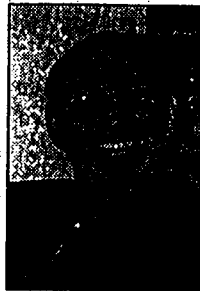


-If you are thirsty -- drink water

The active ingredient in soda is phosphoric acid. It has a pH of 2.8 and it will dissolve a nail in about four days. To carry soda-pop in commercial trucks, they must use the hazardous material placard reserved for highly corrosive materials. Distributors have been using pop to clean the engines of their trucks for about 20 years.

In many states, the highway patrol carries two gallons of soda pop in the trunk of their vehicles to remove blood from the highway after an accident. To clean a toilet, pour a can of pop into the toilet bowl and let it sit for an hour, then brush it clean. To remove rust spots from a chrome bumper, rub the bumper with a crumpled-up piece of alu-



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minum foil dipped in soda. To clean corrosion from a car battery, you can pour you can pour a can of soda over the terminals to bubble away the corrosion. use pop to dissolve rust around a stubborn bolt. Soda pop will also dissolve the calcium in your bones.

If you insist on drinking pop, non-cola types are better than colas and artificially sweetened are better than those containing sugar. Of the artificially sweetened sodas, Diet Rite is the best since it contains Splenda. Another sweetener to watch for is Sunnett -- just beginning its debut in the American market. But if you are really thirsty -- drink water! Here's why:

Chronical dehydration is experienced by 75 percent of Americans -- which likely applies to half the world's population. In 37 percent 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 percent. One glass of water shuts down midnight hunger pangs for almost 100 percent of

the dieters studied in a University of Washington study. Lack of water is the number 1 trigger of daytime fatigue. Preliminary research indicates that eight to ten glasses of water a day could significantly ease back and joint pain for up to 80 percent of sufferers.

A mere 2 percent 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. Drinking five glasses of water daily decreases the risk of colon cancer by 45 percent, plus it can slash the risk of breast cancer by 79 percent, an one is 50 percent less likely to develop bladder cancer.

The best choice for drinking water is a low-molecular weight, bottled type like Penta®. It's a little expensive, but much healthier. Most other bottled waters are ozonated and are good choices. Only when you must drink plain, unfiltered tap water which leaves much to be desired due to chemicals and additives.