


KNOW YOUR WATER



Compiled by Colette St.Clair
For informational purposes only
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If you and your family want to be healthy, get ready to take a dive and EASILY learn everything you need to know to improve the water quality you bring into your life!

Let us get our toes wet with facts: 

FACT 1: In the United States, the legal limits to contaminants in tap water have not been updated in almost 20 years.

FACT 2: These days, our governments are more focused on finding water on planet Mars than on the quality of water on planet Earth. There is a systemic neglect and uncontrolled poisoning of our oceans and waterways, waters that reach our homes, schools and hospitals, and waters that irrigate everything in our food chain.

FACT 3: Contaminants that are frequently found in city waters include: pesticides, herbicides, heavy metals, pharmaceutical drugs including statins, antidepressants and illegal drugs - even cocaine. Also seen in high amounts: EDCs endocrine disruptive chemicals such as estrogens from oral contraceptive pills. This is so out of control in the U.S. that in many of our lakes, male fish are growing eggs and female fish are growing testes. It is nature's way of showing us why we have such a high increase in infertility, miscarriages, erectile dysfunction and loss of sex drive.

FACT 4: Your body is no less than 65 % water, and your brain is 85% water in your youth and decreases to 66% in older years. Any wonder why we get forgetful when we don't drink enough pure water?! For cooking, we recommend you use a reverse osmosis system to purify your water (90% or more); for drinking and baby formulas, we recommend distilling your water and adding liquid trace minerals to it once done. You'll see below ..

FACT 5: The purity of your water and how much you drink have a direct impact on your physical and mental health including energy level, cognitive function and reproductive health. Pure water is vital, especially when you're pregnant, nursing or mixing baby formula.

FACT 6: Your skin is your body's largest permeable organ that sweats out toxins and absorbs all the ones it comes into contact with. Anything absorbed by your skin makes its way into your bloodstream contributing to physical and mental health problems. This is one of the reasons why a lot of medicines are being delivered in patches instead of pill form.

*Too much for you? Don't worry! The worst is over.
Grab this buoy ring and keep reading! It's worth your effort...*



Why is it so important to stay well hydrated?

REASON 1: Your brain is more watery than the rest of your body so how much pure water you drink affects your mood, your cognitive function and your memory. It also impacts how sensitive to pain you will be.

REASON 2: Water balances the electrolytes in your body helping to regulate the function of your nerves and muscles while maintaining a healthy pH level.

REASON 3: Drinking enough pure water not only gives you healthier looking skin, it can also help you control calories. Did you know that eating water-heavy foods signals your body to stop eating?

REASON 4: Good hydration has a direct impact on blood pressure and helps boost immunity by flushing toxins out of the body and ushering oxygen to all your cells.



REASON 5: Water is beneficial to the digestive process. During a meal, it's wise to avoid drinking more than 8 oz of water because water dilutes the stomach acids needed for good digestion. A little water or a few sips of wine won't hurt.

REASON 6: Good hydration is important for maintaining healthy and frequent bowel movements.

REASON 7: Joint strength: In your joints, water in the form of joint fluid becomes a shock absorber to reduce pain and injury, and slows down wear and tear.



Well, what about how to drink water?

TIP 1: The recommended daily intake of pure water is 50% to 65% of your body weight in fluid ounces. Water-heavy foods count. Drink every 30 minutes and use your smartphone to remind you.

TIP 2: Drink warm water with a hint of lemon when you wake up in the morning. The benefits are wide ranging: Supports the immune system, helps with pH balance, helps with digestion, weight loss, infection, inflammation. Supports the liver to flush out toxins and improves oral health.



TIP 3: Drink warm water with a little ginger half an hour before going to bed.

TIP 4: Drink water 20-30 minutes before you eat and wait at least 30 minutes after your meal to drink more.

TIP 5: Eat more foods high in water: organic lettuce, celery, watermelon, cantaloupe, zucchini, etc.

TIP 6: If you need to encourage your children to drink more water, flavor it with mint, a slice of lemon or fresh fruit.

TIP 7: Avoid water containers made of plastics unless high-quality BPA-free, consider using stainless steel or glass instead. (Avoid silicone containers until more credible information about them is published).

TIP 8: Avoid ice cold water. Drinking icy drinks causes blood vessels to constrict, hindering the body's ability to get sufficiently hydrated. Drinking **cold** water after a meal creates excess mucus in your body. In children with asthma, drinking cold water can exacerbate their symptoms.

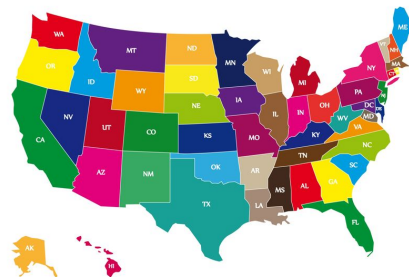
What about the water coming into your home now? (U.S.A.)

Do you know what is in your tap water?

[Click this link](#) and enter your zip code. You'll receive an honest and accurate list of all toxins, chemicals, carcinogens, neurotoxins, and hormone disruptors that exist in your tap water.

Skeptical? View the estimated nitrate attributable cancer cases in your state.

[Click this link](#) to view the interactive map.



What about bottled water?

The bottled water industry is legally allowed to hide water test results. You will rarely find wording on labels that gives you an accurate (*truthful*) description of the water itself. Not only is this industry poorly regulated, scientific tests done on major U.S. brands have shown significant levels of disinfection byproducts, industrial chemicals, pharmaceutical drugs and bacteria.



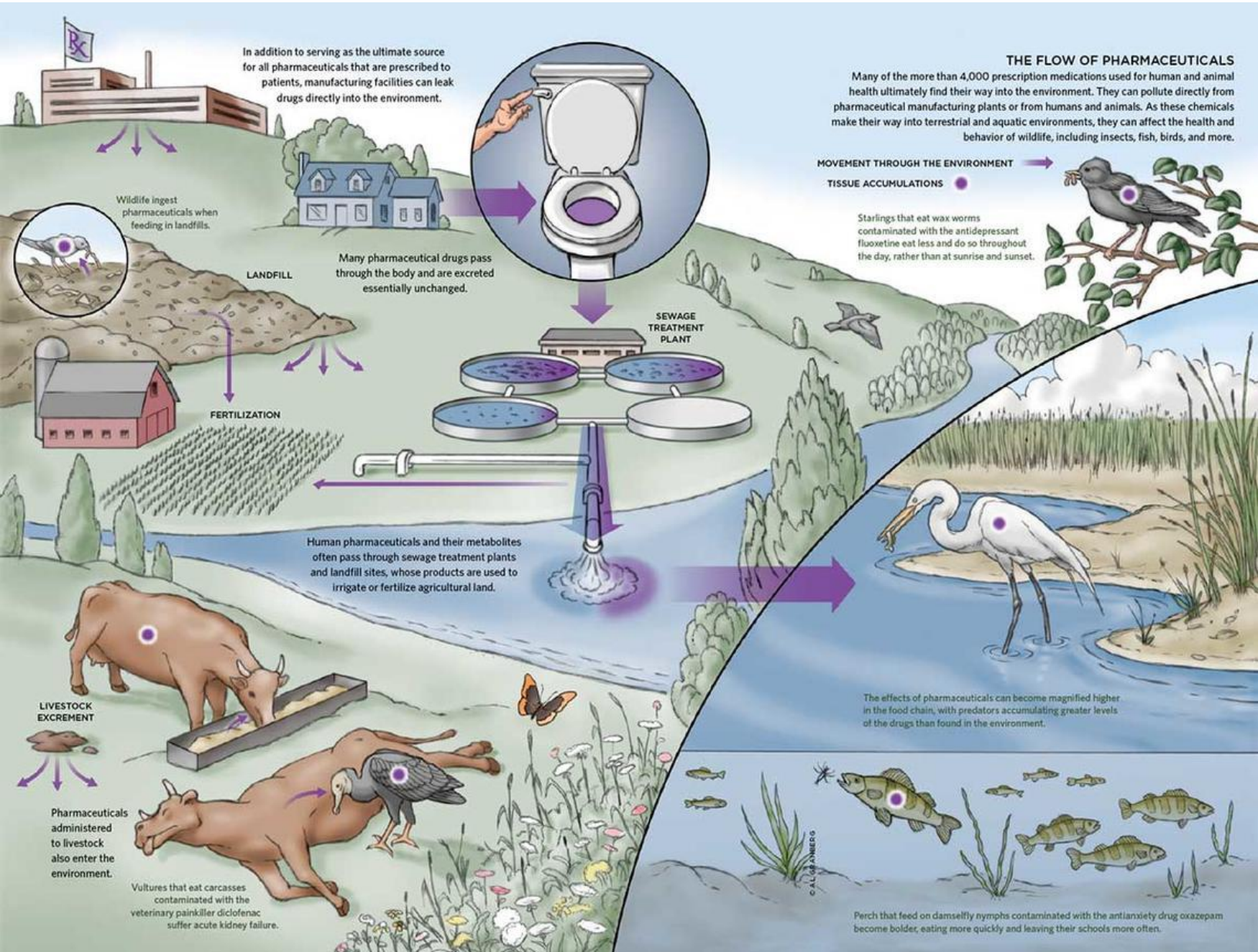
[Click here](#) for five additional legitimate reasons to stop using bottled water.

What can you do about it finding clean water to drink?

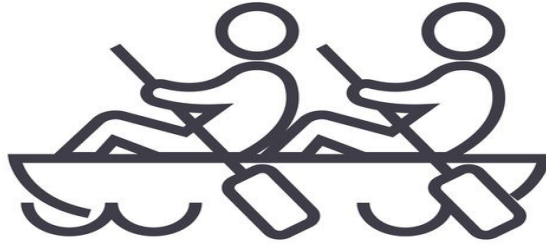
[Click here](#) and introduce yourself to water filtration systems and technologies: carbon, reverse osmosis, ion exchange, distillation, and whole house filters.

See how pharmaceuticals move throughout the aquatic environment.

Many of the more than 4,000 prescription medications used for human and animal health ultimately find their way into the environment. They can pollute directly from pharmaceutical manufacturing plants or from humans and animals. As these chemicals make their way into terrestrial and aquatic environments, they can affect the health and behavior of wildlife, including insects, fish, birds, and more.



Credits Credit: Al Granberg Source: The Scientist



“Hop on board and let’s go shopping for solutions!”

To help you choose the most suitable and effective water system your money can buy, here is a list of suggestions based on updated research, excellent reviews, and years of use by Colette St. Clair and her peers.

Drinking Water Distiller With Internal Carbon Filter

Waterwise distilling machines also contain an internal carbon filter such that, together with the process of distillation, 99% of contaminants are removed. They include bacteria, viruses, parasites, and other types of microorganisms, as well as pesticides, VOCs (volatile organic compounds), and heavy metals like arsenic, asbestos, lead, mercury, and more. I've used this machine for over 10 years never a problem.

Where To Purchase: [Distilling Machines](#) - \$329 - \$429 | [Amazon](#) - \$329

NOTE: Be sure to add liquid trace minerals to your filtered water, buy [here](#)

Drinking Water Distiller Filters

Depending on the model you buy.

Where To Purchase: [Water Filters](#) | [Amazon](#)

Shower Filter

Contains 50% more filtering material for a longer, more effective lifetime than most other filters, typically lasting 12-18 months. It works best in hot water, unlike ordinary carbon filters that are effective in cold water only. It removes not only chlorine, but iron, arsenic, mercury, hydrogen sulfide, bacteria, algae, fungi, dirt and sediment. A cleaner shower won't hurt anyone!



Where To Purchase:

[Filtration System](#) - \$69 | [Amazon](#) - \$63+

[Replacement Cartridge](#) - \$39 (every 12-18 months) | [Amazon](#) - \$39

For your pool or hot tub

Pool Rx mineral technology.

Eliminates all types of Algae. Reduces Need for Chemicals. Effective for up to 6 months. Simplifies Pool and Spa Care. Contains a propriety blend of minerals that continuously and effectively eliminates algae. Compatible with regular + salt pools.



Where To Purchase:

- Pool 30,000 gallon capacity: [PoolRX](#) - \$99.99 | [Amazon](#) - \$67.99
- Small pool & spa, 7,000 - 20,000 gallon capacity: [PoolRX](#) - \$79.99 | [Amazon](#) - \$54.52

NOTE: I have used Pool Rx since 2014 and have reduced by 50% the amount of chlorine without a problem. The pool water no longer smells of chemicals and it is softer on the skin. Pool Rx also improves the buoyancy of the water which is very relaxing!