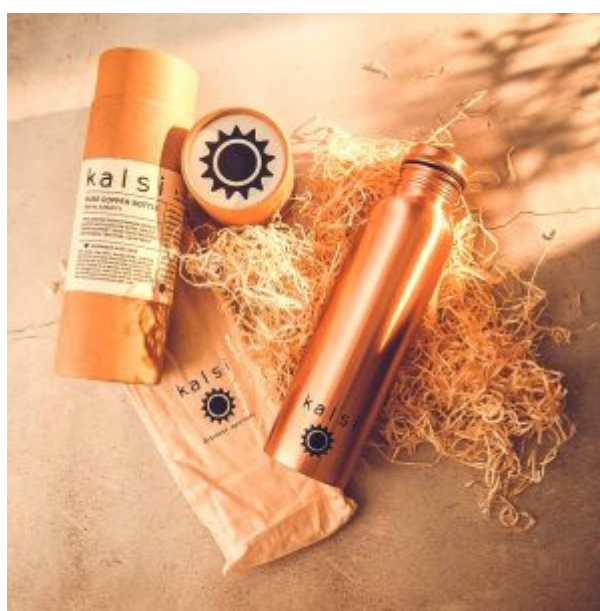


Bin plastic and grab a Bottle of Copper (Water)...



Say goodbye to plastic and stainless steel water bottles, which are a breeding ground for bacteria, and start sterilising your drinking water naturally, with a pure copper water bottle.

It was a great time to be shooting a new product from those nice folk at [Kalsi Ayurveda](https://www.kalsiayurveda.com) with the help of Alice Flynn – [Alice-Flynn.com](https://www.alice-flynn.com)





It's also amazing to discover new products and how they can help your health and wellbeing too – I went down a rabbit hole of research after learning about Copper and it's uses.

Drinking water from a copper container is a ritual that has been practised in Ayurveda for centuries. Copper is naturally antibacterial & antiviral. It is also considered to be an essential mineral that's vital for our bodies and wellbeing. When you store water inside a Kalsi bottle a natural process called the *Oligodynamic effect* occurs. During this process the copper surface kills off any bacteria, mould or virus present in your water, resulting in pure, fresh and clean drinking water 24/7!

RB