

The Importance of Water

Quality home water filtration is one of the best investments we can make in our health.

There is a surprising connection between the quality of our water and healthful longevity. There are many health benefits of increasing the amount and quality of the water we drink. **All over the world and throughout time, wherever you find the healthiest, most contaminant-free water, you find the healthiest, most vibrant civilizations.**

Once we understand that the body is more than 70% water and that water controls virtually every aspect of our health, we can begin to understand its true importance. Not just the water we drink, but the water that we shower in... cook with... prepare juices, teas and coffee with... affects our health significantly. Water is the foundation of the body, and, like any structure, if the foundation is of poor quality, strength and longevity will not be achieved.

Want to learn more about the body's essential need for healthy water?

Visit [Water, the Foundation to Good Health](#)

Visit [Prevention and Healing With Water](#)

Learn why water quality is so important to a child's development.

Visit [Pure Water Is Critical to a Child's Development](#)