carries oxygen to all parts of the body
- Lubricates the areas around our joints (especially important for athletes, people with arthritis and those with chronic musculo-skeletal problems)
- Is necessary for chemical reactions in the body
- Acts as a shock absorber inside the eyes and spinal cord
- Removes the waste products of our metabolic processes

Look at how much of our bodies is made up of water!

- Our blood is 83% water.
- Our brain is 75% water.
- Our muscles are 76% water.
- Our liver is 70% water.
- Our kidneys are 82% water.
- Our skin is 70% water.
- Our bones are 22% water.
- Even our fat is 20% water.

Since water is such an important part of our lives, many people are becoming more and more concerned with using only the best for drinking and food preparation.

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Content provided by [Kinetico](#).