

Some Facts On Water Chlorine Fluoride

**IF TAP WATER
WAS
LABELLED
TRUTHFULLY
WOULD YOU
DRINK IT?**

**DO YOU
KNOW HOW
SAFE YOUR
DRINKING
WATER IS?**

Fluoride - Friend or Foe

Fluoride is an inorganic, which is now banned in most countries. Australia and New Zealand are now the most heavily fluoridated countries in the world. Fluoride is fairly common, it accounts for about 0.3 g/kg of the earth's crust and exists in the form of fluorides in a number of minerals, of which fluorspar, cryolite, and fluorapatite are the most common. Traces of fluorides are present in many waters; higher concentrations are often associated with underground sources. Unfortunately Governments do not give us a choice if we want fluoride in our water supply and they continue to give us mass doses regardless of the risks and against the will of a growing number of concerned people. Is this considered to be ethical?

WHERE DID THE IDEA OF FLUORIDE IN OUR WATER SUPPLY COME FROM?

Fluoride is a by-product of aluminium smelting (and fertilizer production), once disposed of as toxic waste, until an American representative of Alcoa managed to convince health authorities that it was good for preventing tooth decay. Hence fluoride was converted to a saleable product. The chemicals used for fluoridation are not high purity, pharmaceutical quality products. Rather they are by products of aluminium and fertilizer manufacturing and contain a high concentration of toxins and heavy metals such as arsenic, lead and chromium. All proven to be carcinogens.

IS FLUORIDE HARMFUL TO OUR HEALTH?

Extensive studies indicate that today, better dental health is due to modern dental awareness, better brushing and eating habits, better dental care etc. In Australia, at least 1 in 10 children (mostly under age 7) develop Dental Fluorosis from drinking fluoridated water, and if they use fluoridated toothpaste as well, the incidence increases (up to double). Osteoporosis (and bone cancer) is also linked with fluoride, which 1 in 3 older women, and 1 in 5 older men develop. Sadly some Dentists blame filtered water for poor teeth but don't seem to explain that too much fluoride can cause Fluorosis of the teeth.

Ironically, for fluoride to protect teeth as is claimed, it is only CONTACT with teeth that is required eg Toothpaste. Now there seems to be growing evidence to suggest that excess fluoride is dangerous to our health. Drinking and DIGESTING it is never required for the claimed protection. Do you know how much fluoride you receive each day?

WHY IS FLUORIDE BANNED?

IF FLUROIDE WAS SO GOOD FOR OUR HEALTH WHY HAVE SOME COUNTRIES BANNED THE USE OF IT?

In Sweden the government sought the opinion of the Nobel Medical Institute, one of the most prestigious in the world. The Institute recommended against fluoridation, based largely toxicity, and Swedish water remains un-fluoridated. In a similar manner the French government consulted the Pasteur Institute. That Institute strongly recommended against fluoridation and France also remains un-fluoridated.

HOW SAFE IS THE WATER WE DRINK?

There is a growing body of scientific evidence that shows that chlorine in drinking water may actually pose greater long-term dangers than those for which it was used to eliminate. These effects of chlorine may result from either ingestion or absorption through skin. Scientific studies have linked chlorine and chlorination by-products to cancer of the bladder, liver, stomach, rectum, and colon, as well heart disease and arteriosclerosis (hardening of the arteries), anemia, high blood pressure, and allergic reactions.

There is also evidence that shows that chlorine can destroy protein in our body and cause adverse effects on skin and hair.

There is growing concerns worldwide about the use of fluoride, chlorine and other chemicals in our water supply. Make sure **YOU** do your own research and way up the facts before you give your family extra fluoride and chemicals to drink. Our health is just so vitality important and ultimately we are responsible to help keep it that way ! Don't believe everything we see on the TV or read in the papers just because it is government based research. Do your own research so you can make an informed decision.

Don't be naïve of the facts, look around you and ask questions like; what is in our ground water, why there are so many cancers, ADHD, fluorosis of the teeth being diagnosed in not only our kids but adults as well.

HOW MUCH FLUORIDE ARE WE ALREADY GETTING IN OUR DIET ?

This question is HOTLY AVOIDED by Authorities. It's undisputed that exceeding the "optimal" dose of 1 PPM will result in health problems. Before fluoride is added to the community water, shouldn't dentists estimate how much fluoride is already in the average person's diet? Only then, can the decision to use more be properly determined.

50 years ago, when fluoride was first recommended for municipal water supplies, there was no research of fluoride in a person's diet. The "optimum" dose of 1 PPM (equivalent to 1 milligram/litre) was proposed because if a person drank four 8 oz glasses of water they would receive 1 milligram of fluoride. **Not too scientific but understandable.**

How much fluoride does your child receive today? If your children had only one Coke, a glass of milk and Wheaties and no other food the entire day, they would **receive 230% of the recommended "optimal" dose!** So many products already contain fluoride? You'll be surprised to see how much fluoride is in an actual school lunch. Today most foods are made with fluoridated water and crops are sprayed with fluoride compounds in pesticides. Everyone agrees excess fluoride is dangerous. **Don't you want to know how much your children are already getting before giving them more?**

DO I HAVE TO GIVE UP DRINKING TEA?

Some foods and tea contain natural levels of fluoride. Choice Magazine, August 97, looks at the fluoride debate. It's your choice when buying a Water Purifier; fluoride in, or fluoride out. But if a Purifier leaves fluoride in, then it also leaves other pollutants in the water as well. Water can be filtered partially, or wholly purified. The thought of not having a good cup tea I personally would find hard to give up. My suggestion would be to check out the facts and where ever possible use good quality filtered water to make your tea unless you are totally allergic to fluoride.

WHAT IS THE BEST WAY TO REMOVE FLUORIDE FROM OUR DRINKING WATER ?

The most effective: **ion exchange resin and reverse osmosis filters or steam distiller.** Carbon filters will reduce fluoride levels by approximately 30%. If your serious about removing fluoride and other heavy metals from your drinking water you don't have many choices. To keep it simple we recommend either a steam distiller or reverse osmosis unit. **Our discounted prices start from \$299 which is a small price to pay to be in control of our health.**

WHY USE CHLORINE?

Chlorination is used extensively by municipal water treatment plants to disinfect water. However, the gaseous chlorine used by these plants is much too dangerous for home use.

When chlorine is fed into water, it first reacts with any iron, manganese, or hydrogen sulphide that may be in the water. If any residual (un-reacted) chlorine remains it will next react with any organic material (including bacteria) present. In order to ensure that the water remains protected throughout the distribution system, an excess of chlorine, usually .5 parts per million (ppm) is added. In large systems chlorine will be added again at distribution junctions. This "rate of feed" is normally adjusted to make sure that sufficient chlorine is available to fully react with the organics present. When both the mineral and organic reactions have been completed, any residual chlorine remains in the drinking water. **Most people find the taste of water with residual chlorine to be objectionable.** Chlorination kills many pathogenic bacteria (including those which cause typhoid, cholera and dysentery), however cyst forming protozoa (Cryptosporidium) which cause amoebic dysentery, and giardiasis are extremely resistant to chlorination. This was evident back in 1998 when the water supply in Sydney, Australia found that these parasites were in the drinking water. **Chlorination does not kill all these parasites, you need a filter of 1 micron or less to safely remove Cryptosporidium and Giardia from the water supply.**

IS A LONG HOT SHOWER BAD FOR OUR HEALTH?

With the realization that more chemicals enter our body through skin absorption and inhalation of steam while showering than from drinking water, the benefits of shower filtration have become obvious to many people.

A warm shower opens the pores of the skin and allows a higher rate of absorption of chlorine and other chemicals. The steam we inhale while showering can contain many times the level of chlorine and other synthetic chemicals than tap water due to the fact that these chemicals vaporizes at a lower temperature and at a much faster rate than water. **It is up to the individual to remove it at the point-of-use in the home. Once you have used a Sprite shower you will certainly notice a difference.**

So What's the Problem?

Chlorine is a very effective disinfectant and has been used in drinking water supplies for nearly 100 years. What concerns health officials are the chlorination by-products, "chlorinated hydrocarbons," known as trihalomethanes (THM's). Most THM's are formed in drinking water when chlorine reacts with naturally occurring substances such as decomposing plant and animal materials. **Risks for certain types of cancer are now being correlated to the use of chlorinated drinking water.** Suspected carcinogens make the human body more vulnerable through repeated ingestion and research indicates the incidents of cancer are 44% higher among those using chlorinated water.

Many say that inhalation of chlorine and other chemical vapours from shower water are a strong irritant to the tissues in our lungs and a suspected cause of asthma and bronchitis and that when chemicals are inhaled into our lungs they enter directly into our bloodstream and can have magnified effects versus ingested chemicals which are partially filtered by digestion. Chlorine is used almost universally in the treatment of public drinking water because of its toxic effect on harmful bacteria and other waterborne, disease-causing organisms.

DOES SHOWERING LEAVE YOU WITH DRY, ITCHY SKIN AND RED IRRITATED EYES?

While the purity of our drinking water is of primary importance, contaminants and chlorine byproducts also enter our bodies through the skin via the water in which we bathe. People can receive MORE exposure to chlorine and other chemicals during a shower than by drinking the same water. Also, our lungs absorb toxic fumes from the gaseous chlorine by-products that are released in a steamy shower. Chlorine in shower water can strip protein from our hair and skin causing dandruff and dry, irritated eyes leaving them red, itchy and burning!

The presence of chlorine in water may also contribute to the formation of chloramines in the water, which can cause taste and odor problems. Chlorine is required by public health regulations to be present in all public drinking water supplies.

**Use a Sprite shower filters \$59.95
You will noticed the difference.
12 month replacement cartridges \$34.95**