

So, what can we do?

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- Use water purifiers or water filters - but check they remove both fluoride and chlorine.
- It's possible to buy "whole house filters" or even filters for the shower which will help a little.
- Be aware that chlorine is dangerous for pets, children and adults alike.



What about Bottled Water?

- Studies have found 24,000 chemicals in bottled water!
- Bottled Water disrupts hormones.
- They have replaced BPA with BPS – which turns out is potentially more harmful.

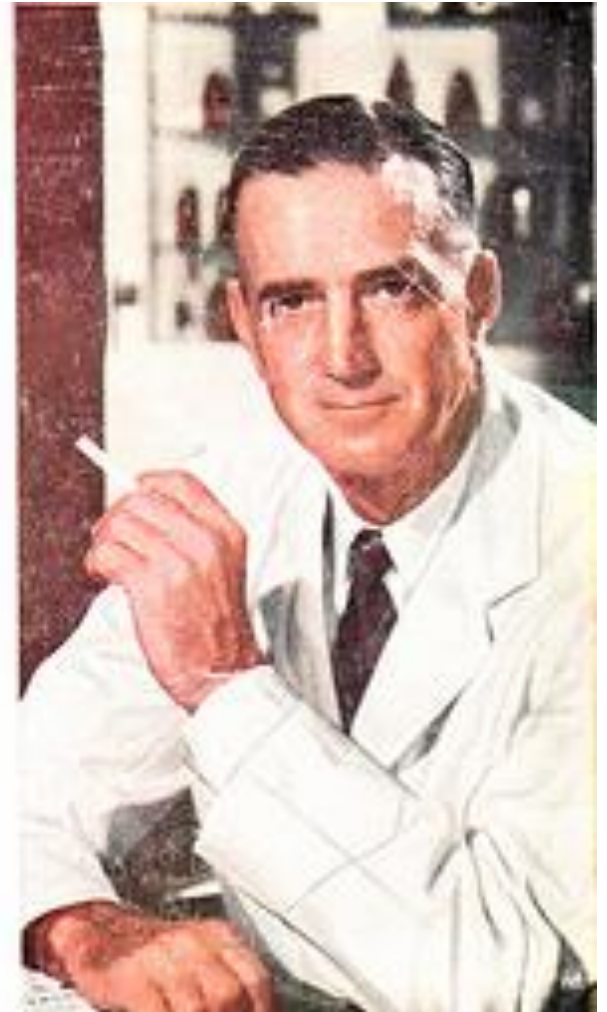


Companies spend billions to deceive you!

It's possibly
the
*greatest
deception*
since the
tobacco
industry in
the 1950's

According to repeated nationwide surveys,

**More Doctors
Smoke CAMELS
than any other
cigarette!**





What about the Environment?

So What to do?

- Use reusable stainless steel water bottles
- Use glass to store filtered water when necessary

How to tell if Water is Safe to Drink

Watch out for unusual smells:

Chlorine smell

Petroleum smell which could come from:

- Agricultural runoff
- Underground fuel storage tank

Rotten egg smell can mean:

- Something has died in your water source
- There's an abundance of bacteria

Turpentine smell means:

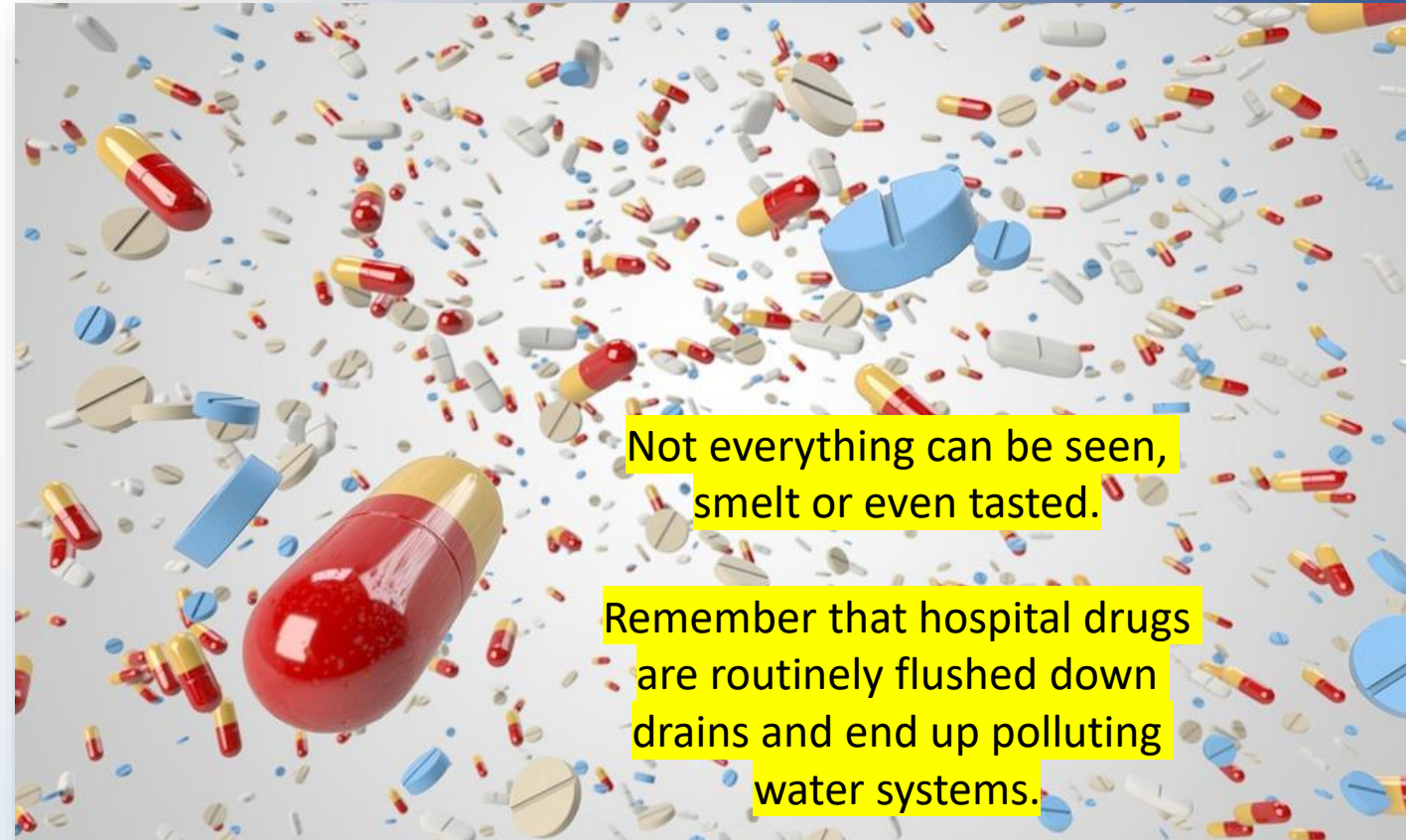
- Contaminated with methyl tertiary-butyl ether used in gasoline engine fuel

Watch out for unusual appearance:

- Cloudy
- Weird colour
- Brown or slightly orange colour may be because of rusty old water pipes

Perform a taste test

- Salty water – too much sodium
- Metallic tasting – too much iron, manganese, lead or copper



Not everything can be seen, smelt or even tasted.

Remember that hospital drugs are routinely flushed down drains and end up polluting water systems.

Drink more Water

Up the amount of water you consume during the course of the day.

You need to drink at least 8 glasses. I try to drink 4-5 before lunch time leaving me with only 3 to go over the rest of the day.

Remember, it doesn't always need to be straight water, adding a bit of natural flavour such as a little lemon juice or a slice of lemon can make all the difference.

NB: I would highly recommend that you rinse your mouth out with plain water after drinking an acid containing drink... for the sake of your teeth.

Try to find the purest water source you can, but if not at the moment, still keep the fluids up as this is the most important.

