

Is Water, "Just Water"?



The Natural Choice

Recently I overheard some-one say, "water is just water...all water is good for you."

ESSENCE if you are consuming the recommended eight glasses of water a day you are making the healthier choice and are on the right track. All fizzy and sugary drinks are discouraged by dieticians, as they don't count as fluid.

Our bodies are dependent on food, herbs and vitamins to function efficiently, but these are wasted unless minerals are present in the body. There is a harmony between vitamins and minerals, both are necessary. People who are proactive and choose a healthier lifestyle, know that their bodies are made up of 80% water and replenishing with quality water is essential for good health and well-being. Usually waiting until you are thirsty is already a sign you are dehydrated.

Montville Mist Springwater is rich in natural minerals and regular analysis reveals each drop has nutrients that contribute to the recommended daily vitamin & mineral intake. Are you drinking enough water? Calcium is important for the formation of strong bones and healthy teeth, sodium aids digestion, magnesium generates energy & ensures the heart is healthy & beats regularly, potassium normalises nerve function & heartbeat and maintains cell integrity, bicarbonate helps the liver, kidney & urinary function and also helps to prevent dehydration.

Montville Mist Springwater has a pH of 7.75, meaning it has alkaline effects when consumed within the body. Alkaline neutralises acid and by drinking alkaline water it helps our body to dissolve acid wastes and dispose of them. pH is measured on a scale of 0 to 14. Any measurement below 7 is considered acidic. Maintaining an

acid-alkaline balance is one of the most essential elements to optimal health.

If you plan to drink tap or rainwater, it's important to properly filter it because of pollution, particles in the air and it could be contaminated with high levels of chemicals and micro-bacteria. The biggest misconception is filters remove all chlorine and fluoride and chemicals from drinking water. Compared to buying and replacing high grade filters, why wouldn't you drink quality springwater, packed full of natural minerals and trace elements as well as being, fluoride & chemical free?

Montville Mist Springwater rises naturally to the surface and is bottled at the source, delivered free to your home or business, Gympie to Brisbane. It's 9 years since Peter began and he says, "We are still very passionate about our product and offering a healthier alternative at affordable prices so everyone can enjoy the benefits of drinking quality springwater". Living in such a unique, beautiful and pristine part of the Sunshine Coast is the perfect environment to capture one of the purest spring waters on the market.

Peter says "delivering a product that is actually good for people provides such a positive energy".

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(A range of dispensers, refrigerated coolers & personal drink bottles avail)
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