

Protect Your Health: Ensure The Quality Of Your Drinking Water

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Water is one of the most immediate needs for any living thing. But modern civilization and a crowded world have proven a mixed blessing. We can't be sure of what's in our water supply.

We are composed of over 70 % water. As such water is the principle component our body needs for survival. Every system in our body depends on water to:

- Hydrate the body
- Flush toxins
- Balance our system
- Carry Nutrients into our cells
- Provide a moist environment in our tissues- muscles, throat, eyes, ears, etc.

The problem is...what's in the water we are drinking? Currently, there are 260 contaminants found in nation's tap water, more than half of those have no safety standards. Nationwide compilation of tap water testing results shows widespread contamination of drinking water with scores of contaminants for which there are no enforceable health standards. These include but are not limited to Uranium, Cyanide, Lead, Chlorine, Arsenic, and Pharmaceuticals. According to a 5 month investigation by the Associated Press National Investigation Team released in March of 2008 a wide range of pharmaceuticals that include **antibiotics, sex hormones, and drugs used to treat epilepsy and depression**, contaminate drinking water of at least 41 million Americans. In the State of Florida 63% of the public water systems are in violation of EPA standards.

We have made great strides towards acquiring what we have come to believe is healthy water by transitioning to drinking bottled water however, bottled water is neither cleaner or greener than your tap water. (Source: Environmental Magazine)

According to government and industry estimates, approximately ¼ of bottled water is actually just bottled tap water. About 1/3 of bottled water tested contained industrial or manufacturing chemicals such as toluene and xylene.

Bottled water can be **10,000 times more expensive than tap water** but often no healthier. At approximately \$10.00 per gallon it is more expensive than gasoline. Then of course there is the issue of container toxicity. Polycarbonate bottles release dangerous chemicals into the bottled water (bisphenol A), and plastic debris in the environment can take 400 + years to degrade

So, how do you protect your health and your environment? Take control of your water quality by filtering contaminants out of your water. The obvious answer is water filtration. However, water filtration systems, no matter how good the advertising, are not created equal. Reverse osmosis and distilled water remove important minerals and nutrients from the water resulting in acidic water, which is bad for our body. Acidity in the body contributes to, and aggravates inflammatory diseases such as arthritis, diabetes, fibromyalgia, and lupus. Other systems are incomplete and often don't remove much at all.

As an informed consumer you need to be looking for a filtration system that provides you with healthy water that actually hydrates the body, is safe for the environment, and is affordable. Make sure your water filtration system:

- Eliminates chlorine, a known carcinogen, heavy metals, and bacteria
- Adds negative ions which facilitates hydration and absorption
- Increases and balances alkaline levels of the blood
- Retains or adds important minerals and nutrients to the water
- Doesn't leach plastic particles into the water or contribute to land fills