

# Plant Waters...

As the days start to get hotter we all need to drink more water to stay hydrated this summer. **Susie Perry Debice**, Food Scientist from *Life's A Picnic* reviews the unique health benefits of a new wave of plant waters which, like coconut water, contain a natural blend of vitamins, minerals, antioxidants and phytonutrients but with just a fraction of the sugar...

With a thirst for alternative waters, Britons are lapping up the latest products in the alternative water market: coconut water sales have increased to £100m annually whilst birch and maple water and even cactus and artichoke waters steadily grow in popularity. With endorsements from health professionals, top athletes and models, these plant waters are tipped to be the next big success story as we increasingly buy into nutritious, low calorie drinks.

It's important to keep the electrolyte concentrations in your blood constant. When we exercise we sweat and when we sweat we lose electrolytes. Plant waters are packed full of electrolytes.

## Maple Water



Kate and Ian, the founder of DRINKmaple are both ironman triathletes and while spending time in Mont Tremblant to race a full distance triathlon, they stumbled upon maple water. They were immediately hooked on the refreshing water with a hint of maple flavour. After realising they could drink a tonic from trees they had in their own backyard, they wondered why they were buying other sports hydrations drinks that had been shipped across the world. DRINKmaple was born from brainstorming sessions during their 4am bike rides to create a way to bottle the pure water from maple trees for others to enjoy.

Maple water is rather special because it's tapped straight from the maple tree in April and it contains more manganese than a cup of kale and

is packed full of 46 nutrients (including vitamins, minerals, polyphenols, antioxidants, electrolytes & prebiotics). All of these ingredients make it an excellent rehydration drink.

### Sports rehydration

Lola Biggs, Dietitian says "The types of nutrients found in DRINKmaple make it a really effective, natural way to stay hydrated. The water's unique composition means that it's great post work out as its natural potassium content is equal to what you'd sweat out in the average hour of exercise. Swapping your usual spring water for Maple water means you get a mix of 46 nutrients, including an array of age-fighting antioxidants, essential electrolytes and vital minerals such as calcium, iron and magnesium, with fewer calories than a stick of celery"

### Powerful synergy

Kate and Jeff believe that nutrients work synergistically, not in parts. They work together to create many more powerful health benefits than when they are synthetically created and working alone. Which is why they believe that it is better to drink water that comes directly from a maple tree than to drink something that has been created in a chemistry lab where the chemist is individually adding in the synthetic vitamins, minerals and antioxidants.

Mother Nature is the best chemist and that has always been their philosophy.

### Calorie comparison

Maple water is naturally low in calories at just 20Kcal per 250ml meaning it contains half the sugar of coconut water, with no added sugar or preservatives. Not only is it gluten free, dairy free, vegan friendly and non GMO, it's totally harmless to the trees and sustainable.

◆ DRINKmaple costs £1.99 for 355ml.





## BIRCH WATER

A longstanding Scandi beauty secret, birch water has an ever-expanding list of health and beauty benefits. Birch water has long been favoured across Nordic folk cultures as a spring tonic to rejuvenate the body and soul after a long, harsh winter. Birch water tastes a little sweet – from naturally occurring xylitol – and beautifully crisp, with a delightful aftertaste of the forest. A rare and prized ingredient, birch sap can only be harvested during the first two weeks of April, when the nutrients stored in the roots travel through the thawing tree to swell the buds to bloom.

### Health benefits

Birch water is naturally diuretic making it a powerful cleansing and cellulite reduction aid. It contains a mere 5 calories per 100ml (four times less than coconut water) and has a rich nutritional profile, boasting high levels of electrolytes, potassium as well as vitamins B and C. Moreover, Sibberi contains naturally occurring xylitol, saponin and betuloside, which are proven to help strengthen teeth, lower cholesterol and detoxify the body.

### Journey of discovery

Inspired by tales of the health-giving properties of birch sap, Sibberi's co-founders Clara Vaisse, Mehdi Meghzifene and Paul-Adrien Cormerais embarked on a quest which led them across Estonia and Latvia to find a quality source of this pure, unsweetened birch sap. Clara comments "The moment we tasted fresh birch sap, used by Latvian farmers to make birch sap wine, we knew we wanted to bring this precious ingredient to the UK. As we travelled through the rural villages and wild forests of Estonia and Latvia, tasting fresh spring birch sap, Sibberi was born."

### Sustainable source

Sibberi works with farmers to tap silver birch groves nestled deep in the wilds of Eastern Europe, where the soil and weather is just right to produce the delicious, naturally sweet, nutritionally-rich sap that goes into each bottle. Five litres of sap is collected drop by drop from each mature birch tree, a mere one per cent of the total sap produced per tree, the tap is plugged so that Sibberi can guarantee that no trees are damaged during the sap harvest.

◆ Sibberi costs £3.30 per 300ml bottle.



## Black water

Technically this kind of water isn't a plant water but it's worth a mention here because it's full of natural goodness and it's unusual to look at as because it's jet black in colour! This intense colour comes from the addition of fulvic minerals to pure water. These fulvic minerals contain powerful electrolytes and delivers a high (alkaline) pH making it seriously hydrating and free from sugar, carbs and calories.

### Fulvic minerals

Fulvic minerals are derived from plant matter and fulvic acid. These organic minerals were found within the structures of prehistoric plants and were deposited onto the surface of the earth, where they were combined with fulvic acids. This process continued for millions of years, gradually forming rare fulvic mineral deposits. Fulvic acid is naturally rich in electrolyte minerals, trace minerals and life-giving nutrients and it is critical to the growth of all plant and animal life. Once harvested from the best source possible, these fulvic minerals are processed with purified, cool water to ensure the best quality.

### Alkaline benefits

Alkaline is the opposite of acidic and both of these are measured using the pH scale - a measurement of how acidic or alkaline something is. The pH scale goes from 0-14 with 0 being the most acidic and 14 being the most alkaline. Our blood needs to remain at a certain pH to maintain optimal health and this pH is slightly alkaline and around 7.35.

Much of the food we enjoy eating are acid-forming: meat, processed foods, soft drinks, sugary snacks, many fruit juices and even milk leaves the body in a slightly acidic state. But the preference of the body is to be slightly alkaline so we need to help maintain that balance with alkaline-forming food and drinks. A body in proper pH balance is a healthier body.

◆ Blk costs £2.29 500ml.