



# Quintessential Health Care

*An Integrated Health Resource*

## The "Everything You Ever Wanted to Know About Water" Newsletter

### Greetings!

It's been said "you are what you eat" ...

...what about what you drink?

### Specifically, what about the type water you drink?

Given that we are each made up of around 80% water, it would stand to reason that what we *drink* is equally, if not even *more* important than what we eat.

So, what's the best water to drink...filtered or bottled? How much do you need? And what common water pitfalls should you avoid?

Learn all about it in this month's newsletter.

### *Message from Milly*

With fake news (and rumors of fake news) abounding these days, it's hard to know what is fact vs. fiction.

Sometimes, things that have been around forever are automatically presumed as "fact" or "beneficial" when they're far from it.

### **Fluoride in our drinking water falls into this category of "fake facts".**

One could argue that because it's been around since the 40s it must be safe. But...is it?

I went onto the CDC's website to do a little research in preparation for writing this article and here are a few excerpts from their website...

"Drinking fluoridated water keeps teeth strong

### In This Issue

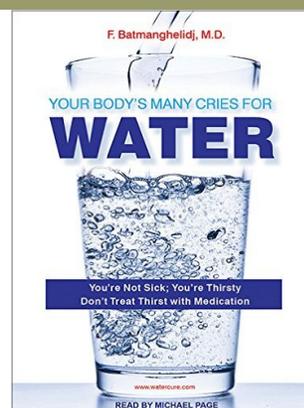
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### *Heal Thyself and Never Stop Learning*



### **Book Pick of the Month:** ["Your Body's Many Cries for Water"](#)

- Fereydoon Batmanghelidj, M.D

This book is as educational as it is eye-opening.

Dr. Batmanghelidj, an Iranian medical doctor who was imprisoned after the revolution, tells the fascinating story of how he cured his fellow political prisoners of a wide variety of illnesses using only water.

It was through these experiences, he came to study water as medicine, and how anyone can use it to improve a

and reduces cavities (also called tooth decay) by about 25% in children and adults.

Because of its contribution to the large decline in cavities in the United States since the 1960s, CDC named community water fluoridation one of 10 great public health achievements of the 20th century."

**That all sounds pretty good. Below however is what the OSHA website says...**

"Fluoride: Immediately Dangerous to Life or Health Concentrations (IDLH)

Human data: Skin rashes and complaints of the gastric, intestinal, circulatory, respiratory, and nervous systems have been reported in workers exposed chronically to concentrations ranging from 11 to 24 mg F/m<sup>3</sup> [Roholm 1937]."

Now that doesn't sound too good does it?

**Could drinking unfiltered tap water every day increase our risk to any one of those ailments?**

One certainly cannot argue that there has been a dramatic increase over the past few decades in skin, gastrointestinal, and neurological conditions.

One of my fluoride gurus is dentist, author or numerous books, and lecturer Dr. Tom McGuire.

Here is a little of what he has to say about fluoride:

"Fluoride is a poison and there are those who make a good argument that it is not needed by the body, in any quantity for any reason.

**"The fact that it is found in the body doesn't mean the body needs it.**

"Mercury is found in the body and everyone knows the body doesn't need it. **Even the fact that it has shown to reduce tooth decay doesn't mean it isn't a hazardous substance.**

"The amount of fluoride that is said to reduce tooth decay is only slightly less, in parts per million, than the amount that causes dental fluorosis.

wide variety of health ailments.



**Our Pick for the Best Whole House Home Filtration System**

[EcoWater of Atlanta: Whole House Reverse Osmosis System](#)

If you're in your "forever home" and ready for a whole house filtration system, we recommend the folks at EcoWater of Atlanta.

Their whole house reverse osmosis systems will remove all worrisome contaminants from your water.

For more information, contact Scott Stirrup at: [scott@ecowaterofatlanta.com](mailto:scott@ecowaterofatlanta.com)



**3 Affordable, Portable Water Filtration Systems that remove more than just chlorine**

If a whole-house reverse osmosis system isn't in the cards for you, consider a more compact option.

**Option 1:** [The Berkey Water Filter System](#), is a stainless steel portable system that comes in a variety of different sizes and filters out a number of contaminants.

You can also customize it by

"There is no doubt that it exhibits unwanted side effects in extremely small amounts and sodium fluoride is actually still used as a rat poison.

"Since 1997 the FDA requires that all fluoridated toothpaste carry a warning that reads:

"Keep out of reach of children under 6 years of age. If you accidentally swallow more than used for brushing, seek PROFESSIONAL HELP or contact a POISON CONTROL center immediately.

"Fluoride's Link to other Diseases

**"In addition, fluoride has been linked to bone cancer and a debilitating bone disease called skeletal fluorosis, with symptoms ranging from chronic joint pain to hip fractures and bone cancer.**

"What is interesting about this is that early symptoms of fluoride poisoning mimics arthritis, which along with the incidence of hip fractures and bone cancer, has dramatically increased in today's population.

"When you realize that exposure to fluoride has dramatically increased from when it was first introduced in the mid-1940's, those increases are logical. Fluoride has also been shown to negatively affect the health of the:

- Thyroid gland
- Kidneys
- Brain and nervous system
- And the immune system"

Surely in today's environment we don't need any added toxins that could predispose us to anyone of the above mentioned.

I've dedicated the majority of my message to fluoride today, because it is one of the WORST little-known toxins lurking in our tap, and even filtered water.

The other main point I want to drive home today is about the cumulative danger of drinking bottled water.

**You DON'T WANT to drink bottled water from plastic bottles on a regular basis.**

adding a fluoride filter.

**Option 2: [Local filter company: pure-earth.com](http://pure-earth.com)**

has a wide variety of affordable portable, under sink, and counter top filters that remove heavy metals, fluoride, and other toxins.

Check out their [portable countertop reverse osmosis system](#).

And the "[Custom Double Countertop](#)" model is under \$200 with heavy duty carbon filter and your choice of additional filter (we'd recommend the fluoride filter).

**Option #3: [EcoFlo The Better Filter Pitcher](#)**

The EcoFlo is a simple, BPA-free water filtration pitcher that removes fluoride, in addition to lead and chlorine.

Though we're not crazy about storing water in plastic, this is a good option for college students or anyone with limited space and budget.

***Ancient Wisdom Modern Medicine***

*How to Make Your Own Mineral Water in Seconds...*

**Energetix' SpectraMin is an ideal source of ionic trace minerals.**

Your body depends on a host of micronutrients called *trace minerals* to help nearly all metabolic processes.



Since the beginning of time, we have obtained these crucial minerals from our water.

Besides BPA, plastics leach a whole slew of other endocrine-disruptive chemicals into water that have serious long-term health consequences such as [heart disease](#), [fertility issues](#), and [even breast cancer](#).

Now, if you drink the occasional bottled water to avoid a soda, or while traveling no big deal.

**But it's the everyday consumption of water from plastic that you need to avoid.**

I always feel we just reveal the tip of the iceberg in these newsletters, but we have to start somewhere.

This is a huge topic so read on to explore more of what is just below the surface, and more importantly what you can do to protect yourself and your loved ones, including the best water filters for your home and budget.

Blessings to All!

-Milly

P.S. To the question of "how much water to drink?"

**I tell clients to drink until their urine is clear.** That usually amounts to around 8 glasses of filtered water a day (spring is good too if you can find it in glass containers). If you drink a cup of coffee, an alcoholic beverage, or you exercise add an extra glass for each.

And yes, herbal or green teas count as a glass.

*The Attitude of Health*  
*Feeling Grouchy and Forgetful? Grab a glass of water...*

However, nowadays most of our water, including filtered water, is devoid of these life-giving trace minerals.

Adding **SpectraMin** to your water is a simple way to ensure you get the trace minerals you need to maintain great health.

This product offers a full-spectrum of ionic or "electrically charged" minerals in an ultra-absorbable form. It's also a good source of naturally-occurring magnesium.

**To order products call: 770-446-1140, [email us](#), or [stop by](#).**



We all know how important it is to drink enough water throughout the day.

But did you know your level of hydration has a direct affect on your mood and cognitive function?

It's true. [This study from The Journal of Nutrition](#) proved that even mild dehydration (less than 2%) in healthy young women resulted in degraded mood, lowered concentrations, and headaches.

And men aren't off the hook either.

[This study from the British Journal of Nutrition](#) tracked the affects of mild dehydration on healthy young men, and found it "induced adverse changes in vigilance and working memory, and increased tension/anxiety and fatigue."

So, next time you're feeling moody, groggy, unfocused, anxious, or forgetful...try a glass of water.

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