

A QUIET GUIDE

The Water You're Actually Drinking

What's really in your glass, why "more water" isn't the same as being hydrated, and the honest science in between — including the parts I learned to ignore.

Written for anyone who's a little skeptical — by **Lois Smith Freitas**

A NOTE BEFORE WE START

I used to roll my eyes at anyone who talked about "special water."

For years I drank whatever was in front of me and didn't think twice. Same routine, day in and day out. I told myself I was doing the right things — drinking my water, staying busy, getting through.

And I still felt tired. Flat. Thirsty even right after a big glass. I figured that was just what getting a little older felt like.

I didn't go looking for a miracle. I'm too practical for that, and I'd been burned enough times to distrust anything that sounded too good. What I did do was get curious — I started reading about what was actually in the water I was drinking, and what "hydration" really means. So I did some digging, and here's what I learned.

This little booklet is what I wish someone had handed me back then. The real parts *and* the hype I've learned to walk right past. No pressure, no pitch. Just honest information about the most ordinary thing you'll do a dozen times today: take a drink of water.

> *If you're the type who rolls your eyes at this kind of thing — good. So was I. Read it like a skeptic.*

Part One

What's actually in your glass

You can't decide what to do about your water until you know what's in it. Most of us have never actually looked. Here's the honest lay of the land — no fear, just the facts you can check yourself.

Tap water

Tap water is treated to be safe to drink, but "safe" and "clean" aren't the same word. Contaminants vary a lot by region and pipe age. The good news: you don't have to guess. The Environmental Working Group keeps a free, zip-code-specific database of what's actually been found in your local supply.

> **Look yours up**
>
> Type your zip code into **ewg.org/tapwater**. It's neutral, credible, and specific to where you live — not a sales page.

Bottled water

Bottled feels like the "clean" choice, but it comes with its own trade-off: microplastics. This is a real, peer-reviewed concern — tiny plastic particles that shed into the water from the bottle itself. It's one of the more documented water stories of the last few years.

"Filtered" water

Filtering helps, and reverse-osmosis systems do strip a lot out. But they strip the good along with the bad — including the minerals your body actually wants in its water. It's not dangerous; it's just a trade-off worth knowing about.

> *The point isn't to scare you off water. It's that "water" isn't one thing. What's in it — and what's been taken out — matters.*

Part Two

Drinking water isn't the same as being hydrated

Here's the part almost nobody talks about. You can drink your water all day and still not feel hydrated — because drinking it and *absorbing* it are two different things.

For a long time that was me. I'd finish a big glass and it would just sit heavy in my stomach. I was drinking plenty and still felt perpetually thirsty, tired, a little flat — skin tight, doing everything "right" and not feeling the difference.

> *Same diet. Same routine. Just the water.*

When I finally changed the *kind* of water I was drinking — not the amount, the kind — the heavy feeling went away. For the first time in a long while, I actually felt hydrated. I can't over-explain it and I won't try to. It's simply something I notice every single day now.

A simple baseline anyone can use

However you get there, a widely accepted starting point for daily water is roughly **half your body weight in ounces**. Someone who weighs 150 pounds is aiming for about 75 ounces a day. It's a rule of thumb, not a prescription — but it's a far better target than "whenever I remember."

- Notice whether water sits heavy or actually satisfies your thirst.
- Pay attention to how you feel an hour later, not just while you sip.
- Track it for a week before you decide anything. Let your own body vote.

Part Three

The honest science

This is where water talk usually goes off the rails — real chemistry mixed with wild claims until you can't tell them apart. Let me separate them for you, plainly.

What's genuinely real

- **Electrolysis.** Run water across charged plates and it separates — you get ionized water plus hydrogen gas. That's just chemistry.
- **Molecular hydrogen (H_2).** It's the smallest molecule there is, small enough to cross cell membranes. There's a growing body of peer-reviewed research studying it as a selective antioxidant. Real, ongoing science — not settled miracle.
- **ORP is measurable.** Oxidation-Reduction Potential is a real value you can measure in millivolts. A *negative* ORP indicates antioxidant potential. See the numbers below.

Water source	Typical ORP (millivolts)
Tap water	+200 to +400 mV
Bottled water	+200 to +300 mV
Green tea	≈ –200 mV
Ionized alkaline water (9.5 pH)	**≈ –400 to –600 mV**

Positive ORP leans oxidizing; negative ORP leans antioxidant. This is the most defensible science thread behind ionized water.

What I won't repeat

You'll hear these constantly. I leave them out on purpose — they aren't established science, and you deserve the honest version.

I'll stand behind

- ✓ Electrolysis and hydrogen gas
- ✓ H_2 as an active research area
- ✓ ORP as a real measurement
- ✓ Contamination & microplastics
- ✓ How the water makes me feel

I won't tell you

- × "One glass equals 30 cups of green tea"
- × "Micro-clustered, absorbs 6× faster"
- × "It alkalizes your body"
- × That it treats or prevents any disease
- × Celebrity "everybody drinks this" name-drops

Why tell you what NOT to believe?

Because a skeptic trusts honesty over enthusiasm. If I'll flag what's overblown, you can trust me on what isn't. (And none of this is medical advice — I'm not a doctor.)

WHERE I LANDED

What changed for me

After all the reading, I made one change: I started drinking ionized alkaline water from a machine at home instead of whatever was in front of me.

I went in a skeptic. I expected to feel nothing and go back to my old habits in a week. That's not what happened.

> *Three months later, I'm the one telling people about it. I honestly didn't see that coming.*

I'm not going to hand you a list of medical outcomes, because that's not honest and it's not my place. What I'll tell you is the plain truth of my own experience: the water stopped sitting heavy, I actually feel hydrated, and I feel more like myself day to day. Same diet, same routine — just the water.

Your body might respond differently than mine. That's exactly why I'd rather you try it and watch your own results than take anyone's word for it, mine included.

ONE SIMPLE NEXT STEP

If your water made you curious…

…that's all this booklet was ever meant to do — make you look at the most ordinary thing in your day a little differently.

There's no hard sell here. If you want to talk about any of this — what's in your own tap water, what the water I drink actually is, or just compare notes — I'd genuinely love to hear from you.

COME SAY HI

Call or text me at 808-479-4572

However you got here — the fact that you read to the end tells me something. You're not done being curious about what could feel better. Neither am I.

THE HONEST FINE PRINT

Sources & the fine print

Not medical advice

This booklet is for general education only. It is not intended to diagnose, treat, cure, or prevent any disease, and nothing in it is medical advice. The personal experiences described are one individual's own, are not typical or guaranteed, and your results may differ. For any health concern, talk with a licensed healthcare professional.

On personal experience

Where I describe how the water affects me, I'm sharing my own honest observation — not a clinical result and not a promise about what it will do for you. I've deliberately left out the popular claims that aren't backed by established science.

Where the real parts came from

- Tap-water contaminant lookup — Environmental Working Group Tap Water Database, ewg.org/tapwater
- Molecular hydrogen research — Molecular Hydrogen Institute, molecularhydrogeninstitute.org
- Microplastics in bottled water — ongoing peer-reviewed research
- Hydration baseline — the common "half your body weight in ounces" general guideline
- ORP values — standard oxidation-reduction potential reference ranges