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about water is
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“How Safe is My Drinking Water?” Toxic Secrets in Your Water Revealed

by Winston W.J. Kao



CONFUSED as to **Who to Believe** and what is
the best **WATER** for you and your family?



There is so much hype and false information about water that I wanted to help you sort the false propaganda from the truth, so you can get the best water possible. In this e-book, I will clarify and simplify the subject of water – separating the truth from marketing propaganda designed to sell a specific water system. I will explain water basics so that you can consume and bathe in the best water for your body and your health. Who is my expert guru? Mother Nature!

Since water is the foundation of our bodies and our health, drinking and bathing in the correct water can make the difference between health and disease. It is important to understand what types of water are synergistic with our bodies and what types are detrimental to our health.

For instance, did you know that water from a ***water softener system could cause high blood pressure and kidney issues*** due to the excess salt absorption? Did you know that ***Reverse Osmosis water could cause over-acidity, osteoporosis and Candida issues?*** Did you know that frequent drinking of sparkling water can ***create free radical damage in the body? Almost all bottled water is Reverse Osmosis water and contains microplastics and other chemicals?*** Shocked yet? There's more...

Since water is the basic foundation of our health, using the correct water is like building your house on a concrete bedrock foundation, while using the wrong water is like building your house on beach sand with the tide coming in.

Water takes the ***nutrition into*** the cells of the body and takes the ***acid and toxic waste from*** the cells and from the body. **The right water will do this well and create more benefit from food and any vitamin and mineral supplements taken.**

One of the reasons that many people don't enjoy vibrant health and youthfulness is because they are drinking and bathing in the wrong type of water. Their body is fighting an uphill battle. This also accounts for taking handfuls and handfuls of supplements.

My goal is to condense the subject of water and highlight the key points so that you will have a **working knowledge to be able** to evaluate **ANY** company's water filter and be able to dismiss any slick marketing white lies!



In this ebook, I will clarify the **types of water**, (reverse osmosis, the 4 types of distilled water, de-ionized water, bottled water, softened water and natural water.) **I will let you know the best waters and the worst.** I will focus on the results they create in the body, something we all should have studied in school, unaltered by **bias and wrong scientific assumptions!** I am also going to address **water filtration systems and how to choose the best one for your health.**

My water meets EPA standards, but is it safe?

According to a 2009 NY Times article, the answer is NO.

“The 35-year-old federal law regulating tap water is so out of date that the water Americans drink can pose what scientists say are serious health risks and still be legal.

“Only 91 contaminants are regulated by the Safe Drinking Water Act, yet more than 60,000 chemicals are used within the United States, according to Environmental Protection Agency estimates.

Government and independent scientists have scrutinized thousands of those chemicals in recent decades, and identified hundreds associated with a risk of cancer and other diseases at small concentrations in drinking water,” according to an analysis of government records by The New York Times.

But not one chemical has been added to the list of those regulated by the Safe Drinking Water Act since 2000.

Other recent studies have found that even ***some chemicals regulated by that law pose risks at much smaller concentrations than previously known.***

However, many of the act's standards for those chemicals have not been updated since the 1980s, and some remain essentially unchanged since the law was passed in 1974.

All told, more than 62 million Americans have been exposed since 2004 to drinking water that did not meet at least one commonly used government health guideline intended to help protect people from cancer or serious disease, according to an analysis by The [NY] Times of more than 19 million drinking-water test results from the District of Columbia and the 45 states that made data available.

“In some cases, people have been exposed for years to water that did not meet those guidelines. But because such guidelines were never incorporated into the Safe Drinking Water Act, **the vast majority of that water never violated the law...**

...”And independent studies in such journals as Reviews of Environmental Contamination and Toxicology; Environmental Health Perspectives; American Journal of Public Health; and



Archives of Environmental and Occupational Health, as well as reports published by the National Academy of Sciences, ***suggest that millions of Americans become sick each year from drinking contaminated water, with maladies from upset stomachs to cancer and birth defects.***”

<https://www.nytimes.com/2009/12/17/us/17water.html?searchResultPosition=1>



The bottom line is that if you want healthy, safe water, then YOU must take it into your own hands to ensure your health and that of your family.

The Daunting Task of Buying a Water Filter

Buying a water filter can be quite a daunting task if you really want to buy the **best one for your health**. The outright lies and *manipulation of your perception and understanding* by slick marketers has risen to a fine art.

The first question should **NOT** be “What is the *best* filter?” Instead it should be “What is the *appropriate* water filter for **ME?**” Forget about “**The Best**” and focus on what water filter is *appropriate* for the kind of water that *YOU* have, the water that will be healthy for your body on a long-term basis.




Establish what kind of water you are receiving

Generally speaking, the water you receive comes under two categories:

1.  **City water** delivered directly to your house and faucet by the water authority.

2.  Private homeowner **well water** (should be more than 30 ft deep).

The below categories require extensive filtration handling:

3.  **Rainwater** caught in a large cistern. (Requires water analysis to determine possible contamination by a variety of air pollutants.)
4.  **Shallow well** usually less than 30 ft deep. (This well has too much ground water contamination to be considered safe for drinking water.)
5.  **River water** (usually too contaminated to be drinking water, and requires detailed water analysis and special handling.)

Many people who live in remote rural areas think that their well water is clean, but this is not necessarily true! Just because you live in a very remote area without farming or industry **DOES NOT ENSURE** that you have clean well water! There is an old saying: Out of sight, out of mind.... **illegal dumping of toxic chemicals** is usually done in remote areas!



As a matter of fact, I have only encountered 2 clean wells in my 30 year water career. Both were at high elevation. If you have a well, you **MUST** do a water test. We have a lab that we work with that evaluates over 100 items, so **YOU KNOW** what's in your water. You can also do a glyphosate (Roundup™ herbicide) water test. Call us for details.

If You Receive City Water:

You need to call the city water department and ask the following questions:

- Does the City or County participate in the **Fluoridation** program?
- Does the city add ammonia to chlorine to create **chloramines** in the water?

Request a water analysis that is **less than 6 months old** – an accurate and **specific** water analysis from a **single date & source** for your area. If the city gives you any trouble, tell them, "**It is your fiduciary responsibility to give me an accurate and precise water analysis, as we are entrusting you to safeguard our water.** Do **NOT** give me a water analysis that is an **average** of several years or average over a year. I want a real water analysis from a **single date and a single source!**"

*Fiducary refers to owing another good faith, accountability and trust

They won't like hearing that but they will comply with the law! Most cities in America are starting to give an **AVERAGE water analysis**. In other words, they will take one or several years of data, compile it into an attractive brochure and send it out with pretty pictures and beautiful propaganda. It doesn't

mean that it is the true picture of the water you are receiving. So, get the TRUTH! It's your right!



Evaluating the City's Response:

In order to keep anyone from immediately getting sick or dying, the city, by law, has to add several things into the water. There are also politics involved. Among other things, the city will add in **chlorine and/or chloramines, fluoride and 300 to 700 possible chemicals to address their water challenges. Because of these additions, there will usually be 3000-5000 chlorine byproducts that are**

known or suspected carcinogens, heavy metals that naturally or unnaturally occur, and lead—due to old lead pipes that the city has not replaced because of exorbitant cost and time limitations.

It's the **unwanted toxic materials** that you want to remove without removing the good minerals, such as calcium, magnesium, sodium, potassium, zinc, and **other alkaline elements that should remain in the water to keep the water wholesome**. The truth is, if you remove the good minerals such as calcium, magnesium, sodium, potassium, zinc, and other elements from water, you end up with a pH of 5.5 to 6.4 pH – **ACID WATER!**

Politics and City Water: Chlorine and Chloramines

The ideal way to treat water is with ozone. It disinfects the water and creates a natural resistance to bacteria and algae growth. Since WWII, ozonation has become the primary process to assure clean water in Switzerland, West Germany, and France.

However, in the US, it is mandatory for cities to use **chlorine**. Chlorine kills bacteria very efficiently. But when chlorine kills the bacteria or makes contact with other organic compounds, it creates **chlorine byproducts** which are **known or suspected carcinogens**.

Unfortunately, no cities use only chlorine. They may select any number of chemicals from a list of up to 300 to 700.

A minimum requirement would be a **large activated charcoal filter**. However, this will not handle the full range of possible contaminants but simply an irreducible minimum.



You may have seen various **pitcher** and **faucet carbon filters** advertised. While they improve the flavor, they definitely do not do an efficient job of removing many of the toxins from the water, and most people do not change them frequently enough to make them worth much in the end.

What about showering or bathing in water which contains chlorine and other disinfectants and their byproducts? Because some people are having **skin rashes** and other health issues due to the chlorine chloramines, disinfectant byproducts, etc., IdealEarthWater.com makes a unique **Sensitive-Skin filter system** to address such issues.



The skin is the largest organ of the human body. It not only disposes toxins through sweat but also absorbs good as well as bad minerals and chemicals very rapidly.

The skin is the largest elimination organ in our body.

We know that sweat is the skin's way of getting rid of our body's waste products. The Swedish have a famous practice of taking saunas to release the body's built up toxins through the skin.



By the same token, the **skin is our body's largest absorption organ**, too. This is why we feel refreshed and invigorated after swimming in the ocean – we have been absorbing the ocean's minerals through our skin. You might be interested in the findings from a study conducted by three toxicologists at the Massachusetts Department of

Environmental Quality. They found that **absorption through the skin was almost always greater than ingestion through the mouth, producing from 29 to 91 percent of the chemicals later excreted, with an average of 64%,** depending on the individual. Donna Bishop, one of the toxicologists, said, "We didn't expect to find what we did. After we studied the literature, it became clear that this is a potential problem area that hasn't been examined by regulatory agencies."

What does chlorinated water do to one's body? Have you ever wondered why you seem to get more **summer colds** and



ear infections after swimming in a **chlorinated pool**, than when you swim in a freshwater pond or lake? Why? Chlorine is needed by our bodies in trace amounts, however, the amount gained by a swim in a chlorinated pool or a **15-minute shower in chlorinated water** is far more than the body needs. In excess amounts, **chlorine** becomes a poison that **suppresses the immune system**, leaving a person to feel tired or weak after bathing in it. Did you know that it is far **more toxic** (and damaging to the body's immune system) to take a **15 minute shower or bath in chlorinated water, than to drink a glass of it?**

Chlorine is also a major factor in the development of **heart and vascular disease**. An excellent presentation on that subject may be found in the book, Coronaries Cholesterol Chlorine by Dr. Joseph A. Price, M.D.

In recent years, cities have started adding ammonia to the chlorine. Most housewives know not to mix chlorine and ammonia, as this produces nerve gas. However, the city, evidently, hasn't learned this. They **attempt to make mono-chloramines**. They will not discuss nor ever admit that they also

producing **di**-chloramines and **tri**-chloramines in the water, which are very toxic and carcinogenic.

Chloramines are 1/200 **LESS EFFICIENT** than chlorine, so the city has to periodically switch back to chlorine for a couple months at very high levels to clean the algae and other unwanted materials from their pipes. Why do they use chloramines if they are so problematic and don't get as good results as chlorine? Politics.

Political Additive— “Fluoride”

The following are scientific FACTS:

1. The three most common toxic elements in **order of toxicity** are arsenic, fluoride and lead. The EPA establishes the recommended **MCLG (Maximum Contamination Level Goal.)** That's ideally what they want to see in the water.
2. The MCLG for arsenic is zero.
3. The MCLG for fluoride is 4000 parts per billion or 4 parts per million.

4. The MCLG for lead is zero.



What's wrong with this picture? Fluoride is so toxic that even though the MCLG is at 4 ppm, most cities place less than what is recommended. What I have usually seen are ranges from 0.85 to 2.00 ppm.

Today, 76% of American cities are adding fluoride into their drinking water. As of May 2000, 42 of the 50 largest US cities were fluoridating the water.

What kind of fluoride do they add into our city water? Is it pure pharmaceutical grade fluoride without any contamination or additions? NO! IT IS NOT PHARMACEUTICAL GRADE FLUORIDE! So, what exactly do they really add into the city water? **The majority of the United States adds an INDUSTRIAL WASTE - chemical soup called hydrofluorosilicic acid that is so toxic, that the EPA does not allow it to be dumped.**

If you want to find out the **true science** of fluoride, read on

An overwhelming growing body of evidence, plus old WWII secret government documents now available, all points to FLUORIDE as being **a toxic drug NOT FIT FOR HUMAN CONSUMPTION**. Even the FDA has finally raised an eyebrow...enough to mandate this warning on the label of toothpaste. The mandate is significant because it means the **FDA now regards fluoride toothpaste as a potential toxic drug! Sodium Fluoride is the most common form of fluoride in most toothpaste and rat poison! Huh? Rat poison???** Toothpaste containing sodium fluoride carries the following Warning Label: **"WARNING: Keep out of reach of children under 6 years of age. If you accidentally swallow more than the amount used for brushing (a pea size), seek PROFESSIONAL HELP or contact a POISON CONTROL center immediately."** Since mid-1997, the US Food and Drug Administration (FDA) has mandated that all toothpastes containing FLUORIDE must carry this warning.

How does the rest of the world view fluoridation? Well, Europe banned fluoridation of their drinking water, except for England, Ireland and 3% of Spain.



Who was the first person to fluoridate drinking water? The Nazi **Adolf Hitler!** Who was the second person to fluoridate drinking water? The Communist **Josef Stalin!** Where did they fluoridate the drinking water? First in the **German concentration camps** and second in the **Russian Gulags!** And who was the third person to introduce it into the drinking water? Well, he is the well-known fictitious person – Uncle Sam, who introduced it into the public drinking water of USA in 1945!

Did you know that if you type Fluoxetine into an Internet search engine that Generic brands of Prozac start to pop up? Fluoxetine (Prozac) is a molecule which includes fluoride atoms. The addition of fluoride to drug formulas makes them more powerful, and potentially more harmful. Why did Hitler put fluoride in the drinking water of the concentration camps? Most likely to control and subdue the prisoners.

“Many who oppose water fluoridation consider it to be a form of compulsory mass [medication](#). They argue that consent by all water consumers cannot be achieved, nor can water suppliers accurately control the exact levels of fluoride that individuals

receive, nor monitor their response.”

http://en.wikipedia.org/wiki/Water_fluoridation_controversy

**Water fluoridation contravenes UK law, EU directives
and the European Convention on Human Rights and
Biomedicine**

A Green Party press office briefing

8 July 2003

Contact Hugo Charlton or Spencer Fitz-Gibbon

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With thanks to Douglas Cross

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In the [United Kingdom](#) the [Green Party](#) refers to fluoride as a poison and claims that water fluoridation violates Article 35 of the [European Charter of Fundamental Rights](#), is banned by the UK poisons act of 1972, violates Articles 3 and 8 of the [Human Rights Act](#) and raises issues

under the [United Nations Convention on the Rights of the Child](#).

Adding fluoride to the drinking water does **absolutely nothing** for **water quality improvement**. They falsely claim that it is a benefit for cavity prevention.

Does fluoride harden teeth and bones? Yes! But harder teeth and bones mean that they become **crisper and more brittle** so they can fracture more easily.

Consider that drinking fluoridated water could result in "**Dental** or enamel **fluorosis**, which occurs when excess amounts of fluoride are ingested during tooth development (1-8 years of age).



Fluoride does **NOT** keep the dentist away, but keeps him in business! Fluoride **does** harden teeth, however it also makes them more **brittle**. This accounts for fractures of teeth and 25% of the population develops mottling of the teeth (specks or discoloration of the teeth). Fluoridation effects such as mottling of the teeth. About 90% of cosmetic dental procedures are performed to remedy fluoridation effects.

Harvard Study: Fluoride Lowers Children's Intelligence By 7 IQ Points The Harvard School for Public Health [reports](#):

*"In a meta-analysis, researchers from Harvard School of Public Health (HSPH) and China Medical University in Shenyang for the first time combined 27 studies and **found***

strong indications that fluoride may adversely affect cognitive development in children. Based on the findings, the authors say that this risk should not be ignored, and that more research on fluoride's impact on the developing brain is warranted.”

“**The average loss in IQ was** reported as a standardized weighted mean difference of 0.45, which would be approximately **equivalent to seven IQ points** for commonly used IQ scores with a standard deviation of 15. Some studies suggested that even slightly increased fluoride exposure could be toxic to the brain. Thus, **children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas.** The children studied were up to 14 years of age, but the investigators speculate that any toxic effect on brain development may have happened earlier, and that the brain may not be fully capable of compensating for the toxicity. **“Fluoride seems to fit in with lead, mercury, and other poisons that cause chemical brain drain,”** Grandjean says.

“The effect of each toxicant may seem small, but the combined damage on a population scale can be serious, especially

because the brain power of the next generation is crucial to all of us.” The [study](#) was published online in Environmental Health Perspectives on July 20, 2012. Environmental Health Perspectives is a publication of the [United States National Institutes of Health’s](#) National Institute of Environmental Health Sciences.

www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/

Indeed, the following video interviewing National Research Council scientists, a Nobel laureate in medicine, a professor of dentistry and other professionals summarizes the evidence fairly clearly ... and makes the case that our understanding of the damage fluoride can cause to our brains is like our growing understanding in the 1970s of the dangers of lead:

<http://www.youtube.com/watch?v=88pfVo3bZLY#t=1112> (We started the video at 18 minutes in; but the whole video is worth watching.)

Numerous other reports have shown fluoride’s adverse impacts on intelligence:

[A] 2006 National Academy of Science [[report](#)] reviews the scientific studies which have been performed on fluoride, and concludes:

“It is apparent that fluorides have the ability to interfere with the functions of the brain and the body by direct and indirect means.” (bottom of [page 222](#)).

The National Academy of Science report also notes that fluoride may actually impair intelligence, and that more testing should be done in this regard.

Indeed, studies from around the world continue to find that exposure to sodium fluoride – especially in the very young – lowers IQ. See [this](#). The same is true for rats exposed to fluoride. See [this](#) and [this](#).

Dr. Vyvyan Howard– a PhD fetal pathologist, [who is](#) a professor of developmental toxic-pathology at the University of Liverpool and University of Ulster, president of the International Society of Doctors for the Environment and former president of the Royal Microscopical Society and the International Society for Stereology, and general editor of the

Journal of Microscopy – said in a 2008 Canadian TV interview that studies done in several countries show that children’s IQ are likely to be lower in high natural water fluoride areas. He said that these studies are plausible because fluoride is known to affect the thyroid hormone which affects intelligence and fluoride is also a known neurotoxicant. Such studies have not been conducted in countries that artificially fluoridate the water such as the US, UK and Canada, but should be, he said.

And as the International Business Times [noted](#) in 2010 on the Chinese study on fluoride:

“Exposure to fluoride may lower children’s intelligence, says a study published in *Environmental Health Perspectives*, a publication of the National Institute of Environmental Health Sciences. Fluoride is added to 70 percent of US public drinking water supplies.

“About **28 percent** of the children **in the low-fluoride area** scored as bright, normal or higher intelligence compared to **only 8 percent in the “high” fluoride area of Wamaio [China]**.

“In the high-fluoride city, 15 percent had scores indicating mental retardation and only 6 percent in the low-fluoride city. The authors of the study eliminated both lead exposure and iodine deficiency as possible causes for the lowered IQs.”

“Zhao LB, Liang GH, Zhang DN, and Wu XR have found that children living in Shanxi Province, China, in the village of Sima located near Xiaoyi City where the water has high fluoride content (4.12 ppm) have IQ scores that are 6 to 12 points lower than children living in a low fluoride district in the village of Xinghua (the difference in IQ scores is statistically significant).”

Donald Miller – cardiac surgeon and Professor of Surgery at the University of Washington – alleges: “Fluoride ... inhibits the enzyme acetylcholinesterase in the brain, which is involved in transmitting signals along nerve cells. Fluoride also damages the brain, both directly and indirectly. **Rats given fluoridated water at a dose of 4 ppm develop symptoms resembling attention deficit-hyperactivity disorder.** High concentrations of fluoride accumulate in the pineal gland, which produces serotonin and melatonin.”

*“People with Alzheimer’s disease have high levels of aluminum in their brains. **Fluoride combines with aluminum in drinking water and takes it through the blood-brain barrier into the brain.**”* Dr. Russell Blaylock, MD, a neurosurgeon, spells out in chilling detail the danger fluoride poses to one’s brain and health in general in his book [Health and Nutrition Secrets that can Save Your Life](#) (2002).

*“EPA’s drinking water standards are supposed to protect all persons against anticipated adverse health effects of the contaminant in question,” explained Dr. Kathleen Thiessen PhD. From 2003 – 2006, Dr. Thiessen served as a panelist for the National Research Council’s (NRC) review **Fluoride in Drinking Water: A Scientific Review of EPA’s Standards**. “**And we concluded after three years worth of work that the drinking water standard for fluoride was not protected and cannot be assumed to be safe for humans.**”*

Thiessen said the EPA was warned about potential fluoride health dangers by one of its own chemists more than a decade ago. Dr. William Hirzy testified before a Senate subcommittee in 2000. He was representing the views

of EPA scientists and staff who analyze hazards in the environment.

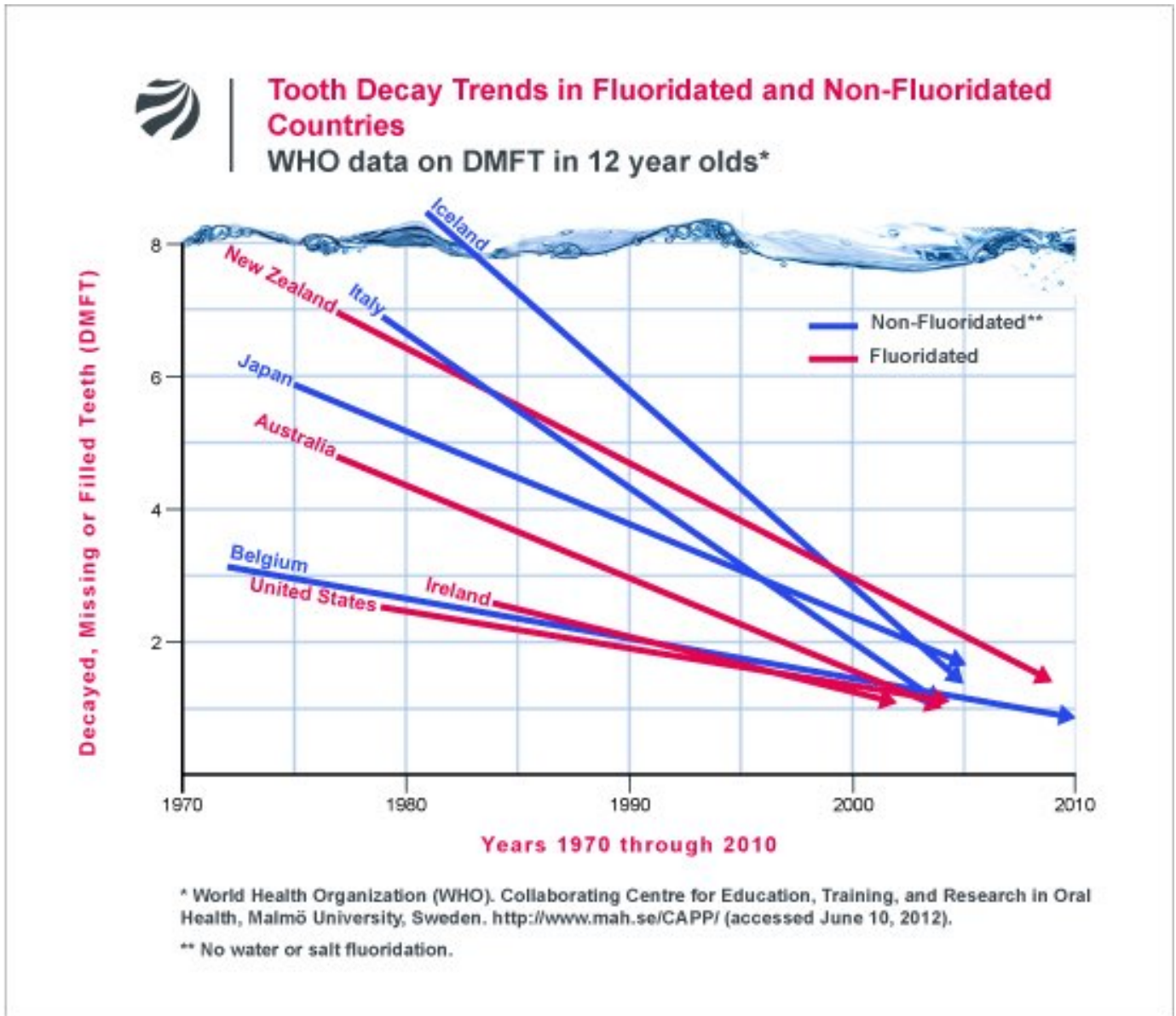
“In 1997, we voted to oppose fluoridation, and our opposition has grown stronger as more adverse data on the practice has come in,” said Hirzy.

“The CDC and others say whatever beneficial effect there is from fluoride is from topical use. It’s not from swallowing it. It never has been from swallowing it,” said Dr. Thiessen.

*But doesn’t fluoride in the water reduce cavities? You would be interested to learn that most western countries do not fluoridate their water. **Dental records kept by the World Health Organization show tooth decay in those countries has declined at the same rate as here in the United States – where we do fluoridate our water.***

Indeed, an overwhelming number of scientific studies conclude that cavity levels are falling worldwide ... even in countries which don’t fluoridate water. Specifically, the scientific literature shows that – **when fluoridation of water supplies is**

stopped – cavities do *not* increase (but may in some cases actually decrease). See [this](#), [this](#), [this](#), [this](#), [this](#) and [this](#).



Ref: <https://fluoridealert.org/issues/caries/who-data/>

With cavity rates dropping in unfluoridated areas around the world, no wonder more and more countries are stopping

fluoridation. In fact, many prominent leaders of the pro-water fluoridation movement have recently admitted publicly that they were wrong. That includes:

- John Colquhoun, DDS, Principal Dental Officer for Auckland, New Zealand and chair of that country's Fluoridation Promotion Committee, reviewed New Zealand's dental statistics in an effort to convince skeptics that fluoridation was beneficial and found that **tooth decay rates were the same in fluoridated and non-fluoridated places, which prompted him to re-examine the classic fluoridation studies. He withdrew his support for it** in "[Why I Changed my Mind About Water Fluoridation](#)" (*Perspectives in Biology and Medicine* 1997;41:29—44).
- Richard G. Foulkes, MD, a health care administrator and former assistant professor in the Department of Health Care and Epidemiology at the University of British Columbia also switched from pro to anti water fluoridation after studying the issue.
- And Dr. Hardy Limeback PhD, DDS – one of the 12 scientists who served on the 2006 [National Academy of](#)

[Sciences review of fluoride](#), and Head of Preventive Dentistry at University of Toronto – wrote “[Why I am Now Officially Opposed to Adding Fluoride to Drinking Water](#)”

Can Drinking Water Make you Fat?



Can drinking water make you fat? Can cooking in non-stick pots and pans make you fat? There is more than one answer to these questions, but researchers have uncovered a startling link between fluoridated drinking water and endocrine disruption with resulting weight gain. It is much worse than we ever thought. Why has this never come to light? Big greed and big liability.

“Thyroid toxicity may be a significant mechanism by which fluoride affects neurodevelopment. In 2006, the NRC had enough information to conclude that fluoride is an “endocrine disrupter” which may lower thyroid function. Sodium fluoride was once prescribed as a therapeutic agent for lowering thyroid activity in cases of hyperthyroidism.

<https://fluoridealert.org/wp-content/uploads/EPA-trial-Thiessen-Declaration.pdf> pgs 29-30.

In 2006, The National Research Council published a report of the impact of Fluoride on the human body. This is what they said, “In summary, evidence of several types indicates that fluoride affects normal endocrine function or response....Fluoride is therefore an endocrine disruptor.”

The research goes all the way back to 1854 when Maumene linked goiter in dogs to exposure to fluoride. Subsequent studies have found goiter in areas that had sufficient iodine, but had fluoride in their water.

Between the 1920s- 1950s, medical doctors dosed their hyperthyroid (excess thyroid) patients with fluoride to

successfully depress the thyroid. Doses corresponding to those consumed in fluoridated water areas were enough to reduce the Basal Metabolism Rate.

If fluoride calms down an overactive thyroid, then what would it do to a normal or underactive one? You guessed it. **A recent study done in the Ukraine found that long-term consumption of fluoridated water (2.3 parts per million) showed elevated TSH (thyroid stimulating hormone) and a decrease in T3. The conclusion was that excess fluoride in the drinking water was a risk factor of rapid development of thyroid pathology. These conditions were found in dosages that a child would reach by drinking 1-2 glasses of 1ppm Fluoridated water per day.** (Depending on your city, you have between 2-4 ppm fluoride in your water).

“The National Research Council committee concluded that fluoride can subtly alter endocrine function, especially in the thyroid – the gland that produces hormones regulating growth and metabolism.”

Fluoride has been found to be much more toxic to the enzymes of the body that regulate life and metabolism than uranium.

When you drink bottled water, not only are you drinking estrogen-mimicking plastic, but if the water is fluoridated, and many of them are, then you are not avoiding fluoridation's effects.

“Dasani and Aquafina, which are nothing more than purified tap water, will most likely contain fluoride. Poland Spring, FIJI Water, Perrier, and Deer Park contain fluoride, and even boast its health benefits on their websites. Evian makes no mention of fluoride on its website either way.” If you are drinking natural spring water, the bottlers do not have to put fluoride on their label, if the waters naturally contain fluoride. They only have to disclose it if it has been added to the water.

http://www.ehow.com/about_5370977_bottled-waters-contains-fluoride.html#ixzz2lKe14Phx

Many pharmaceutical drugs contain fluoride, because one of fluoride's properties is that it makes whatever it is added to

more potent. Common antibiotics like Cipro and drugs like Prozac contain fluoride.

In fact, fibromyalgia has been linked to prescription fluorinated drugs. Think about this the next time your doctor wants to prescribe a fluorinated drug. Do you want to depress your thyroid? Depress your metabolism? Gain weight? Experience one of the many effects of fluoride poisoning? Ask your doctor to prescribe a non-fluorinated drug instead. You can find out which drugs contain fluoride, as many of them will contain an “FL” in their chemical name. Otherwise do a search for the drug to discover its chemical formula.

How can cooking in nonstick pots/pans make you fat? The majority of nonstick coatings are made of Teflon®, a tradename for Perfluorooctanoic acid (PFOA) which contains fluoride.

When heated, Teflon pans can gas fluoride out into your kitchen. There is a well-known warning about keeping small animals out of your kitchen area while cooking in nonstick pans, as they may die immediately from the fumes. Note that PFOA was banned by the U.S. and other countries beginning in 2003 and phased out by 2014.

So, if you think that your weight gain, lethargy, excessive tiredness, and inability to lose weight are your fault, they may be due to your unknowing fluoride consumption/poisoning. Your “laziness” and depression may be due to fluoride consumption. These are all common side effects of fluoride.

Sources: *The Fluoride Deception* by Christopher Bryson; *The Case Against Fluoride* by Paul Connett, PhD & James Beck MD, PhD & H.S. Micklem, DPhil; www.earthclinic.com;

This is why I tirelessly educate about fluoride. This is why I designed the only fluoride filter that I know of (and I have checked out lots of them) that will remove fluoride down to non-detectable levels at the kitchen sink. This is why my filters are large and costly. Other water filter manufacturers won't go to the lengths to which I have gone to protect you and your children from the effects of fluoride poisoning. So why would you waste money on a cheap filter that doesn't do the same job as mine does?

How does fluoride affect the organs?

Unfortunately, fluoride in the drinking water **systemically** influences the hardening of the bones, which increases the number of bone fractures, such as hip fractures. Did you ever hear about a young child taking a fall and breaking an arm or leg? Today, there is a lot of scientific documentation on the subject of fluoridation, it's **detrimental effects to mineral absorptions, and immune system damage.** Remember, **they don't use pharmaceutical grade pure fluoride!** What they actually add is **hydrofluorosilicic acid**, which is an **industrial waste** product from the **metal plating industry's waste acids** and **phosphate-mining industry's waste**. This "chemical soup" consists of fluoride, chromium, Strontium 90 (**radioactive material!**), and all the heavy metals. Being a chemical soup, it varies from day to day and in fact, no one is testing to see what the variable is from day to day, because the cost would be prohibitive to test daily.

A Recap of Fluoride

Adolf Hitler was the first person to use hydrofluorosilicic acid in the German concentration camps to control the prisoners. The Russians used the identical material in their

Siberian Gulag camps. This **highly acidified fluoride and other heavy metal soup** is what is added to the city water (hydrofluorosilicic acid) and is similar to Prozac (a powerful antidepressant drug). If you type “**Fluoxetine**” in your Internet browser, you will find all the generic brands of Prozac. Do you still think that fluoride can be beneficial to you?



Is Your Bottled Water Making You Old?

We are told to drink lots of water in order to hydrate our cells and maintain our youthfulness, but if you are drinking the wrong type of water, you are harming your health and aging your body.

As our bodies are made up of 70% water, it is important to keep ourselves hydrated. However, if you are drinking bottled water, you may not be achieving your goals.

What wrong with bottled water? First off, 90% of bottled water is made with de-ionized or reverse osmosis water. Reverse Osmosis and de-ionized water are devoid of minerals. When you take a sip of either water, your mouth is instantly plundered of its minerals. Even if you take a mineral supplement later, you are only placing a small bandage on a life-threatening wound. Plus, if the minerals are not in an ionic form, you can develop kidney stones over time. One of our customers called us recently complaining of kidney stones. We asked him what kind of water he drank. You guessed it – reverse osmosis. We then explained to him how he had gotten the kidney stones.

Then what about the reverse osmosis bottled water that contains added minerals? They seem to be ionic. Shouldn't that water be okay to drink?

If you were stranded somewhere and the only choice was to drink the reverse osmosis water with added minerals, then I would drink it. However, there is a little known fact. The reverse osmosis membranes are made using a radioactive laser to pierce the tiny holes. While this may not cause your water to become radioactive, the laser leaves a radiation frequency behind in the membrane that Mother Nature takes exception to.

What tool does Mother Nature use when something goes against her laws? The answer is black fungus. Black fungus will help break down the offending material. If you sprout seeds in reverse osmosis water, you will likely have fungus issues. If you use reverse osmosis water in the garden, over time you will have fungus issues.

What do you think happens in your body when you drink reverse osmosis water? You are correct – fungus issues. This is why many people who drink bottled water end up with Candida

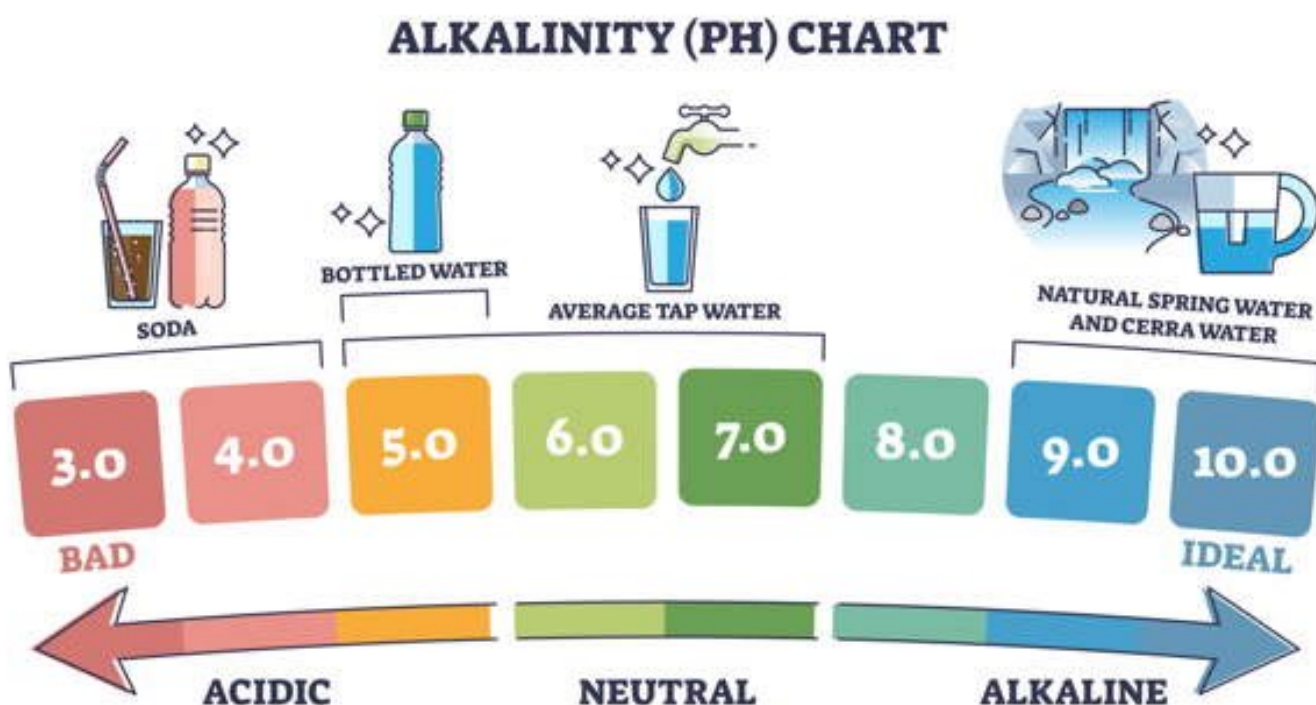
issues. Because of the anti-Nature frequency that remains in the membrane, it retains the frequency in every drop of water that goes through it. If you happen to have a reverse osmosis filter at your kitchen sink, once you have ripped it out, check out the interior of the tank and you will see it is coated with black fungus. This is why all reverse osmosis systems have a taste filter after the tank before the faucet. Plus, reverse osmosis water still contains fluoride. It is not totally removed. Where do you find reverse osmosis water in Nature? Nowhere. It does not occur naturally.

How does this age you? Well there are a couple of ways.

The first is the demineralization of your body by the reverse osmosis water that you cannot adequately replace by taking a mineral supplement.

The second is the pH. Normal drinking water should be a pH of 7 – 7.5. Reverse osmosis water is 5-6.4 pH. A pH of 5 is 100 times too acidic. You may not think that this is a big deal, but when your cells don't get correct pH water, it causes your body to become overly acid. This ages you and causes a variety of

“old age” diseases – high blood pressure (stress on the kidneys), heart disease, arthritis, acne, diabetes, weakened immunity, as well as wrinkles and lines. Do you look and feel older than you should? Your drinking water may be the culprit.



The third is excess [estrogen from the plastic bottles the water is held in](#). Reverse osmosis water leaches the plastic from the bottle. This causes hormonal problems, including endometriosis, prostate issues, menstrual issues, menstrual cramps, menopausal issues, and even reproductive cancers.

Then there is the fungus factor. It has been proven by research that [cancer can be caused by fungus](#).

So what do you do? If you must drink bottled water, then make sure that you buy it in a glass bottle, and make sure that you call the water bottler/manufacturer and ask them if they use distillation, reverse osmosis or deionization as part of the process.

You might want to drink sparkling water or soda. Don't, except on occasion. These are all acidic and will make your body acidic. The carbon dioxide produces carbonic acid. When ingested, this acid generates "free radicals" in the blood which can damage cells. In contrast to my wife, I rarely drank carbonated beverages. We had a blood analysis done and her results showed a lot of cellular damage while my results showed no damage.

Type of Water

In order to keep it simple, I will cover only the most vital information of the major types of water, skipping any information that you will have no application for.

- Reverse Osmosis
- The 4 types of distilled water

- De-ionized water
- Bottled Water
- Soft water
- Ideal Water

Are You Drinking the Wrong Water?

Most Americans drink **reverse osmosis, de-ionized or distilled water** in spite of the fact that many advanced **European countries advise against it!** In America specifically, there is a tremendous amount of contradictory information about drinking water. We will separate the truth from false data so you can make an informed decision about your health. We'll start with the most poorly known subject—distilled water.

Why do many Europeans refuse to drink these waters? Because they understand the detrimental effects of these “hungry waters” due to their **ability to leach out minerals** from the body. Drinking hungry waters results in the instant ***leaching of minerals from your body to satisfy the water's extreme hunger, lowering your cellular***

integrity, and resulting in the breakdown of your immune system. In addition, because these waters are missing “*alkaline minerals*”, the water is **highly acidic**, which **makes one’s body more acidic.**

These waters **leach the minerals out immediately** and **later consumption of minerals will not make up the damage.**

Salespeople who sell reverse osmosis systems always challenge the point of “water should have minerals.” They advocate taking a mineral supplement later and NOT getting your minerals from the water – which is the natural way. **I have had reverse osmosis salesmen swear that their water has a natural balance of 7 pH (which is neutral). I simply hand them a pH meter to measure the pH themselves. It is sad to see the shock on their faces.**

If you test **Reverse Osmosis water**, use only a pH meter. Strips and liquids require minerals to respond; hungry waters have no minerals to respond correctly.

You will find that it is acid **water**, with a **5.5** to **6.4 pH**. Considering that most of the bottled water is Reverse Osmosis water, it is not surprising that so many of us are **too acidic** and are **prematurely** aging. Most waters, when left on a shelf, will first turn green (growing blue green algae). The **Reverse Osmosis water**, when left on a shelf, will choose to grow **black fungus as it's first choice**. If you look at an Reverse Osmosis system, after the water is fully processed through the membrane and is stored in the reservoir tank, it still has a **carbon block filter**, which they call a taste filter, to **block the black fungus from coming out** and to improve the water flavor. Do you think that this is a good water to drink?

We have found through investigation, that when many people drink Reverse Osmosis water over a period of time (2+ years), many may come down with Candida Albicans overgrowth (commonly known as yeast infection or thrush). This is because Reverse Osmosis water creates an ideal environment for fungal growth, which in turn creates a more acidic environment in the body, which leads to old age disease. [High acid condition]

If you have fungus problems when sprouting seeds that's most likely because of Reverse Osmosis water! If it can cause problems in seed sprouting, what do you think it is doing inside your gut with no sunlight? This isn't rocket science—anyone can extrapolate the consequences.

De-ionized water is hungry and acid, just like reverse osmosis water. Even worse, de-ionized water is often created by using a reverse osmosis process first before passing it through an additional de-ionizer. It was developed for use in the laboratory. Many bottled waters use this processing. Just look at the ingredient list on the bottle, where they usually have to list the method of processing the water.

Distilled Water

Did you know that there are **4 different kinds** of **distilled water**, two of which are very healthy, and the other two are **UNHEALTHY**? Don't feel bad if you didn't know this - **most doctors and health practitioners don't know this either**. As a matter of fact, they are shocked when they found out! This tells you that the Universities do not teach this fact! Here we will only address the common types.

What are the common types of distilled water? The first one is a healthy **low temperature distillation with a low surface tension**. It usually has minor amounts of minerals. This is commonly known as **rainwater** and **was** one of the **best waters to drink**. Even though this water has extremely low mineral content because of many other factors such as hydrogen peroxide or more appropriately put, hydroxyl ions (-OH) and minor negative charge, the rainwater does not leach minerals out and until the 1980s, it was one of the **healthiest waters** to drink. Note how a single rainstorm will green-up a forest or lawn so much faster than all other watering. Saving rainwater and then running it through a carbon filter to remove the VOCs (Volatile Organic Compounds) is a very necessary step these days.



Rainwater should be approximately 4.5 to 5.0 pH on the West coast and 5.0 to 5.5 pH on the East coast and not 7.5 to 9.5 pH range; how is this happening?

Chemtrails (the white cloud-like lines in the sky that do not disappear in a couple of minutes) & their nanotized chemicals pose another problem to be handled. If you are

unfamiliar with the term Chemtrails, pay attention to the sky, go to the Internet and get educated on them.

Rainwater now contains **Aluminum, Barium, & Strontium** because of the chemtrail spraying. Reports regarding how much is being sprayed varies from 10 to 20 metric tons to 100 to 200 metric tons of nanotized particles. **All of the NATO countries are participating in chemtrail spraying. I would think twice before drinking rainwater in any NATO country.**

The other more common distilled water is the commercially available **high temperature** distillation process, which results in a **high surface tension**. This type of distilled water is “Hungry water”. This is the type of water that **leaches out the minerals from one’s body**. This is good laboratory water and should **not** be drunk.

Always use pH **meters** to test water, as pH strips require **minerals**, which RO & Distilled waters do not have much of.

Softened Water from a Salt regeneration system

This water has excess sodium or potassium because it replaces the healthy calcium and magnesium with sodium chloride or potassium chloride, and has been linked to high blood pressure and kidney problems. If your doctor wants you to eliminate salt from your diet, shouldn't you also eliminate your water softener?

When it Comes to Water Filtration, Size Matters

When you see small ¾ lb. to 1.5 lb. filters, you must know that they can only remove “some” fluoride, and as the filter ages, less and less is removed. The filters usually only have 1000 gallons or 3 month's life. Note the different language we **“take out fluoride”** [How much?] versus removed to **non-detectable levels**. So, if you feel as I do, and you think that maybe **removing fluoride from your drinking and bathing water** is a good idea, then I have a recommendation that will remove fluoride to **non-detectable levels**.

Warning! Many fluoride removal filter companies state that their filter will **“take out fluoride.”** What exactly does that mean? It means that **some** (not all) fluoride will be removed for some short period of time.

You must find someone in the water filter company who will answer the following question, “How much fluoride will the filter take out and even more importantly, how long will it take it out to that percentage?” When it comes to removing very difficult items like fluoride, it requires a large quantity of water filtering media as well as **long duration of water contact time** to remove the target toxin.

For City Water

If you receive city water, generally speaking, you do not need to get a water analysis test, unless you have concerns about the water in your area and you want to make sure. Then you should get an independent water analysis so you can know the truth.

Though I receive city water, I did a water analysis test and found that there was fluoride in my water, though the city said that **they were not adding it**. When I called them to get an explanation, they responded that **THEY** don't add fluoride, but that they **buy fluoridated water** from other counties. So, if you want to be sure what is in your water, then get a water test. Another municipality I recently visited is reported to have Chromium 3 or 6, a known carcinogen in their water, though



QUESTIONS? 1-727-447-2344
www.idealEarthWater.com

BENEFITS OF THE IDEAL EARTH WATER FILTRATION SYSTEMS vs. OTHER FILTRATION OPTIONS**



	IDEAL EARTH WATER	REVERSE OSMOSIS	GRAVITY-TYPE	DISTILLATION	ALKALIZERS/IONIZERS	FAUCET-MOUNT
CONTAMINANTS FILTERED:						
FLUORIDE*	YES	YES	YES	YES	YES	YES
VOLATILE ORGANIC CHEMICALS	YES	NO	NO	NO (evaporate with water)	NO	NO
CHLORINE & CHLORAMINE	YES	YES	NO (unless using catalytic carbon)	NO (evaporate with water)	NO (metal plates leech)	NO
HEAVY METALS	YES	YES	YES	YES	NO (metal plates leech)	YES
RADIATION	YES	NO (may fail to filter radioactive gases)	NO	NO	NO	NO
DRUG RESIDUES	YES	YES	YES	NO (some evaporate with water)	YES	YES
PESTICIDES / HERBICIDES	YES	YES	YES	NO (some evaporate with water)	YES	YES
DISINFECTION BYPRODUCTS	YES	YES	YES	NO (evaporate with water)	YES	YES
CYSTS	YES	YES	YES	YES	YES	NO (unless filter below .5 micron)
SEDIMENT	YES	YES	YES	YES	YES	NO (unless filter below .5 micron)
RETAINS NATURAL QUALITY						
RETAINS MINERALS	YES	NO	YES	NO	YES	YES
RETAINS ELECTROLYTES	YES	NO	YES	NO	YES	YES
MAINTAINS HEALTHFUL pH	YES	NO (makes acidic water)	NO	NO (makes acidic water)	NO (alkalization done artificially)	NO
LIMITS BACTERIAL GROWTH	YES	NO (bacteria breeds on membrane)	NO (air exposure breeds bacteria)	YES	YES	NO
SAVINGS & CONVENIENCE						
SAVES ENERGY	YES	NO (when using booster pump)	YES	NO (uses substantial energy)	NO	YES
SAVES WATER	YES	NO (wastes 3 gal per 1 gal made)	YES	YES	NO	YES
IMMEDIATE WATER FLOW	YES	NO (only if tank contains water)	NO (very slow drip filter)	NO (water condenses slowly)	YES	YES
CONTINUOUS WATER FLOW	YES	NO (limited by tank size)	NO (limited by tank size)	NO (limited by tank size)	YES	YES
EASE OF UPKEEP	YES	DIFFICULT	EASY	EASY	MODERATE	EASY

* Our systems can remove Fluoride down to NON-DETECTABLE LEVELS for up to 5 years without filter replacements, saving you \$thousands.

**Please contact us for further information or explanations. This information current at the time of writing.

none of their city water brochures show it. When asked, the city responded that they don't perform that test, so they don't have to expose that it is occurring.

The company I use to test water is National Testing Labs, Inc. (440) 449-2525 or <http://www.watercheck.com>. This water analysis will test for 93-103 items. This test is called “WATERCHECK W/PO (PESTICIDE OPTION)”. This type of water analysis will usually cost you \$300-\$500, but you can get it for +/- \$230.00 from National Testing Labs with my discount. Just mention Natural Plus Plus LLC and have them email me a copy of your water test results and I will consult you on the results for free. There are also other options, so ask the lab tech for recommendations.

If you receive well water

The first order of business is getting a water analysis. **Never, Never, Never ever guess or assume that your well water is safe to drink just because it taste and smells good! Never!** In over 30 years in the water business, I have only seen a total of 4 water analyses that did not need any water filtration. Two were in upstate New York and two were in Virginia, but all 4 had exactly the same condition – top of the hill, no other residence and they have a pure single source underground water.

So if you have your own private well, you most definitely need do a water analysis before spending a single penny on any water filtration system! Remember, **illegal dumping of toxic chemicals** are usually done in remote areas! And toxic chemicals don't necessarily have any taste or smell in the water! So, the only way to detect them is through a water test done at an honest lab. This is why I only recommend and use one lab. I have worked with them for 25 years and they have never steered me wrong once.

- Do a water analysis to determine what exactly is in your well water. It is very rare to find a well water source in the United States that is not contaminated. We NEVER guess, but always know before we go.



- The company I use to test well water is called National Testing Labs, Inc. (440) 449-2525
<http://www.watercheck.com/>. This water analysis will test for 93—115 items, this test is called “WATERCHECK W/PO (PESTICIDE OPTION)”. This type of water analysis will

usually cost you \$300-\$500, but you can get it for +/- \$220.00 from National Testing Labs. There are other options now days so talk to the lab tech for recommendations.

- Additional iron bacteria tests are also available. Cost is +/- \$60.00
- Additional tests for sulfate-reducing bacteria and slime bacteria are available. Sulfate reducing bacteria feed upon sulfur based compounds including sulfate, sulfite, elemental sulfur and thiosulfate. They produce **hydrogen sulfide** as a by-product. The "**rotten egg odor**" often is an indication that these bacteria are present. Other indications include the blackening of the water or a black slime formed in the back of the toilet tank.

“Slime bacteria” is a term used to describe bacteria which produce significant amounts of slime or biofilm. The presence of these bacteria can cause problems with flow restriction, taste and odor, as well as providing a biofilm for pathogens such as legionella to hide in. The water test for

this does not require overnight shipping, but analysis can take up to 9 days to confirm non-detection.

- In special cases, usually for the second test, we can get a shortened version of just the total chloroform, inorganic chemicals—metals, inorganic chemicals—others and physical factors, lastly, organic chemicals—trihalomethanes. This should cost approx. +/- \$170. This simpler test omits pesticides, herbicides, PCBs and 45 other organic chemicals that you want to know about in the first test you do. If you don't have these things in your water, then you can do the simpler test.
- There are also tests for radiation contamination, call them for the rates.
- **Make sure that you place my name and address** (Winston W.J. Kao, Natural Plus Plus LLC, 2803 Gulf to Bay Blvd, Suite 244. Clearwater, FL 33759) in the **"distributor address"** field of the order form. They will send both you and me the water analysis results.

Informational Water Quality Report

Fluoride

Client:

Ordered By:

 **National Testing
Laboratories, Ltd.**

Quality Water Analysis

6571 Wilson Mills Rd
Cleveland, Ohio 44143
1-800-458-3330

Sample Number: 899411

Location: Under Sink Filtration Systems

Type of Water:
Collection Date and Time: 5/16/2019
Received Date and Time: 5/20/2019 11:00 AM
Date Completed: 5/22/2019

Definition and Legend

This informational water quality report compares the actual test result to national standards as defined in the EPA's Primary and Secondary Drinking Water Regulations.

Primary Standards: Are expressed as the maximum contaminant level (MCL) which is the highest level of contaminant that is allowed in drinking water. MCLs are enforceable standards.

Secondary standards: Are non-enforceable guidelines regulating contaminants that may cause cosmetic effects (such as skin or tooth discoloration) or aesthetic effects (such as taste, odor, or color) in drinking water. Individual states may choose to adopt them as enforceable standards.

Action levels: Are defined in treatment techniques which are required processes intended to reduce the level of a contaminant in drinking water.

mg/L (ppm): Unless otherwise indicated, results and standards are expressed as an amount in milligrams per liter or parts per million.

Minimum Detection Level (MDL): The lowest level that the laboratory can detect a contaminant.

ND: The contaminant was not detected above the minimum detection level.

NA: The contaminant was not analyzed.



The contaminant was not detected in the sample above the minimum detection level.



The contaminant was detected at or above the minimum detection level, but not above the referenced standard.



The contaminant was detected above the standard, which is not an EPA enforceable MCL.



The contaminant was detected above the EPA enforceable MCL.



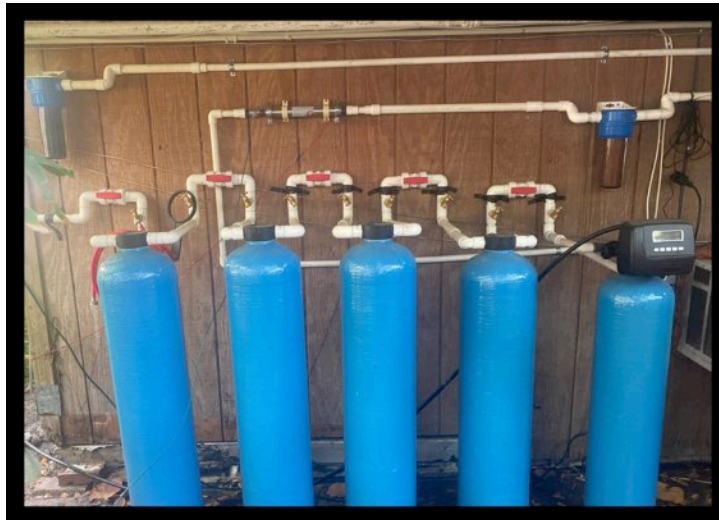
These results may be invalid.

Important Note: Please make sure you **freeze the blue ice** you will receive for the water sample for a minimum of **24 hours**, and make sure to mail out the sample Next Day Air/Overnight on Monday, Tuesday or Wednesday and never mail any other day. **Watch out for Holidays!** We do not want your water samples sitting over the weekend at the post office.

So what should you do? Purchase an Ideal Earthwater under the sink filter or whole house filter from us. We have been careful to design our filters to mirror the best water found in Nature – water like a mountain spring. Our whole house filter also includes a non chemical water softener that repairs the water structure using energy from Mother Earth.



If you are an apartment dweller, you can get our under sink filter and take it with you when you go, providing there is a place for an additional faucet at the kitchen sink, and your cupboard dimensions allow for the height of the double tanks.



If you live in a condo or a house, as long as you have a hot water heater, you can purchase our Whole House fluoride filter. It comes with a non-chemical water softener and depending on number of tanks, a single under sink filter. You can bathe in and drink water that is like a mountain spring. You can save

money by filling your own glass bottles with your own water when you go out.



One of our whole house water customers exclaimed that he could previously never get his children to drink water – only soda or juice. Once he installed our system, the children abandoned the soda and juice and only want to drink water from their Ideal Earthwater system.

We have tried to make our filters so you can enjoy better health. After all, our bodies are made up of 70% water. Don't you want it to be the most naturally compatible water?

So now you have learned the fundamentals of water. You now have the opportunity and the choice to give your body what it wants and to live a healthier, more youthful life. If you now feel as I do, you will want to remove fluoride, arsenic, lead, chlorine and chloramines from your water *without stripping out all of the beneficial minerals*. These toxins are not easily removed from water. Thus, the smallest of our filters weighs 50 pounds; this is what is required to remove fluoride and other toxins down to non-detectable levels.

To find out where to get these filters, please call me at Natural Plus Plus, LLC. 727-447-2344, M-F 10 am – 5 pm EST.

For more information go to www.idealearthwater.com or www.gobeyondorganic.com.

Or you may e-mail me at winston@fluoridebuster.com or research4@gobeyondorganic.com

We have 6 month no-interest financing through PayPal, we accept credit cards, and we have Affirm financing.

I am happy to answer any questions you may have and also supply you with satisfied customer reports.

