

Water Versus Coca Coke

We all know that water is important but, I've never seen it written down like this before.

- ✘ 75% of 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 one's metabolism as much as 3%.
- ✘ One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
- ✘ Lack of water, the number1 trigger of daytime fatigue.
- ✘ Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- ✘ A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- ✘ Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should every day?

COKE

No wonder coke tastes so good:

- ✘ In many states (in the USA) the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
- ✘ You can put a T-bone steak in a bowl of coke and it will be gone in two days.
- ✘ To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
- ✘ To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
- ✘ To clean corrosion from car battery terminals. Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
- ✘ To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
- ✘ To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent; run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.
- ✘ The active ingredient in Coke is phosphoric acid. Its Ph is 2.8. It will dissolve a nail in about 4 days.
- ✘ To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for Highly corrosive materials.
- ✘ The distributors of coke have been using it to clean the engines of their trucks for about 20 years.

Still Want To Drink Up?