



THE FASTING PODCAST: EPISODE 4 – WATER PURITY & FASTING

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The **Fasting** Podcast; Wellness & Optimal Weight (**WOW**)!



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Fasting or Not, What Do You Drink Now?

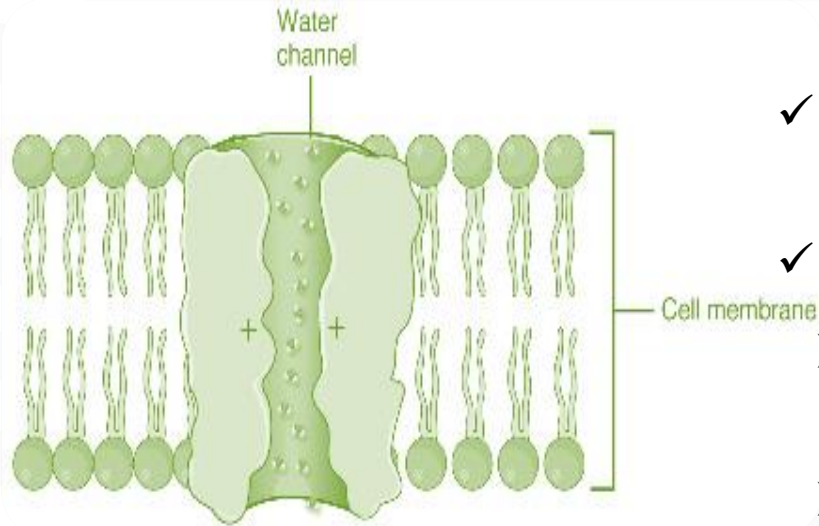
- **Tap Water** - Chlorine, Chloramines, Fluoride, Metals, Bacteria, & Drugs
- **Bottled Water** - Harmful chemicals, Hormones, Environment
- **Well Water** – Pesticides, Sulfur, Iron, Algae, Fungus, E Coli, etc.
- **Reverse Osmosis** – Pure but lacks beneficial minerals & H₂ (molecular hydrogen explained in a separate podcast episode – same comment for distiller-made water)
- **Soda** – Full of sugar, chemicals, CO₂, salt, high fructose corn syrup, etc.
- **Sport Drinks** – Full of Sugar, chemicals, dyes, salt, high fructose corn syrup, etc.
- **Too Many People are Dehydrated!** – USA $\frac{3}{4}$ considered dehydrated, $> \frac{1}{2}$ chronically





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Damage from Toxins – Recap from Episode 3 Bottled Water



- ✓ Toxins hinder health & contribute to disease
- ✓ Toxins hinder hydration into cells:
 - Coagulation from toxins can prevent entry to single file **aquaporin**
 - Toxins can cause aquaporins to open or close at the wrong time



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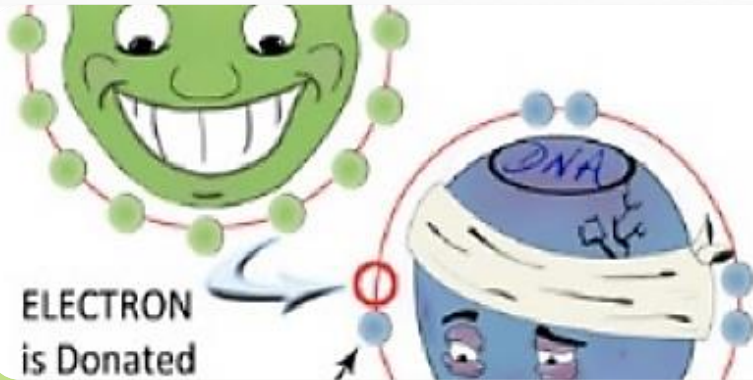
CAUSES OF PREMATURE AGING ALL AFFECTED BY H₂O PURITY



1) Dehydration: body $\frac{3}{4}$ water, USA $\frac{3}{4}$ dehydrated



2) Toxicity: pesticides, preservatives, pollution...



3) Free Radicals: aka oxidative stress



4) Inflammation: "the silent killer"



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Drinking Water Filters – More about H₂ & Minerals Separate Episode

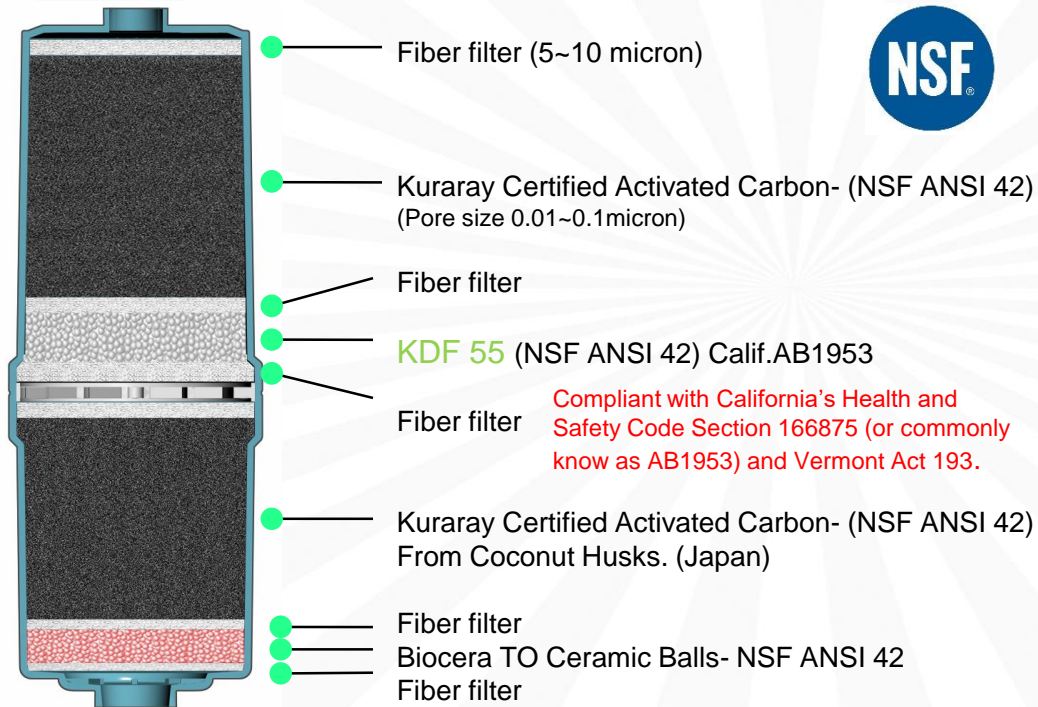
- Low-end faucet, bottle, pitcher, counter top: toxins, ensure excellent filtration with minerals, no H₂
- Reverse Osmosis: well filtered, no H₂ or minerals
- Ionizer: Some have excellent filtration retaining beneficial minerals, some offer H₂ via **electrolysis**, **Preferred**: higher purity, **NEUTRAL** pH (vs forced or increasingly high), no cleaning of chambers, option to select beneficial frequencies like parasites...





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EXAMPLE: Preferred Ionizer Filtration with 9-Stage Filter



Removes:
Pesticides, Chlorine,
Chloramines, Bacteria,
Viruses, Fungus, Algae,
Glyphosate, Radiation

99% of Soluble Metals:
Including Mercury, Lead,
Nickel, Copper, Chromium
6, Arsenic

Stops scale buildup
including Lyme.
(NSF has not tested the above claims.)

Retains beneficial minerals



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EXAMPLE: Portable Water Filtration System



- 🌀 The 25 oz./740 mL volume bottle is free of BPA/BPS/EA & other bisphenols, is leak-proof and dishwasher safe, has good suction like using a straw
- 🌀 The advanced 2-part filtration system filters out all 3 types: biological, chemical, and emerging contaminants
- 🌀 Microbials (e.g. bacteria > 99.9999%, viruses 99.95%, parasites >99.997%)
- 🌀 Heavy metals (e.g. lead >99.3%, mercury 99.8%, arsenic >99%)
- 🌀 Emerging contaminants (e.g. Ibuprofen 99.5%, Naproxen 99.5%)
- 🌀 Chemicals (e.g. chlorine 97.9%, fluoride 41.3%, benzene 97.8%)
- 🌀 Pesticides (e.g. 4,4'-DDT >95%, lindane >99.3%)
- 🌀 Retains beneficial minerals



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POSSIBLE NEXT STEPS



Be sure to watch our next Episode 5 on Molecular Hydrogen (H₂) & Fasting

Thanks for listening to today's episode of The Fasting Podcast. Feel free to check out our other episodes, both podcast & YouTube, at TheFastingPodcastWOW.com

To hear two expert doctors talk about the amazing all-natural Wellness & Optimal Weight (WOW) program, go to LifeboatDoctors.com

Tune in every week to The Fasting Podcast. We always appreciate it when our listeners share the program with their family and friends. If you love the show, please leave a 5-star review on I-Tunes. ★★★★★





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Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

