**Liquid Gold**

**What’s the most important natural resource in the world?**

You might think of diamonds or gold, or maybe fuels such as oil and natural gas. However, there is only one resource we truly could not live without: **Fresh Water**!

People have even started to call it “liquid gold”.

Water is vital for all aspects of life on Earth.

It is a crucial resource underpinning Australia’s economy, society and environment.

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**H₂OH Really?**

**Increases energy and relieves fatigue.**

Your brain is 75% water. Being well hydrated improves focus, concentration and alertness.

**Forms saliva.**

Saliva is important for a healthy body. Saliva has water and important substances you need to digest food and keep teeth strong.

**Keeps your skin looking young.**

Water is nature’s moisturiser and anti-aging treatment, all in one.

**Lubricates joints.**

Proper hydration helps lubricate your joints and make your muscles more elastic, reducing joint pain.

**Moistens tissues.**

The mouth, eyes, and nose are moistened by water to keep them from drying out.

**Regulates your body temperature.**

When you overheat, you produce sweat to cool your body.

**Aids in digestion.**

Water helps digest food, aids nutrient absorption and removes waste from your body.

**Removes toxins.**

Drinking water helps our bodies remove chemicals and toxins that build up in our bodies.

**Helps deliver oxygen all over the body.**

Water makes up 60% of your body, including blood, muscles, lungs and brain. It delivers oxygen and nutrients to all cells.

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**DID YOU KNOW?**

The number one source of excessive calories in a person’s diet is sugar-based beverages like soft drinks and fruit juices.

Just one can of soft drink:

- 16 grams of sugar
- 140 calories

Glass of water:

- 0 grams of sugar
- 0 calories

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"When the well is dry, we know the worth of water."

Benjamin Franklin

USA Founding Father