



## **WATER FOR HEALTH**

Although a person can live without food for more than a month, a person can only live 5-7 days without water.

About 2/3 of the human body is water. Some parts contain more. Your skin is 70% water.

A person should consume 2 ½ quarts or 8-10 glasses of water per day to maintain health.

A reduction of 4-5% in body water will result in a decline of 20-30% in work performance.

You can refill an 8 ounce glass of water approx. 15,000 times for the same cost as a 6-pack of soda.

Hippocrates, known as the father of medicine, directed people in Greece to boil and strain water before drinking it.

It takes 2 gallons to brush your teeth, 2-7 gallons to flush a toilet, and 25 gallons to take a shower.



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## **FUN WATER FACTS**

[www.awwa.org](http://www.awwa.org)

75% of the earth is covered with water.

97% of the earth's water is in the oceans. Only 1% is available for drinking. Two percent is currently frozen.

Typically, households consume approx. 30% of their water for outdoor use. Inside the house, toilets use the most water with an average of 27 gallons per day. Total water use is 101 gallons per capita per day.

If every household in America had a faucet that dripped once each second, 928 million gallons of water a day would leak away.

## **NOT-SO-FUN WATER FACTS**

[www.worldwatch.org](http://www.worldwatch.org)

1/6 of the world's population does not have access to safe drinking water.

10 billion dollars could provide clean drinking water for all people in the world. Ice cream sales in Europe are 11 billion.

Water related diseases are responsible for up to 80% of all illnesses and deaths in the developing world.



*For I will pour water upon him that is thirsty, and floods upon the dry ground; I will pour my Spirit upon thy seed, and my blessing upon thine off-spring.*

*Isaiah 44:3*

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