

Water Filtration

Living Alkaline Water for a Healthy Body

Our daycare water is filtered through a filtration system that is called reverse osmosis.

Healthy eating begins with proper hydration

The human body is composed of about 70% water, which is the same percentage of water on our planet. Water is the most important nutrient we need. It is often one which is replaced by milk and commercial juices and therefore water is often overlooked.

All processes of life such as cleansing the body, regeneration of cells, tissue healing and rejuvenation of our planet is done by water. A dehydrated body can cause headaches, intestinal cramps, constipation, and dry skin, thicken our fluids (blood and lymph) and creates a general imbalance in the body..



Water is essential and is responsible for the following:

- Water keeps our fluids such as our blood and lymph thin and fluid.
- Water cleans the body tissues by collecting metabolic/cellular waste.
- Water helps nourish our cells by transporting minerals and vitamins through the blood.
- Water helps to detoxify acidity and toxicity accumulated in our tissues.
- Water keeps our joints, eyes, mouth, and body tissues well lubricated
- Water helps the body's circulatory system function optimally; especially so when nourishing the brain by pushing and flowing upward against gravity.
- Water is essential for biochemical and enzyme reactions occurring in our body every second.
- Water helps the body and mind stimulate and maintain its energy.
- Water helps the kidneys filter and cleanse the body.

Yet many of us are dehydrated without even knowing it, for all beverages and even all waters do not have the same hydrating and alkalizing power at the cellular level.

