

# Water Quality

## THE MOST IMPORTANT NUTRIENT

Water is the most important nutrient in the body and proper hydration is critical for optimal health and vitality. It is essential for transporting nutrients and waste, protecting tissues, and facilitating cellular metabolism and communication. Think you already drink enough water? You may be drinking a large **QUANTITY**, but hydration also depends on water **QUALITY**.

### 1. PURITY

Water can be contaminated with pathogenic microorganisms, heavy metals, pesticides, and endocrine-disrupting chemicals. Finding a pure drinking water source or effective filtration system is important for reducing exposure to these contaminants.

#### TYPES OF WATER

- TAP  
*variable purity / high minerals*
- DISTILLED  
*high purity / no minerals*
- SPRING & MINERAL  
*variable purity / variable minerals*
- REVERSE OSMOSIS  
*high purity / no minerals*
- CARBON FILTRATION  
*variable purity / variable minerals*
- ALKALINE (*high pH*)  
*high purity / high minerals*
- IONIZED (*variable pH*)  
*high purity / high minerals*

*Plastic & aluminum bottles can leach chemicals & metals into the water, so a glass bottle is a great non-toxic option.*



### 2. MINERAL CONTENT

Beyond the contaminants you DO NOT want in your drinking water, there are nutrients that you DO want: major minerals (sodium, potassium, magnesium, calcium) and several trace minerals. Not only do these minerals make the water you drink more hydrating (think of an electrolyte-boosted sports drink) they are essential for proper muscle contraction, nerve signaling, digestion, liver function, and much more. Look for a water source that preserves these natural minerals OR adds them back into purified water.

*look up your local water quality at  
[www.ewg.org/tapwater](http://www.ewg.org/tapwater)*