



Shri Krishna Janmashtami Celebrations, Lafayette, LA - August 15th, 2017

## Why you should drink water from a copper vessel

Growing up in a Hindu household, most of us have definitely consumed water from a copper vessel. Have you ever wondered why?

Ayurveda recommends that water stored and consumed from a copper vessel has the ability to balance all the 3 doshas in your body (Vata, Kapha and Pitta). This happens because the copper positively charges the water.

An Indian saint and philanthropist, Sadhguru, mentioned that keeping water in a copper vessel for at least 4 hours allows it to acquire certain elements that are very beneficial for our liver and general health.

Modern science also supports this Ayurvedic claim as several studies conducted has proven that water stored in copper vessel up to 16 hours is able to considerably reduce the presence of harmful bacteria and decrease the rate of infection by 40%.

Here are many others reasons why water consumed from a copper vessel has many health benefits!

### Slows down aging

Scientist has found that copper is a strong anti-oxidant. This reduces aging by activating the production of collagen protein that aids in the formation of new cells and connective tissues.

In addition, coppers help to fight off free radicals. Free radicals do attack other organs but is well known to cause the formation of wrinkles and fine lines.

### Help maintains digestive health

Copper has the ability to stimulate peristalsis which is the muscles contractions that move food along the digestive tract. This in return improves your digestive system and is also a fantastic natural remedy for stomach ulcer. Other than that, copper helps to detox your stomach and ensures the proper absorption of nutrients into your body.

An Ayurvedic practice for a stomach detox is to drink a large glass of water early morning on an empty stomach which is stored in a copper vessel overnight.



### Heals wound faster

Packed with anti-bacterial properties and the ability to help in the production of new cells, copper is a great tool for healing wounds quickly. However, this healing property only helps the body internally and not externally.

### Promotes skin health

We have mentioned that copper contains properties that aids in the production in new cells. This benefits your skin because copper will help repair

the top most layers of your skin. Apart from that, copper helps the production of melanin in the body.

Melanin is a natural dark pigment that gives the color of human hair, skin and eye. The production of melanin helps reduce sun burns, freckles and aging. Ayurveda encourages drinking water from a copper vessel on a regular basis to improve the health of your skin.

Other benefits of consuming water from a copper vessel includes

- Stimulates the brain
- Regulates the functioning of the thyroid gland
- Reduces body fat
- Improves fertility
- Reduces cholesterol

All that needs to be done is to pour water into a copper vessel and keep it overnight. Drink the water early in the morning and several times each day. Do not keep the water in the fridge. Do not also drink the copper rich water in excess as the high level of copper will cause gastrointestinal distress.

In our modern age, many have opted to drink water from a glass, silver cup or even from bottles. Don't you think it is better to follow this traditional practice instead?

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Thank you for your support and blessings.

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