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According to the study mentioned here, adults who consumed less fluid had a sodium content in blood serum (serum sodium level) that was at the upper end of the normal range, they had a higher likelihood of developing chronic diseases and showing signs of advanced biological aging than those whose serum sodium level was in the mid-range. In adults who drank less, the risk of dying at a younger age increased by 20%.

Christina Manian, American nutritionist and expert in sustainable food systems, explains it this way: "Simply put: The water we consume throughout the day helps regulate just about all important bodily functions. The benefits of good hydration include optimal digestion and nutrient supply to cells, regulation of body temperature, and improved joint lubrication", says Manian. "Good hydration also helps ensure that all our organs function optimally, particularly the heart, kidneys, and brain - this keeps headaches in check and improves perception, memory, and mood. But that's not all: According to Manian, fluid intake helps our organs carry out natural detoxification processes, that is, the body's process of removing toxic substances.

Lauren Manaker, also a nutritionist, points out that approximately 75 percent of Americans are chronically dehydrated. This becomes even more frequent (and riskier) with advancing age, particularly in adults over 60, since the body stores less water and the feeling of thirst decreases with age.

According to the recommendation of the German Society for Nutrition (DGE), fluid requirements should primarily be met through water and other low-energy drinks. Prof. Ingo Froböse from the German Sport University Cologne recommends the purest, cleanest water. He says "We need water that has high uptake capacity, so it is almost pure, has hardly any minerals, hardly any suspended matter because only then can it guarantee that it can quickly and efficiently assume its transport function. Many doctors and scientists, including Professor of Nutritional Science Dr. Heseker, point out that the body obtains minerals from solid food, not from beverages. Minerals have no place in beverages because inorganic minerals, as they

occur in water, particularly in mineral water, can "petrify" arteries and make them brittle, thereby even accelerating the aging process again.

See also the further links in this channel on this topic: Dr. med. Alois Riedler (Austria): Pure, clean water against common diseases such as high blood pressure, heart and stroke, rheumatism, cancer, and osteoporosis.

Prof. Dr. med. Karl Trincher, Austrian-Russian biophysicist. "When purchasing a high-quality water filter system, attention should therefore not only be paid to the production of the purest, cleanest water, but also to a function that revitalizes the ´non-living´ water at the end of filtration!"

Prof. Dr. Heseker and his scientists from the University of Paderborn: "By far the most important mineral source in human nutrition is solid food!

It's good.
to be truu.