

# Healthy Times

*Benner Chiropractic's Monthly Newsletter*

**Benner Chiropractic**  
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## WATER WATER EVERYWHERE

**Walk into** your local grocery store and you'll see an entire aisle of bottled water. Distilled, Reverse Osmosis, Spring Water: Which do I choose!?!?

We all know that tap water isn't the best option. A survey of municipal water facilities found that 260 contaminants are routinely found in tap water throughout the country. (Source: ewg.org/tapwater/national)

Of these contaminants, 142 are unregulated by the EPA. Why? Because the EPA has no idea what affect they have on the body. Pretty scary.

In addition to these contaminants, tap water contains chlorine, which does kill bacteria in water, but it also kills the good bacteria in your digestive tract.

Thus, filtered or bottled water is obviously a better choice. But how do you decide which one to choose?

An easy option is to buy a filtration system for your house. The best system available is a reverse osmosis system. It removes virtually all contaminants in the water and can be bought at your local home improvement store or online.

If you're going with bottled wa-

ter, stay away from distilled water. This water used to be considered the best of all waters, but it's now been discovered that it's too clean and leaches minerals from the body.

The water inside your body actually contains a small percentage of dissolved minerals, ions, and electrolytes. These substances are used to transport nutrients between cells.

Since distilled water contains zero minerals, this type of water washes away minerals from your body. Plus, once distilled water is exposed to air, its pH drops to about 5.8. As we all know, an alkaline pH is much better for our body.

The second common option is spring or artesian waters. These bottled waters come from a natural source and typically aren't filtered. Most, in fact, are bottled right at the source, before these waters even touch the outside world.

These natural waters are a good option, as they contain natural minerals which are beneficial to the body.

The last option is filtered water. When choosing this type of water, look for one that is filtered using the reverse osmosis filtra-



### Look for Spring or Reverse Osmosis Waters

tion method. This is by far the best filtration method available. It removes virtually 100% of contaminants from water.

Since reverse osmosis is low on mineral content, it can be beneficial to add a few drops of trace minerals or lemon juice to your water. This provides the electrolytes and minerals your body requires for optimum health.

In conclusion, spring water and reverse osmosis water are two great options. The important thing is to drink plenty of clean water. So drink up to your health! Your body will thank you.

### Coming to Phoenix!

**B.E.S.T. Life Intensive**  
Sept 7 & 8, 2007

I'm very excited to announce that **B.E.S.T. Life Intensive** (BLI) is coming to Phoenix.

BLI is a two day training program that teaches the core principles of the B.E.S.T. way of life.

Learn the **BEST Release Technique**, take the **Passion Test**, and learn more about alkalinity.

I have been to this seminar and highly recommend it!

Normally a \$1,295 seminar, I have obtained **free tickets** for you, your family and friends. Call the office for more details.

Hope to see you there.

-Dr. Benner

### Discover B.E.S.T.

The B.E.S.T. method of chiropractic is more than treating symptoms, it's about treating causes. Did you know there's a difference? To find out more, visit us on the web:

**bennerchiropractic.com**

### About Benner Chiropractic

Benner Chiropractic was established in 1986. Dr. Benner is a graduate of Parker College of Chiropractic and is a master-level practitioner of the Bio Energetic Synchronization Technique "BEST". Our objective is to assist our patients in identifying and neutralizing the cause of their health concern. Our goal is to help patients be in control of their nervous system. Benner Chiropractic is a wellness center committed to a drugless non-surgical approach to health.

**(602) 870-3353**

### Monthly Supplement Special

### Super Digest

Indigestion? Acid Reflux? Give Super Digest a try. It contains 5 digestive enzymes, including enzymes that specifically help digest dairy and vegetables. Want to know more? Ask Dr. Benner on your next visit.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Super Digest.....On Sale For Just \$15.00**

*Sales Tax Not Included. This offer expires August 31, 2007*