

H2O International



27 Kingfisher Park, Nobel Street, The Interchange
Somerset West
South Africa

Phone: +27(21) 8012493

Our wide range of over 450 products is designed to bring the highest quality, purified water to your home or your business. For more information about our products which include water purifiers, water coolers and dispensers, water filters, boilers, coffee and ice machines, whole house water purification systems, and how we can assist you, contact us today.

Types of Mineral Water

Present in mineral and tap water; magnesium is essential for regular blood pressure, levels of blood glucose and nerve function. Read more about the potential benefits of drinking mineral water and how to increase your magnesium intake the environmentally-friendly way: [Make the Right Choice](#)

Make the Right Choice

Make the right choice for your business. Our wide range of water purifiers, coolers and water dispensers offer you a convenient, cost-effective way to ensure your office or business is constantly supplied with great tasting, safe water at a fraction of the cost of bottled water. Have a look at our products for the office: [Services](#) [Sales](#) [Installations](#) [Servicing](#) [Water analysis](#) [Deliveries](#)

The Problem With Tap Water

Our Municipalities do a great job treating our water so that we do not suffer from water born diseases. Our water is therefore 'safe' to drink. However chemicals like chlorine and aluminum sulphate are left in the water after treating it. Very necessary in the treatment process but

harmful in the long term. There is also the risk of leakage into the already treated water in the system. Municipalities also don't remove pesticides and herbicides and other industrial pollutants. The following are various newspaper articles highlighting the reason why tap water is a problem in our daily lives.

Resulting Health Risks

The Following Are Extracts From Various Sources Highlighting The Various Health Risks You Could Endure From Drinking Normal Tap Water:

Water Warnings "According to the U.S. Council of Environmental Quality, 'Cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine.'" "Breast cancer. 56 Has recently been linked to the accumulation of chlorine compounds in the breast tissue." "Most lead in drinking water comes from lead lined pipes, lead solder and brass plumbing fixtures inside your home." **Consumer Reports** "The ideal amount of lead in the human body is nil... Even tiny doses of lead can have adverse health consequences for infants and children." **Why You Should Drink Water** Many tests have proven that keeping yourself well hydrated is a very healthy approach to life. The challenge is that few of us are in the habit of drinking water. It contains treatment chemicals and simply doesn't taste nice. These chemicals, amongst others have been linked to various medical conditions. Drinking water has therefore been known to assist in preventing or diminishing the following:

The Following Are Extracts From Various Sources Highlighting The Various Reasons For Drinking Water:

"Obesity, asthma, allergies, diabetes, dyspepsia, colitis, heart problems, rheumatoid arthritis, backache, headaches, stress, depression, high blood pressure and high cholesterol. These benefits of drinking chlorine-free water are explained in detail in "Your Body's Many Cries for water" by F Batmanghelidj, M.D. "...your brain is made up of 75% water? That's why the quantity and quality of water you drink affects how you think and feel." "Without sufficient water the skin cells become flat, dull and dehydrated." "Water is so important because every cell of the body requires water in its essential structure and function." "...water...reduces tiredness and stress and gives you incredible stamina and vitality." **Water Warning** "Arthritis pain and stiffness...result of increased friction and swelling in the bone joints. Water is what our body uses to lubricate these joints." **The Benefits to You?** **How Can H2O Purified**

Water Change Your Life? You Can Control The Quality Of Your Life By Controlling The Quality Of Your Water. Drinking H₂O Purified Water Has Many Benefits: With cool, crisp, purified water from H₂O, it will be easy to drink the recommended 2 litres of water per day! Unwanted chemicals and metals like chlorine, lead and aluminium sulphate, pesticides, herbicides, industrial pollutants and impure leakages into the system are removed from the water. This will substantially reduce your risk of conditions and illnesses linked to dehydration and those chemicals. It is about 20 times cheaper than buying bottled water. (It comes out at about 4c per litre if you purify your tap water.) It is MUCH more environmentally friendly to purify tap water as you are using already established water systems, the municipality, and not adding tons of plastic bottles to our landfill waste sites. This has got to be the best news you have heard this year! Great health begins with purified water from H₂O! Taste the Difference! H₂O's Advice on Tap Water Safety? There have been several recent press releases that have pointed out cases of Typhoid in municipally treated water, mainly resulting from problems in the Delmas area. In the Western Cape there was a problem with the levels of aluminium sulphate. This does not mean that all municipal water in SA has bacteria or metals in it. In fact the only real problems tend to occur in the smaller outlying municipalities. It is irresponsible and not in the public's interest to try to create panic in order to capitalize on these isolated events as some water treatment companies are trying to do.

How Much Water Is Needed Daily? Water is an important structural component of skin cartilage, tissues and organs. For human beings, every part of the body is dependent on water. Our body comprises about 75% water: the brain has 85%, blood is 90%, muscles are 75%, kidney is 82% and bones are 22% water. The functions of our glands and organs will eventually deteriorate if they are not nourished with good, clean water. The average adult loses about 2.5 litres water daily through perspiration, breathing and elimination. Symptoms of the body's deterioration begins to appear when the body loses 5% of its total water volume. In a healthy adult, this is seen as fatigue and general discomfort, whereas for an infant, it can be dehydrating. In an elderly person, a 5% water loss causes the body chemistry to become abnormal, especially if the percentage of electrolytes is overbalanced with sodium. One can usually see

symptoms of aging, such as wrinkles, lethargy and even disorientation. Continuous water loss over time will speed up aging as well as increase risks of diseases. If your body is not sufficiently hydrated, the cells will draw water from your bloodstream, which will make your heart work harder. At the same time, the kidneys cannot purify blood effectively. When this happens, some of the kidney's workload is passed on to the liver and other organs, which may cause them to be severely stressed. Additionally, you may develop a number of minor health conditions such as constipation, dry and itchy skin, acne, nosebleeds, urinary tract infection, coughs, sneezing, sinus pressure, and headaches. So, how much water is enough for you? The minimum amount of water you need depends on your body weight. A more accurate calculation, is to drink an ounce of water for every two pounds of body weight.

The Innovative H2O Solution? Point Of Use Water Purification That Will Remove Unwanted Chemicals & Metals. Why Is Water Chlorinated In The First Place? Municipal water is well treated and certainly safe from the real nasties like cholera, typhoid and other frightening water borne illnesses. Water is treated with chlorine, aluminium sulphate and fluoride. There are good reasons for this, the most important one being to make the water safe to drink and keep it safe all the way from the municipal reservoirs to your home or office. "It is the same as buying bread that is packaged in plastic," says Tony Marchesini of H2O International S.A., "the plastic keeps the bread fresh all the way from the bakery to the supermarket to your home." When you are at home, you remove the plastic and eat the bread, you certainly don't eat the plastic bag. This approach should be applied to water as well. The chlorine in our water is like the plastic, it keeps it safe to drink, but you should remove the chlorine by purifying the water as the last step before drinking it."

[Visit Website](#)

[Send Message](#)

[Email Friend](#)

