

Healthy Water Research : Studies the Beneficial and Harmful Agents in Drinking Water

Introduction: Healthy Water

Research on drinking water is highly fragmented and opinionated.

Healthy Water brings this diverse and confusing research into a coherent focus. Read what makes drinking water both safe and healthy.

Although Healthy Water is not a book about water pollution, it's smart to be reminded of the on-going extent of this problem. Reports from two leading environmental organizations (National Resources Defense Council and the Environmental Working Group) claim that 53 million Americans or roughly 1 in 5 are drinking polluted water.

Water: The Essential Nutrient

Most of us have been told we need to drink a minimum of 6 or 8 glasses of water a day. But if you recorded how much you personally drink, you'll be amazed how little it is. Try it.

Many of our health problems are the result of dehydration. We have lost touch with our bodies many cries for water and have instead substituted food or other drinks for water.

Ironically many of the liquids we choose like, alcohol, juice, sodas, coffee, and tea actually dehydrate the body – thus adding to the problem.

Sources: References

[\(6\)](#)

Fluoridation

Fluoridation is a highly emotional and controversial issue in which it's difficult to separate fact from fiction. The bottom line: Is it effective? Is it safe?

After a forty-day fluoridation trial in Illinois, Judge Ronald A. Newman ruled, "a conclusion that fluoride is a safe effective means of promoting dental health cannot be supported by this record."

Fluoride toxicity has been linked to genetic damage in plants and animals, birth defects in humans, plus a series of allergic reactions ranging from fatigue, headaches, urinary tract irritations, diarrhea and many other problems.

Dr. Dean Burk, former researcher with the National Cancer Institute, claims "one tenth of all cancer deaths in this country can be shown to be linked to fluoridation of public drinking water."

Worldwide there is very little fluoridation. Countries that start usually end up stopping it.

Sources References

[\(10\)](#) [\(11\)](#) [\(49\)](#) [\(53\)](#) [\(4\)](#)

Chlorination: Heart Disease and Cancer

Is the chlorine in our drinking water acting as a catalyst triggering tumor development both in atherosclerosis (heart disease) and cancer? In the late 1960s Joseph Price, MD, wrote a fascinating, yet largely ignored book entitled, Coronaries, Cholesterol, Chlorine. Based on his experiments he clearly demonstrates his conclusion that "nothing can negate the basic cause of atherosclerosis and heart attacks and most common forms of strokes is chlorine. The chlorine contained in drinking water."

Can chlorine be linked to cancer too? Chlorine combines with natural organic matter creating cancer-causing trihalomethanes (THMs).

Studies from Louisiana, New York, Maryland, and Ohio reveal when there are higher levels of THMs the

result is higher levels of cancer. Proper water filtration systems can remove these carcinogens.

Sources: References

[\(2\)](#) [\(14\)](#) [\(16\)](#) [\(18\)](#) [\(23\)](#) [\(30\)](#) [\(34\)](#) [\(35\)](#) [\(37\)](#) [\(51\)](#) [\(52\)](#)

Animal Studies: Compelling Evidence

Most animal experiments use water that is artificially made "hard" or "soft" to which harmful substances like cadmium, lead, chlorine or fluoride have been added. The typical results from these experiments are the animals drinking the hard water have less of the harmful agents in their tissues than the animals drinking the soft water.

The animal research dramatically supports the same conclusions observed from the human studies. Namely, hard water is healthier than soft water.

Sources: References

[\(7\)](#) [\(20\)](#) [\(29\)](#) [\(38\)](#) [\(42\)](#) [\(43\)](#)

De- Mineralized Water: Reverse Osmosis (RO) and Distillers

De-mineralized water contains very little or no minerals. This is the type of water you get if you use a distiller, reverse osmosis (RO), or de-ionization.

Creating a "healthy water" means removing the harmful agents but keeping the beneficial minerals. According to Dr. John Sorenson, a leading authority on mineral metabolism, "Minerals in drinking water are more easily and better absorbed than minerals from food."

Sources: References

[\(5\)](#) [\(8\)](#) [\(24\)](#) [\(51\)](#) [\(53\)](#) [\(57\)](#)

Bottled Waters: Are all Created Equal?

Bottled water is big business. And it usually tastes better than what comes out of the tap. But is it "healthy water?" It depends.

Is it hard? Is it moderately high in TDS (total dissolved solids)? Most bottled waters in the United States do not give the information you need to know to answer the questions. Request a complete water analysis from the company or check their web site.

Many bottled waters are processed water using distillation, reverse osmosis, de-ionization or filtration. Frankly you can do this yourself and save money.

With over 700 brands of bottled water available in the US around 80% are processed water.

Purchase only bottled natural spring or artesian well waters that come closest to the "healthy water" criteria – hardness 170 mg/l and TDS around 300 mg/l.

Sources: References

[\(54\)](#)

Bathing: A Chemical War Zone?

Preliminary research suggests that the ingestion of harmful chemicals from drinking water may not be the primary exposure.

Skin versus oral absorption rates for toxic chemicals in both children and adults show much higher rates of chemical skin absorption than from oral ingestion for toluene, ethyl benzene, and styrene.

Inhalation for showering for TCE (trichloroethylene) was 6 to 80 times greater than from drinking the water. Lovers of hot tubs and pools take note.

One solution to consider is a whole house filtration system for chemical removal, not mineral extraction. Or point of use filters for bathing, showering, and drinking.

Sources: References

[\(3\)](#) [\(9\)](#) [\(10\)](#)

Healthy Water Reviews

[Read Excerpts from book](#)

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Several years ago I was working on a degree in nutrition and decided to write about drinking water and health.

Researching and talking to different teachers, I found everyone had lots of opinions. But when I asked them why they believed one kind of water was better for you than another, no one had any real information. Everything was based on hearsay.

Around that time I was swayed by the superficial argument that minerals in drinking water were useless at best, and harmful at the worst. But as I started to collect the medical research on drinking water and its relationship to heart disease and cancer, I started to see a very different story.

Most of the articles clearly showed the benefits of minerals in drinking water. The result of all this was Healthy Water for a Longer Life - called the "best book on the subject." and later a summary of the book entitled Healthy Water. Healthy Water for a Longer Life is no longer available.

I think you'll find Healthy Water will answer your fundamental questions and leave you with the knowledge to make the right choices concerning your drinking and bathing water.