

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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A Hairy Bag of Water and Finding Clean Water

"Don't believe the hogwash put out by 'spring' and 'mineral' water companies that distilled water leaches the minerals from your body by osmotic pressure or similar tomfoolery. Any basic college text will reassure you that the human system doesn't work that way. If it did, your cells would be at the mercy of all the varying osmotic gradients created in your gut by every meal you eat. As soon as you drink it, water becomes a soupy mixture with all the contents of your gut. On absorption through the intestinal wall, the mixture immediately blends with your body fluids and becomes part of you. There is no physiological way it can suck minerals out."

"Another bogus argument is that distilled water doesn't provide essential minerals. Neither do 'mineral waters', at least in any useful quantity. We get our minerals mainly from vegetables or from supplements made directly from mineral-rich soils. As world authority on minerals, Dr. Eric Underwood of the University of Western Australia says, 'Plant materials provide the main source of minerals to most members of the human race'. Some may point to studies showing lower rates of heart disease in areas with hard water, that is, water with lots of minerals. They are dead wrong. It is not the water people drink in those areas that prevents heart disease, it is the food they eat that is grown there."

"If you relied on water for your minerals, you would be sadly lacking. It is the growing produce that takes up the water and concentrates its minerals, that provides most of your mineral requirements. The calcium content of a one-cup serving of pumpkin, for example, is about 80 mg if the pumpkin is grown in an area with 60 ppm calcium in the water. The calcium content of most water is less than 10 mg in an eight-ounce glass."



**Michael Colgan
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Dr. Colgan is invited to lecture worldwide to universities, sports, medical and corporate organizations. He has taught thousands of athletes, including many Olympians, throughout the world how to become champions.

Michael Colgan, Ph.D., C.C.N., is a biochemist and physiologist nutritionist who gained recognition through his articles in the bodybuilding magazine *Muscular Development* and also through his books. From 1971 through 1982 Colgan was a senior member of the Science Faculty at the University of Auckland in New Zealand. In 1972 he started the Colgan Institute in Auckland, New Zealand. Dedicated to Nutrition Science, the Colgan Institute has since moved to San Diego and Saltspring Island, British Columbia, Canada.

Excerpted from the books, *Optimum Sports Nutrition: Your Competitive Edge*, ©1993 and *The New Nutrition: Medicine for the Millennium*, ©1995 by Michael Colgan.

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