



7 Key “Dangers” of U.S. Water
You Need to Know
and What YOU Can Do to Avoid Them.

Wellness Water
Report: 2019

By Ryan Stuart

2019 Water Report Reveals: 7 Key “Dangers” of U.S. Water You Need to Know...and What You Can do to Avoid Them.

From the Desk of: Ryan Stuart, January 2019

Water is LIFE.

Over 70% of our bodies are made up of it.

71% of our planet is covered with it.

96.5% of all our water is in the oceans.

Obviously, we would cease to exist without it.

But, the sad truth is that we haven't taken very good care of our water.

And we're all starting to become more aware of just how bad the global water situation is...

We all know the Flint, Michigan horror stories – but we're also seeing:

...major cities being submerged by storms...

...drought that leads to famine and even armed conflict...

...man-made plastics and toxins being discovered in water in larger quantities all the time...

Now, don't worry:

This report isn't going to be ALL doom and gloom. The fact that you're interested in learning about your water says that there is hope!

I'm here today to offer you solutions to this important problem.

But, first we need to know more about the problem. Our purpose here today is to explore the many challenges that we now face with our water...so we can be "armed with the facts" to make the educated decisions we need to make if we want to protect ourselves, our families, and (ultimately) our planet.

You **NEED** to know **ALL** the contents of this report.

Our Background...and Why You Should Trust Us...

For almost 40 years, Wellness Water Company has been providing the **WORLD'S FINEST water treatment systems**.

We believe that everyone deserves **CLEAN, HEALTHY WATER** in their home. Even more than that, we believe pure water is a gift.

So, I'll be candid:

I came on board with Wellness Water Company as President of our Nationwide expansion in April of 2016. When I started to learn **ALL** the facts about water health, it quickly became my passion...

My mission: to grow a company that makes the world a better, safer place.

It didn't take long before the founder of this company, Julio Torres, was able to convey his **FOUR DECADES** of expertise

and knowledge to me...

Right now, I truly believe there are only two solutions to solve this MASSIVE problem:

The first is a multi-trillion-dollar infrastructure project that transforms the technology in major water utilities...and digs up most of the pipes currently laid across our country.

(Unfortunately, it seems less likely all the time that we can trust our government to make this a priority anytime soon...even **IF** it becomes technically and financially possible.)

The other option is for every home in America (and beyond) to have a water filtration “firewall” that prevents toxins from ever entering a home – just like we do with computers.

So, that’s our mission: to make water filtration technology affordable and readily available for everyone who makes the decision they need it.

But, the first step in that process is to make sure YOU are well informed and “armed with the facts.” That way you can make an informed decision.

Here Are 7 Basic Facts About Water That You Should Know:

1. Pure water is a necessity for good health.
2. It is used to maintain blood volume necessary for regulating body temperature and delivering oxygen and nutrients to the brain, and removing wastes and toxic substances.
3. Water helps the biochemical reactions that occur in the brain cells to take place.
4. Water is lost daily through perspiration, salivation and

urination.

5. Fluid has to be replaced to prevent dehydration and damage to brain cells.
6. Drinking purified water, especially water that has been filtered through a reverse osmosis process, will remove contaminants that can damage the brain and replace fluid loss to the body.
7. At least eight glasses of water a day is recommended.

First, the BAD News... (Let's Go Ahead and Get This Part Out of the Way):

Here's the FIRST thing you need to know: Consumers assume they are protected by bottled water and government – **but they aren't.**

Take a second to think about how many times a day you interact with your water:

...how many times you turn on the faucet...

...how long you bathe or shower for....

...how many times you run the dishwasher or washer/dryer...

...how many times you fill up your dog's water bowl...

...even the water in which you boil your food...

...and certainly any time you drink a glass of tap water....

(...along with probably several more I'm not mentioning here.)

In ALL of these instances, you are interacting with, touching, and absorbing your water...along with the toxins in it.

(Please let that "sink in" for a second....)

That's right: it's now becoming more common knowledge that toxins in water **absorb through your skin** (the body's largest organ, by the way) as fast as they do when you drink them.

That's why Dr. Robert Tarpy (our Chief Medical Advisor and 40+ year physician) had this to say:

“Over the next decade, the issue of toxin absorption through the skin and lungs will become as important as the sun exposure issues we addressed in the 60's and 70's with SPF guidelines.”

Can you see why releasing literally tons of chemicals and toxins into our water over the past few hundred years probably wasn't such a good idea?

You don't have to be a tree-hugging hippie to wrap your head around this concept. This is for everyone.

Just apply a little common sense:

If your water can deliver all of the hydration, nutrients, and elements you need to live well, it sure as heck can carry and deliver all of the bad stuff too.

Here's a Bit of Shocking Truth About Toxic Showers and Baths

Brace yourself a little bit:

This section is going to give you the “heebie-jeebies” every time you turn on your faucet to take a shower or bath from now on.

A recent **study** at a major US University just revealed that:

“...volatile chemicals present in many municipal drinking water supplies are especially toxic to people when they are exposed to them when bathing or showering.”

The report goes on to say:

"In the past...inhalation exposure to water pollutants has largely been ignored."

Why is this important?

Because it seems that hot showers can send between 50 to 80 percent of the dissolved chemicals into the air where – yep, you guessed it – it can be breathed in.

(The silver lining is that emissions from baths seem to be about half as high...)

Now, here are three big fancy words you should probably know: Monochloramine, dichloramine, and trichloramine.

These are chemicals that vaporize easily out of the water that is heated and “sprayed.”

(Another issue? Warm showers also open up pores, which allows for faster absorption through the skin...making it easier for these chemicals to get inside you!)

All three forms of Chlorine are respiratory irritants, with trichloramine being the most toxic. These chemicals may also wreak havoc on the digestive system, killing good flora in your gut, and may be linked to ailments such as chronic sinusitis.

I’m sure you can see how drinking water is just ONE part of the equation – and how absorption through skin and inhalation through lungs are just as important. See how it all comes together?

Chlorine: A Great Idea 100 Years Ago. Now? Not So Much...

Let’s go back in time a little bit...

(This is really important.)

In the early 1900s, America was booming.

As cities got more crowded, water utilities were created to deliver safe water to citizens.

In an effort to “kill off” bacteria and prevent outbreaks of disease, those same water utilities began adding various forms of chlorine in larger amounts to the water supply.

(By the way, most of the homes we test now have anywhere from 2 to 5 times the level of chlorine recommended to sanitize a swimming pool...yikes!)

For the most part, this has been an effective way to keep people safe from disease outbreak for decades.

Here’s the BIG problem:

As we’ve come up with more ways to drill, mine, frack, and produce man-made chemicals, we’re releasing all kinds of new organic materials into the water supply every day.

And now we’re learning something hugely important – and frankly a bit scary:

*A recent report from the EPA names studies that link **CANCER** to chlorinated water.*

How did this happen?

We now know that chlorine interacts with other chemicals in the water to produce Trihalomethanes (THM’s).

Unfortunately for us, THM’s are **positive cancer-causing agents**. And almost ALL of us are bathing in them every single day.

In fact, the average American home has **over 15** contaminants in the water coming through its faucets.

On average, over **6** of those are above the safe “health guideline” required by the EPA.

In short, there’s a lot that of bad things that can happen to

your water from the time it leaves your water facility to when it comes through your faucets.

(If you want to check the number of contaminants in your water, you can **click here:** <https://www.ewg.org/tapwater/> to see exactly what's in your water. Just type in your zip code and you'll see exactly which contaminants are in your water, along with the levels of each).

Here's a little bit of good news: these contaminants can all be removed. And, as you read on, I'll tell you how.

But First, Here Are Some More Helpful Facts You Should Know About Chlorine:

Chlorine is a naturally occurring element; symbol Cl, atomic number 17 on the periodic table.

It is a very dangerous toxin that has many uses, from disinfecting to bleaching. Even in small quantities, liquid and gas forms can be poisonous.

In its gas form, chlorine is a pale green color and has a smelly odor and makes your breathing labored. In its solid form, it's more of a yellow green color.

Chlorine has long been used to disinfect our water because it controls the growth of bacteria such as E-coli and Giardia.

Research has shown that long-term exposure to chlorine leads to the production of free radicals within the body. Free radicals are carcinogenic, and cause tremendous damage to our cells.

Children exposed to large amounts of chlorine could potentially suffer asthmatic attacks. In one research study, rats exposed to chlorine and chloramines developed tumors in their kidneys and intestines.

According to the U.S. Council of Environmental Quality: "***Cancer risk among people exposed to chlorinated water is 93% higher than among those whose water does not contain chlorine.***"

When chlorine is added to our water, it combines with other natural compounds to form Trihalomethanes (chlorination byproducts), or THM's. These chlorinated byproducts trigger the production of free radicals in the body, causing cellular damage, and are **highly carcinogenic**.

According to the Environmental Defense Fund: "**Although concentrations of these carcinogens (THM's) are low, it is precisely these low levels that cancer scientists believe are responsible for the majority of human cancers in the United States.**"

Simply stated, chlorine is a pesticide, as defined by the U.S. EPA, whose sole purpose is to kill living organisms.

Breast cancer, which now affects one in every eight women in North America, has recently been linked to the accumulation of chlorine compounds in the breast tissue.

A study carried out in Hartford Connecticut, the first of its kind in North America, found that, "women with breast cancer have **50% to 60% higher levels** of organochlorines {chlorination byproducts} in their breast tissue than women without breast cancer."

The steam we inhale while showering can contain up to 50 times the level of chemicals than tap water due to the fact that chlorine and most other contaminants vaporize much faster and at a lower temperature than water.

Chlorine vapors are known to be a strong irritant to the

sensitive tissue and bronchial passages inside our lungs, and was used as a chemical weapon in World War I.

The inhalation of chlorine is a suspected cause of asthma and bronchitis, especially in children... which has increased 300% in the last two decades.

Chlorine in shower water also has a very negative cosmetic effect, robbing our skin and hair of moisture and elasticity, resulting in a less vibrant and youthful appearance.

No one will argue that chlorine serves an important purpose, and that the hazards of doing away with chlorine are greater than or equal to the related health risks.

The simple truth is that chlorine is likely here to stay. The idea that we could do away with chlorine any time in the near future is just not realistic.

But it is also clear that chlorine represents a very real and serious threat to our health and should be removed in our homes, at the point of use, both from the water we drink and the water we shower in.

If you'd like to stop drinking and bathing in water with chlorine and THM's, the best step you can take is to **contact us for more information** about a water filtration system for your home. 844-944-PURE

Next up...fluoride.

What Exactly Is Fluoride, Why Is It in Your Water, and What Is It Doing to You?

Picture this:

You come back from a long walk or run on a hot day...

You pour yourself a nice big glass of cold water.

Then I take out a dropper with some poison in it...and put a few drops into your glass.

Would you drink it? Still thirsty?

Sad to say that's basically what's happening when you're drinking water with fluoride in it....

Fluoride is an acute toxin with a rating slightly **higher than that of LEAD.** (More on LEAD a little later...)

It is also a pollutant - a byproduct of copper, iron and aluminum manufacturing.

(In fact, before fluoride was deemed a "cavity fighter," it was used as insecticide and rat poison).

However, in many areas, it is still being added to water...or into many of the products we use, like toothpastes and mouthwash.

The problem of how to legally dispose of fluoride was solved in the 1930s when a study (*funded by one of the country's largest aluminum companies*) concluded that fluoride prevented tooth decay.

But the REAL problem is that studies since then have linked fluoride chemicals to **lead absorption, bone fractures, lowered IQ, thyroid dysfunction, cancer, allergies and more:**

- British researchers report in the British Medical Journal that fluoridation studies are flawed.
- A Canadian Government report found fluoridation does more harm than good.
- A US National Institutes of Health Panel found most tooth decay studies, including hundreds on fluoride, scientifically invalid.
- Even UNICEF, the organization that protects children,

reports, "more and more scientists are now seriously questioning the benefits of fluoride, even in small amounts."

- Despite the evidence that has been mounting over the past several decades, fluoride is in almost all of our water. Surprisingly, fluoride is STILL being added to 70% of US public drinking water supplies. Now you're probably thinking: "How specifically does fluoride impact my health?" Let's take a closer look at **NINE** of the major documented effects:

1. **Alheimers** - In tests on laboratory animals, fluoride has been shown to enhance the brain's absorption of aluminum (the substance that's found in the brains of most Alzheimer's patients).
2. **Brittle Bones** – Three different osteoporosis studies have associated hip fractures with fluoridation. And excessive fluoride has been shown to damage the musculoskeletal and nervous systems, leading to limited joint mobility, ligament calcification, muscular degeneration and neurological deficits.
3. **Cancer** - A number of different studies have linked fluoride to as many as 10,000 cancer deaths per year, with a high incidence of bone cancer among men exposed to fluoridated water. In 1990 fluoride was found to be an equivocal carcinogen by the National Cancer Institute Toxicology Program.
4. **Kidneys** - Approximately half of each day's fluoride

intake will be retained. This is what makes it so dangerous.

All sides agree to the fact that healthy kidneys can eliminate only about 50% of daily fluoride intake. The rest gets absorbed in calcified tissues, like bones and teeth.

As a result, The National Academy of Sciences (NAS) stated in 1977 that, for the average individual, a retention of 2mg/day would result in crippling skeletal fluorosis after 40 years.

Fertility - There are also studies proving that fluoride toxicity affects fertility.

Teeth - In a dramatic turnaround, the nation's leading fluoride advocate, The American Dental Association (ADA), issued an alert on November 9th (2006) urging parents to avoid fluoridated water when reconstituting infant formula, warning that "Infants less than one year-old may be getting more than the optimal amount of fluoride if their primary source of nutrition is powdered or liquid infant formula mixed with water containing fluoride." Four major studies involving 480,000 children (US, 39,000; Japan, 22,000; India, 400,000; Tucson, 29,000) comparing fluoridated and non-fluoridated areas showed no significant difference in decay rates. It has been proven that a higher intake of fluoride will actually cause MORE cavities, especially for children with low dietary calcium intake. The most recognized problem with the ingestion of too much fluoride is dental fluorosis. This condition is characterized by the failure of tooth enamel to crystallize properly in permanent teeth. The effects range from chalky, opaque blotching of teeth to severe, rust-colored stains, surface pitting and tooth brittleness.

Down's Syndrome - Studies dating back to the 1950s have shown links between Down's Syndrome and natural fluoridation. Dr. Lonel Rapaport also showed how the age of women bearing Down's Syndrome children decreased in direct relation to the increase of fluoride in the water supply. The more fluoride that was in the water, the younger the age of the women bearing Down's Syndrome children.

Thyroid - According to the NRC, fluoride is an "endocrine disrupter." Most notably, the NRC has warned that doses of

fluoride (0.01-0.03 mg/kg/day) achievable by drinking fluoridated water, may reduce the function of the thyroid among individuals with low-iodine intake. Reduction of thyroid activity can lead to loss of **mental acuity, depression and weight gain.**

Lower IQ in Children - A recently-published Harvard University meta-analysis funded by the National Institutes of Health (NIH) has concluded that children who live in areas with highly fluoridated water have “significantly lower” IQ scores than those who live in low fluoride areas.

Believe it or not, *I could keep going* – but I think I’ve made my point. **Let’s talk about solutions:** Here are 17 proven, easy steps you can take to avoid consuming fluoride:

1. If you live in an area with fluoridated water, drink distilled water.
2. Eliminate any teflon coated cookware, for scratches in the surface will release PTFT, another toxic fluoride compound.
3. Avoid fruit juices coming from fluoridated areas.
4. Avoid using any toothpaste or mouthwash containing fluoride.
5. Avoid all non-organic grape products as they are especially high in fluoride content due to the number of fertilizer and pesticide applications. (Wine can contain up to 3 ppm fluoride).
6. Stop using fluoridated tap water: Stop making ice cubes and washing produce with it and stop cooking with it.
7. Buy a water filter, but make sure it is one that can remove FLUORIDE, THM’s and nitrates. But be sure to get a filter that is NSF-certified (a non-profit testing agency).
8. Use all natural toothpaste from the health food store such as Tom’s of Maine. It is especially important for children to use fluoride free toothpaste since they are

- more likely to swallow some while brushing their teeth.
9. Never use fluoridated water when mixing baby formula. Too much fluoride accumulated in the body can cause dental fluorosis, and according to the CDC 1/3 of the kids in the US now suffer from this condition.
 10. Stop smoking, fluoride has been found in cigarettes.
 11. Be wary of tinned fish and canned food items. Fluoride may be used as a preservative.
 12. Avoid long-term use of medication that contains fluoride. Certain antidepressants and medications for osteoporosis contain fluoride.
 13. Be careful of drinking too much green or black tea. Tea almost always has elevated levels of fluoride and can contribute a substantial amount to one's total fluoride intake.
 14. If you live in a country which allows fluoridated salt to be sold, make sure that the salt you buy is un-fluoridated. Consumption of fluoridated salt can greatly increase a person's fluoride exposure.
 15. Minimize consumption of mechanically-deboned chicken. Mechanically deboned chicken (e.g. "Chicken Nuggets") has been found to contain elevated levels of fluoride due to the incorporation of ground bone particles (which are high in fluoride) into the meat.
 16. Move. This may seem like an extreme solution, but if you have the option, not all cities have fluoridated water and Europe's water supply is 97% fluoride free. If you live in an area with fluoride free water, take advantage of it and only buy locally grown and raised produce and meat that hasn't been contaminated with fluoride.

17. And, of course, the best step you can take is to **contact us now: [844-944-PURE](tel:844-944-PURE)** for a free water quality analysis. We'll show you exactly what's in your water and solutions available to make your water safe again.

The “Story” Behind Why Fluoride is Everywhere...

In 1939, a dentist named H. Trendley Dean, DDS, examined water from 345 communities in Texas. Dr. Dean worked for the U.S Public Health Service (PHS).

He determined that high concentrations of fluoride in the water corresponded to a high incidence in “mottled teeth”.

To many dentists, this provided an answer to the problem of mottled teeth they saw in some of their patients.

Among the native residents of these areas about ten percent developed the very mildest forms of mottled enamel, usually described as "beautiful white teeth".

However, Dean used a technique known as "selective use of data", using data from 21 cities while completely disregarding data from 272 other locations, which show an almost complete lack of correlation when plotted.

The “A-Bomb” Connection

Meanwhile, a number of court cases were being launched due to fluoride contamination, mainly by the aluminum industry.

In addition, the Manhattan Project, the secret atomic bomb project, was in a big race to build the world's first atomic bomb.

A pollution incident of great magnitude occurred at a factory in New Jersey (DuPont) producing millions of tons of fluoride for the project. A major "negative PR" problem was emerging,

threatening the Manhattan Project and the secrecy around it.

In 1945, as a result of Dr. Dean's discovery, the PHS planned to conduct a 10-year study of fluoridation in two cities...

Grand Rapids, Michigan was chosen as the city for artificial fluoridation and Muskegon, Michigan was the non-fluoridated city for comparison and cavity rates were to be compared. In 1950, after only five years into the project, due again to pressure exerted from the atomic bomb program, public health officials started to campaign for fluoridation.

The campaign was based on the fact that fluoridated Grand Rapids had shown some decrease in cavity rate. Meanwhile there was also a decrease in cavity rate shown in non-fluoridated Muskegon.

However, Muskegon was dropped from the study for unknown reasons. After the project was completed, only the Grand Rapids result was released and a major PR campaign promoting fluoride use started.

A New, Larger Market?

Corporate giants in the aluminum industry were now very keen to get the fluoride bandwagon rolling. They had been marketing their fluoride waste as a rat poison and insecticide and were looking for a larger market.

Therefore, a ten-year test was planned to prove to the public that fluoride in water would reduce the incidence of cavities.

Before the test was completed as planned, and despite the fact that there was **no clear evidence** that fluoride was either safe or effective, *water fluoridation was declared a triumph for public health.*

Why Lead is Dangerous for Adults ...and

Even More So for Kids!

Maybe you've heard of Vincent Van Gogh – the famous artist? Sure, he's famous for amazing art.

But, he's also known to have gone a little crazy...enough to cut off his own ear later in life(!)

There's a lot of speculation that working with lead-based paint for several years contributed to his madness...

Whatever the truth, it's clear:

Lead is a cumulative toxin that affects multiple body systems, and is particularly harmful to young children.

There is no known level of lead exposure that is considered safe. Here's why:

- Lead is a naturally occurring toxic metal found in the Earth's crust. Its widespread use has resulted in extensive environmental contamination, human exposure and significant public health problems in many parts of the world.
- Lead in the body is distributed to the brain, liver, kidney and bones. It is stored in the teeth and bones, where it accumulates over time. Human exposure is usually assessed through the measurement of lead in blood.
- Lead in bone is released into blood during pregnancy and becomes a source of exposure to the developing fetus.
- Important sources of environmental contamination include mining, smelting, manufacturing and recycling activities, and, in some countries, the continued use of leaded paint, leaded gasoline, and leaded aviation fuel.
- More than three quarters of global lead consumption is for the manufacture of lead-acid batteries for motor

vehicles.

- Lead is, however, also used in many other products, for example pigments, paints, solder, stained glass, lead crystal glassware, ammunition, ceramic glazes, jewelry, toys and in some cosmetics and traditional medicines.

So, just how does lead impact your water quality?

Drinking water delivered through lead pipes or pipes joined with lead solder may contain lead.

This has been the driving force behind the deterioration of municipal water supplies like what we've seen in Flint, Michigan.

Fortunately, lead poisoning is entirely preventable.

(If you're a parent, you might want to pay extra attention to this information...)

That's because young children are particularly vulnerable to the toxic effects of lead and can suffer profound and permanent adverse health effects, particularly affecting the development of the brain and nervous system.

In fact, children absorb 4–5 times as much ingested lead as adults from a given source.

Lead also causes long-term harm in adults, including increased risk of high blood pressure and kidney damage.

Exposure of pregnant women to high levels of lead can cause miscarriage, stillbirth, premature birth and low birth weight, as well as minor malformations.

Once lead enters the body, it is distributed to organs such as the brain, kidneys, liver and bones. The body stores lead in the teeth and bones where it accumulates over time.

Lead stored in bone may be remobilized into the blood during

pregnancy, thus exposing the fetus. Undernourished children are more susceptible to lead because their bodies absorb more lead if other nutrients, such as calcium, are lacking.

Children who survive severe lead poisoning may be left with mental retardation and behavioral disorders.

So, it should come as no surprise that a recent study by major US universities revealed a direct connection between the lead found in Flint's piping and a 58% increase in fetal death rates.

Ugh.

As horrible as that is, consider this statistic from the Institute for Health Metrics and Evaluation (IHME):

“In 2013 alone, lead exposure accounted for 853,000 deaths worldwide due to long-term effects on health, with the highest burden in low and middle income countries.”

In short, lead is dangerous...and it is literally killing us.

While slow progress is being made towards removal of lead from manufacturing processes, it is still extremely common in our water supply.

Sadly, it's our children that are the most vulnerable to this toxin...

It's time to stop bathing them in it.

Contact Wellness Water now to learn how we can help you.

[844-944-PURE](tel:844-944-PURE)

Shocking: US Water Now Contains More Plastic Than India and Lebanon

It's official:

We are living on a plastic planet.

Since the 1950's, we have produced roughly **8.3 BILLION tons** of plastic.

We dump **8 million tons** of plastic per year into our oceans.

And we create **1.5 million tons** of plastic waste each year *just from bottled water*.

The result?

Yep, you guessed it: plastic fibers are now being found in ALL water sources across the globe.

A recent study revealed some even more shocking statistics...

83% of all water samples that were tested in multiple countries contained plastic particles.

Here's the worst part:

U.S. water was ranked as THE worst country in the world at 94%... (That's even worse than India or Lebanon!)

Let's talk about what this means for your health:

Frankly, this is such a new and disturbing development that there isn't yet a lot of conclusive evidence on how ingesting plastic impacts humans.

Previous work has been largely focused on plastic pollution in the oceans, which suggests people are eating micro-plastics via contaminated seafood.

"We have enough data from looking at wildlife, and the impacts that it's having on wildlife, to be concerned," said Dr Sherri Mason, a micro-plastic expert at the State University of New York, who supervised the analyses. "If it's impacting [wildlife], then how do we think that it's not going to somehow impact us?"

Mason said there were two principal concerns: very small plastic particles and the chemicals or pathogens that micro-

plastics can harbor.

Micro-plastics can attract bacteria found in sewage, Mason said: “Some studies have shown there are more harmful pathogens on micro-plastics downstream of wastewater treatment plants.”

Micro-plastics are also known to contain and absorb toxic chemicals and research on wild animals shows they are released in the body.

The scale of global micro-plastic contamination is only starting to become clear, with studies in Germany finding fibers and fragments in all of the 24 beer brands they tested, as well as in honey and sugar.

Tumble dryers are another potential source, with almost 80% of US households having dryers that usually vent to the open air.

Plastic fibers may also be flushed into water systems, with a recent study finding that each cycle of a washing machine could release 700,000 fibers into the environment.

Rains could also sweep up micro-plastic pollution, which could explain why the household wells used in Indonesia were found to be contaminated.

In Beirut, Lebanon, the water supply comes from natural springs but 94% of the samples were still contaminated.

Bottled water may not provide a micro-plastic-free alternative to tap water, as they were also found in a few samples of commercial bottled water tested in the US.

But, are you ready (finally) for some good news?

Mason also said: “There is nowhere really where you can say these are being trapped 100%. In terms of fibers, the diameter is 10 microns across and it would be very unusual to find that level of filtration in our drinking water systems.”

Guess what? The systems we provide at Wellness Water Company reduce particulate matter *as small as 1/10,000 of a micron*.

So, there **IS** a way for you to deal with this problem.

In summary, more work is needed to determine possible health impacts of all this plastic in your water.

We'll leave it up to you to decide just how much plastic you want to consume, breathe, or bathe in on a daily basis.

Our recommendation is ZERO.

Contact Wellness Water now to learn how we can help remove plastics from the water in your home. [844-944-PURE](tel:844-944-PURE)

What Drugs Are in Your Water?

Antibiotics, hormones, mood stabilizers, and other pharmaceuticals...

These have also made their way into the water supply over the past decade or so.

Experts from private organizations and the government say they can't say for sure whether the levels of drugs in drinking water are low enough to discount harmful health effects.

Let's apply a little common sense here – what do you think?

According to the investigation, the drugs get into the drinking water supply through several routes:

Some people flush unneeded medication down toilets. Other medicine gets into the water supply after people take medication, absorb some, and pass the rest out in urine or feces.

Some pharmaceuticals remain even after wastewater treatments and cleansing by water treatment plants, the investigation showed.

"Ever since the late 1990s, the science community has recognized that pharmaceuticals, especially oral contraceptives, are found in sewage water and are potentially contaminating the water," says Sarah Janssen, MD, PHD, MPH, a science fellow at the Natural Resources Defense Council, an environmental action group.

Concern among scientists increased when fish in the Potomac River and elsewhere were found to have both male and female characteristics when exposed to estrogen-like substances, she says.

For instance, some fish had both testes and an ovary, she says.

Scientists starting looking at the effects of oral contraceptives first, she says. "Now analyses have expanded to look at other drugs," Janssen says.

Is there a health effect of drugs in drinking water? Janssen agrees: "We don't know. It's true that the levels [of the medications found in drinking water] are very low", but here comes the important part – wait for it...

"But especially when it comes to pharmaceuticals that are synthetic hormones, there is concern, because hormones work at very low concentrations in the human body."

Think about this next comment very carefully:

"We don't want people to be alarmed and think they can't drink their tap water, or that they shouldn't be bathing in the water," Janssen says. "We think this report in particular is a call for our federal agencies -- EPA in particular -- to do further studies to see what the health effects are."

In short, there's nothing inaccurate or misleading about these comments – they are extremely informative.

But, if you're reading this the way I am, here's what I'm

hearing:

8. We know there are drugs in your water.
9. Oral contraceptives are especially present.
10. We know that these hormones are dramatically impacting the fish.
11. We know that hormones work at low concentrations in the body.
12. And, while we don't want you to be alarmed, our solution is to encourage our government to do more studies to see what the effects are....

Is that a solution that works for you and your family?

Or would you prefer that our energy and resources be focused on PREVENTING chemicals in our water that shouldn't be there in the first place???

Here's another important question and answer:

Are certain people -- say pregnant women, children, the elderly -- more sensitive to the potential effects of drugs in the drinking water supply?

Again, it's not known, Janssen says. "We know that kids, including babies and toddlers, as well as fetuses, are more susceptible to environmental exposures because their bodies are still developing and their exposure on a pound-per-pound basis is higher, and they lack the detoxification system adults have. So it is not unreasonable to expect they would be at higher risk."

Think that boiling water or drinking from bottles is a solution to avoiding these drugs?

Think again:

“Boiling will not solve the problem,” Janssen says. And forget bottled water as a way to escape the low levels of drugs found in some public water supplies. “Twenty-five percent of bottled water comes from the tap,” she says, citing an NRDC report.

Here’s the Key Connection Between Water Contamination...and Dementia

If you’ve made it this far, you’ll see a recurring theme...

Many diseases exist, but despite major advances in science, there are still so many of them that we don’t understand.

Cancer. Fertility Issues. Lower IQ in children. Dementia.

Frankly, it boggles my mind that as a species we have the technology to click, tap, chat, swipe, text, voice-activate, our way through each day.

And there are literally BILLIONS of dollars being spent on finding a CURE to various diseases.

BUT, we still don’t have a basic understanding of WHY some widespread diseases even exist!

Another way to put this is: Why aren’t we working on PREVENTING disease as much as we are in CURING it?

That’s probably a longer conversation for a different day. But, for now let’s talk about **dementia**.

Dementia is a disease of the brain characterized by a progressive loss of cognitive ability in a previously unimpaired person, which goes beyond the normal impairment and deterioration associated with old age.

Signs and Symptoms of Dementia include:

- Impaired intellectual functioning, which disrupts normal everyday activities of life.

- Interference with problem solving abilities.
- Behavioral and personality changes demonstrated by:
Decreased ability to maintain emotional control.
- Confusion, agitation, delusions, hallucinations, memory loss and aggression in some cases.
- Cognitive impairment as in judgment, reasoning and perception. Approximately 4 million Americans have Alzheimer's disease with accompanying dementia and approximately 250,000 are diagnosed each year. The age groups most commonly affected are those 65 and older. The cause of dementia is unknown, although several theories exist to explain the condition. However, the primary consensus is that it is caused by exposure to solvents and the presence of metals and pesticides causing ... (Take a guess)...contamination of water. Nasty things like arsenic, lead, cyanide, fluoride, acyclamide, mercury chlordane, oxamyl, toulene, trichlorothene, bromate, aluminum and xylemes are elements found in the water supply - and are all toxins which will have some effect on the brain.

Here's how they get into your water:

Heavy rains cause chemicals to enter the water system through run-off from landfills.

Run-off also carries insecticides used in spraying crops and discharges from chemical, petrochemical and metal degreasing factories.

Normally, the blood-brain barrier protects the brain by filtering harmful agents before the blood reaches it.

Studies have shown that aluminum does not pass through easily, BUT when combined with certain compounds as in

aluminum fluoride it WILL.

And guess what? Many water utilities treat their water supply with aluminum sulfate and aluminum fluoride, both of which combine very easily in the blood.

This weakens the barrier possibly creating a pathway for other harmful agents into the brain.

And since aluminum competes with calcium for absorption; this could cause a build-up of aluminum in the bloodstream.

What does this all mean?

One could easily hypothesize that sufficient quantities built up in the brain over a period could possibly lead to dementia.

Here are several steps you can take to protect yourself from the onset of dementia:

- Eating a nutritious diet combination of fish, fresh fruits, vegetables, wheat bread, and cereals.
- Drinking 3-4 cups of coffee per day during in midlife has proven statistically effective.
- Playing mind stimulating games, musical instruments, working puzzles, and regular social interaction also help.
- Use of NSAIDS an anti-inflammatory agent helps to reduce inflammation of amyloid plaques.
- Prevent exposure to water that is free from chemicals and heavy metals like aluminum, lead, and mercury - which are all proven to have negative effect the on human brain.

So, let's also add aluminum, lead, & mercury to the list of toxins that are coming through your faucets each day.

And, YES, you should avoid them as much as possible.

But, the most important step you can take is to ensure they never enter your home in the first place.

Whether you drink them, bathe in them, or inhale them, these toxins can and should be avoided entirely.

If you need any more information or have other questions, be sure to **contact us**. [844-944-PURE](tel:844-944-PURE)

Here's Some Good News (Finally): Why Water Alkalinity Matters for Your Health

So far, you probably have enough facts to understand which toxins are in your water, and why you should avoid **drinking, inhaling, or bathing** in ANY of them. Let's take a look at some of the things you can do to ensure your water is providing all of the benefits it's supposed to provide. We'll start with an overview of ALKALINITY:

A good place to start is knowing that most sicknesses tend to develop when there is an acidic state in the body.

It's also known that healthy human cells do best in a slightly alkaline environment.

Now, the "normal" pH range for blood is between 7.3 and 7.45.

(Blood pH is a good indication of how much oxygen is available to the cells).

And, according to many doctors and health practitioners, lack of oxygen to the cells is one of the primary causes of most diseases - including cancer.

So, what does this mean for our water intake?

Alkaline water can help with a number of health problems, including acid digestion, heartburn, low energy levels and infections, nausea, and dehydration.

The main problem alkalinity in water helps solve is inflammation, *which leads to diabetes and obesity* – among other things.

As such, the ideal pH level for water intake for most people should be in the 9.5 pH range. Of course, your blood pH can't and won't climb that high...

But, the increased alkalinity will lead to increased oxygenation of the bloods cells, and a reduction in the inflammation that contributes to so many diseases.

Here are the TOP TEN benefits that Alkaline water can provide:

1. Ideal hydration
2. Better digestion
3. Improved cellular oxygenation
4. Increased antioxidants
5. Higher energy levels
6. Weight loss
7. Slow down aging process
8. Cleansed colon
9. Reduce free radical damage
10. Keep bones and teeth strong

So, what steps can you take to ensure you have Alkaline water?

Let's quickly talk about the difference between THREE commonly-used and important water filtration concepts:

1. “Filtration/Reverse Osmosis” – this is the most commonly known step we can take to filter out toxins from water. Some work better than others, and ALL of them will become bacteria centers if they aren’t regularly cleaned. In short, any filtration is better than NO filtration at all – but it’s definitely just one part of the equation.

2. “Ionization” – Without getting too much into the science behind ionization, this is a simple ion exchange that increases the alkalinity of water – which is great for all the reasons we just covered in this chapter. But, guess what? Ionized water is NOT necessarily toxin-free, nor does it contain the essential minerals that should be delivered via your water.

3. “Re-mineralization” – Here’s where things get interesting: the perfect drinking water should have a naturally ideal pH level, AND deliver the key nutrients you need for optimal health. Calcium and magnesium are the key ingredients, along with other elements that keep us healthy.

Let’s put all of the pieces together...

Bottom line: As you’ve probably already concluded, the best water incorporates ALL THREE of the above elements: proper filtration, ideal Alkalinity, AND re- mineralization.

At Wellness Water, we call this **“water conditioning”**. Think of it the way we use the term “air conditioning” nowadays...

We don’t just call it “air cooling”, because what we’re doing is just trying to create the ideal temperature for you to feel comfortable.

That’s what WATER CONDITIONING is – **finding the optimal levels of cleanliness, alkalinity, and minerals for you to stay hydrated and healthy.**

In summary, alkalinity is an important part of healthy water for you to consider, but it’s definitely just one piece of the puzzle for you to consider when making decisions about your

water.

We offer the ONLY under-counter drinking water system that addresses all three factors – using our patented Wellness Water Cartridge that is custom-made based on the current pH level of your particular water source.

Click here now if you want to learn more and enjoy perfect alkalinity in your water. [Wellness Water Filter](#)

The MANY Benefits of a Whole-House Water Conditioning “Firewall”

Let’s revisit something we discussed earlier: The absorption of toxins through the skin and lungs.

To us, it seems CRAZY that you would drink a refreshing glass of water from your sink or refrigerator tap...

...then head into the bathroom and turn on a piping hot shower.

(Like I said, you’ll never turn your shower faucet on again without remembering this...)

But, even if you DO decide it’s OK for you and your family to continue absorbing toxins through your skin and lungs in the bath or shower, here’s what you’re missing out on:

When you filter ALL of the water in your house correctly, you’re not just removing the bad stuff.

You’ll also enjoy a long list of benefits I bet you weren’t even aware of:

Appliances last 30% longer: Less buildup and means more efficiency and literally getting years more of use out of your washer, dishwasher, refrigerator, water heater, and more.

Up to 29.5% savings in energy costs: With all of those heat-

absorbing metals gone from your water, it will require less energy to heat your water – which saves money off your energy bill each month.

Reduce soap & detergent usage by 75%: When chlorine, metals, and other chemicals are removed from your water, you'll finally get a real lather when you wash, clean, or bathe. Plus, you'll be able to get rid of conditioners, softeners, and products needed to remove spots, residue, and buildup.

Clothing can last up to 30% longer: When your water is full of metals, you might as well be washing your clothes with sandpaper. Then expose them to countless washes with chemical detergents – they break down much faster.

Saves time on housework by reducing buildup: Without all that shower scum, dish spots, and other residues – you'll spend far less time scrubbing and cleaning.

Look younger and feel better: When your home has properly filtered water, you'll experience softer skin, silkier hair, smoother shave, and proper skin hydration that slows the appearance of aging.

Eliminates need to purchase bottled water: We covered the impact on the environment that bottled water is causing already (**1.5mm** tons of plastic waste from bottled water each year). But, with a home system, the average household will save \$50 to \$100 or more per month, just on bottled water.

Food and beverages taste better: All of the food you cook, water you boil, and coffee you brew will have better flavor than you've experienced in a long time.

Installing a whole-house water system that really works isn't cheap. *(But neither is a nice refrigerator or stove...)*

Because we believe that everyone deserves to have ONLY

toxin-free water in their entire home, here at Wellness Water Company we've come up with financing and payment plans that will be less than the monthly savings you are currently not getting. **The cost to maintain the system is less than \$1 per day.** Can you imagine having pure water on demand 24/7 throughout your home for less than \$1 per day?

AND, having the system saves the average American family of 4 between \$130 - \$150 per month!

So, Let's Review...

As promised, there you have them...

You now know 7 key concepts about your water and your health. You're more informed and empowered to make smart decisions about your water:

1. Absorption:

Bottled water isn't the answer – for you, or the planet. Toxins absorb thorough your skin and lungs as quickly as when you drink them. You need to bathe in toxin-free water too.

2. Chlorine:

Water Utilities have done a great job protecting you from bacteria and outbreak of disease. But, chlorine is still a toxic substance – and excess exposure wreaks havoc on your body, your skin, and your lungs – especially over time.

3. Trihalomethanes (THM's):

Worse yet, THM's are positive cancer-causing agents being formed with chlorine as your water makes its way from the utility to your home. These are some of the most common contaminants being found in home water.

4. Fluoride:

Over 70% of the water coming from utilities in the US still

contains fluoride. This is especially important if you're pregnant or have kids, who are more vulnerable effects from fluoride like brittle bones, allergies, lower IQ, and even cancer.

5. Plastics:

94% of recently tested water in the US was found to contain plastic micro- particles – even many bottled waters that were tested contained them.

While it's too early to know the specific impact of ingested plastic on health, it's safe to say you'd be far healthier without plastic (or the toxins it carries) in your water.

6. Lead:

The dangers of lead have been well documented over the past several decades. But, there are still many piping systems throughout the country – especially in metro areas – that contain lead, like we've seen in Flint, Michigan. You **MUST** ensure your water is lead-free.

7. Pharmaceutical Drugs:

We've also known for some time that traces of virtually all pharmaceutical drugs are now being found in the water supply. Currently, the amounts are small enough where impacts on health aren't well established. But, again, ask yourself if you want your body unnecessarily exposed to these chemicals and we think your answer is "no".

As of today, *there are 188 contaminants in US water*, so these are just a few of the major dangers – **what are your next steps?**

Fortunately, you're also now aware of many solutions to each of these problems – either practical lifestyle or interaction changes you can make to ensure your good health...

...and also the value and importance of:

1. Water Filtration:

Whatever system you elect to install, it must remove all of the toxins we've covered in this eBook. And, it's essential that you ensure it is serviced at least once per year, because if you don't, the filter will actually become a breeding ground for bacteria that will keep you sick.

2. Alkalinity:

Most water coming through faucets these days has a "safe" pH level, but because of the various additives it contains, it does NOT have the optimal

pH level in the 9 to 9.5 range that yields the optimal health benefits you need.

3. Whole-House Filtration

In case you didn't notice, I can't emphasize enough the **problem of toxin absorption through the skin.**

For the life of me, I can't understand why, once you're aware of the dangers, anyone would drink filtered water – then go turn on the shower faucet and bathe yourself or your loved ones in all those toxins.

That's why I believe it's just a matter of time before water filtration units are as common in homes as refrigerators or dishwashers. Don't you agree?

And if all of the horror stories and facts aren't enough for you to consider getting on board just yet, you should recall how many benefits there are to having WATER CONDITIONING technology protecting you and your family.

The best part? In a short time, these systems pay for themselves. And you'll be experiencing water the way it was intended: *clean, healthy, nutritious, and free of toxic chemicals.*

In closing, I hope you feel like the information contained in this eBook has been informative and useful, and will help you make a wise decision for yourself and your family.

Please feel free to share this free information with anyone you feel would benefit from its contents.

And lastly, if you don't mind, I'd like to conclude with this statement of PURPOSE from our company, Wellness Water:

Water is a Gift.

We're solving the water crisis in America.

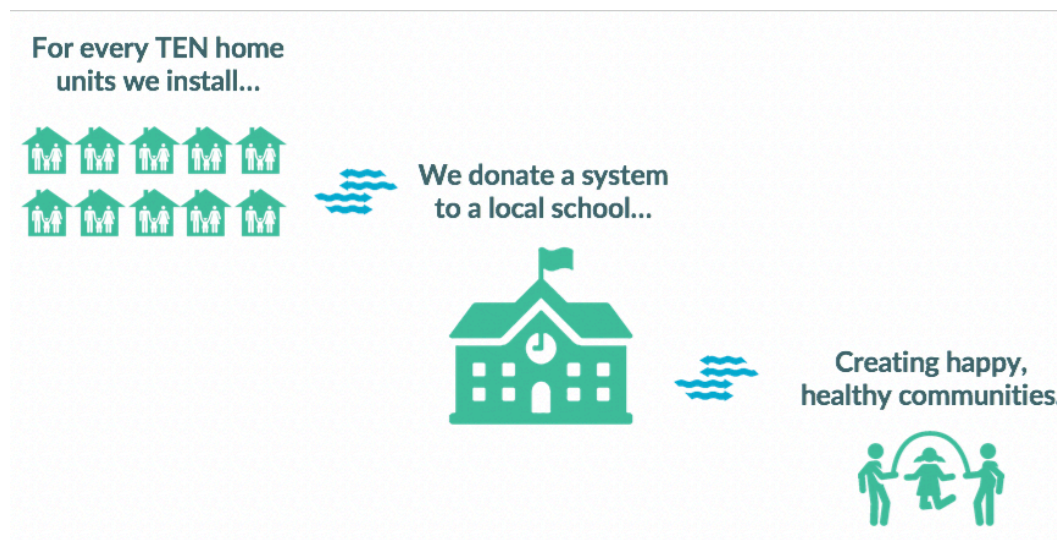
We believe that everyone has a **basic, fundamental right** to clean water.

There can be no life without clean water, nor should any life be without it.

That's why we offer the world's best water filtration technology.

So, for every TEN HOME SYSTEMS we install, we'll DONATE A SYSTEM to a local school.

We're fixing the problem one family, one home, one school, and one community at a time. Come be a part of the solution with us!



[Wellness Water Company](#)

Disclaimer:

These statements have not been evaluated by the Food and Drug Administration. The preceding information is for educational purposes only, and are not meant to diagnose, prescribe, or treat illness. Please consult your doctor before making any changes or before starting ANY exercise or nutritional supplement program or before using this information or any product during pregnancy or if you have a serious medical condition.

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