

YOU ARE WHAT YOU DRINK: HOW TO CHOOSE THE BEST WATER FOR YOUR LIFESTYLE

最高喝水法：台灣首席品水師教你正確喝水，深度改變健康與生活

Taiwan's top water sommelier reveals the secrets of drinking water taste analysis. Starting from the various taste components of water, she guides you through the process of discovering the water that best suits your body and your lifestyle.

Most people think water is flavorless. Some even think it's boring. But with the help of water sommelier Chen Chun-Chieh, you can learn to better appreciate water and the role it plays in your life, from the subtleties of taste to its impact on your body and health. Armed with this knowledge, you'll be prepared to choose the best drinking water and water filters for your lifestyle.

Starting with her personal experiences learning the art of water-tasting in Germany, the author goes on to explain the importance of good drinking water, and helps readers develop a daily water consumption plan. In the following chapters, she analyzes the components of mineral water and how each one impacts both the flavor of water and our health. The final chapters go into further detail concerning the art of water tasting, including the taste standards applied by top restaurants, and how to select the best drinking water to compliment a meal.

In this book, the knowledge gained from years of experience is distilled into simple explanations, allowing readers to easily digest



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the essentials of drinking water selection. Whether you are looking for ways to improve your health, or simply want to better appreciate this often-overlooked part of the dining experience, you will enjoy these insights from a top water sommelier.

Chen Chun-Chieh 陳君潔

Taiwan's top water sommelier, Chen Chun-Chieh earned her certification from Germany's Doemens Academy. With this book she hopes to raise public awareness about drinking water choices and how our water consumption habits impact our health.