



Jackson Creek Dental Group  
*Smiles for Life*

# WATER OR COKE?

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*This is really an eye opener....Water or Coke? We all know that water is important, but we have never seen it written down like this before:*

## Water:

1. 75% of Americans are chronically **dehydrated**.
2. In 37% of Americans, the thirst mechanism is so weak that it is often **mistaken for hunger**.
3. Even MILD dehydration will **slow down** one's **metabolism** as much as 3%.
4. One glass of water will **shut down midnight hunger pangs** for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water is the #1 trigger of daytime **fatigue**.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease **back and joint pain** for up to 80% of sufferers.
7. 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.
8. 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.
9. If you have **chronic headaches** or migraines, suck down a 20oz bottle of water at the onset! It helps to lessen the pain (if you follow that with food containing sugar or Pedialite it will help even more!).



## And now for the properties of Coke:

1. In many states, the highway patrol carries two gallons of Coke 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 Coke and it will be gone in two days (or just bring us the steak :-).
3. 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 porcelain and china.
4. To remove **rust spots** from chrome car bumpers: Rub the bumper with a rumped-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
5. To **clean corrosion** from car battery terminal: Pour a can of Coca-Cola over the terminal to bubble away the corrosion.
6. To **loosen a rusted bolt**: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for sumptuous brown gravy.
8. To **remove grease** from clothes: Empty a can of Coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains.
9. It will also clean road haze from your windshield.

## For your Info:

1. The active ingredient in Coke is **phosphoric acid**. Its **pH is 2.8**. It will dissolve a nail in about 4 days. **Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis (body will balance the calcium-phosphorus ratio)**.
2. To carry Coca-Cola syrup (the concentrates), the commercial truck must use the **Hazardous Material** place cards reserved for highly corrosive materials.
3. The distributors of Coke have been using it to **clean the engines** of their trucks for about 20 Years!

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

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