

32-page guide: **Stress, Mood & Energy**

totalhealth

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UNCOMMON
CRANBERRY

QUALITY WATER
ESSENTIAL
NUTRIENT

TREATING ANXIETY
NATURALLY

IMMUNE
SYSTEM
AND DIGESTION

CONFRONTING
FIBROMYALGIA

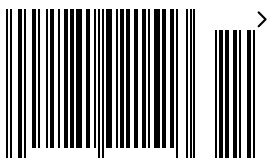
ORTHOSILICIC
ACID FOR BONES
AND JOINTS

KRILL OIL
OMEGA-3
POWERHOUSE

WONDERS OF
WHEATGRASS



Tina Sampalis, M.D.
Surgeon, Researcher
Natural Health Advocate



Water: The Essential Nutrient

by Lyle Hurd

According to an overwhelming majority of health experts, water is essential to virtually every vital function of the human body. Consider the following information from the booklet “Healthy Water” by water authority, Martin Fox, Ph.D. His booklet summarizes the main ideas and research from his work *Healthy Water for a Longer Life*, which is widely regarded as “the best book on the subject.”

We can go without food for weeks but without water we die of dehydration in a few days.



Your body needs a minimum of six to eight, eight-ounce glasses of water a day.

Over two-thirds of our body is water, yet most of us probably don't understand the importance of drinking water, straight water.

Water is the most abundant compound in the human body. It is necessary for the digestion and transportation of food to the tissues, for the elimination of body wastes, for the circulation of body fluids (like blood and lymph), for a lubricant in the joints and internal organs and for the regulation of body temperature.

Water is part of the blood system holding dissolved minerals, like calcium and magnesium, in solution, making them available to body tissues where they are required for proper health.

Some of the problems treated and alleviated with adequate water intake are asthma, allergies, hypertension, high cholesterol levels, headaches, migraines, low back pain, rheumatoid arthritic joint pain, angina pain and intermittent claudication pains (cramps, like pain in the legs due to insufficient blood supply).

As people age, they lose their thirst sensation and become gradually chronically dehydrated. All too frequently we tend to confuse thirst with hunger and instead of drinking water; we eat, leading to weight gain.

Your body needs a minimum of six to eight, eight ounce glasses of water each day. Remember, alcohol, juice, sodas, coffee and tea don't count as water.

Thirst should be satisfied at all times with water. The more we pay attention to the body's constant need for water, the healthier we will be. Water—plain, properly filtered water— is an overlooked and essential nutrient and may be the missing ingredient to a healthier, more vibrant and longer life.

According to totalhealth associate editor Parris M. Kidd, Ph.D., “So many of the things in our lives that we like to take for granted—the water we drink, the food we eat, the air we breathe—can betray our health. Personal and societal stressors, as well as other things we read warnings about—prescription drugs, ‘recreational drugs,’ lawn and garden chemicals—turn out to be more toxic than we could have guessed.”

Any toxic exposure, however slight, depletes a portion of the antioxidants that protect all life processes. As the antioxidant defenses are overcome, a cascade of cell and tissue damage is set in motion that can damage any or all of the organ systems, draining our energy and causing cancer and other killer diseases.

What a paradox that water, the essential nutrient, the elixir of life, contains potentially toxic elements that could jeopardize the immune system, leaving us vulnerable to organ damage and deadly disease.

Dr. Fox's *Healthy Water* booklet states that the amount of chemical compounds discharged in

U.S. drinking water supplies since 1974. Out of those 2,100, some 190 of the contaminants have confirmed adverse health effects, whether carcinogens, mutagens, teratogens or toxins. Two of the major contaminants addressed by Dr. Fox are chlorine and sodium.

CHLORINE

Like many advances in technology, the chlorination of drinking water can be considered a two-edged sword. On the one hand, chlorination has freed civilization from the constant dangers of water-borne epidemics that once inflicted suffering, disease and premature death on vast sections of the globe. On the other hand, since the early 1950s, scientists have known that the presence of free chlorine in water is a primary cause of, and completely linked with, the development of atherosclerosis. It causes fats to form the cholesterol deposits known as plaque. It is the plaque that clogs arteries, resulting in heart attacks and strokes. Joseph Price, M.D., wrote a fascinating book in the late 1960s entitled, “Coronaries/Cholesterol/Chlorine,” which makes it absolutely clear that the presence of free chlorine in water creates heart disease. His work links the dramatic rise of heart disease in this country to the use of chlorination to disinfect water supplies. In the 1970s scientists discovered that chlorination could create possible carcinogens in the water. In 1987, a study through the *Journal of the National Cancer Institute* showed that the drinking of chlorinated water increases one's risk of developing bladder cancer by up to 80 percent; other studies link it to the development of colon cancer as well. More recent studies also suggest that chlorine in water supplies may contribute to as many as a third of breast cancers in women. Not only is drinking chlorine dangerous but hot showers and baths can release 50 percent of dissolved chlorine and up to 80 percent of the THMs like chloroform and tetrachlorethylene, which are then breathed into the lungs or absorbed into the body through the skin. This absorption through the skin and lungs via hot showers and baths is a primary cause of poisoning due to toxic materials in water.

SODIUM

Most of us already know that excessive salt consumption contributes to the development of high blood pressure but recent research shows that it is also associated with strokes, calcium deficiency and osteoporosis, fluid retention, weight gain, stomach ulcers and stomach cancer.

We unknowingly absorb excessive salt not only from the food we consume, but also from an unsuspected source, the salt-softened water in which we bathe. Since the American Heart Association now warns that salt-softened water can cause an elevated sodium level, many health-conscious Americans no longer drink salt-softened water. Few of us, however, realize that we receive a lot of unwanted sodium every time we take a shower or a bath or wash clothes in salt-softened water. Sodium is very efficiently absorbed through the skin and topically ingested salt has become a common culprit of excess sodium.

Water softeners may also cause additional problems. According to a new report by The National Academies' National Research Council, "Most copper contamination in drinking water is the result of corrosion of copper pipes or fittings. Corrosion can occur from water that is high in acidity and high in temperature. Corrosion also can be caused by water that is 'soft,' or free of magnesium or calcium minerals that create a protective coating inside the pipe."

The economics of the water treatment and bottled water industry are significant. Water softening is a multi-billion dollar business. Estimates made by studies conducted by the Metropolitan Water District of Southern California and the Sanitation Districts of Los Angeles County are that households with home water softeners will use about 720 pounds of salt and pay about \$350 each year to avoid the effects of hard water. The **Beverage Marketing Corporation** reports; "Bottled water sales of \$7.7 billion in 2002. In 2003, bottled water is poised to surpass its competitors to become the second most popular commercial beverage in the U.S". Water filters are also a multi-billion dollar business. According to Dr. Fox's booklet, "One of the problems with water filters is understanding whether they are really doing a good job. Paying attention to the quality of

our drinking water is not enough. And trying to evaluate a lab report from a water filter company can be very difficult, if not impossible. "For the most part, the major problems in our drinking water are chlorine, volatile organic compounds, THMs and sediment. The optimum filter is one that has been tested and proven effective in the reduction of these major pollutants and still leaves in the beneficial minerals, like calcium and magnesium.

Dr. Fox states, "Ideally, one should consider a whole house filtration system to remove the volatile chemicals from bathing water. In many cases a whole house system will solve your drinking water problems too. Another option is to use shower filters for bathing and tap water filters for drinking.

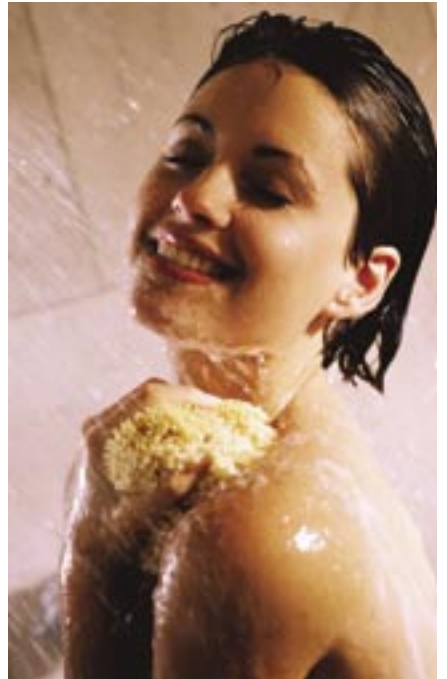
A second excellent book "How to Eat Right and Live Longer" by noted natural health expert Dr. Cass Ingram suggests the following: "Due to the importance of skin absorption, the ideal alternative for water filtration systems is a whole house water system. There are significant differences among systems marketed as 'whole house.' An effective, sophisticated system is manufactured by LifeSource Water Systems in Pasadena, California. This system is filled with high-grade granular-activated carbon, an effective medium for removing the chlorine, bad odors and bad tastes often found in tap water."

We contacted the factory for LifeSource Water Systems as well as the Water Quality Association to verify the capabilities of the LifeSource whole house high-grade granular-activated carbon filtration system. We confirmed that their systems are tested and certified by the National Sanitation Foundation, (NSF), and had the highest rated capacity, (1.6 million gallons), of any whole house water system available in the world today.

Certification means that a production model of a drinking water treatment unit was tested at a laboratory recognized by the Water Quality Association, such as the NSF. It also means the materials and components used in these certified drinking water treatment units have met the rigorous safety and structural integrity and strength requirements set by industry Standard ANSI/NSF-42.

The obvious conclusion is we should be seriously concerned by and educated about

the quality of the water we drink and use for bathing and cooking. By making sure the water you use is the cleanest, healthiest water available, you are contributing to and protecting the health and well being of everyone in your home. The most efficient and effective solution is a granular-activated carbon whole house filtration system which will not only filter, your water, but also make it taste like bottled water and save you money in the process.



The body absorbs salt from the salt-softened water in which we take a shower or bath.

In order to help you learn more about this important arena of health management, we have arranged with LifeSource to provide you with a complimentary copy of Dr. Fox's excellent booklet "Healthy Water." Simply contact LifeSource at: 1-800-992-3997 and mention this article.

Other suggested reading

Healthy Water For A Longer Life by Martin Fox, Ph.D. Available at Amazon.Books and www.healthywater.com

How to Eat Right and Live Longer by Dr. Cass Ingram. Available at Amazon.Books and www.sciencebooknet.com

Your Body's Many Cries for Water by Feereydoon Batmanghelidj, Available at Amazon. Books "**SOFT WATER, IT'S NOT FOR DRINKING**"; Available online at, <http://nashville.gov/water/>



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