

# INFLOW

by USF WaterGroup

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## Proper Water Hydration Equals Healthy Lives

Water, the most common substance on Earth, is an essential element in maintaining good health. Between 55 and 75 percent of the human body is made up of water. Needless to say, water plays a crucial role in every bodily function and is found in every living cell. Thus, it's clear that water has an important role in maintaining a healthy lifestyle.

Oddly enough, people don't realize the necessity of proper hydration. Water regulates all of the body's organs and temperature as well as dissolves solids and moves nutrients throughout the body. Drinking sufficient water each day helps regulate the kidneys and improves the efficiency of the cardiovascular system. Other water benefits include the following:

- Helps fight common colds,
- Minimizes chronic pains and acts as a lubricant for joints,
- Flushes away impurities,
- Keeps people mentally alert,
- Aids digestion,
- Helps control body weight, and
- Acts as an appetite suppressant and is instrumental in breaking down and reducing fat deposits.

Unfortunately, instead of drinking water, a substance that the body needs, many people instead drink alcoholic and caffeinated beverages that can actually dehydrate the body. There are also many other ways in which the body becomes dehydrated. Just breathing loses a pint of water a day. A quart of water is lost due to perspiration after an hour of exercising while about 1.5 quarts a



day is lost from urination. Moderate dehydration often causes lightheadedness, dizziness and headaches. When dehydrated the heart muscle must work harder and the kidneys and other organs operate inefficiently. More severe dehydration may result in a raised core body temperature, weakness, decreased muscle strength and endurance.

By now we've all heard that we should drink 8 to 10 – 8 ounce glasses of water a day to maintain a healthy level of hydration. The amount you actually need to drink depends on your body size, activity level and the air temperature. In order to determine your ideal water intake, experts, including those at the Mayo Clinic, suggest drinking one-half ounce of water for each pound of body weight. Of course, you should drink more if you are physically active, or if you live in an extremely hot or a cold climate. Proper hydration is even more important for people who smoke, expectant and nursing mothers, infants, school-age children, and seniors.

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## Inside INFLOW ...

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# Dealer Profile: Brian McCuaig Plumbing Ltd. Lancaster, Ontario

Brian McCuaig Plumbing Ltd. is situated on the banks of the Saint Lawrence River in the heart of South Glengarry. This prime location along the 401 highway provided owner, Brian McCuaig and his staff, the opportunity to install many of the different kinds of water conditioning equipment available for residential and light commercial applications. From farms with six hundred heads of cattle, to the Ontario Travel Information Center, to the new house that needs a softener, Brian and his staff are up to the task.

McCuaig Plumbing has been owned and operated by Brian since January 1979. After working in the plumbing trade for six years for another contractor, he decided to start his own business. Over the past 22 years the business has grown and additional employees were hired. Currently, McCuaig has four full time employees and two part-time employees.

Since its inception, McCuaig Plumbing has been dealing with Best Mar Plumbing Wholesaler, as well as, USF WaterGroup. Both of these business relationships have been beneficial for

McCuaig.

As a Duro Key Dealer, Brian has derived many benefits. He believes in keeping up to date on the latest equipment available in the marketplace. Hence, the extensive product training available through the Key Dealer Program allows Brian and his staff to stay



*Owner and staff: Brian McCuaig Plumbing Ltd.*

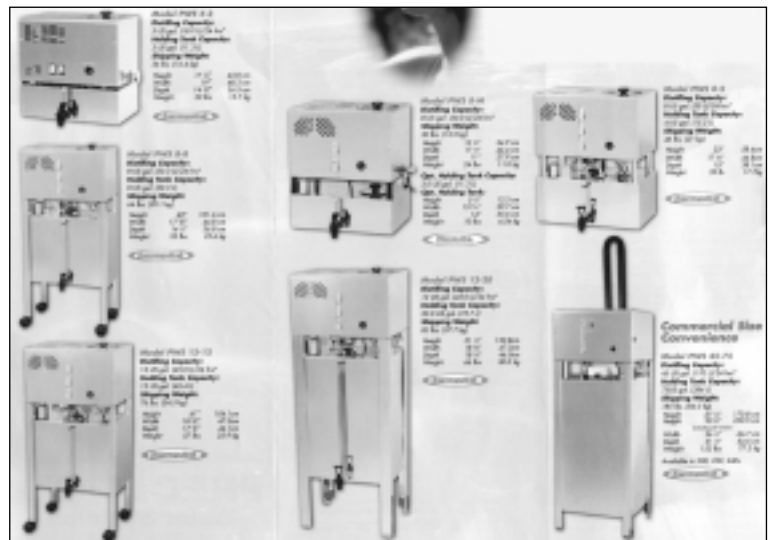
on top of the latest products and technologies. Similarly, Brian has now become a point of contact for other plumbers who come to him for parts and advice. They know he will have the items they need, as well as, solutions to their problems.

## Pure ... Clean ... Drinking Water Precision Water Systems

USF WaterGroup is proud to offer, to its customers, the complete line of Precision Water Distillers. Designed with the busy customer in mind, Precision Water Systems distillers will provide years of easy, maintenance free convenience. There are several models to choose from, designed to fit a variety of different needs. Choose from a manually operated or convenient, automatic family size machine, up to a large commercial size distiller.

The outstanding features of this advanced design include: high quality easy to clean mirror finish stainless steel; a user friendly easy to change charcoal filter; and a 3/4" automatic drain system to eliminate impurities.

Full colour, attractive, brochures and individual specification sheets available through your USF WaterGroup representative.



## Service Call/ Installation Tip

### Chlorinating Well Water

When coliform bacteria are present in your drinking water supply, chlorinate your well water and submit a sample for testing by your local provincial laboratory.

Water that is bacteriologically unacceptable may be rendered safe for consumption by boiling or chlorinating pending repairs to your well. Proper well protection demands a sealed pump, a watertight cover, a watertight cribbing, and drainage away from the well. Lack of any of the above may be the reason the water is unacceptable.

#### *To Chlorinate a Well:*

Mix 4 ounces of fresh, household bleach for every 100 gallons of water. If there is a pressure system, open all taps until a chlorine odour is noticed, then close. Let it stand for 12 hours and then pump or flush out the system.

Surface water is always subject to contamination and should not be used for consumption without boiling or chlorinating and filtration.

Coliform testing is intended to assess the bacteriological safety of the private water supplies. The presence of home water treatment devices (charcoal filters, softeners, etc.) may invalidate the results of this testing. The sample should be collected before the water passes through any such devices.

For further information on water safety and chlorinating techniques, please contact the public health inspector in your region. - USF WaterGroup Customer Service/Order Desk

*Continued from front page ... (Proper Water Hydration Equals Healthy Lives)*

One of the reasons people resist drinking adequate amounts of water is because they don't like the taste of their tap water or are concerned about its safety. Recently, there has been wide spread concern regarding the quality and safety of water. Water quality is likely to differ city to city and home to home. It is possible that one person's water quality problems may be completely different from those of his/her neighbour. An important first step toward improving your drinking water is to have it tested. If it is determined that you do have an issue with your water, there are numerous treatment options available. Water can be purified using reverse osmosis systems, under-the-sink systems or by using a water distiller. USF WaterGroup offers a wide range of Aqua Flo reverse osmosis systems, water filters and cartridges, and under-the-sink systems. We are now proud to offer a new product line of Precision water distillers. Clean, clear, great tasting water can be available for only a minimal investment.

## H2O Problems/ Solutions

### *Problem:*

A customer, with a family of three, claims that the water in her home is staining the toilets, fixtures and bathtub. The water is hard and the staining is orange in colour.

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### *Water analysis:*

Hardness = 19 gpg	TDS = 775 ppm
Iron = 2.1 ppm	Tannins = 0 mg/l
Manganese = 0.1 mg/l	pH = 7.5

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### *Solution:*

It is recommended that the customer install an IronGuard Water Softener / iron removal system treated with a yellow wick res-up feeder. Provided that the water is microbiologically safe, the customer should install a reverse osmosis drinking water system to provide high quality drinking water.

- USF WaterGroup Customer Service/Order Desk

In addition to  
*bacteria (E. coli), virus,  
algae, mould* and other,

### **Aqua Flo UV systems**

are now considered effective against  
*protozoa* such as *Cryptosporidium*  
and *Giardia Lambia*.

**UV effectively DESTROYS** these  
protozoan cysts at dosage levels  
well within the levels delivered  
by all **Sterilight ultraviolet  
disinfection systems.**

# BIG SAVINGS - DURO & NOVATEK PUMPS

**USF** WATERGROUP



**DURO  
EconoJet  
#6050**



**DURO  
Dual Jet Pump  
#29100**

**July/August/September 2001**

- Ask your District Sales Manager for the latest savings at USF WaterGroup

**Quality Products Produce Quality Water!**  
*For more information, please contact:*

**USF WaterGroup  
Toll-Free 1-877-288-9888**

**USF** WATERGROUP



**NOVATEK  
EconoJet  
#79500**



**NOVATEK  
Dual Jet Pump  
#79401**

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## Mother's Nature

Because the brain is made up of 75% water,  
moderate dehydration can cause  
lightheadedness, dizziness, headaches and nausea.

*Your Body's Many Cries for Water by  
Dr. Fereydoon Batmanghelidj*

[www.eatright.com](http://www.eatright.com)

To receive complimentary issues of Inflow (published quarterly), please call, fax or mail your return address to:

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