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## **SEVEN FACTS ABOUT WATER AND SODA**

### **WATER**

- 1) 75% of American's are chronically dehydrated. (This likely applies to half of the world population.)
- 2) Even mild dehydration will slow down one's metabolism as much as 3%
- 3) One glass of water was able to shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington Study.
- 4) Lack of water is the #1 trigger of daytime fatigue.
- 5) Preliminary research indicated that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- 6) 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 a printed page.
- 7) Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

### **SODA**

- 1) In many states, the highway patrol carries two gallons of soda in the trunk to remove blood from the highway after a car accident.
- 2) You can put a T-bone steak in a bowl of soda and it will be gone in two days.
- 3) To clean a toilet: pour a can of soda into the bowl and let it sit for one hour, then flush clean. The citric acid in soda removes stains from china.
- 4) To remove rust spots from chrome car bumpers: rub the bumper with a crumpled piece of aluminum foil dipped in soda.
- 5) To clean corrosion from a car battery terminal: pour a can of soda over the terminals to bubble away the corrosion.
- 6) The active ingredient in soda is phosphoric acid. Its PA is 1.8. It will dissolve a nail in about 4 days.
- 7) To carry the syrup concentrate, the commercial truck must use the "Hazardous Material" placard reserved for highly corrosive materials.