

## Privilege 2

### Drinkable, filtered water!

To survive the human body needs drinkable water! 60+% of our body consists of water. Every cell in our body needs it. Water lubricates our joints, regulates our body temperature and flushes our waste...



Condensed atmospheric water vapor forms droplets. Earth's gravity pulls the droplets down (falling rain) to the surface. Rain is a major source of fresh water. This rain water is used for drinking, preparing food, cooking, washing, personal hygiene...



A person used to be able to drink rainwater, use it for food preparation. Not anymore, rainwater is polluted, unhealthy, toxic, acidic, bad tasting, bad smelling. Laundry should not be left out in the rain to become polluted. Not only does it look dirty, is bad smelling but it may irritate the skin.



Cold rain falls as hail or snow. Snow accumulates on high mountains, arctic and antarctic creating fresh water reserves. Snow is white,



polluted snow is gray even black. Black snow is found in the Himalayas, glaciers around the globe, Greenland and Antarctica.

Communities create freshwater reservoirs. These reservoirs rely on rain-water and melting snow to fill them. Because of pollution these waters need treatment before human or animal consumption.



Reservoir should be deep rather than shallow. Deep water is cooler, reducing evaporation, algae growth especially poisonous type, insect

infestation. Water sports are prohibited to stop urinating, menstruating, pooing into water. Water craft (motorboats, jetski,..) pollute (oil, gasoline, battery acid..) they are banned! Exception: Park Ranger transport.

A person cannot rely on the community doing it right. No treatment, partial treatment, wrong treatment, cost cutting, corruption, criminal behavior.. Home treatment of water is becoming mandatory.

Home treatment of water requires filtration. This is to reduce: arsenic, asbestos, chlorine, chloroform, carbonate hardness, copper, dirt, herbicides, heavy metals, lead, pesticides, rust.. Also in warmer climates filtered water needs to be boiled to protect against deadly (micro organism) disease.



## Threats to freshwater

Soon demand for freshwater will exceed availability of freshwater. Polluted rain can cause paint to peel, corrosion of steel structures (bridges), erosion of stone, wilting of leaves, vegetation, skin irritation.. Check 'Breathable Air', 'Green Concept' on advise how to contain Pollution.



**Irrigation!** Using ground water for irrigation depletes underground reservoir of water faster than it can replenish. Resulting in drying up a Ecosystem, creating a shortage of freshwater. Ground water irrigation ends. Anyone illegal using ground water for irrigation, get, **MS R7**. Government allowing ground water irrigation, is replaced, get, **MS R7**.

Irrigation, using Freshwater from rivers, lakes, creek... slows the flow of water. This encourages evaporation. Result, drought! Dry river beds. This type of irrigation resulted in ending civilizations. End irrigation. Breach, **MS R7**.



Polluted waterway's (creek, pond, stream, lake river..) create a shortage of freshwater. Storm-water filled with pharmaceuticals, poisons, toxins.. Illegal dumping of industrial waste, toxins, poisons,.. Polluting of waterways ends, polluters get, individuals **MS R3** all others, **MS R7**.



## Supplement fresh water

Desalination uses a lot of costly energy. Intake of water has adverse environmental impact, pulling large numbers of fish, shellfish, their eggs,...

into the system. Larger sea creatures are trapped against screens at the front of an intake structure. Chemical treatment, corrosion, create a warm brine which is released back into the ocean.



Desalination has a high boron content making for inferior water quality. This water used in farming, ranching, food production results in a high boron level diet. Prolonged consuming of high boron levels is unhealthy.

Recycled waste water, sewage passes through primary treatment to take out solids, nutrients are removed, filters remove most bacteria and viruses. Water is then forced through a membrane to remove molecules. Toilet to tap is an option of last resort. Tests don't reveal all health risks. Home treatment of water is becoming mandatory.



Bottled water (costly) is suitable for travel. Plastic water bottles release chemicals which become dangerous when warming up (sun, heater). Glass (no lead) bottles are recommended.

### Flavored drinking water

For variety drinking water may be flavored. Some flavoring is unhealthy and is to be avoided. Flavored water may be served cold or hot.

**Suitable** flavored drinks: Beef extract, Chicken extract, Cocoa, Coffee, Fruit, Herbs, Spices, Tea, Vegetable. Cheers!



**Unhealthy** flavored drinks and add-ons: Alcohol, Artificial color, Artificial flavoring, Artificial and natural sweetener, Carbonated, Cola, Cordial, Energy drink, Lemonade, Decaffeinated coffee, Fruit juice, Preservatives, Sodium,...



## Drinking water is best



**Daily-routine:** Get up, have a 0.2 l glass of lightly chilled, filtered water. Before every meal (**Breakfast, Early Day-snack, Lunch, Late Day-snack, Dinner**) have a 0.2 l glass of lightly chilled, filtered water.

Have drinking glass (**no plastic**) filled with 0.2 l of filtered water on each bedside table. Drink during night every time after you visited a toilet and when having a dry throat, drink rest when getting up in the morning.

## No liquid intake. You have 4 days to live!

Any Person, Organization, Government that denies drinkable water or is cause and effect of polluted water. Are held accountable, **MS R7**

## Coffee a heavenly stimulating drink



Coffee a brewed drink prepared from roasted seeds of the coffee plant. Coffee is made from dried, roasted, seeds of the coffee tree, grown in hot, wet climates along the equator. There are 2 varieties: **Robusta beans** have a strong flavor and full body. **Arabica beans** grown at a higher altitude, have a smoother flavor and more aromatic qualities.

Once picked, dried, coffee beans are roasted at around 200°C. This allows sugars in the bean to caramelize and the flavor of the coffee to develop. The longer the beans are roasted, or the higher the temperature, the darker the roast will be and the fuller the flavor. In general light roasts have a sharper, more acidic flavor, while darker roasts have a deeper, richer flavor. A dark roast isn't necessarily, 'stronger'. The strength of a cup of coffee depends on how much water is added while the coffee is being brewed.



### Preparations:

Brewing, Instant, Drip-Filter Coffee; Espresso (machine).



## How to make a cup of coffee ?

How to get the most from your favorite cup of coffee.

- 1) Great tasting coffee starts with great tasting water. If filtered water isn't available, use cold water from the tap. Let it run for a few seconds to aerate before adding it to the kettle.
- 2) Let water come off the boil before pouring it on to coffee (**instant or drip filter**) granules. Boiling water scorches granules impact's on taste.
- 3) When using milk (**not recommended**) add it to the cup after the water. If milk is added 1st, the coffee may not blend as well. The hot water can scald the milk, changing the flavor.

**Note!** Sweeteners (sugar or artificial) ruin coffee !  
Decaffeinated is not coffee but a health risk.  
Use only non Dairy whitener.

## Decaffeinated Coffee a health risk!

**Decaffeinating** uses Solvent. Solvent residue often upset a stomach.

**Logic!** Coffee without Caffeine defeats purpose of drinking Coffee.

## Coffee Pods a environmental risk!

Coffee Pods all 1 Billion are a environmental disaster. They are not biodegradable. They are not being recycled. **STOP! Production!** Prosecute, **MS R7. STOP!** Using them!

## How to drink a cup of coffee ?

To get the best flavor, taste let it cool a bit than take big slurps rather than sipping. Big slurps of coffee release more aroma. Smell and taste it, heavenly. There are wicket coffee with milk:

**Espresso** is a concentrated beverage brewed by forcing hot water under pressure through finely ground coffee. Compared to other coffee brewing methods, espresso has a thicker consistency, a higher concentration of dissolved solids and foam. Espresso is the base for other drinks: Cappuccino, Latte, Macchiato, Mocha, Americano, Gringo, Duo-shot, Lava, Mote. Served with a smile.

**Cappuccino:** preparing the texture, temperature of milk is the most important step. Milk is steamed adding very tiny air bubbles giving it a velvety texture (foam). A shot of espresso is put into the cup, hot foamed milk is added, topped with 2 cm thick foam, finished with a sprinkle of ground Cinnamon.





**Latte:** heat up milk no froth a shot of espresso is put into a cup. Hot milk is added, topped with a sprinkle of raw cocoa.



**Macchiato:** heat up milk no froth. Fill cup 2/3 with milk. Add a shot of espresso. Top with peppermint leaves



**Mocha:** make raw hot cocoa. Fill cup 1/2 with hot cocoa add a shot of espresso. Top up with milk + milk froth. Add a sprinkle of raw cocoa.

**Lava:** 1<sup>st</sup> a shot of espresso. Add a nip of concentrated mandarin juice. Add a shot of hot raw Cocoa. Top with hot foamed milk. Add a sprinkle of ground cinnamon.



**Mote:** Fill cup 1/2 with hot peppermint tea. Add a shot of espresso. Top with hot foamed milk. Finish with a sprinkle of ground cinnamon.



**Americano:** A shot of espresso is put into cup Hot water is added.



**Gringo:** Fill cup 1/2 with hot water. Add 2 shots of espresso. On top sprinkle Nutmeg.



**Duo-shot:** Add 2 shots of espresso. Then hot water.

## Cocoa a heavenly stimulating drink



Cocoa trees grow in hot, rainy tropical areas. It's fruit are Pods. Inside a pod there are seeds (beans). Cocoa beans are turned into cocoa butter and powder.



## Preparing Hot Cocoa:

1 tablespoon cocoa powder,  
1 cup: soy milk, goats milk or other non-dairy milk.  
1 teaspoon vanilla extract,  
Dash of cinnamon,  
Dash of nutmeg.

Combine ingredients in a medium pot and warm on medium-low heat, whisking until frothy and hot.

## Tea a heavenly stimulating drink



Camellia an evergreen plant. It's leaves picked and processed give us Tea. Basic Teas are black or green. They may be flavored or scented.

Custodian Guardian tea preparation, place loose processed tea leaves into a tea infuser. Put infuser into glass cup. Boil water, stop the boil, when bubbling stops pour into glass cup. Enjoy!

(a) Just as the bubbling stops pour over black tea. After 1 minute stir infuser 3 times. After another minute remove. Drink, or add any citrus juice for flavor, or let it cool, chill, drink. Warning do not pollute with sweeteners, whiteners (artificial, or natural).



(b) 10 seconds after the bubbling stops pour over green tea. Stir infuser 3 times. After 1 minute remove. Drink, or add any stone fruit juice for flavor, or let it cool, chill, drink. Warning do not pollute with sweeteners, whiteners (artificial, or natural).



Herbal seed tea preparation, place loose pressed seeds into a infuser. Put infuser into glass cup. Boil water, stop the boil. Just as the bubbling stops pour over seeds. After 1 minute stir infuser 3 times. After another 7 minutes remove. Drink, or let it cool, chill drink. Warning do not pollute with sweeteners, whiteners (artificial natural).



Herbal leaves tea preparation. The same as green-tea.



Herbal root tea preparation, chop roots. The same as black tea.

Using a microwave when brewing a tea bag brings out the flavors. Remove tag from tea bag make sure metal staple is removed. Most paper

tags use cheap ink, discoloring water, interfere with flavor.

Put hot water in a tea-cup > add your choice of Tea bag > heat in microwave for 30 seconds on half power (400-500 watts) > Let it brew in microwave for a minute > take it out > enjoy!



Filtered Water  
for good Health !!!

Drinking water is best (may be flavored)

**AS it is Written It Shall Be**

**1 GOD**      **1 FAITH**      **1 Church**



**Universe  
Custodian  
Guardians**

**Law-Giver Manifest**