

Make your own Water

My philosophy on life is all about balance. I think it stems from my early years in the YMCA youth leadership program that instilled in me the MIND—BODY—SPIRIT, concept that has stayed with me all my life. I am forever wrestling with balance and that was what sent me on a quest to make my own water!

I have a thing about 3's, the YMCA triangle, the trinity, three kids, hmmm – definitely a theme in my life, so no surprise when I looked at getting back to basics with my family. I took a look at the big 3 in “the BODY category”: FOOD (including supplements), EXERCISE, and WATER – all essentials to a healthy body.

I had a handle on food, I could make my own food, some ingredients from the garden, and many excellent options of fresh, organic fruits and vegetables in my local markets and grocery stores. I was teaching my family about nutrition and making progress, even with my teenager, and husband!

EXERCISE options were abundant in our family, soccer, swimming, rugby, cycling, skiing, running, occasional triathlons and long walks with the dog. We regularly made our own goals, achieved some, broke others, had fun and laughed a lot at our sometime crazy attempts to stay fit.

WHAT ABOUT WATER? I knew that water was essential to healthy living. You can survive without food for 40 days but you can only last 72 hours without water. No wonder, our body is 75% water and our brain is 85% water. Did you know that mild dehydration slows your metabolism by as much as 3%. Here I am making sure my kids eat well but to thrive, to do well in school and sports, they need to be well hydrated.

Tap water is readily available but what about the chlorine? And the chlorine by-products like THM's. Take a look at the studies and decide for yourself but I want better for my kids!

Bottled water is not an option for our family, for one it is VERY expensive. To give my family of 5 two litres of bottled water per day – I could spend over \$3,500 a year buying water. AND what about the environment. Did you know that every year over 28,000,000,000 plastic bottles are used and over 86% end up as garbage – 1,500 water bottles end up as garbage EVERY SECOND! Our family will not contribute to the growing plastic slick in the Pacific Ocean – go on Google earth and take a look at the mess we are making of our planet.



I wanted to take control of my families drinking water, make sure it was healthy water, cost effective and eco-friendly (that 3 thing again). I had tried to make my own wine a few years back – why not try to make our own water. Make your own water –am I crazy?! Actually there were a number of great options to choose from. Distilled water was an option, but while the water is pure it was also empty and I wanted healthy mineralized water for my family. I also looked at reverse osmosis but the waste water didn't make that very eco-friendly. I then looked at gravity systems and found a system that I love - the Santevia™ Water System.

Our family now makes clean, mineralized and alkaline water (that 3 thing again) using our tap water. We make our own water – it's fun, and easy. All the kids, including our 11year old get involved. We use the abundant water resource that's at our finger tips and enhance it ending up with a nutritious water that I feel comfortable putting on the table to serve my family. We drink way more water because we love the taste – even the dog! I want my family to thrive, not just survive, so, we make our own water.

Yvonne Anderson, BA, MA is a kinesiologist, an entrepreneur, and a mom who knew that water was a critical part of her family's health and they weren't drinking enough water. BUT she was suspicious of tap water, concerned about the cost of bottled water AND the environmental impact. In her quest to find a nutritional, cost effective and eco-friendly water, she combined her science background and motherly concern to solve her families need for exceptional water.