



# Wellness & the Wizard

Thoughts, Tips, and Solutions to Manage Your Health and Lifestyle

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## Wellness

### Water:

#### Our Most Essential Nutrient

Do you remember when the beverage aisle of the supermarket contained a few brands of drinking water, some distilled for the iron (in those days we did iron, occasionally) and car batteries, together with some old favorites like Arrowhead and Sparkletts.



Today, bottled water is the largest growing segment of the beverage market and by far the most profitable. The supermarket shelves are overflowing (excuse the pun!) with H<sub>2</sub>O options.

Our choices include: spring, mineral, distilled, purified, carbonated, oxygenated, vitamin-enriched, caffeinated, as well as, flavored water, such as strawberry or lemon, with specific brands aimed at children. We have water for athletes and infants; glacier water, desalinized, filtered, and water that has been blessed. Some fine hotels even offer guests the services of a "water sommelier" to help the guests decide which water to drink, with each dinner course. We have become aqua snobs!

When we are born, our bodies are 90% water, or more. As we age, there is a gradual decline in that percentage. Our body's basic functions require the proper amount of water. Circulation, digestion, elimination and excretion would stop without imbibing enough of this essential liquid.

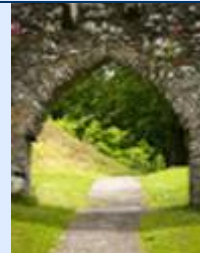
80% of Americans show signs of consistent dehydration. This can significantly affect our mental capacity, especially as relates to memory and math-related functions. If we drink coffee, which is a diuretic, we should increase our water intake. When you are served coffee in Europe, a glass of water accompanies your cup.



People who drink bottled water feel that they are healthier than those who do not. Californians are the largest consumers of bottled water in the U.S. In this country, we spend billions of dollars annually for our bottled water. Unfortunately, it may not be as safe as you may think. While many water bottles depict flowing rivers or scenic mountain vistas, you have to read the label very carefully to ascertain whether the contents came from a faucet or a spring. If the label doesn't specify spring water or mineral water, it isn't.

Many bottled-water brands sold in supermarkets, are what the FDA calls purified water. It's municipal-source water that's been purified. In other words - tap water. Chemicals from the poor quality plastic bottles can leach into the water, especially after a long storage time, or exposure to heat in garages and automobiles.

## From the Wizard



### An Irish Toast:

- Count your blessings instead of your crosses;
- Count your gains instead of your losses.
- Count your joys instead of your woes;
- Count your friends instead of your foes.
- Count your smiles instead of your tears;
- Count your courage instead of your fears.
- Count your full years instead of your lean;
- Count your kind deeds instead of your mean.
- Count your health instead of your wealth;
- Love your neighbor as much as yourself.



## Kitchen & Cooking Tips



Never put your chef's knives in the dishwasher, as it makes

Our municipal water source contains chlorine and numerous other pollutants from agriculture, industry, urban sprawl, sewage, and waste treatment plants. Scientists estimate that each year up to 7 million Americans become sick from contaminated tap water, which can also be lethal. In test samples from 1999-2003, San Diego's municipal water (tap) showed 27 contaminants from these sources. When you take a hot shower, or bath you are absorbing chlorine gas through your lungs, skin and hair.

Personal or home water filtration systems seem to be the best and most sensible option. However, reverse osmosis systems and distilled water create an acid environment and the body consistently makes an effort to maintain an alkaline PH. Alkaline water has the ability to quickly penetrate deeply into your cells and tissues and remove any lodged toxins. Look for very effective water filtration systems that add essential minerals, like calcium, to the water. If you prefer that method, be scrupulous about checking your fridge filters monthly. Use purified water for ice cubes, your plants and pets. If you make coffee, tea, soups, use the best available water to enhance the taste.

#### Sources and references:

<http://www.nrdc.org/water/drinking/default.asp>

[waterwarning.com](http://waterwarning.com)

<http://miraculewater.net>

[emagazine.com](http://emagazine.com)

*USA Today*

*The San Francisco Chronicle, January 19, 2007*



#### PiMag™ Deluxe Water System

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them dull.

Use authentic maple syrup or blue agave as a healthy alternative sweetener.

To prevent dough from sticking to the rolling pin, put the rolling pin in the freezer for 15 minutes, prior to using.

When straining cooked vegetables, retain the same water to cook the pasta or rice, for a better flavor.

Panko Bread Crumbs, make for a crunchier crust for fish, chicken.

When the season allows, use herb or vegetable flowers for garnish.

To stop your chicken and fish from being over-cooked; first sear in an oven-proof sauté pan and finish cooking in a medium temperature oven.

Put a damp kitchen towel under the cutting board, to stop it from slipping.

Use Sea Salt or Kosher Salt instead of table salt, for an improved flavor and a healthier choice.

To prevent slippage of a dipping bowl, on a platter, use a bit of crumpled plastic wrap under the bowl.

If you roast or sauté vegetables and they become over-cooked, just purée and serve as a soup.

When cooking, it is important to have all your ingredients prepared (cleaned, sliced, diced) and laid out in advance. The French call this *mise en place* and it is a critical organizational step for a chef.

If your plastic cutting boards don't fit into your dishwasher, wash them with very hot water and dishwashing soap and stand them up to dry.

You can make your own vegetable oil spray by using equal parts liquid lecithin and vegetable or olive oil, store in pump spray bottle.

When instant oatmeal becomes too milky, add some crumbled graham crackers.

When making a sauce and a fat layer covers the top, place in the fridge or freezer to harden, to remove easily.

When boiling eggs, use brown ones, as the shell is harder and they are less likely to crack.

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