

# The Forgotten Secret of Health

## *Are You Missing the Most Important Ingredient for Optimum Health?*

All of us, regardless of age, want to feel better, look better and get more out of life. Whether you are in reasonably good health and just looking to lose some weight and tone up or whether you are battling a health condition and under a physician's care, since you are reading this article right now, chances are you're still looking for that magic missing formula for optimum health. It is no wonder that Americans spend more than \$30 billion a year on nutritional supplements, herbs, homeopathics and the like. Provided you take them in the right combination and dosage, some of these supplements can make a genuine difference in the way you feel, perform and function, and can even assist the body in fighting disease and serious health conditions. However, it may surprise you to know that there is a special ingredient that must be taken in just the right way and proportion or you are absolutely assured of failing to achieve your full personal health objective. This special ingredient can **absolutely** reduce the risk of certain cancers like colon, breast, bladder and kidney cancer. It boosts mental performance, helps the body recover from physical injuries and aids in the detoxification of the body. It also aids in weight loss, improves digestion and can even improve sexual performance. Despite doctors and scientists telling us about its importance for years, its essential role in our health is so overlooked and under appreciated, that it has truly become the forgotten secret of health.

"What is it?" you ask. Well believe it or not, it's water. Next to the air that we breathe, it is the most important substance we will ever put into our bodies. If this is surprising, consider the following. We are water-based biochemical engines that cannot function properly unless we are regularly supplied with an ample supply of water. Approximately 75% of our body weight is water and water makes up over 80% of our brain and 90% of our blood. Water affects every major function in our body including regulating our body temperature, cushioning our joints, controlling the metabolic rate of our biochemical reactions (e.g., fat burning, digestion, and blood sugar regulation), transportation of nutrients and oxygen to our cells, and the removal of the body's wastes. While all doctors agree that water is the most important ingredient in one's diet, doctors and researchers have begun to discover that water can actually be used to treat and moderate certain chronic health conditions like diabetes, arthritis, obesity, migraine headaches, hypertension, and heart disease. The treatment is so simple that most discount it because of our society's orientation towards pharmaceutical intervention. However, it would amaze most people that they could achieve that better health condition they are seeking by just increasing the amount of water they drink, the kind of water they drink and the way they drink it.

Most health practitioners agree that we should drink at least 8 to 10 glasses of good clean water per day and then add additional water based on our level of activity (i.e., physically active people and athletes should drink at least an additional quart of water per day). The rule of thumb is that if you wait until you are thirsty, you have waited too long. Just like we add gas and oil to our cars, it is important to replenish the body with water as it is being consumed. Unfortunately, as we get older our sense of thirst diminishes even though our need for water stays the same. The result is a steady, unconscious decline in our water intake and an acceleration of the aging process.

While the amount and frequency of our water intake is essential to good health so is the quality of the water we drink. Americans pride themselves with having a safe supply of water from every tap but the facts would indicate otherwise. The availability of clean, safe water is rapidly diminishing. In January 2000, *Sixty Minutes*, the television journalism program, reported that as many as 100 million Americans may be drinking water containing MTBE, a toxic gasoline additive that has been leaching into our groundwater table since 1992. MTBE is toxic at levels of only 10 parts per billion and our local water treatment plants are helpless to remove it. In addition, the US Environmental Protection Agency ("EPA") has reported that virtually every source of surface water (i.e. lakes, rivers, etc.) is contaminated with organics and that the disinfection of these waters with chlorine is producing a host of toxic chemicals that are directly linked with increased rates of cancer. The EPA acknowledges that the regular consumption of chlorinated surface water will increase the probability of cancer by at least 93% in one's lifetime. Many have turned to bottled water, but bottled water may not be the safe haven we would like to think. Recent tests showed that over one third of all bottled water brands in the US failed to meet minimum tap water standards. In addition, these same plastic bottles contain toxic plasticizers that can leach into the supposedly pure water that they contain after only a few weeks on your grocer's shelf. Even if you find really high quality bottled water, are you also going to bath or shower in it? If you think that's a joke, consider the inherent risks associated with bathing. Did you know that your skin and lungs can absorb as much as 600% more contaminants in a 10-minute hot shower than from drinking the same water all day long?

So what is the best solution to the health conscious consumer? Some would say to drink the absolute purest water available. Systems like distillation and reverse osmosis, which remove virtually all suspended and dissolved solids, have become popular because of the ultra-purity of the water they produce. Unfortunately, many advocates are unaware that ultra pure water is not the best for regular consumption and that it can carry its own long-term health risk. The reason for this is a characteristic of water often called the "stability index." This index indicates how stable water is in relation to the chemicals and minerals in its immediate environment. Water naturally seeks to achieve a zero or neutral index. If water has a positive index, it will tend to release or precipitate minerals that are dissolved in it, which is what leads to the deposition of scale in pipes or hot water heaters. Water that is on the

negative side of the index is aggressive and prone to dissolving minerals and metals from its immediate environment. We see evidence of such water when it corrodes water pipes or produces rust. The more negative the index, the more aggressive the water is. Water produced from distillation and reverse osmosis has an extremely negative stability index. When you drink small quantities of this water for short periods of time, it has the special property of being able to absorb toxic substances in the body and remove them. This detoxification is good for the body and aids it in recovering from long-term exposure to certain contaminants. However, exclusive long-term consumption of ultra-pure, demineralized water can strip the body of magnesium, calcium and precious trace minerals. The more the mineral loss, the greater the risk of osteoporosis, osteo-arthritis, hypothyroidism, coronary artery disease, high blood pressure and a long list of degenerative diseases generally associated with premature aging.

So where do you turn if you want safe, healthy water in both your drinking water and in the bath? Health institutes, doctors, sports and fitness centers and clinics are now recommending an amazing water purification system from Japan called the Wellness Filter®. It has been shown to remove an extraordinary range of contaminants, including chlorination byproducts, MTBE, chlorine, radioactive contaminants, pesticides, and heavy metals. This system yields very high quality water without removing the minerals. In addition, it performs its purification without the need for expensive and annoying replacement cartridges, chemicals or membranes. Instead, it utilizes a patented design that flushes out the accumulated contaminants by routinely backwashing the filter, a procedure that also regenerates the filter media for very long-term use (up to 20 years). This yields pure, stable, natural tasting water for less than 5 cents per gallon.

As amazing as the system's performance and longevity is, its ability to enhance water takes it beyond the reach of conventional water purification systems. At the heart of its enhancement ability is an array of permanent, exotic media that until recently have not been seen outside of Japan. After the water is purified, these media induce into the water a unique combination of water-soluble trace minerals and ions that Japanese researchers believe aid the body's biochemical functions and cellular health. In addition, the filter also contains a special far-infrared emitting ceramic media, which imparts reduced ions into the water. These ions provide a mild antioxidant effect in the body when consumed and on the skin when bathing. This aids the body in neutralizing free radicals, which are believed to be a primary factor in aging and in the development of cancer.

The filter has also been shown to increase the rate of hydration of skin and tissue. It also increases the solubility of the water and the speed with which it transports dissolved nutrients into the bloodstream. Users have reported a noticeable increase in energy, improved digestion, natural waste elimination, and easier weight management. If you are conscientious about taking nutritional supplements, you will enjoy the enhancement that this water will deliver.

Because of its ability to purify as well as enhance water, the Japanese Ministry of Health now uses the filter in over 100 of its hospitals. Japanese doctors routinely prescribe the filter to their patients for general good health and to aid the body in fighting specific chronic conditions. Japanese life insurance companies have also recognized its unique qualities and now offer reimbursement programs for the filter when a patient gets a prescription from his doctor (the only filtration system ever granted this insurance status). In 1995, the Chinese government conducted an international competition of



water purification systems and chose the Wellness Filter® as number one in the world. Later in 1999, it became the first water filter to be exhibited in the prestigious Smithsonian Institute. Although new to America, several well known US institutions have already tested and now endorse the Wellness Filter®. The Hippocrates Health Institute, the number-one rated medical spa in the world, has moved away from its 20-year tradition of using only distilled water and now exclusively uses Wellness Filter® water and recommends it to their patients. The Gainesville Health & Fitness Center, recently chosen the number-one-rated health and fitness club in the world, has equipped their 20,000-member club with the filter because of its unique hydration and sports performance abilities.

Today many doctors, nutritionists and healthcare providers are recommending the Wellness Filter® because of its ability to enhance water's already vital role in our health. Ask your health provider if he or she is using the wellness Filter. Wellness Filters are now available in kitchen, shower, travel and whole house systems.