

THE WATER CONTROVERSY

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By Dr. Andreas Marx

It is important for my patients to understand both their treatment program and environmental hazards that could contribute to their health problems. I advise they educate themselves about invisible hazards that are often overlooked. Water is of the utmost importance.

Before I came to America, I lived in Munich, West Germany where good tap water is available straight from the Alps. When I first arrived in Los Angeles, I wondered what smelled so strange when I took a shower. I learned I could not drink tap water in California. During my first year there, the water department started working on some pipes outside my house. The workers who dug up the pipes knocked on my door and asked if they could have a drink of water. I consented and pointed to the faucet in my front yard. They looked strangely at me, slightly insulted. I actually became quite confused. One of them said, —You're not going to offer us some tap water, are you? I asked, —What's wrong with it? Since you're from the water department shouldn't you be willing to drink it? The workers then shared with me, that no one from the water department ever drank the tap water. It really didn't surprise me because room temperature water all over the state smelled and tasted bad then and I do not believe the situation has changed. However, at that point, I began testing water.

If you take a glass of water, it looks pretty clean but you may notice a funny odor. To overcome this odor restaurants put ice cubes in their water, even during the winter season. Ice cubes numb the taste buds and you can't taste anything so you think it's okay to drink. That's why everybody drinks ice water. This is also true for bad tasting beer. Just put it in an iced mug and it tastes OK. The EPA and water departments, both government agencies, fight each other. The EPA would like to close many water departments in the U.S. because the water is too polluted but, of course, we cannot be without water. Time Magazine (Nov. 19, 1992) reported 2,500 incidents during this year where the water's safety level was exceeded.

Animals, for example, search for locations near water to live. There

are about 14 million human animals in the desert of the Los Angeles area where very little water is available. So, it must be channeled in from distant locations like Nevada and Colorado. Big cities need a lot of water. But, even with natural well water available, the supply does not satisfy the demand. So, many cities in the United States recycle water, which means sewer water becomes —cleaned by the water department and in some parts of large towns they only add 30 percent fresh water during recycling. Most of the water that comes out of the faucet is recycled water containing lots of chemicals, such as chlorine and chloramines (known to be carcinogenic), added to cut down bacterial growth.

Out of all the water used nationwide, only one percent is used for drinking. The rest of the water is used in the dishwasher, car wash, shower, bath, toilet, washing machine, irrigation, industrial use, etc. It would be too expensive to make separate lines just for fresh, clean drinking water. Basically, you city folks drink stretched toilet water. There are a lot of chemicals used to keep it safe, but of course there are also many other things in the water such as herbicides, pesticides, heavy metals, and parasites (Amoeba), which are resistant to chlorine.

The human body consists mainly of water and without liquids for more than three days one will die. So what can you do? You can move out of the city and drill your own well. If you're lucky you'll find clean, fresh water. But if you have to stay in the city you'll need to find a source of clean water.

What are the options?

You can go to the store and buy water in plastic bottles. The markets carry many different brands of bottled water with wonderful names like mountain spring water or from an artesian well. Some well-meaning nutritionists tell you to drink distilled water. In Europe I learned that distilled water is only good for batteries and irons because the distilling process is oxidizing. Today we know how important antioxidants are as free radical scavengers to slow down biological aging. Distilled water is free radical active and can cause damage in the kidneys and to red blood cells.

There are various water filtration systems on the market. To a lay

person, it can become confusing and difficult to distinguish between the large selections. So many people do not drink water. They drink soda pop, coffee, or fruit juice - but the body really needs clean water.

One of the main jobs of water is to function as a transportation medium. Water picks up the nutrition from the intestines, takes it via the blood stream to the cells, then takes the metabolites out of cells and detoxifies them through the kidneys. Compare it with a little freight train of box cars, picking up the good stuff and taking it to the cells. It then picks up the bad stuff and eliminates it.

Once we realize that drinking clean water is extremely important for good health, each of us has to ask the question —Shall I drink bottled or filtered water?

When finding an answer to this question became a priority in my life, I bought additional test equipment and with colleagues, began researching as many kinds of water as possible. One of the tests I used is called the Bio-Electronic Test by Professor Vincent. Professor Vincent was chief hydrologist in France for the water department for over 40 years. The Professor, also a bio-physicist, found certain areas in the country had higher rates of diabetes, heart disease, and cancer, and saw a correlation between the quality of drinking water in these areas and the rates of diseases. During his research he developed a computer to test liquids and found certain parameters in the body which also related to water. Two of them were the pH (alkaline-acid balance) and the rH₂, the oxidation factor.

He found that all industrially - treated water (abundantly found in city water supplies) measured to be highly oxidated and more alkaline than natural spring water. Not to mention all the toxic particles in it, which are known facts that I do not need to discuss since everyone can hear about them almost every day on the news.

Then, he related his findings to the above-mentioned diseases and their blood parameters and found that the blood pH and the saliva can also shift into a higher alkaline and oxidative state. Professor Vincent and other researchers established a clear correlation between drinking water and what I call —Civilization's Diseases,|| like cardiovascular illness, etc.

Good healthy spring water should have a slightly acid pH of 6.5 and our blood pH should vary between 7.1 and a maximum of 7.3 (measured intravenously, or 7.4 externally). This is not well known, but I found this to be true and confirmed it in my test experience. The pH scale is from 0 to 14, with fourteen being super alkaline. The oxidation scale goes from 0 to 42. On the scale of oxidation good water should not exceed 26.

Most city water tests too alkaline and oxidized. The quality of water varies all the time, and in different parts of town you'll get different readings. That's why when one calls the water department clear answers to the questions are rarely given.

If you have only consumed tap water for many years, you may have shifted your body's environment to an higher oxidized terrain - not to mention the stress from chemicals and heavy metals affecting your kidneys and intestinal flora. When the body's terrain is continuously oxidized you are more receptive to diseases such as viral infections, bacterial and yeast infections, heart disease, and cancer. Cancer patients show a higher alkalinity and greater oxidation in their blood and saliva than normal. It isn't a secret that polluted water contributes to cancer. The EPA has stated this many times.

Now let's explore some options for clean drinking water. First, we have the real mountain springs. The bottled mountain spring waters on the market today may actually be obtained from a real mountain springs, but there are laws that force the companies to add chemicals when they transport the water to keep it from growing bacteria and other microorganisms. Then, later the companies have to remove these added chemicals. Then this water sits sometimes for half a year or longer in plastic containers. Some bottled waters are better than others. All in all, bottled water is better than tap water, but not always. Perrier, for example, measures a high radioactivity (CEP Labs, Santa Fe). It is considered to be one of the most radioactive waters in the world. Evian is too alkaline and contains too many salts (PPM / TDS). Many natural mineral waters have too many mineral salts and if carbonated, can upset the stomach.

To choose a good quality bottled water, look for three characteristics

other than the pH and oxidation factors:

1. PPM (parts per million) or TDS (total dissolved solids), which represents the total dissolved particles in water.
2. Is it delivered in glass or plastic bottles?
3. How does it taste? Clean water feels cool, even at room temperature, and has no after-taste.

If you buy bottled spring water, it should not have more than 70 ppm. If you buy filtered or purified bottled water, it should not exceed 50 ppm. Also, you can call the water company for a water analysis. Some water has up to 700 ppm of TDS or higher and the pH of 7.45, which is a terrain for bacterial and viral growth.

Many people drink distilled water. Distilled water is clean with regard to particles since most are removed. However the distilling process causes the bacteria to burst and out of one dead bacterium up to two million viruses can grow. Many times distilled water contains viruses. This is why in hospitals the FDA requires double or triple distilled water, not simply distilled water. Nature neither created distilled nor double distilled water. The distilling process also oxidizes the water as I mentioned before. This creates free radical activity which can damage the kidneys and red blood cells.

In Europe many scientists believe distilled water can contribute to cancer because of its alkalinity and its oxidation rate. It is not unusual to find a pH of 8 or 9 in distilled water. This is why viruses love to grow there. Viruses do not flourish in a balanced, acid-alkaline environment.

What about other drinks besides water?

All soda pops are super highly oxidized. Soda pop, especially, leaches calcium from the body because of its phosphoric acid content. Due to its high sugar concentration, soda pop also stresses the immune system as well as contributes to fungal growth and diabetes.

To protect our health and prevent disease, we should drink, cook, wash or rinse vegetables, brush our teeth, shower and bathe in clean water. However, using bottled water for these necessities would be very costly and time consuming.

Let's take a look at water filters. There are hundreds of wonderful looking colorful brochures on the market about water filtration systems. Any lay person could become quite confused by all the hype. Every manufacturer claims its water system to be the best. In 1983, I started testing water filtration systems with a group of colleagues using the Vincent computer. The parameters used for clean water were low oxidation, balanced pH, and low particles per million.

The most commonly used filter is carbon filtration. This takes out organic chemicals. In spite of certain claims, it does not take out all chemicals, pesticides, and heavy metals such as lead and cadmium, which are very common in tap water.

The sales argument for the carbon filter is that —you need the minerals in the water. Unfortunately there is no intelligent filter that can discriminate between healthy minerals and bad heavy metals that can harm the kidneys. Minerals in water are very hard to assimilate in the body because most do not spin the plane of polarized light. This means they must have a certain electro-magnetic charge (ionized) so the body can interact and absorb them (Nobel Prize winner Sir Lawrence Bragg, Optic Physics). The best minerals for the body are the predigested minerals in plants (vegetables, etc.) because it isn't just the minerals you need, you also need the catalytic reactions through enzymes and vitamins in the body along with the minerals.

Most minerals in water will just pass through the body and, if absorbed in large quantities, can even harm the kidneys (through formation of stones). Earlier I compared water with little box cars. If these little box cars are filled with so many minerals their transport capacity is already saturated and has no room to carry important nutrients that the body needs. It is like you wait for the bus and are told —Sorry, we are already full.|| Carbon filtration does not do the job for drinking water. For those of you worried about not having enough minerals in the water you should know that just one glass of vegetable juice has as many minerals as five gallons of mineral water.

Some companies sell deionizers. This filter precipitates all particles

from water via an electrical process, which is very common among different industries. It could be stated, that the deionization process makes water hungry by changing its molecular structure. With long-term use it can leach minerals from the body. In order to get clean water that is beneficial to health, a filter that removes chemicals and heavy metals without oxidizing the water while maintaining a good pH balance is required.

The only filtration system we tested that did the job was **Reverse Osmosis**. A good Reverse Osmosis filtration system (R/O Unit) should filter out approximately 97 percent of all particles in the water. This rejection leaves just clean water. Reverse osmosis also lowers the pH and the oxidation level. Its critics argue that the process uses too much water and is slow. But then, remember only one percent of tap water is used for drinking.

Each time you flush the toilet, up to three gallons of water are used. Also, we learned that water going down the drain will be recycled. In addition, critics say that R/O Units remove minerals, but we already covered the fact that the minerals in the water are not well absorbed by the body. Remember, no filter has the intelligence to decide which particle is good and which is bad, and minerals in fruits and foods are better absorbed anyway.

Reverse Osmosis is a little more expensive, but in the long-run it's cheaper than buying bottled water. It is important that any R/O system must be regularly sanitized at 6-month intervals. The standard R/O Unit produces from six to ten gallons of clean water per day, depending upon its size. .

The one thing to watch for when buying a Reverse Osmosis system is the rejection rate. Some have only 75 percent, which is insufficient because at least 95 percent rejection is required for satisfactory results. When purchasing a unit, ask the salesman for the rejection rate. Another important factor to consider when buying an R/O Unit is how the system was sanitized during manufacture, because bacterial growth in the membrane can become a problem. It's also important that the unit be thoroughly sanitized by the installer before it is used.

The R/O Unit with the best reproducible test results at the time came from a company called Water Factory System. All workers wear sterilized gloves during manufacturing of the R/O membrane. Installment in a home is challenging because most plumbers' tools are also used to repair toilets. During the installment the lines and holding tank should be cleaned with a sanitizing solution. This procedure must be repeated at least every 6 to 8 months.

By the way, it isn't all that difficult to do as it may sound here.

As long as we live in the city and areas where no naturally clean water wells and springs can be found, a good R/O Unit is the best choice at the present time. For your shower or bath, a carbon filter attachment that is regularly serviced, is sufficient.

Supply for R/O Units:
Naturally Pure Alternative
Randy Wimer
1-800-736-7877
www.natpure.com

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