Article published on February 27th 2012 | Health

It is the source of life and it also helps to sustain life in all parts of the universe, you may be aware that physicists along with their biological peers are trying their best to find out new form of life from the farthest corners of the universe. All this is based on the finding out of water. Without the existence of water, be it in hard, solid or rock form life can hardly be sustainable. Can you remember, those younger days when, when your Mom would ask you to drink more water, but unfortunately you would ignore those warning.

Do you know, that only drinking water could give you, the following

Healthy skin

Reduce risks of Heart attack

Flush out toxins

Get energised

Cushion and lube your joints and muscles

Reduce the risk of infections

Helps to burn more fat and build muscle

But, surprisingly we are living in a great dilemma, more than half of worldâ€™s population are facing a severe shortage of drinking water. Among them the developing countries form a major part of it, where a large part of the population has hardly any access to clear drinking water. We should try to grow up the habit of drinking more pure water.

Though water in all its form is usable for a variety of application but it is quite hard to find out pure water. As part of the on-going industrialisation in the developing economies, many chemical industries have sprung up and this is leading to the contamination of water in various forms. The source of sweet water which is eventually turned into pure water with various stages of purification is getting increasingly polluted. The tragedy or rather the dilemma as you may call it, there is a steady supply of country liquor among the village populace but there is lack of source of clean drinking water.

Another growing phenomenon among various regional governments is the maintenance of their own political turf in order to maintain the very source of pure water, the rivers. A large number of rivers are flowing over international borders and countries, where the source is controls the flow of the river. This brings a political conflict between two regional governments. Purifying river waters or from other sources is the only source of only drinking water and the source should be nurtured on a continuous basis. Maintaining our rivers in a proper condition and keep away pollution from in will bring in more clean water.

Article Source:
http://www.articleside.com/health-articles/maintain-the-source-of-life-in-its-natural-form.htm - Article Side

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John stuard who is a freelancer writes articles on a pure water & a only drinking water. For more information on it he suggests to visit a http://www.pureh2o.net/.

Article Keywords:
pure water, only drinking water

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