



## **Bibles & Bows**

**March 18 – 5:30**

**Everything provided!**

## The Quality of Water and Hydration

Generally speaking, you should aim to drink water out of stainless steel or glass containers. There is a lot of debate about the safety of drinking water from plastic bottles, especially if they have been sitting in your hot car in the sun. DO NOT buy water sitting outside in pallets out in front of stores. I am told that H Tea O has an excellent water filtration system on the outside of their building.

Examples of what water is, in the world of water enhancers and ready to drink items:

Water Enhancers:

*LMNT (stevia)*

*Hydrate from NutriDyn (stevia)*

*Stur (stevia)*

*Electrolyte Forte from Biotics Research (monk fruit)*

*Buoy Hydration Drops (no sweetener)*

Ready to Drink sparkling water:

*Hint*

*Ozarka Sparkling*

*La Croix*

*Waterloo*

*Bubly*

From naturally occurring bubbly sources:

Perrier

San Pellegrino

Topo Chico

I just saw an article this morning talking about making sure to rinse your mouth after you consume carbonated beverages due to some contain carbonic acid, which can deteriorate the enamel of your teeth.

Examples of what water IS NOT:

Possible (sugar and monk fruit)

Liquid IV (sugar)

Cirkul (sucralose)

Sparkling ICE (sucralose)

Vitamin Water (erythritol)

Bai (sugar and caffeine)

Signature Select and other store brands (sucralose) – see infographic below

Dole Water Enhancer (maltodextrin) Maltodextrin has a higher glycemic index (GI) than table sugar. This means that maltodextrin can cause a sharp increase, or spike, in people's blood sugar shortly after they eat foods that contain it.

**WATER IS THE MOST IMPORTANT RESOURCE IN THE WORLD**

**Water regulates the Earth's temperature.**

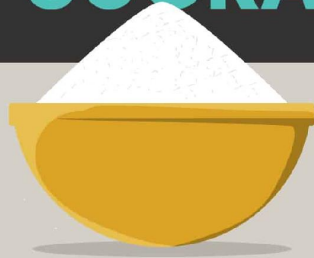
**There is the same amount of water on Earth as there was when the Earth was formed.**

1. The human brain is 40%-50% 70%-75% 82%-88% water.
2. Water makes up about 66 77 88 percent of the human body.
3. A average bath uses up to 40 55 70 gallons of water; a 5-minute shower uses 10-25 gallons.
4. The average total home water use for each person in the U.S. is about 30 40 50 gallons/day.
5. How much does one gallon of water weigh? 7.25pounds 8.34 pounds 9.25 pounds
6. How much of the earth's water is suitable for drinking water? 1% 10% 25%
7. The amount of Water a dairy cow must drink to produce one gallon of milk? \_\_\_\_\_ gallons
8. The amount of Water used during the growing/production of a chicken? \_\_\_\_\_ gallons
9. The amount of Water used during the production of an egg? \_\_\_\_\_ gal
10. Total amount of water used to manufacture one basic new car, (+new tires)? \_\_\_\_\_ gal

\*US Environmental Protection Agency

1. 70%-75%
2. 66 %
3. 70 gallons
4. 50 gallons/day
5. 8.34 pounds
6. 1%
7. 4 gallons
8. 400 gallons
9. 120 gallons
10. 39,090

# What Is SUCRALOSE?



Sucralose is one of the top artificial sweeteners that's used globally in reduced-calorie and diet foods and beverages

## HISTORY



Found through the development of a new insecticide compound and was never meant to be consumed

Later introduced as a "natural sugar substitute" without disclosing it's toxic



Most used artificial sweetener in the world

### 1998

The FDA approved sucralose for use in 15 food and beverage categories

### 1999

FDA expanded approval for use as a general-purpose sweetener in all categories of foods and beverages

**Splenda** is the most common sucralose product



## SIDE EFFECTS

**May Cause Diabetes**

Research found daily consumption of diet soda (with sucralose) was associated with a 36% greater risk of metabolic syndrome and a 67% greater risk of type 2 diabetes

**Increases Risk of IBS and Crohn's Disease**

Over a 20-year period, Splenda consumption was associated with a 643% in IBS cases

A recent study found that artificial sweetener use doubles the risk for Crohn's disease

**Linked to Leaky Gut**

Body can't digest sucralose, thus it damages the GI tract

**May Generate Toxic (and Carcinogenic) Compounds When Heated**

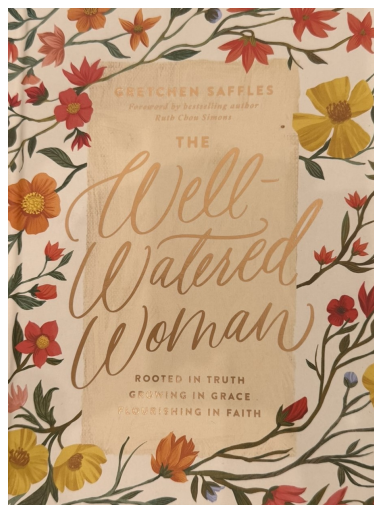
Cooking at high temperatures with sucralose can generate dangerous, potentially toxic compounds

**Associated with Weight Gain**

Studies in humans and animals both suggest an association between using artificial sweeteners and body weight gain

**Dr. Axe**

The night started off with a wonderful meal catered by Angela's Craft Meals and Catering. Then it continued with Becky saying a few words and then Karen Steed-Meason gave a presentation on The Quality of Water and Hydration.



Suggested book:

**Well-Watered Women**  
by  
Gretchen Saffles

Rooted in Truth  
Growing in Grace  
Flourishing in Faith