

# Water or Coca-Cola?

## *WATER*

Many people are dehydrated.

Thirst is often mistaken for hunger.

Even MILD dehydration will slow down one's metabolism as much as 3%.

One glass of water will shut down midnight hunger pangs.

Lack of water, is the number one trigger of daytime fatigue.

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 drink every day?

## *COCA-COLA*

In many American States the highway patrol carries two gallons of Coca-Cola in the trunk to remove blood from the highway after a car accident.

You can put a T-bone steak in a bowl of Coca-Cola 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 rumped-up piece of aluminium 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: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.

To remove grease from clothes: Empty a can of Coca-Cola into your greasy washing, add detergent and then run through a regular washing cycle. The Coca-Cola will loosen the grease stains.

FOR YOUR INFORMATION:

The active ingredient in Coca-Cola is phosphoric acid. It will dissolve a nail in about four days.

Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase of osteoporosis.

Coca-Cola syrup! (the concentrate) is a highly corrosive material.

Coca-Cola has been used to clean engines in cars and trucks.

Now the question is ...  
would you like a glass of water or Coke?