

Concerned about the water you and your family are drinking? Let Winston Kao show you...

The Shocking Truth About Your Drinking Water

by Winston W.J. Kao

CONFUSED as to **Who to Believe** and what is the best **WATER** for you and your family?

There is so much hype and false data about water that I wanted to help you sort the false data from the truth, so you can get the best water possible. In this e-book, I will clarify and simplify the subject of water - separating the truth from marketing propaganda designed to sell a specific water system. I will explain water basics so that you can consume and bathe in the best water for your body and your health.

Since water is the foundation of our bodies and our health, drinking and bathing in the correct water can make the difference between health and disease. It is important to understand what types of water are synergistic with our bodies and what types are detrimental to our health.

For instance, did you know that water from a water softener system could cause high blood pressure and kidney issues due to the excess salt absorption? Did you know that Reverse Osmosis water could cause over acidity and Candida issues? Did you know that excessive drinking of sparkling water could create over-acidity and create free radical damage in the body? There's more...

Since water is the basic foundation of our health, using the correct water is like building your house on a concrete bedrock foundation, while using the wrong water is like building your house on beach sand with the tide coming in.

Water takes the ***nutrition into*** the cells of the body and takes the ***acid and toxic waste from*** the cells and from the body. The right water will do this well and create more benefit from food and any vitamin and mineral supplements taken. One of the reasons that many people don't enjoy vibrant health and youth is because they are drinking and bathing in the wrong type of water. Their body is fighting an uphill battle. This also accounts for taking handfuls and handfuls of supplements. When you drink the correct water, your supplementation program simplifies and reduces.

My goal is to condense the subject of water and highlight the key points so that you will have a **working knowledge to be able** to evaluate **ANY** company's water filter and be able to read through any slick marketing white lies!

In **Part I**, I am going to address **water filtration systems** and then in **Part II**, I will clarify the **types of water**, (reverse osmosis, the 4 types of distilled water, deionized water and alkaline and acid waters.) **I will let you know the best waters and the worst.** I will

focus on what response they create in the body, something we should have studied in school unaltered by **serious bias** due to **wrong scientific assumptions!**

Part I

The Daunting Task of Buying a Water Filter

Buying a water filter can be quite a daunting task if you really want to buy the **best**. The outright lies and *manipulation of your perception and understanding* by slick marketers has risen to a fine art.

The first question should **NOT** be “What is the **best** filter?” Instead it should be “What is the *appropriate* water filter for **ME?**” Forget about “**The Best**” and focus on what water filter is *appropriate* for the kind of water that *YOU* have.

How to Discover the Appropriate Water Filter

Generally speaking, the water you receive comes under two categories:

1. **City water** delivered directly to your house and faucet.
2. Private homeowner **well water** (well should be greater than 30 feet deep).

The other categories are not acceptable or will require extensive filtration handling.

3. Shallow well usually less than 25 feet deep (This well has too much ground water contamination to be considered as drinking water, but it can be handled.)
4. River water (Again, usually too contaminated to be considered as drinking water, and now day require very special handling due to possible nanotized metals.)

Just because you live in a very remote area without farming or industry **DOES NOT ENSURE** that you have clean well water! There is an old saying: Out of sight, out of supervision.... **illegal dumping of toxic chemicals** are usually done in remote areas!

Establish what kind of water you are receiving

If You Receive City Water:

You need to call the city water department and ask the following questions:

- Does the City or County participate in the **Fluoridation** program?
- Does the city add **chloramines** to the water?
- Request a water analysis that is **less than 6 months old** - an accurate and *specific* water analysis from a *single date & source* for your area. If the city gives you any trouble, tell them, **"It is your *fiduciary responsibility* to give me an accurate and precise water analysis, as we are entrusting you to safeguard our water. Do**

NOT give me a water analysis that is an **average** of several years or average over a year. I want a real water analysis from a **single date and a single source!**”

They won't like hearing that but they will comply with the law! Most cities in America are starting to give an **AVERAGE water analysis**. In other words, they will take one or several years of data, compile it into an attractive brochure and send it out with pretty pictures and beautiful propaganda. It doesn't mean that it is the true picture of what water you are receiving. So, get the TRUTH! It's your right!

Evaluating the City's Responses:

In order to keep anyone from immediately getting sick or dying, the city, by law, has to add several things into the water. There are also politics involved. Among other things, the city will add in **chlorine and/or chloramines, fluoride and 300 to 700 possible chemicals to address their water challenges. Because of these additions, there will usually be 3000-5000 chlorine byproducts, which are know or suspected carcinogens, heavy metals that naturally or unnaturally occur, and lead - due to old lead pipes that the city has not replaced because of exorbitant cost. It's the whole picture of unwanted toxic materials that you want to remove, without removing the good minerals, such as calcium, magnesium, manganese, sodium, potassium, zinc, and other elements that definitely should remain in the water to keep the water wholesome.**

Salespeople who sell reverse osmosis systems always challenge the point of “water should have minerals.” They advocate taking a mineral supplement later and NOT getting your minerals from the water – which is the natural way. The truth is, if you remove the good minerals such as calcium, magnesium, manganese, sodium, potassium, zinc, and other elements from water, you end up with a pH of 5.5 to 6.4 pH - **ACID WATER!**

I have had reverse osmosis salesmen swear that their water has a natural balance of 7 pH (which is neutral). I simply hand them a pH meter to measure the pH themselves. It is sad to see the shock on their faces.

Politics and City Water: Chlorine and Chloramines

The ideal way to treat water is with ozone. It disinfects the water and creates a natural resistance to bacteria and algae growth. Since WWII, ozonation has become the primary process to assure clean water in Switzerland, West Germany, and France.

However, in the US, it is mandatory for cities to use **chlorine**. Chlorine kills bacteria very efficiently, but **chlorine's byproducts** are also known or suspected **carcinogens**. If your city uses only chlorine, then your water requires a **large activated charcoal filter** to do an efficient removal. You may have seen various pitcher and faucet carbon filters advertised. While they improve the flavor, they definitely do not do an efficient job of removing chlorine or other toxins from the water, and most people do not change them frequently enough to make them worth much.

What about showering or bathing in chlorinated water? Our skin is the largest elimination organ in our body. We know that sweat is the skin's way of getting rid of our

body's waste products. The Swedish have a famous practice of taking saunas to release the body's built up toxins through the skin.

By the same token, the **skin is our body's largest absorption organ**, too. This is why we feel refreshed and invigorated after swimming in the ocean--we have been absorbing the ocean's minerals through our skin. You might be interested in the findings from a study conducted by three toxicologists at the Massachusetts Department of Environmental Quality. They found that **absorption through the skin was almost always greater than ingestion through the mouth, producing from 29 to 91 percent of the chemicals later excreted, with an average of 64%**, depending on the individual. Donna Bishop, one of the toxicologists, said, " We didn't expect to find what we did. After we studied the literature, it became clear that this is a potential problem area that hasn't been examined by regulatory agencies."

What does chlorinated water do to one's system? Have you ever wondered why you seem to get more **summer colds** and **ear infections** after swimming in a **chlorinated pool**, than when you swim in a fresh water pond or lake? Why? Chlorine is needed by our bodies in trace amounts, however, the amount gained by a swim in a chlorinated pool or a **15-minute shower in chlorinated water** is far more than the body needs. In excess amounts, **chlorine** becomes a poison that **suppresses the immune system**, leaving a person to feel tired or weak after bathing in it. Did you know that it is far **more toxic** (and damaging to the body's immune system) to take a **15 minute shower or bath in chlorinated water, than to drink a glass of it?**

In recent years, cities have started adding ammonia to the chlorine. Most housewives know not to mix chlorine and ammonia, as this produces nerve gas. However, the city, evidently, hasn't learned this. They ***attempt to make mono-chloramines***. They will not discuss nor ever admit that they also producing **di-chloramines** and **tri-chloramines**, which are very toxic.

Chloramines are 1/200 times **LESS EFFICIENT** than chlorine, so the city has to periodically switch back to chlorine for a couple months at very high levels to clean the algae and other unwanted materials from their pipes.

Political Additive— “Fluoride”

The following are scientific FACTS:

1. The three most common toxic elements in **order of toxicity** are arsenic, fluoride and lead. The EPA establishes the recommended MCLG (Maximum Contamination Level Goal.) That's ideally what they want to see in the water.
2. The MCLG for arsenic is zero.
3. The MCLG for fluoride is 4000 parts per billion or 4 parts per million.
4. The MCLG for lead is zero.

What's wrong with this picture? Fluoride is so toxic that even though the MCLG is at 4000 ppb, most cities place less than what is recommended. What I have seen is usually it ranges from 0.85 to 2.00 ppm.

What kind of fluoride do they add into our city water? Is it pure pharmaceutical grade fluoride without any contamination or additions? NO! IT IS NOT PHARMACEUTICAL GRADE FLUORIDE! So, what exactly do they really add into the city water? The majority of the United States adds an INDUSTRIAL WASTE -chemical soup called hydrofluorosilicic acid. The Northwest States add Sodium Fluoride.

Not all fluoride is created equally, because the nature of fluoride is very reactive. One never finds fluoride by itself in nature. Rather it is usually bonded with Calcium – Calcium Fluoride. Tom's of Maine toothpaste has Fluorspar (calcium fluoride, an ore) as their decay prevention. Sodium Fluoride is the most common form of fluoride in most toothpaste and rat poison! Huh? Rat poison?

Note! Toothpaste containing sodium fluoride carries the following Warning Label: "WARNING: Keep out of reach of children under 6 years of age. If you accidentally swallow more than used for brushing, seek PROFESSIONAL HELP or contact a **POISON CONTROL center** immediately." Since mid-1997, the U.S. Food and Drug Administration (FDA) mandated all toothpastes containing FLUORIDE to carry this warning.

An overwhelming growing body of evidence, plus old WWII secret government documents now available, all point to FLUORIDE as being **a toxic drug NOT FIT FOR HUMAN CONSUMPTION**. Even the FDA has finally raised an eyebrow...enough to mandate this warning on the label of toothpaste. The mandate is significant because it means the **FDA now regards fluoride-laden toothpaste as a potential toxic drug!**

Today, 74% of American cities are adding one of the two forms of fluoride into the drinking water. Even though Sodium fluoride is not as toxic as **hydrofluorosilicic acid**, **hydrofluorosilicic acid** is used by most cities in America.

How does the rest of the world view fluoridation? Well, Europe banned fluoridation of their drinking water, except for England, Ireland and 3% in Spain. Here in the United States Hawaii has also banned fluoridation, but the rest of the States are still trying very hard to force, encourage, and sweet talk cities into fluoridating their city water. While many cities are refusing to place fluoride in the water or are taking it out of the drinking water, there are still more cities jumping aboard the Fluoridation band wagon, in spite the legal issues that will face them eventually! So the percentage of fluoridating cities is still going up at present.

During the Vietnam War era, I was a Navy Dental Tech. I was trained to swab tons of highly toxic Sodium fluoride on thousands of recruits' teeth. I was told how good

this stuff was. All the dentists were trained and drilled to teach how good fluoride was. The dental crew at my base was encouraged to brush our teeth 2-3 times a day with fluoride toothpaste. Do you know that in 4 years of service, I didn't notice the dental crew had any less cavities than the rest of the Navy personnel, who did not brush their teeth as often. So, doubt started to creep in.

Having a science background, I started to doubt my training and force-fed education and started to look into the history of fluoridation of drinking water and my eyes were forced open!

Who was the first person to fluoridate drinking water? Adolf Hitler!!!!!!
Who was the second person to fluoridate drinking water? Stalin! Where did they fluoridate the drinking water? First in the German Concentration camps and second was in the Russian Gulags! And who was the third person to introduce it into the drinking water? Well, he is the well-known fictitious person -- Uncle Sam, who introduced it into the public drinking water of U.S.A.!

Did you know that if you type in pharmaceutical fluoride, – Fluoxetine into an Internet search engine and bang! Generic brands of Prozac start to pop up! Why did Hitler put fluoride in the drinking water of the concentration camp? Most likely to control and subdue the prisoners.

Does fluoride harden teeth and bones? Yes! But harder teeth mean ***crisper and more brittle*** teeth that can fracture more easily. Consider that drinking fluoridated water could result in "**Dental** or enamel **fluorosis**, which occurs when excess amounts of fluoride are ingested during tooth development (1-8 years of age). Fluoride does **NOT** keep the dentist away, but keeps him in business!

A short excerpt for wikipedia on controversy on fluoridation pretty much sums up my sentiment on the subject of Fluoridation:

http://en.wikipedia.org/wiki/Water_fluoridation_controversy

“Many who oppose water fluoridation consider it to be a form of compulsory mass ***medication***.^[10] They argue that consent by all water consumers cannot be achieved, nor can water suppliers accurately control the exact levels of fluoride that individuals receive, nor monitor their response.

In the ***United Kingdom*** the ***Green Party*** refers to fluoride as a poison, claims that water fluoridation violates Article 35 of the ***European Charter of Fundamental Rights***, is banned by the UK poisons act of 1972, violates Articles 3 and 8 of the ***Human Rights Act*** and raises issues under the ***United Nations Convention on the Rights of the Child***.^[10]

Water fluoridation has also been criticized by Cross and Carton for violating the ***Nuremberg Code*** and the Council of Europe's Biomedical Convention of 1999.^[2] Dentistry professor David Locker and philosopher Howard Cohen argued that the moral status for advocating water fluoridation is "at best indeterminate" and could even be considered

immoral because it infringes upon autonomy based on uncertain evidence, with possible negative effects.^[11]

A research article suggested applying the [*precautionary principle*](#) to this controversy, which calls for [*public policy*](#) to reflect a conservative approach to minimize risk in the setting where harm is possible (but not necessarily confirmed) and where the science is not settled.^[12]

Adding fluoride to the drinking water does ***absolutely nothing*** for ***water quality improvement***. They falsely claim that it is a benefit for cavity prevention.

Fluoride **does** harden teeth, however it also makes them more **brittle**. This accounts for fractures of teeth and 25% of the population develops mottling of the teeth (white specks on the teeth). 90% of dental cosmetics depend on fluoridation or they lose income.

Harvard Study on Fluoride and IQ

<http://www.washingtonsblog.com/2014/02/harvard-study-published-national-institute-health-journal-finds-fluoride-lowers-childrens-intelligence-7-iq-points.html>

Harvard Study: Fluoride Lowers Children's Intelligence By 7 IQ Points

Posted on [February 10, 2014](#) by [WashingtonsBlog](#)

[Government and Top University Studies: Fluoride Lowers IQ and Causes Other Health Problems](#)

The Harvard School for Public Health [reports](#):

In a meta-analysis, researchers from Harvard School of Public Health (HSPH) and China Medical University in Shenyang for the first time combined 27 studies and found strong indications that fluoride may adversely affect cognitive development in children. Based on the findings, the authors say that this risk should not be ignored, and that more research on fluoride's impact on the developing brain is warranted.

The [study](#) [click for abstract] was published online in *Environmental Health Perspectives* on July 20, 2012.

Environmental Health Perspectives is a publication of the [United States National Institutes of Health's](#) National Institute of Environmental Health Sciences.

Harvard's announcement continues:

*The average loss in IQ was reported as a standardized weighted mean difference of 0.45, which would be approximately **equivalent to seven IQ points** for commonly used IQ scores with a standard deviation of 15. Some studies suggested that even slightly increased fluoride exposure could be toxic to the brain. Thus, **children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas**. The children studied were up to 14 years of age, but the investigators speculate that any toxic effect on brain development may have happened earlier, and that the brain may not be fully capable of compensating for the toxicity. "**Fluoride seems to fit in with lead, mercury, and other poisons that cause chemical brain drain**," Grandjean says. "The effect of each toxicant may seem small, but the combined damage on a population scale can be serious, especially because the brain power of the next generation is crucial to all of us."*

Indeed, the following video interviewing National Research Council scientists, a Nobel laureate in medicine, a professor of dentistry and other professionals summarizes the evidence fairly succinctly ... and makes the case that our understanding of the damage fluoride can cause to our brains is like our growing understanding in the 1970s of the dangers of lead:

<http://www.youtube.com/watch?v=88pfVo3bZLY#t=1112>

(We started the video at 18 minutes in; but the whole video is worth watching.)

[Numerous other government reports](#) have shown fluoride's adverse impacts on intelligence:

[A] 2006 National Academy of Science [[report](#)] reviews the scientific studies which have been performed on fluoride, and concludes:

It is apparent that fluorides have the ability to interfere with the functions of the brain and the body by direct and indirect means. (bottom of [page 222](#)).

The NAS report also notes that fluoride may actually impair intelligence, and that more testing should be done in this regard.

Indeed, studies from around the world continue to find that exposure to sodium fluoride – especially in the very young – lowers IQ. See [this](#) and [this](#). The same is true for rats exposed to fluoride. See [this](#) and [this](#). And see the studies listed [here](#).

[Dr. Vyvyan Howard](#) – a PhD fetal pathologist, [who is](#) a professor of developmental toxicopathology at the University of Liverpool and University of Ulster, president of the International Society of Doctors for the Environment and former president of the Royal Microscopical Society and the International Society for Stereology, and general editor of the Journal of Microscopy – [said in a 2008 Canadian television interview](#) (short, worthwhile video at the link) that studies done in several countries show that children’s IQ are likely to be lower in high natural water fluoride areas.

He said that these studies are plausible because fluoride is known to affect the thyroid hormone which affects intelligence and fluoride is also a known neurotoxicant. Such studies have not been conducted in countries that artificially fluoridate the water such as the US, UK and Canada, but should be, he said.

And as the International Business Times [noted](#) last month on the newest Chinese study on fluoride:

Exposure to fluoride may lower children’s intelligence, says a study published in Environmental Health Perspectives, a publication of the National Institute of Environmental Health Sciences. Fluoride is added to 70 percent of U.S. public drinking water supplies.

About 28 percent of the children in the low-fluoride area scored as bright, normal or higher intelligence compared to only 8 percent in the “high” fluoride area of Wamaio.

In the high-fluoride city, 15 percent had scores indicating mental retardation and only 6 percent in the low-fluoride city. The authors of the study eliminated both lead exposure and iodine deficiency as possible causes for the lowered IQs.

One scientist – Jennifer Luke – [alleged](#) in a 2001 scientific article that fluoride accumulates in the brain (specifically, in the structure of the pineal gland) more than it accumulates in our bones. In other words, she implies that fluoride may accumulate more in the brain than in the teeth, doing more harm than good ([here’s](#) Luke’s 1997 PhD dissertation on the topic.)

The 2006 National Academy of Sciences report [corroborates](#) some of Luke’s allegations:

As with other calcifying tissues, the pineal gland can accumulate fluoride (Luke 1997, 2001). Fluoride has been shown to be present in the pineal glands of older people (14-875 mg of fluoride per kg of gland in persons aged 72-100 years), with the fluoride concentrations being positively related to the calcium concentrations in the pineal gland, but not to the bone fluoride, suggesting that pineal fluoride is not necessarily a function of cumulative fluoride exposure of the individual (Luke 1997, 2001). Fluoride has not been measured in the pineal glands of children or young adults, nor has there been any investigation of the relationship between pineal fluoride concentrations and either recent or cumulative fluoride intakes.

Donald Miller – cardiac surgeon and Professor of Surgery at the University of Washington – [alleges](#):

Fluoride ... inhibits the enzyme acetylcholinesterase in the brain, which is involved in transmitting signals along nerve cells.

Fluoride also damages the brain, both directly and indirectly. Rats given fluoridated water at a dose of 4 ppm develop symptoms resembling attention deficit-hyperactivity disorder. High concentrations of fluoride accumulate in the pineal gland, which produces serotonin and melatonin.

People with Alzheimer's disease have high levels of aluminum in their brains. Fluoride combines with aluminum in drinking water and takes it through the blood-brain barrier into the brain. Dr. Russell Blaylock, MD, a neurosurgeon, spells out in chilling detail the danger fluoride poses to one's brain and health in general in his book [Health and Nutrition Secrets that can Save Your Life](#) (2002).

Time Magazine [notes](#):

What has also changed is how much toxicologists know about the harmful effects of fluoride compounds. *Ingested in high doses, fluoride is indisputably toxic; it was once commonly used in rat poison. Hydrogen fluoride is regulated as a hazardous pollutant in emissions from chemical plants and has been linked to respiratory illness. Even in toothpaste, sodium fluoride is a health concern. In 1997 the Food and Drug Administration toughened the*

warning on every tube to read, “If more than used for brushing is accidentally swallowed, get medical help or contact a poison-control center right away.”

ABC News from Raleigh-Durham [reports](#):

Study after study dating back to the 80s from respected academic and scientific institutions that connect fluoride to health dangers. Some of the studies were funded by the government. They suggest fluoride can be linked to brain, blood and bone deficiencies in humans.

“EPA’s drinking water standards are supposed to protect all persons against anticipated adverse health effects of the contaminant in question,” explained Kathleen Thiessen – one of the scientists who worked on the 400-page study. “And we concluded after three years worth of work that the drinking water standard for fluoride was not protected and cannot be assumed to be safe for humans.”

Thiessen said the EPA was warned about potential fluoride health dangers by one of its own chemists more than a decade ago. Dr. William Hirzy testified before a Senate subcommittee in 2000. He was representing the views of EPA scientists and staff who analyze hazards in the environment.

“In 1997, we voted to oppose fluoridation, and our opposition has grown stronger as more adverse data on the practice has come in,” said Hirzy.

“The CDC and others say whatever beneficial effect there is from fluoride is from topical use. It’s not from swallowing it. It never has been from swallowing it,” said Thiessen.

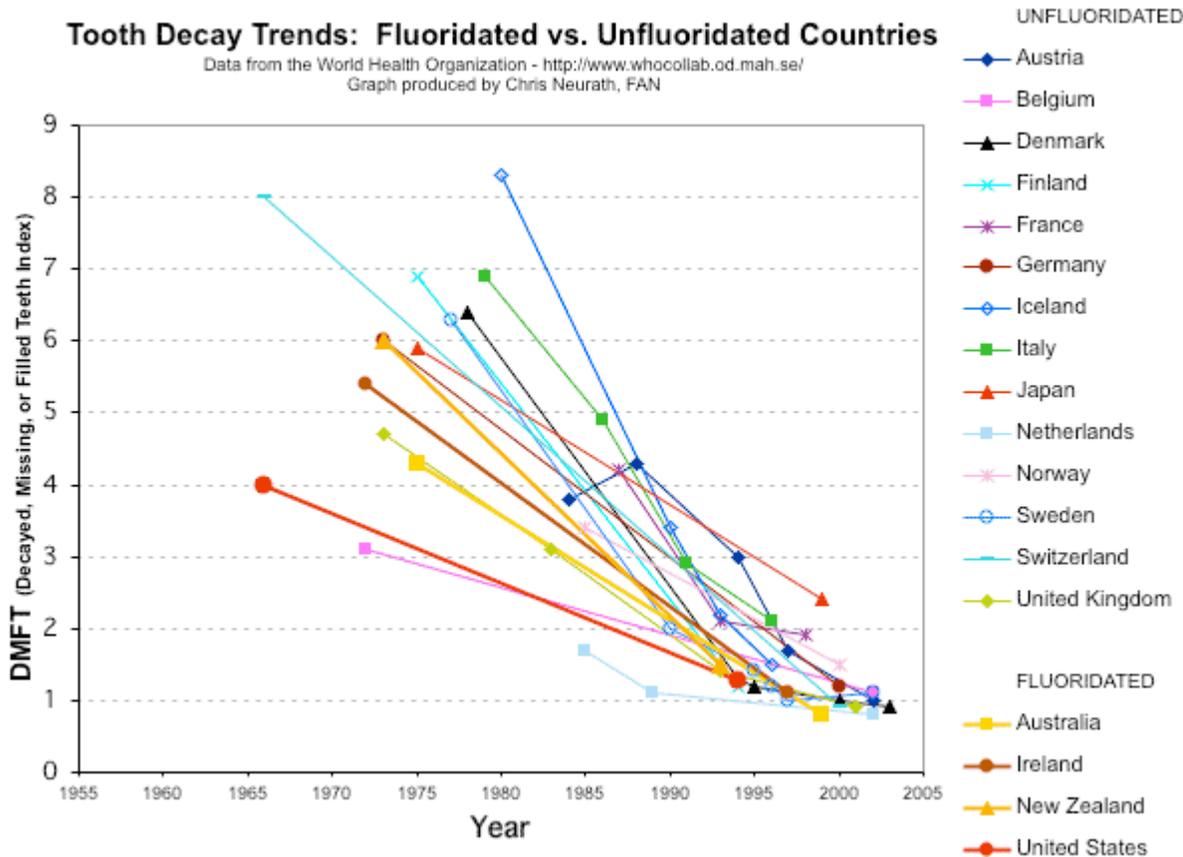
*The I-Team discovered most western countries do not fluoridate their water. **Dental records kept by the World Health Organization show tooth decay in those countries has declined at the same rate as here in the United States** – where we do fluoridate our water.*

Indeed, an [overwhelming number of scientific studies conclude that cavity levels are falling worldwide ... even in countries which don’t fluoridate water](#). Specifically, the scientific literature

shows that – when fluoridation of water supplies is stopped – cavities do *not* increase (but may in some cases actually decrease). See [this](#), [this](#), [this](#), [this](#), [this](#) and [this](#).

World Health Organization Data (2004) -

Tooth Decay Trends (12 year olds) in Fluoridated vs. Unfluoridated Countries:



No wonder more and more countries are [stopping fluoridation](#).

In fact, many prominent leaders of the pro-water fluoridation movement have recently admitted publicly that they were wrong. That includes:

- John Colquhoun, DDS, Principal Dental Officer for Auckland, New Zealand and chair of that country’s Fluoridation Promotion Committee, reviewed New Zealand’s dental statistics in an effort to convince skeptics that fluoridation was beneficial and found that tooth decay rates were the same in fluoridated and nonfluoridated places, which prompted him to re-examine the classic fluoridation studies. He withdrew his support for it in [“Why I Changed my Mind About Water Fluoridation”](#) (*Perspectives in Biology and Medicine* 1997;41:29–44).

- Richard G. Foulkes, MD, a health care administrator and former assistant professor in the Department of Health Care and Epidemiology at the University of British Columbia also switched from pro to [anti-water fluoridation](#) after studying the issue.
- And Dr. Hardy Limeback PhD, DDS – one of the 12 scientists who served on the 2006 [National Academy of Sciences review of fluoride](#), and Head of Preventive Dentistry at University of Toronto – wrote “[Why I am Now Officially Opposed to Adding Fluoride to Drinking Water](#)”

Can Drinking Water Make you Fat?

Can drinking water make you fat? Can antibiotics make you fat? What if you only drink bottled water? Cook in non-stick pots and pans? There is more than one answer to these questions, but researchers have uncovered a startling link between drinking water and endocrine disruption with subsequent weight gain. It is much worse than we ever thought. Why has this never come to light? Big greed and big liability. Read on

In 2006, The National Research Council published a report of the impact of Fluoride on the human body. This is what they said, “In summary, evidence of several types indicates that fluoride affects normal endocrine function or response....Fluoride is therefore an endocrine disruptor.”

The research goes all the way back to 1854 when Maumene linked goiter in dogs to exposure to fluoride. Subsequent studies have found goiter in areas that had sufficient iodine, but had fluoride in their water.

Between the 1920s- 1950s, medical doctors dosed their hyperthyroid (excess thyroid) patients with fluoride to successfully depress the thyroid. Doses corresponding to those consumed in fluoridated water areas were enough to reduce the Basal Metabolism Rate.

If fluoride calms down an overactive thyroid, then what would it do to a normal or underactive one? You guessed it. A recent study done in the Ukraine found that long-term consumption of fluoridated water (2.3 parts per million) showed elevated TSH (thyroid stimulating hormone) and a decrease in T3. The conclusion was that excess fluoride in the drinking water was a risk factor of rapid development of thyroid pathology. These conditions were found in dosages that a child would reach by drinking 1-2 glasses of 1ppm Fluoridated water per day. Depending on your city, you have between 2-4 ppm fluoride in your water).

“The NRC committee concluded that fluoride can subtly alter endocrine function, especially in the thyroid – the gland that produces hormones regulating growth and metabolism.”

Fluoride has been found to be much more toxic to the enzymes of the body that regulate life and metabolism than uranium.

When you drink bottled water, not only are you drinking estrogen-mimicking plastic, but if the water is fluoridated, and many of them are, then you are not avoiding fluoridation’s effects. “Dasani and Aquafina, which are nothing more than purified tap water, will most likely contain fluoride. Poland Spring, FIJI Water, Perrier, and Deer Park contain fluoride, and even boast its health benefits on their websites. Evian makes no mention of fluoride on its website either way.” If you are drinking natural spring water, the bottlers do not have to put fluoride on their label, if

the waters naturally contain fluoride. They only have to disclose it if it has been added to the water. http://www.ehow.com/about_5370977_bottled-waters-contain-fluoride.html#ixzz2lKe14Phx Many pharmaceutical drugs contain fluoride, because one of fluoride's properties is that it makes whatever it is added to more potent. Common antibiotics like Cipro, and drugs like Prozac contain fluoride. There are many incidents of someone going to the doctor for strep throat or some other infection, being prescribed Cipro, then having chronic fluoride poisoning thereafter.

In fact, fibromyalgia has been linked to prescription fluorinated drugs. Think about this the next time your doctor wants to prescribe a fluorinated drug. Do you want to depress your thyroid? Depress your metabolism? Gain weight? Experience one of the many effects of fluoride poisoning? Ask your doctor to prescribe a non-fluorinated drug instead. You can find out which drugs contain fluoride, as many of them will contain an "FL" in their chemical name.

We will talk more about fluorinated drugs, about fluoride's link to diabetes and heart disease, as well as kidney disease in upcoming newstips. Also in upcoming news tips, fluoride and your children, and fluoride's effect on the golden years.

How can cooking in nonstick pots/pans make you fat? The majority of nonstick coatings are made of Teflon, which contains fluoride. When heated, Teflon pans can gas fluoride out into your kitchen. There is a well-known warning about keeping small animals out of your kitchen area while cooking in nonstick pans, as they may die immediately from the fumes.

So, if you think that your weight gain, lethargy, excessive tiredness, and inability to lose weight are your fault, they may be due to your unknowing fluoride consumption/poisoning. Your "laziness" and depression may be due to fluoride consumption. These are all common side effects of fluoride.

Sources: *The Fluoride Deception* by Christopher Bryson; *The Case Against Fluoride* by Paul Connett, PhD & James Beck MD, PhD & H.S. Micklem, DPhil; www.earthclinic.com;

This is why we at Natural Plus Plus LLC tirelessly educate about fluoride. **This is why we designed the only fluoride filter that we know of (and we have checked out lots of them) that will remove fluoride down to non-detectable levels at the kitchen sink. This is why our filters are large and costly. Other water filter manufacturers won't go to the lengths that we have gone to protect you and your children from the effects of fluoride poisoning. So why would you waste money on a cheap filter that doesn't do the same job as ours does?**

Warning: Is Your Drinking Water Making You Old?

We are told to drink lots of water in order to hydrate our cells and maintain our youthfulness, but if you are drinking the wrong type of water, you are harming your health and aging your body. Read more

As our bodies are made up of 70% water, it is important to keep ourselves hydrated. However, if you are drinking bottled water, you may not be achieving your goals.

What wrong with bottled water? First off, 90% of bottled water is made with de-ionized or reverse osmosis water. Reverse Osmosis and de-ionized water are devoid of minerals.

When you take a sip of either water, your mouth is instantly plundered of its minerals. Even if you take a mineral supplement later, you are only placing a small bandage on a life-threatening wound. Plus, if the minerals are not in an ionic form, you can develop kidney stones over time. One of our customers called us recently complaining of kidney stones. We asked him what kind of water he drank. You guessed it – reverse osmosis. We then explained to him how he had gotten the kidney stones.

Then what about the reverse osmosis bottled water that contains added minerals? They seem to be ionic. Shouldn't that water be okay to drink?

If you were stranded somewhere and the only choice was to drink the reverse osmosis water with added minerals, then I would drink it. However, there is a little known fact. The reverse osmosis membranes are made using a radioactive laser to pierce the tiny holes. While this may not cause your water to become radioactive, the laser leaves a radiation frequency behind in the membrane that Mother Nature takes exception to.

What tool does Mother Nature use when something goes against her laws? The answer is black fungus. Black fungus will help break down the offending material. If you sprout seeds in reverse osmosis water, you will have fungus issues. If you use reverse osmosis water in the garden, you will have fungus issues.

What do you think happens in your body when you drink reverse osmosis water? You are correct – fungus issues. This is why many people who drink bottled water end up with Candida issues. Because of the anti-Nature frequency that remains in the membrane, it retains the frequency in every drop of water that goes through it. If you happen to have a reverse osmosis filter at your kitchen sink, once you have ripped it out, check out the interior of the tank and you will see it is coated with black fungus. This is why all reverse osmosis systems have a taste filter after the tank before the faucet. Plus, reverse osmosis water still contains fluoride. It is not totally removed. Where do you find reverse osmosis water in Nature? Nowhere. It does not occur naturally.

How does this age you? Well there are a couple of ways.

The first is the demineralization of your body by the reverse osmosis water that you cannot adequately replace by taking a mineral supplement.

The second is the pH. Normal drinking water should be a pH of 7 – 7.5. Reverse osmosis water is 5-6.5 pH. You may not think that this is a big deal, but when your cells don't get correct pH water, it causes your body to become overly acid. This ages you and causes a variety of "old age" diseases – high blood pressure (stress on the kidneys), heart disease, arthritis, acne, diabetes, weakened immunity, as well as wrinkles and lines. Do you look and feel older than you should? Your drinking water may be the culprit.

The third is excess estrogen from the plastic bottles the water is held in. Reverse osmosis water leaches the plastic from the bottle. This causes hormonal problems, including

endometriosis, prostate issues, menstrual issues, menstrual cramps, menopausal issues, and even reproductive cancers.

Then there is the fungus factor. It has been proven by research that cancer is caused by fungus.

So what do you do? If you must drink bottled water, then make sure that you buy it in a glass bottle, and make sure that you call the water bottler/manufacturer and ask them if they use reverse osmosis or deionization as part of the process.

You might want to drink sparkling water or soda. Don't, except on occasion. These are all acidic and will make your body acidic.

So what should you do? Purchase an under the sink fluoride water filter or a whole house filter from us. We have been careful to design our filters to mirror the best water found in Nature – water like a mountain spring. If you are an apartment dweller, you can get our under sink filter and take it with you when you go, providing there is a place for an additional faucet at the kitchen sink, and your cupboard dimensions allow for the height of the double tanks.

If you live in a condo or a house, as long as you have a hot water heater, you can purchase our Whole House fluoride filter. It comes with a non-chemical water softener and a single under sink filter. You can bathe in and drink water that is like a mountain spring. You can save money by filling your own glass bottles with your own water when you go out.

One of our recent whole house water customers exclaimed that he could previously never get his children to drink water – only soda or juice. Once he installed our system, the children abandoned the soda and juice and only want to drink water from their system. \ We have tried to make our filters more accessible to you, so you can enjoy better health. After all, our bodies are made up of 70% water. Don't you want it to be the most naturally compatible water?

How does fluoride affect the organs?

Unfortunately, fluoride in the drinking water systemically influences the hardening of the bones, which increases the number of bone fractures, such as hip fractures. Did you ever hear about a young child taking a fall and breaking an arm or leg? Today, there is a lot of scientific documentation on the subject of fluoridation, it's detrimental effects to mineral absorptions, and immune system damage. **Remember, they don't use pharmaceutical grade pure fluoride!** What they actually add is **hydrofluorosilicic acid, which is an industrial waste product from the metal plating industry's waste acids and phosphate-mining industry's waste**. This "chemical soup" consists of fluoride, chromium, Strontium 90 (**radioactive material!**), and all the heavy metals. Being a chemical soup, it varies from day to day and in fact, no one is testing to see what the variable is from day to day, because the cost would be prohibitive to test daily.

A Recap of Fluoride

Adolf Hitler was the first person to use hydrofluorosilicic acid in the German concentration camps to control the prisoners. The Russians used the identical material in their Siberian Gulag camps. This **highly acidified fluoride and other heavy metal soup** is what is added to the city water (hydrofluorosilicic acid) and is similar to Prozac (a powerful antidepressant drug). If you type “**Fluoxetine**” in your Internet browser, you will find all the generic brands of Prozac. Do you still think that fluoride can be beneficial to you?

If you now feel as I do, you will want to remove fluoride, arsenic, lead, chlorine and chloramines from your water *without stripping out all of the beneficial minerals*. These are not easily removed from our water. Thus, the smallest of our filters weighs 37 pounds; this is what is required to remove fluoride down to **non-detectable levels**.

When it Comes to Water Filtration, Size Matters

When you see small $\frac{3}{4}$ lb. to 1.5 lb. filters, you must know that they can only remove “some” fluoride, and as the filter ages, less and less is removed. The filters usually only have 1000 gallons or 3 month’s life. Note the different language we **“take out fluoride”** [How much?] versus removed to **non-detectable levels**. So, if you feel as I do, and you think that maybe **removing fluoride from your drinking and bathing water** is a good idea, then I have a recommendation that will remove fluoride to **non-detectable levels**.

Warning! Many fluoride removal filter companies state that their filter will **“take out fluoride.”** What exactly does that mean? It means that **some** (not all) fluoride will be removed for some short period of time.

You must find someone in the water filter company who will answer the following question, “How much fluoride will the filter take out and even more importantly, how long will it take it out to that percentage?” When it comes to removing very difficult items like fluoride, it requires a large quantity of water filtering media as well as **long duration of water contact time** to remove the target toxin.

For City Water

If you receive city water, generally speaking, you do not need to get a water analysis test, unless you have concerns about the water in your area and you want to make sure. Then you should get an independent water analysis so you can know the truth.

Though I receive city water, I did a water analysis test and found that there was fluoride in my water, though the city said that ***they were not adding it***. When I called them to get an explanation, they responded that **THEY** don't add fluoride, but that they **buy fluoridated water** from other counties. So, if you want to be sure what is in your water, then get a water test. Another municipality I recently visited is reported to have Chromium 3 or 6, a known carcinogen in their water, though none of their city water brochures show it. When asked, the city responded that they don't perform that test. So they don't have to expose that it is occurring.

The company I use to test water is National Testing Labs, Inc. (440) 449-2525 or <http://www.watercheck.com>. This water analysis will test for 93 - 103 items. This test is called "WATERCHECK W/PO (PESTICIDE OPTION)". This type of water analysis will usually cost you \$300-\$500, but you can get it for +/- \$220.00 from National Testing Labs. There are also other options, so ask the lab tech for recommendations.

If you receive well water

The first order of business is getting a water analysis. **Never, Never, Never ever guess or assume that your well water is safe to drink just because it taste and smells good! Never!** In over 26 years in the water business, I have only seen a total of 4 water analyses that did not need any water filtration. Two were in upstate New York and two were in Virginia, but all 4 had exactly the same condition – top of the hill, no other residence and they have a pure single source underground water.

So if you have your own private well, you most definitely need do a water analysis before spending a single penny on any water filtration system! Remember, **illegal dumping of toxic chemicals** are usually done in remote areas! And toxic chemicals don't necessarily have any taste or smell in the water! So, the only way to detect them is through a water test done at an honest lab. This is why I only recommend and use one lab. I have worked with them for 25 years and they have never steered me wrong once.

- Do a water analysis to determine what exactly is in your well water. It is very rare to find a well water source in the United States that is not contaminated. We NEVER guess, but always know before we go.
- The company I use to test well water is called National Testing Labs, Inc. (440) 449-2525 <http://www.watercheck.com/>. This water analysis will test for 93 - 103 items, this test is called "WATERCHECK W/PO (PESTICIDE OPTION)". This type of water analysis will usually cost you \$300-\$500, but you can get it for +/- \$220.00 from National Testing Labs. There are other options now days so talk to the lab tech for recommendations.
- Additional iron bacteria tests are also available. Cost is +/- \$60.00
- Additional tests for sulfate-reducing bacteria and slyme bacteria are available. Sulfate reducing bacteria feed upon sulfur based compounds including sulfate, sulfite, elemental sulfur and thiosulfate. They produce **hydrogen sulfide** as a by-

product. The "**rotten egg odor**" often is an indication that these bacteria are present. Other indications include the blackening of the water or a black slime formed in the back of the toilet tank.

“Slime bacteria” is a term used to describe bacteria which produce significant amounts of slime or biofilm. The presence of these bacteria can cause problems with flow restriction, taste and odor, as well as providing a biofilm for pathogens such as legionella to hide in. The water test for this does not require overnight shipping, but analysis can take up to 9 days to confirm non-detection.

- In special cases, usually for the second test, we can get a shortened version of just the total chloroform, inorganic chemicals - metals, inorganic chemicals - others and physical factors, lastly, organic chemicals - trihalomethanes. This should cost approx. +/- \$170. This simpler test omits pesticides, herbicides, PCBs and 45 other organic chemicals that you want to know about in the first test you do. IF you don't have these things in your water, then you can do the simpler test.
- There are also tests for radiation contamination, call them for the rates.
- **Make sure that you place my name and address** (Winston W.J. Kao 1884 McKinley St. Clearwater, FL 33765) in the "**distributor address**" field of the order form. They will send both you and me the water analysis results.

Important Note: Please make sure you **freeze the blue ice** you will receive for the water sample for a minimum of **24 hours**, and make sure to mail out the sample **Next Day Air/Overnight on Monday, Tuesday or Wednesday** and never mail any other day. **Watch out for Holidays!** We do not want your water samples sitting over the weekend at the post office.

Part II

Type of Water

In order to keep it simple, I will cover only the most vital information of the four major types of water, skipping any information that you will have no application for.

Reverse Osmosis
The 4 types of distilled water
Deionized water
Alkaline and Acid waters

Are You Drinking the Wrong Water?

Most Americans drink reverse osmosis or distilled water in spite of the fact that many advanced **European countries advise against it!** In America specifically, there is a tremendous amount of contradictory information about drinking water. We will separate the truth from false data so you can make an informed decision about your health. We'll start with the most poorly known subject—distilled water.

Did you know that there are **4 different kinds** of **distilled water**, two of which are very healthy, and the other two are **UNHEALTHY**? Don't feel bad if you didn't know this - **most doctors and health practitioners don't know this either**. As a matter of fact, they are shocked when they found out! This tells you that the Universities do not teach this fact!

Why do many Europeans refuse to drink these waters? Because they understand the detrimental effects of these “hungry waters” due to their ability to leach out minerals from the body. Drinking hungry waters results in the instant leaching of minerals from your body to satisfy the water's extreme hunger, lowering your cellular integrity, and resulting in the breakdown of your immune system. In addition, because these waters are missing “**alkaline minerals**”, the water is **highly acidic**, which **makes one's body more acidic**.

These waters leach the minerals out immediately and later consumption of minerals will not make up the damage.

Distilled Water

What are the common types of distilled water? The first one is a healthy **low temperature distillation with a low surface tension**. It usually has minor amounts of minerals. This is commonly known as **rainwater** and **[was]** one of the best waters to drink. Even though this water has extremely low mineral content because of many other factors such as hydrogen peroxide or more appropriately put, hydroxyl ions (-OH) and minor negative charge, the rainwater does not leach minerals out and it is one of the **healthiest waters** to drink. Note how a single rainstorm will green up a forest or lawn so much faster than all the other watering. Saving rainwater and then running it through a carbon filter to remove the VOCs (Volatile Organic Compounds) is a very necessary step these days.

[Chemtrails & its nanotized chemicals pose another problem to be handled] If you are unfamiliar with the term Chemtrails please look up the term. Pay attention to the sky, go to the Internet, and get educated on Chemtrails]

[Rainwater- rainwater should be approximately 4.5 to 5.0 pH on the West coast and 5.0 to 5.5 pH on the East coast , and not 7.5 to 9.5 pH range; how is this happening?

Rainwater now has **Aluminum, Barium, & Strontium** because of the chemtrail spraying. Reports regarding how much is being sprayed varies from 10 to 20 metric tons

to 100 to 200 metric tons of nanotized particles.] **All of the NATO countries are participating in chemtrail spraying. I would think twice before drinking rainwater in any NATO country.**

The other more common distilled water is the commercially available *high temperature* distillation process, which results in a high surface tension. This type of distilled water is “**Hungry water**”. This is the type of water that leaches out the minerals from one’s body. This is **good laboratory water** and should not be drunk.

[Always use **pH meters** to test water, as **pH strips** require minerals, which RO & Distilled waters **do not have much of.**]

Reverse Osmosis Water

If you test **Reverse Osmosis water**, use only a **pH meter**. **Strips and liquids require minerals to respond; hungry waters have no minerals to respond correctly.** You will find that it is acid **water**, with a **5.5 to 6.4 pH**. Considering that most of the bottled water is Reverse Osmosis water, it is not surprising that so many of us are **too acidic** and are prematurely aging. Most waters, when left on a shelf, will first turn green (growing blue green algae). The RO water, when left on a shelf, will choose to grow black fungus as it’s first choice. If you look at an RO system, after the water is fully processed through the membrane and is stored in the reservoir tank, it still has a carbon block filter, which they call a taste filter, to block the black fungus from coming out and to improve the water flavor. Do you think that this is a good water to drink?

We have found through investigation, that when many people drink Reverse Osmosis water over a period of time (2+ years), many come down with Candida Albicans overgrowth (commonly known as yeast infection or thrush). This is because Reverse Osmosis water creates an ideal environment for fungal growth, which in turn creates a more acidic environment in the body, which leads to old age disease. [High acid condition]

If you have fungus problems when sprouting seeds that’s most likely because of RO water!

If it can cause problems in seed sprouting, what do you think it is doing inside your gut with no sunlight? This isn’t rocket science - anyone can extrapolate the consequences.

Part III

The Fountain of Youth: Alkaline and Acid Water

Acidity and Aging

If cells replace themselves, then why do bodies become old and wrinkled? How and why does the body get fragile? How does acidity cause old age and disease? Why do you want alkaline water? Are there different types of alkaline water? What benefit will alkaline water create for you?

Let's look at some basic chemistry:

A supplement called CalMag™ contains calcium, magnesium, and apple cider vinegar. In order to break down the calcium and magnesium, one must have vinegar (**acid**) for it to dissolve and go into a solution, thereby allowing absorption.

This very same chemistry occurs within our body when we have too much acid in our blood and tissue. When our systems become over acidic, our body begins to dissolve the calcium and magnesium from our bones in order to alkalize the blood. When the body pulls calcium and magnesium from our bones to deposit elsewhere into various different areas of the body, health problems occur.

When the calcium/magnesium is deposited in our muscles, the resulting condition is **fibromyalgia**. When it collects in our joints, we call this **arthritis**. When it collects in the bursa (sac) in our joints, we call this **bursitis**. When it collects in our kidneys, we call this **kidney stones**... etc. All of these problems are caused by the same condition. And with this knowledge, we realize **that having an over acidic system is the LAST thing we want**.

Take a good look at a person's skin tone, color, and *elasticity*. Notice why teenagers and children look so good. Their skin is **taut** and has **great elasticity**. As a person ages or simply *eats poorly*, the body becomes **less able to get rid of the accumulating acid waste**. The first recognizable sign of poor health is **pale skin and shadows or bags under the eyes**.

As the calcium/magnesium deposits and acid waste build up in the skin, we get a kind of *calcification* where the skin is not as **elastic**. The capillaries start to clog up, which slows the blood flow causing the skin color to become pale. Thus we have the sick, pale look of an older person or one who is not healthy. Where did the majority of the Calcium and Magnesium come from? From the bones, and of course the result is *fragile bones* or **osteoporosis**.

In most industrialized countries, it is **uncommon** to find a person with **rosy cheeks**, which usually indicates good circulation. Why is this? Because they eat a lot of processed

and nutritionally depleted food. The food they eat is not fresh-picked and they live in a polluted environment. Yet, if you go to “primitive” countries (Red China in 1985 for me), you’ll usually find children and even women over 40 with rosy cheeks and good health. Why is this? Their environment and diet do not cause them to accumulate as much acid waste, as ours does.

In other words, old-age disease is *merely a condition of having too much acid* in our system, which results in *precipitation of calcium, magnesium and other minor minerals in the wrong places*.

Therefore, any method that truly neutralizes and removes the acids in the body would be a legitimate reverse-aging process. **Note: most alkaline drops only neutralize acid creating excess salts in the body, which further tax the kidneys. (Chemistry fact: acid + alkaline = salt)**

What can one do to stop or slow down the process of aging and reduce or eliminate the predisposition to diseases and cancer? In the book “Reverse Aging” by Sang Whang, he says that one should oxygenate the body by **drinking Alkaline water**. The water is not just high in pH, but more importantly has a very high negative electrical charge. In plain layman terms, the water’s highly **negative charge** gives the body an opportunity to release its highly **positive charged toxic heavy metals and other toxic acid waste stored in the cells**. Alkaline waters’ high oxygen/hydrogen along with the negative charge that -OH contains handles free radicals and corrects the damage caused by their presence. Whang also says that one would be unlikely to get cancer, osteoporosis, or other diseases while consuming adequate amounts of alkaline water.

My **medical grade alkaline water machines** produce alkaline water at -250mV (miliVolts) to -600mV ORP (Oxidation-Reduction Potential is a measurement of electrical charge held in solutions, similar to a battery, which holds 1.5 V charge). The **medical grade alkaline machine** is a batch system, which is the **ONLY system you want to purchase**. (The next section talks about why this is so.)

NEVER USE R.O., Distilled or Deionized water! These will not turn on the machine and the R.O. water will destroy the alkalizer’s benefit. The Alkaline water machine requires clean filtered water that contains naturally occurring minerals.

Because 74% of cities in the United States add toxic Fluoride, Arsenic, Chlorine and Chloramines to the water, we cannot recommend tap water to be used in the water Alkalizer. So what do you do?

The first choice is to purchase our Ideal Earth Water Under the Sink fluoride removal filter, which will remove 90 – 100% of the fluoride and the chloramines, pesticides, solvents, agricultural contamination, and heavy metals down to non-detectable levels. Chloramines are extremely taxing on one’s kidneys and anyone on kidney dialysis is warned never to drink water that contains chloramines. Chloramines also kill fish. **We also have a whole house filter. Call me to customize for your application and situation.**

The second choice would be to purchase bottled water from the grocery store. However, one needs to call the individual water bottling companies and find out what process they use on their “Spring Water™”. The only waters you want to use are Carbon filtered, UV light and ozone treated water. All others, such as Distilled, Reverse Osmosis (R.O.) and Deionized waters are not compatible with our alkaline water machines and will not even turn the machine on.

The Controversy About the Types of Alkaline Water Machines

Batch vs. Flow-through Alkalizers

The “real” batch water alkalizer industry is a direct threat to the medical industry primary profit centers of diabetes, heart disease, cancer, and many other health issues. So, one should not be surprised to find websites that promote untruths, false data, and twisted information.

The Truth

- **The original alkaline water testing (+/-60 years ago) was done with a batch system not a flow-through system. Therefore, the literature and testing results you will find regarding alkaline water are actually based on the data taken from alkaline water batch systems, not from flow-through systems.**
- ***All alkaline flow-through systems process the water at 1/5th of a second.*** Since you are only interested in the effects of the **negative charge** that is put into the water and the **50% reduction in water molecule**, rather than its **alkalinity**, how much electrical charge can be transferred at **1/5th of a second?**

In recent years, we are seeing a lot of flow-through alkalizers, which use 3, 5 and 7 plates to alkalize the water for 1/5 second. In an effort to pump up the negative charge of the water so it can be similar to that of the batch type alkalizers, (while making the false claim of not using chemicals in their filtration systems) these flow-through machines have chambers for chemicals to be added and they do in fact provide the chemicals. http://www.ionizersreviewed.com/kangen_chemicals.php

- Initially, it appeared that these units in fact were mimicking the batch units and doing a good job. However, with time, I discovered that some people were complaining about a metallic taste in their mouth. Further investigation revealed that repair people were starting to replace the plates. Considering that these units were

virtually new on the market, this was a bad indicator, as this indicates that too much electrical force has hit the plates. Basic electricity - the more plates, the more mass, the more amperage and voltage are going to be required. (These plates really shouldn't be replaced in less than 15-20 years.)

- This is why the batch systems, which use lots of time with very low voltage and amperage (0.5 amps) are particularly less susceptible to the destruction of the plates. Flow-through plates that leach metals into the water is my biggest beef against the flow-through systems. While a one-time water analysis will not show the leached materials, the fact that the plates become full of microscopic holes and ultimately need replacement certainly proves that the metal is leaching into the water. Do you want to drink titanium- or platinum-laced alkaline water? No? Then you want to buy a batch alkalizer like mine, which doesn't leach.

Alkaline Machine Wars

The "K" machine, a popular flow-through alkalizer sold via network marketing is catching on like wildfire, though most aren't aware that there are problems with this machine. The following link debunks all of the false information that has been promoted.

A picture tells a thousand words... a video packs the punch of truth. **The video clearly shows that the "K" water machine is NOT a 100% electricity only ionizer, like all of the batch alkalizers. The "K" machine contains a chemical reservoir and each purchaser receives chemicals to add in to the water process.** Go and see this video for yourself. This is the proof that this is not straight ionization, but a chemical + electrical ionization, which is NOT the traditional ionized water done without chemicals.

http://www.ionizersreviewed.com/kangen_chemicals.php

Do you think that processing the water in a batch system 3000 to 9000 times longer than a flow-through system would make a difference?

- The alkaline water batch systems process the water for 15 to 30 minutes. This is 3000 to 9000 times longer processing time than the flow-through systems! This is like using a battery charger on your car battery. The electricity trickles in for a long period of time, creating more stability.
- The **flow through alkalizers** utilize two specific technologies to artificially enhance both the pH as well as the ORP with mineral/chemical methods.
 1. **Coral calcium** is added in the pre-filter to increase the pH.
 2. **Tourmaline** is added in the pre-filter to artificially increase the ORP (Negative charge).
 3. **So the higher pH and ORP that is created by coral calcium and tourmaline is totally different than a 100% electrically induced pH and ORP.**

4. And now while the newest **flow-through systems** with multiple plates claim not to be using tourmaline and coral calcium, there may be other issues. **According to a repairman these multi-plated water ionizers need to have their plates changed because they corrode and are damaged. He says that he charges \$400 to \$600 to clean and replace these plates.** I don't know how true this is, because I have not personally seen, felt, and touched these damaged units. I have to take his word for it. However, this is a red flag! Why do they need to change their plates? Does this mean that these plates are plating off into your alkalized drinking water?
- Batch Alkaline water systems that generate a high negative charge do not use any chemicals to induce the high negative charge or high pH. **The negative charge in the alkaline water is what really does the work in the body** by allowing the cells to let in nutrients and let out positively charged acid waste and heavy metals that have been glued to the cell walls. **The alkalinity of the water is incidental and less important than the negative charge.**
 - **Batch type alkaline water's negative charge allows the body's highly positive charged acid waste in the cells and heavy metals to be slightly less positively charged, thus the body can cleanse itself.** [The long duration of a batch alkalizer charging the water makes the water molecule become 50% smaller.](#) This is the primary reason why this water penetrates and detoxifies so well.
 - Since the negative charge of the alkaline water is discharged at the mouth, the solution entering the stomach will **not** neutralize the stomach's acid, as the water is no longer alkaline.
 - This is **not the case** with **alkaline drops, alkaline minerals** (such as baking soda or stomach antacids) and **flow-through machines that use special mineral filters to alkalize the water** via minerals. **These alkaline solutions and mineral filters will neutralize the acids in the stomach, creating later health issues.** **Alkaline chemicals + acid chemicals = salts.** In this case, the acid chemical is one's body, and the **salts that come out of the solution will tax the kidneys** and may, over a long period of time, cause kidney stones and other stones to form elsewhere in the body.
 - It is a safe bet that if a diabetic drank 1 and 1/4 gallons of alkaline water every day (made from a batch system), within 30-45 days, 95% would lower their insulin requirements. Try that experiment with a flow-through unit and see how many failures you will have.

Keep in mind the working difference is negatively charged Alkaline water vs. Alkaline chemicals. Negative Alkaline charged water helps the body to lower the positively charged acid waste and heavy metals, so that the cells can dispose of these waste materials easily.

Alkaline chemicals (or flow-through alkalizing machines with the alkaline mineral tanks) will neutralize the acid waste to form SALTS. These salts will be added waste for the kidneys to dispose of and as one ages and the kidneys lower their efficiency, the possibility of forming kidney stones rapidly goes up.

Alkalizing drops or chemicals or minerals may over time, over-alkalize the body as the body is forced to continually handle them, rather than having the choice of what and how to use real batch system alkaline water to detoxify and carry nutrition to the cells. **This is why some doctors feel that alkalizing is dangerous – because they aren't aware of batch system alkaline water, but only are aware of alkalizing chemicals and minerals of the flow-through alkalizes.**

Drinking Alkaline water

How to Drink REAL Alkaline Water

Start drinking batch alkaline water at ¼ cup 3 times a day and gradually increase it until you are drinking nothing but alkaline water. Watch for any signs of detox (*headaches, extra tiredness, runny nose...*). As soon as any detox symptoms turn on, even SLIGHTLY, stop drinking alkaline water for 2-3 days until the detox symptoms diminish. Then start all over at the ¼ cup level and gradually increase it again. Remember that **PAIN** is the first indicator to **STOP**. “No pain, no gain” is *not true*. That may apply to career advancement, but it certainly does not apply to health issues including exercise! Pain is the body telling you that there is something to avoid. So when the body starts to detox, it is important that one backs off from drinking any alkaline water for 2-3 days, until the detox symptoms diminish and the elimination channels catch up.

The signs of detox are headaches (minor ones), migraines, runny noses, extra tiredness, sluggishness and it can also come in skin rashes, pimples, zits. The body has some 14 ways to dispose of toxins.

Alkaline water may be **boiled** to make tea, coffee, soups, rice, noodles and other food applications.

- In addition to the pH, there is the ORP charge (Oxidation-Reduction Potential – a measurement in mV (millivolts)). There is also the “Frequency” which this water possesses. When you boil alkaline water, you lose some of the millivolts but not the frequency, **so one still gets quite a bit of the benefit from the alkaline water.**

If a person is critically/chronically ill, he or she may want to drink 1-1 ¼ gallon of alkaline water per day, but they must go on **FULL** bed rest while drinking this quantity of alkaline water. They must not answer the phone, run errands...etc. If they can be on bed

rest, they can consume this quantity of water and sleep off most of the detox symptoms. If they don't, they will be miserable with runny nose, headaches and extra fatigue.

How exactly does Alkaline water work?

It is vital to understand that it is **NOT** the **pH** that creates the benefit. It is the ORP/ **millivoltage** that the water possesses that is doing the work. Basically, one's acid waste and heavy metals are highly positively charged and the negatively charged alkaline water merely helps the cells to discharge their toxic waste.

The heavy metals in the body are in oxide forms. In other words, one does not have chunks of metal in their body but have metal salts, such as, mercury salt, lead salt (mercury oxides, lead oxide).

Alkaline water will help uptake nutrition. It is commonly used for chicken and cattle ranching to increase feed efficiency and enhance the immune systems of the animals. Alkaline water may also be used to foliar (leaf) spray garden plants. Natural organic fertilizers may be premixed with alkaline water to increase the efficiency of the foliar sprays.

Demonstrations you can do to prove to yourself that batch alkaline water is indeed different!

- a. Get 2 pots and 2 glass coffee cups and one box of Lipton brisk tea. (Do not use any other kind of tea or the experiment will fail.)
- b. Boil one cup of alkaline water.
- c. Boil one cup of tap or bottled water.
- d. Pour the boiled alkaline water into one of the coffee cups and the boiled tap/bottled water into the other clear coffee cup.
- e. Dip the tea bags simultaneously into each of the coffee cups.
- f. Let the tea bags steep (brew)
- g. Watch what happens.
- h. You will notice in the alkaline water cup, the essence of the tea will shoot out of the tea bag in little puffs. The cup of tea will turn dark faster.
- i. In the tap/bottled cup of water, tea will slowly seep out.
- j. Use a teaspoon and taste the tap/bottled water tea first.
- k. Note the aroma (none). Note the taste (typical slight bitter after-taste).
- l. Next, taste the alkaline water tea.
- m. Note the aroma (nice bouquet). Note the taste (the bitter taste is gone and it may taste like someone slipped a 1/8 teaspoon of sugar in it).

Cut flowers: (alkaline water)

- a. Roses are the best flowers to use for this demonstration.
- b. Change the water daily.
- c. Soak one rose in tap water.
- d. Soak one rose in alkaline water.
- e. Note that after 3 days the tap water rose is pretty much dead.
- f. The alkaline water rose may last from 10-14 days.

Demonstration for the power of alkaline water penetration – this applies to your cells as well

- a. Chinese chestnuts usually come clean and dried. They are as hard as rocks.
- b. The usual processing time is 12 hours soaking, followed by 4 hours of boiling in honey and water.
- c. When using alkaline water, you only need to soak for 2-4 hours and the cooking time is reduced to 30-45 minutes.
- d. As you can see, this demonstration shows the power of the alkaline water's ability to penetrate and soften or to extract the essence. Herbal preparations can be made more potent.

How Do You Use Acid Water?

- a. 1-2 cups to rinse the shampoo out of your hair.
- b. 1-2 cups in the sink, when washing vegetables.
- c. Straight acid water to **wash chicken, beef, pork, or fish** and other whole meat products - not ground meat. You will notice, especially with chicken and fish, if there is a surface layer of bacteria, the bacteria killed by the acid water will turn the acid water milky white. Repeat the process until the acid water is clear after washing the meat – up to 2 more times. If after the third time, the water is still milky white, I suggest you discard the meat. (Normally, after the first wash, the second washing will result in clear water with minor blood.)
- d. Great for teenage **acne blemishes**, black heads, psoriasis and other skin problems.
- e. **Skin abrasions and cuts** are best handled with acid water rather than hydrogen peroxide, as the acid water will only kill the pathogens and leave your body cells alone. (Unlike hydrogen peroxide, which will indiscriminately kill everything it contacts.) Acid water also eliminates most of the pain.

- f. **Fungal toenails or fingernails** should be soaked in concentrated acid water (run the batch machine **three times, in other words, make 3 batches of alkaline water while leaving the acid water in the machine for a total of 1.5 hours**). Use a soft toothbrush to scrub the infected area. Do this once or twice per day and you will see how fast it clears up, without using any medication, just acid water.
- g. Indoor plants love acid water and you may use it straight or dilute it.
- h. Acid water may be used as a **fungicide** for foliar (leaf) feeding. This is the **best natural non-toxic fungicide** available.
- i. Acid water may be added to swimming pools that have my EarthCore™ Water Conditioner and a hydrogen peroxide system, to enhance anti-fungal properties.

So now you have learned the fundamentals of water. You now have the opportunity and the choice to give your body what it wants and to live a healthier, more youthful life. To find out where to get these filters or machines, please call me at Natural Plus Plus, LLC. 727-447-2344, M-F 10 am – 5 pm EST.

For more information go to www.idealearthwater.com or www.gobeyondorganic.com.

Or you may e-mail me at info@idealearthwater.com or info@gobeyondorganic.com

We have 6 month no-interest financing through PayPal, we accept credit cards, and we have a new layaway program.

Contact us for more details: (727) 447-2344