

Module 95 – Pillar One: Vitalizing Foods

Water, Water Everywhere



But not a drop to drink. Yes, there's the rub. We're at least 70% water by weight. We die after about 3 days without it, but we're told that most of the water available to us is polluted.

It's contaminated from all the chemicals in our environment or poisoned by chlorine and fluoride in an attempt to make it safe!

Chlorine and chloramine are used to keep water free of infectious organisms. Fluoride is a misguided and dangerous attempt to make our teeth stronger.

I'll go into those chemicals later on but I promise to be brief. Most of us know that chemicals are dangerous but maybe not exactly what we can do to eliminate them from our water.

In Module 26, *Chlorine Free Bathing*, I gave you directions to purchase a shower filter to keep the chlorine out of your lungs and off your skin. I think this module pretty much comes down to the same advice – finding a good water filter.

We know that most bodies of water are polluted. We are even finding measurable levels of statin drugs in the North Sea! So, until we develop the ability to transform water or live off pollution, we do have to filter and clean our water in some way.

In this module I'll go over your options and try to separate the commonsense from the commercial commotion! But first a word from our sponsors...just kidding.

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Why Poison Yourself with Fluoride?

We have fluoride in our water because of one survey that was done many years ago that showed reduced dental cavities in communities with high levels of fluoride in the soil. Children in the 8-10 age group had fewer dental cavities than children in areas without fluoride. However, the latest research shows that boys in that age range who are exposed to fluoride water have a higher incidence of bone cancer!

But that one survey gave enough ammunition to send the fluoride industry into motion. And any subsequent studies showing the vast amount of detrimental effects of fluoride are consistently ignored.

Science Daily reported in 2010 that, “A new study has found that the protective shield fluoride forms on teeth is up to 100 times thinner than previously believed. This raises questions about how this renowned cavity-fighter really works.” Duh, the answer is “Because it doesn’t!”

Fluoride is a waste product of many industries, including phosphate fertilizer production and glass production. Therefore, it became a lucrative solution to dump waste fluoride into water supplies under the guise of preventing cavities. You’ll hear stories that fluoride was put in the drinking water in concentration camps to make inmates stupid and docile, so it comes as no surprise that a recent study in China shows that the higher the fluoride in the water the lower the IQ in children.

A crazy irony in the fluoride wars is that 41% of teens now suffer from dental fluorosis. It’s the white mottling on teeth chipping away at dental enamel that’s caused by fluoride. And it doesn’t even prevent cavities!

Even though commonsense tells you that fluoride is a poison, you will hear supposedly intelligent dentists tell their patients that they need to have their teeth painted with fluoride to prevent cavities. And you can hardly find a toothpaste on the shelves now that doesn’t have fluoride. I was appalled to see that Tom’s of Maine has added fluoride to one of their lines.

That’s as much as I’ll say about fluoride, but I’ll direct you to the best anti-fluoride group that I know, the Fluoride Action Network (FAN): www.fluoridealert.org.

I’ve interviewed the Director of FAN, Dr. Paul Connett in the past. He and his group have done an impressive amount of work to roll back the laws on the use of fluoride in drinking water and dental products.

Chlorine & Chloramine

I thought chlorine was bad enough, but I purchased my latest water filter (more on that later) because it also removes chloramine. Chlorine and water create hypochlorous acid, which is the disinfectant in our water supply. Add ammonium to that and you get chloramine. Yes, two poisons are supposedly better than one. Better at what you ask? Better at poisoning all living creatures, including humans.

Chloramine is used a secondary disinfectant in water supplies because it’s apparently very stable and has a greater chance of coming out of your tap than chlorine!

There are other safer forms of municipal water purification using ozone and iodine but until that miracle happens, what are our choices?

Water Testing

Every body of water ever tested for toxins has come up positive. I remember the first study that really shook me up. Statin drugs were found in the North Sea. Then there was a simple experiment by a Junior High student that showed drugs in her tap water. Soon you won’t need to take medications just drink the tap water.

But the water testing I'm talking about here is how to test to ensure the safety of your own water supply.

Water is tested in the following ways and by the following institutions. You can contact them for reports on the water in your municipality or engage them to test the water coming out of your taps.

1. Municipal water supplies are tested for primary contaminants, monitored for levels of sodium and chemical contaminants, and examined for corrosion. They should be able to provide water quality reports when requested.
2. Private testing laboratories are listed in the yellow pages. Make sure they are certified by your state health department or other agency.
3. County and state health laboratories, departments of health and local hospital laboratories often offer water testing services.
4. Water treatment companies and plumbing supply stores offer certain home testing kits.
5. Local universities, especially in their departments of chemistry, agronomy, toxicology, or natural resources, may offer water testing services.
6. Local engineering firms may also test water for certain contaminants.

Bottled Water

The Environmental Working Group EWG, who I reference many times in *Future Health Now!* have come up with a 2011 survey of bottled water and it's not a pretty sight.

The EWG reminds us that we're paying up to 1,900 times more for bottled water than tap water. So what exactly are you paying for?

It turns out that you aren't even told. Most bottled water doesn't tell you where it came from; whether it's purified or has been tested for impurities and whether it passed the test. Here's a quote from the report. The URL for the complete study is below in references.

“Among the ten best-selling brands, nine – Pepsi's Aquafina, Coca-Cola's Dasani, Crystal Geyser and six of seven Nestlé brands – don't answer at least one of those questions. Only one – Nestlé's Pure Life Purified Water – discloses its water source and treatment method on the label and offers an 800-number, website or mailing address where consumers can request a water quality test report.”

Bottom line? EWG recommends that you drink filtered tap water. You'll save money, drink water that's purer than tap water and help solve the global glut of plastic bottles.

Distilled Water

People who want to strip their water of any contamination often choose distilled water. I used a distiller for a while. Aside from it being a pain in the neck to run, I learned that the stripping includes minerals and the actual life force of water. So I don't recommend it at all. Some people may still think it's OK to use when detoxifying to pull out heavy metals, but you're also pulling out good minerals, which is not a good thing.

If you do use distilled water, make sure you use a mineral solution, like [ReLyte](#) to replace minerals that are removed.

Reverse Osmosis

RO water is somewhat similar to distilled water and I don't recommend it either. Usually, most of the minerals are removed and you have to add them back. RO filtration gives you a false sense that you have a superior product. Water is not just for wetness; its job is to carry minerals into our body. And, until we find out different, water that's been running through the earth is picking up minerals – some of which we may not even know we need.

If you do use RO water, make sure you use a mineral solution, like [ReLyte](#) to replace minerals that are removed.

Filtered Water

I get my information on basic water filtration from Jeff Straka at Pure Earth Technologies. Jeff has a website full of good information and great products. www.pure-earth.com

Even better are his prices. Jeff is committed to selling wholesale to the public. I began using Jeff's water filters about seven years ago in New York when the sediment from the water was clogging up my Multi Pure filters too fast.

Jeff's water filtration systems utilize three stages incorporating the latest advances in water treatment technology. They remove the widest spectrum of contaminants, rivalling the effectiveness of reverse osmosis and distillation systems costing two to four times more, while preserving the beneficial minerals like calcium and magnesium. When I hear that magnesium will be preserved, that's music to my ears.

Let me quickly run through what a good filtration system entails, just so you know when you compare other filters. You can read the whole description on Jeff's site. Reference below.

Stage 1 - Mechanical Filtration

This stage removes suspended particles, such as silt, sediment, sand, rust, dirt, and other undissolved matter. Several models filter out anything above 1 micron (1/25,000 of an inch). Some units filter down to 0.5 micron to remove not only sediment and cysts, but bacteria as well. These systems are good for well water that may be contaminated.

Stage 2 - Electrochemical/Oxidation-Reduction Process: KDF-55d ®

Here's where technology comes into the picture. In this stage, water passes through media made of a special high-purity alloy blend of two metals - copper and zinc. This media, patented in 1987, works on the electro-chemical and spontaneous-oxidation-reduction (redox) principles. Chlorine is instantaneously and almost inexhaustibly oxidized.

Tests on this cartridge have shown 99+% chlorine removal past 20,000 gallons of water while a carbon cartridge of comparable volume drops below 90% effectiveness after only 4,000 gallons. Iron and hydrogen sulfide are oxidized into insoluble matter and attach to the surface of the media. Heavy metals such as lead, cadmium, and aluminum are removed from the water by the electrochemical process. They are attracted to the surface of the media, much like a magnet. The media inhibits bacteria growth throughout the entire unit (in fact, has been shown to *reduce* it up to 90%), eliminating the need for silver, commonly used in carbon-only filters.

Stage 3 - Adsorption: Granulated Activated Carbon

Granulated activated carbon (GAC) is universally recognized and widely used as an effective adsorbent (as opposed to absorbent) for a wide variety of organic contaminants, such as herbicides, pesticides, industrial chemicals, and trihalomethanes (THMs).

Carbon-only filters must also use their capacity for chlorine removal, resulting in a shortened life. They also may use a bituminous coal carbon, which is good at removing chlorine, but not as effective at removing chemicals. We use a high-grade coconut shell carbon that is most effective at removing chemicals.

What About Alkaline Water?

I have gone through the stage of thinking that alkaline water might be beneficial but commonsense tells us that it can neutralize stomach acid. And stomach acid is something you want to protect at all costs because it kills pathogens that come in your diet, digests your food and helps the absorption of minerals.

How Much To Drink?

My rule of thumb for water intake is $\frac{1}{2}$ your body weight in ounces of water per day. You could make a case for just drinking when you are thirsty but I think a lot of people don't even realize when they are thirsty. Studies show that people mistake hunger for dehydration and vice versa. Water is vital for all the metabolic processes in the body; it flushes out toxins; and keeps our mucus membranes tissues hydrated, so I think we should err on the side of too much rather than too little.

I fill up two 32 oz pickle jars with filtered water and sea salt in the morning and make sure I empty them before I go to bed at night. On days when I make a quart of fresh vegetable juice, I might drink less water. Yes, you might think that you'll spend most of your time in the bathroom but there's a lot of important activity that goes on inside your body as water is making it's way through your body. It's not just in one end and out the other.

Consider Dr. Batmanghelidj's book, *Your Body's Many Cries for Water* where he talked about curing painful conditions and serious diseases with the application of water. I talk about the body being 70% water but Dr. Batmanghelidj refines that. He says,

“Your muscles that move your body are 75% water; your blood that transports nutrients is 82% water; your lungs that provide your oxygen are 90% water; your brain that is the control center of your body is 76% water; even your bones are 25% water.”

Flavored & Vitamin Waters

A blog reader asked if it was acceptable to drink Crystal Light and other flavored and artificially sweetened waters to get your water quota each day. The short answer is NO.

Don't succumb to the marketing ploys to make you feel you need to drink “sexy” waters. Number one: they are spiked with synthetic sweeteners. Number 2: they are expensive. The worst one is aspartame. When you read “diet” in a food or beverage product, it's usually aspartame-sweetened. The subterfuge begins by making people believe that by using “diet” products they are doing something good for their health. Nothing could be further from the truth!

As I wrote in my *Death by Modern Medicine* eBook, aspartame is composed of one molecule of aspartic acid, one molecule of phenylalanine and one molecule of methanol (free methyl alcohol). That's 33% free methyl alcohol, a poison that can cause blindness, and two free amino acids that are potent brain neurotransmitters that shouldn't be taken in the free form. When aspartame breaks down in the body it forms the following metabolites: formaldehyde, a class A carcinogen, diketopiperazine (DKP) a brain tumor agent, and formic acid (ant sting poison).

I'm also often asked to comment on the new vitamin waters. I do believe that homeopathy works, but I must tell you that the amount of some of the vitamins in these waters is definitely so low you could call it homeopathic. Or in this case it's actually homeopathic! These companies are relying on the public's gullibility that they can get enough vitamins in processed water to make a difference in their health. The only thing that's going to work is the placebo effect.

Make It Happen

1. The main action to take in this module is to get yourself a good water filter.
2. If you choose bottled water, do your best to find out what type of water you're drinking. Look for water that's:
 - a. High in magnesium
 - b. Low in calcium
 - c. With a neutral pH of around 7

Most people are deficient in minerals so it would be a good idea for everyone to use a mineral solution, like [ReLyte](#)

Questions and Answers

What about Brita Filters, are they effective?

Brita water tastes better because you remove lead, iron and copper. Brita uses charcoal filters and if you read on page 4 how charcoal works, it may not clean the water as much as you would like. Another downside is that Brita water has a pH of 4, which is a bit too acidic for optimum health. But it is a start. You can use Brita water for cooking and buy bottled water for drinking. Be sure and change the filters often.

I have a deep well, isn't that water safe?

According to Dr. Mercola in a blog on January 25, 2011 "Unless you are getting your water from a well that is located 800 feet or more below the ground surface, chances are your well water has been contaminated by some if not many toxic substances that have been dumped into the ground soil over the past many decades."

Therefore, you're still going to require filtration. It's important to have well water tested periodically for chemicals, heavy metals and bacteria.

Until Next Week

Remember, if you don't think you can do EVERYTHING that I outline in the Future Health Now! modules, don't worry. I don't expect you to! Even if you just do 20% you'll probably see 80% of the results you are looking for.

Thanks for participating in Future Health *Now!* I hope you have been able to implement some of the strategies that I send each week. It will make all the difference in your future health if you do.

Coming Up In Module 96

Let's explore *Therapies While You Sleep*. It's another multi-tasking module where I tell you how you can get a lot done during your time of slumber! Next week you're in for a naturopathic treat with castor oil packs, castor oil eye drops, a wet sock treatment and inclined beds. It's already been deemed "A Great Module" by one of my proofers!

If you have any questions about this module email me at help@drcarolyndean.com



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