

Is Your Water Poisoning You?

Don't drink the water. This is a warning you are used to hearing when you travel abroad, but now it has hit us at home. According to the Washington, D.C. based Environmental Working Group (EWG), manufacturers dumped more than one billion pounds of toxic chemicals into rivers, lakes and other bodies of water between 1990 and 1994. EWG also estimates that manufacturers contributed about 450 million additional pounds via sewage.

In the 1940's, a billion pounds of synthetic chemicals were produced each year. By the 1980's, production was up to 500 billion pounds. And 1000 new chemicals are introduced each year. Yet the Federal Safe Drinking Water Act only addresses 100 contaminants.

Pesticides are another problem. Two billion pounds of pesticides are used every year. That's eight pounds for every American. These pesticides enter water systems via disposal sites, animal waste, runoff, sewage, etc. After reviewing published (but not publicized) State data and conducting its own tests, EWG found that a single glass of Midwestern tap water has three or more pesticides in it.

The following excerpt from Tap Water Blues, produced by the EWG and Physicians for Social Responsibility, states:

"Every spring, farmers across the Corn Belt apply 150 million pounds of five herbicides-- atrazine, cyanazine, simazine, alachlor and metolachlor to their corn and soybean fields. Every spring, rains wash a substantial portion of those chemicals into the drinking water of 11.7 million people in the Midwest and Louisiana. According to this article, none of these herbicides are removed by the conventional city municipalities drinking water treatment technologies that are used by more than 90% of all water utilities in the United States."

As recently as July 1999, a USA Today article outlined a wide-ranging government report, which concludes that much of the nation's ground water and many of its streams are contaminated with pesticides and unhealthy levels of fertilizer chemicals. Many of the streams that are most heavily polluted with insecticides were in metropolitan areas such as those of Dallas-Fort Worth, Denver, Indianapolis, Las Vegas, Nev., Portland, Ore., Tallahassee, Fla., and Washington. However, to researchers' surprise, some of the worst contamination by insecticides was in urban streams.

Though banned in 1972, DDT turned up in stream sediment and fish in both urban and rural areas across the US. So did similar insecticides that were banned years ago. Most of the test sites had more than one contaminant. No one knows how combinations of contaminants, at low levels, affect human health or wildlife.

Get the Lead Out

Lead is one of the most insidious dangers present in drinking water. Since it has no smell and is invisible to the human eye at low levels, it is impossible to know if water is contaminated with lead without a special test. Yet, research shows that even small levels of lead are dangerous, especially for infants and children. Numerous studies have indicated that lead can cause learning disorders, attention deficit disorder, hyperactivity, significant drops in IQ levels, and other behavior-related problems.

Clean air, contaminated water.

The additive, MTBE, is used in "reformulated" gasoline required by the Environmental Protection Agency in all or parts of 17 states. That accounts for about a third of the gasoline sold in the country. This additive allows gasoline to burn cleaner, but with terrible consequences.

Federal research shows that MTBE causes tumors in rats and may do the same in humans. A University of California study showed that the additive has affected at least 10,000 groundwater sites throughout the state. These discoveries are causing a national furor since MTBE travels farther and faster in groundwater and doesn't breakdown naturally.

Who is protecting our children?

On September 23, 2004 California Gov. Arnold Schwarzenegger signed into law groundbreaking legislation, sponsored by EWG, Environmental Working Group, to ensure that California's drinking water standards are strong enough to protect children.

In the last decade, extensive research has shown that infants and children are far from being just smaller versions of adults. Not only do children often metabolize compounds differently than adults, taking significantly longer to clear toxins out of their bodies, they are more susceptible to long-term damage since toxins can interfere with proper brain and organ development.

Infants and children are also exposed daily to greater amounts of drinking water contaminants because they drink several times more water in proportion to their body weight. Despite the clear evidence that children need more protective standards, more than eighty percent of the state's drinking water risk assessments have used the average body weight of an adult male - about 180 pounds - in their calculations.

"This is a big step forward in protecting California's children from toxic chemicals in drinking water," said EWG, a Washington, D.C. based Environmental Working Group (EWG) Analyst Renee Sharp, who provided extensive input and testimony on the bill, and rallied support from more than a dozen environmental and public health groups, including the American Academy of Pediatrics.

EWG tests show that atrazine contaminates the tap water of almost 10 million people in 800 cities and towns in the Midwest. In many places, children receive their lifetime dose of this carcinogen in their first 4 months. Atrazine levels in water are highest in spring and summer, when farmers are spraying their fields, and kids get hot and drink a lot of water.

European countries do a much better job of protecting their children from atrazine. It's banned in many countries, including Germany, Italy and Sweden. In Switzerland where Novartis, the manufacturer of atrazine, is based, the drinking water standard for the substance is 30 times stricter than in the U.S.

Pure Water Is Crucial To A Child's Development

Other than just being smaller, children's bodies are really quite different than that of an adult. Because many of the crucial defense systems that help protect adults from disease are not fully developed in children, they are much more sensitive to carcinogens, lead and water-borne parasites than adults. Just as medications and other chemical compounds effect children differently than they do adults, so do contaminants in our air, drinking water and foods.

Water is the body's only way to flush out these toxins and the purer the water is to start with... the higher its capacity is to collect and cleanse these harmful compounds from the body. Pure water helps a child's defenses grow stronger and perform better; giving them the protection they need during those fragile developing years.

A child's immune and detoxification systems are still developing into and throughout their early teens. Exposure to trace levels of chlorine, toxic chemicals & lead in drinking water during childhood years has been linked to increased risks of disease and learning disorders in later years.

A recent Baltimore study showed that children with higher blood-lead levels have a significantly higher rate of problem behaviors than children with low blood-lead levels. "This study lends support to the belief that undue exposure to lead in childhood years may have a pervasive influence on the prevalence of juvenile delinquency in this country."

A mixture of chemicals such as chlorine, lead, herbicides, pesticides and a host of other contaminants are commonly found in our water supplies, and in many bottled waters. These trace levels of water borne chemicals have been documented to have adverse health effects on humans, and especially on small children.

Unfortunately the health standards that determine how much and what levels of these toxins are permitted in our drinking water are all based on the potential effects on adults. These "Maximum Contaminant Levels" (MCLs) are also based on the false assumption that we are only exposed to one chemical at a time. We commonly find traces of several dozen different toxic chemicals in tap water.

A recent report by the Environmental Working Group, called "Into The Mouths Of Babies", found that of 29 Mid Western cities tested all had at least one agricultural chemical present and that most had 5 or more in a single glass of tap water!

The report also points out that 45,000 mothers in these 29 cities were unknowingly making infant formula with tap water containing three or more toxic chemicals.

Often there are out breaks of chlorine resistant parasites like Cryptosporidium and Giardia in city water supplies, as was the case recently in Milwaukee WI, when over 100 people died and 400,000 became sick in less than a month, mostly children and the elderly, when the water system became contaminated with Cryptosporidium. This intestinal parasite causes flu like symptoms, but can be fatal to small children and older adults... and is not controlled by chlorine.

Childhood Asthma, Cancer, Leukemia and immune disorders have all risen in the last decade. Many experts and studies suggest that this is partially due to children's increased exposure to environmental toxins and their decreased ability to detox. Water plays a major role in a child's exposure to toxins and in their body's ability to get rid of them.

A child consumes 3 times as much water per pound of body weight than an adult does, so they get a bigger dose of the chemicals in their water, and they're developing bodies are simply much more sensitive to the harsh effects...

An increased intake of clean healthy water is one of the easiest and best ways to help promote good health for our children.

Debugging the Clean Water Myth

In this country, cities purify drinking water by using sedimentation, filtration, ion exchange and disinfection. Disinfection uses ozonation, and, particularly, chlorination to kill disease-causing microbes. Chlorine, once the salvation of the twentieth century, controls cholera, typhoid fever and other water-borne diseases. Now, scientists know it combines easily with other chemicals and naturally occurring organic materials to create organochlorines-- potentially carcinogenic substances. Over 96% of agricultural chemicals contain chlorine.

Incidents in the United States -such as the outbreak of the microorganism cryptosporidium in Milwaukee's water supply in 1993 that killed more than one hundred people and sickened over 400,000, and lead and pesticide contamination-while not affecting most, threaten the tap water of millions Americans.

Beware.

Bottled water may not be your answer.

Bottled water is regulated, but not stringently. Its only requirement is that is as safe as tap water. It may be nothing more than filtered tap water from some municipality.

There's no denying that bottled water can be convenient when you're on the go, and it's certainly a healthier option than most soft drinks. But if you're buying bottled water because you think you're getting better quality for your money, you may be disappointed. Many brands of bottled water are nothing more than filtered municipal water, hailing from cities such as Houston, Orlando and Fresno, CA. Bottled water, considered a food, is regulated by the U.S. Food and Drug Administration. Tests conducted by the Natural Resources Defense Council found that while most bottled waters are of good quality, about a quarter of the bottles tested contained levels of bacteria and chemicals that exceeded levels allowed by the state of California (which in some cases has more stringent regulations than the EPA). Considering that bottled water can cost up to 1,000 times more than tap water, that's not much of a bargain.

How Good is Bottled Water?

Cities generally must test at least once a quarter for many chemical contaminants while water bottlers generally must test only annually, while generating an income of \$4 billion per year.

About one-fourth bottled water is tap water and only sometimes is given additional treatment.

FDA completely exempts 60-70% bottled water sold in the U.S. from the agency's bottled water standards because it says its rules do not apply to water packaged and sold within the same state.

Chlorinating water to destroy disease-causing bacteria is a double-edged sword. Chlorine can combine with decaying leaves and other naturally occurring organic matter to form compounds called disinfection byproducts [CDBPs]. "These byproducts are probably the most widely distributed contaminant in the U.S. water supply today, ---" says Kenneth Cantor, an epidemiologist at the *National Cancer Institute* in Bethesda Maryland. "They can double the risk of developing bladder cancer."

The EPA estimates that between two and seventeen percent of all bladder cancer cases in the U.S. may be due to *DBPs* in drinking water and that they may also increase the risk of colon cancer. Of 28,000 women in Iowa for example, "---those who lived where the water had the highest levels of *DBPs* had *nearly double* the risk of colon cancer of those who lived where the water had the lowest levels."

Microbes, good or bad, nitrogen, pesticides, solvents and arsenic have been detected in groundwater supplies and have been found in bottled water regardless of disinfections. Of 103 bottled water brands tested during a four-year study by the National Resources Defense Council [NRDC] these contaminants showed up in some samples, the levels of which were in excess of state or industry standards.

Most bottlers use methods like reverse osmosis, filtration, UV light, and treatment with ozone gas. Ozone creates far fewer by products than chlorine, but may react to produce bromate. EPA studies show that this causes cancer in rats. Bill Miller, president of the

National Spring Water Association, states "There are people who won't protect the source until it becomes necessary to keep from driving consumers away, and others who feel it's the right thing to do --- Patronizing the companies that produce a high-quality product will give them the income and ability to protect that source."

Our Water is Safe....We have a Well

Fact or Fiction?

Fiction. Private wells can become contaminated with bacteria, nitrate, or other chemicals.

What happens if you drink contaminated water?

The effects of drinking contaminated water can range from no reaction to severe illness or even death. Many factors affect the possible reaction such as the age and general health of the person, the type of contaminant, the amount, and how long the person was exposed to the contaminant. Some of the effects of drinking contaminated water may happen right away, or may not be noticed for many years.

Types of Contaminants in Well Water

Bacteria

Coliform organisms are a group of bacteria that are commonly found in the environment and are used to measure the safety of your water. Coliform bacteria are not harmful, but their presence tells you that other disease-causing organisms may be in your water supply. The presence of more than 5 coliform bacteria in a water sample usually means that surface water has washed contaminants into the well.

E. coli bacteria live in the intestines of humans and warm-blooded animals. There are many types of these bacteria and only a few of them can make you sick. If any amount of E. coli bacteria is found in a water sample, human sewage or animal feces has contaminated the water supply.

Nitrates

The presence of nitrate in your well water is usually the result of farming activities like fertilizing or seepage from septic systems. At levels above 10 milligrams per liter of water, nitrates can interfere with an infant's blood ability to carry oxygen and could cause a condition know as "blue baby syndrome". The medical term is methaemoglobinaemia.

Herbicides and Pesticides

Herbicides and Pesticides from both agricultural and household use can contaminate wells if used improperly or excessively.

The following excerpts pulled from headlines and periodicals across the country descriptively explain the hidden dangers in our water. . .

Pure, Healthy Water... A Necessity For Life!

Fitness Plus Magazine 12/02

The healthiest water doesn't come from your tap, doesn't come in a bottle, it doesn't come from distillation or reverse osmosis... it comes from "selective filtration".

All tap water in America contains levels of synthetic chemicals, heavy metals, parasites and/or chlorination by-products that pose significant health risks. We can either filter out these poisons prior to consumption, or we force our body to become the filter.

The old school of thought was that distilled and reverse osmosis water were the healthiest, also now known to be untrue. Both of these methods were designed over 40 years ago for industrial purposes, as they are "de-mineralizing" processes. Once you strip the trace minerals from water, the pH drops and the water becomes aggressive. Water by nature will always seek to balance its' pH. If we consume de-mineralized water, it will pull minerals from our body to seek that balance. And neither of these processes is very effective at removing synthetic organic chemicals since all SOCs are molecularly smaller and vaporize at lower temperatures than water.

Flying the Friendly Skies? Don't Drink The Water!

Airline Drinking Water Flunks EPA Tests - January 20, 2005

Los Angeles Times

Passengers on airlines flying within the U.S. who have compromised immune systems may want to think twice before drinking the water on board, the Environmental Protection Agency warned. The drinking water on about 1 out of every 6 airplanes flunked a random bacteria test administered in November and December at airports across the nation, including Los Angeles International Airport.

The results surprised the EPA, which ran the tests to make sure that a sampling in August and September was valid. But the new round indicated a wider problem than the first tests, which found bacteria in the water of 1 out of every 8 planes sampled.

Tom Skinner, the EPA's acting enforcement chief, said he never used airline drinking water to brush his teeth and always drank bottled water on flights.

The EPA advised passengers who were concerned that their health could be at risk to ask flight attendants whether the coffee or tea on airplanes comes from bottled water or the tap. If it's not bottled water, the EPA advised, passengers would be better off asking for a

different beverage. Water tested at a particular airport had bacteria did not mean that it came from there, said Bergman of the EPA.

"It's hard to figure out the particular source of the contaminant," she said, noting that planes refilled their water tanks in so many cities that it was impossible to figure out where the bacteria came from.

Rocket fuel pollutes Southwest water

Sunday, January 5, 2003 CNN.Com

A toxic chemical used to fuel Cold War-era missiles and the rockets that put man on the moon has left a legacy of contamination across the Southwest, where it pinches the region's already tight supply of drinking water.

The chemical, called perchlorate, pollutes much of the lower Colorado River -- the main water source for 20 million people across the Southwest -- and has forced the shutdown of hundreds of wells in California. State and federal officials are still debating how much risk perchlorate poses when ingested and what limits should be set for the chemical, a process slowed partly by lawsuits filed by defense contractors such as Lockheed Martin Corp. that worry they could be on the hook for billions of dollars in cleanup costs. Thousands of people have sued the companies that once made or handled perchlorate, alleging years of drinking water laced with the chemical have caused cancers and other illnesses.

Adrienne Wise-Tates, 46, has had tumors of the brain and ovaries, multiple cysts in her breasts, cancerous cells found when she had a goiter removed and, most recently, an unknown mass in her left kidney.

Contamination from water may affect the thyroid and can disrupt how the gland regulates metabolism. It's unclear how much is dangerous.

Initially, it was thought perchlorate pollution would be restricted to places where rocket fuel was made or used. However, it's since been tied to plants around the country that made munitions, fireworks and even the charges that deploy airbags.

"Anything that explodes seems to be associated with perchlorate," said David Spath, chief of the division of drinking water and environmental management for the California Department of Health Services.

Along with explosives, naturally perchlorate-rich fertilizer imported from Chile has contaminated wells on New York's Long Island, forcing some to close. "We need to be able to say to people that this is a problem, it is a big problem. It is moving rapidly. It is in 22 states and we need to address it," said Sen. Dianne Feinstein, D-California. "We don't need to panic, but we need to do it in a way that's cost-effective and makes sense."

The single largest source of contamination is a former Kerr-McGee Corp. rocket fuel plant

outside Las Vegas. For decades, wastewater containing perchlorate was left to seep into the ground, a company official said. "There were probably 20-plus years when we didn't have the environmental awareness we have today," said Pat Corbett, the former plant manager who is now the company's environmental technology director.

The site still leaches as much as 900 pounds of perchlorate a day into a wash that drains into the Colorado River, the main water source for much of Arizona, southern California and southern Nevada.

Across the nation, millions more eat vegetables grown with Colorado River water. What risk the vegetables could pose, if any, is unknown. "It's really one of the most massive pollution problems the water industry has ever seen," said Timothy Brick, a member of the Metropolitan Water District of Southern California.

The U.S. Environmental Protection Agency's draft proposal is stricter: one part per billion. Perchlorate in the Colorado River has been measured as high as 9 parts per billion.

It will take years to discover the extent of perchlorate contamination nationwide, and cleanup will take decades more, to the consternation of people like Wise-Tates. "I would just hope no one else has to go through this, but I am sure they will, until they find some way to clean up the water," she said.

EPA - Environmental Protection Agency

(www.epa.gov)

Does my water contain perchlorate?

There have been confirmed perchlorate releases in at least 20 states throughout the United States. Additional information and maps detailing those sites are available in the draft assessment report. EPA, other federal agencies, states, water suppliers and industry are already actively addressing perchlorate contamination through monitoring for perchlorate in drinking water and source water. The full extent of perchlorate contamination is not known at this time.

How is perchlorate removed from water?

Several types of treatment systems designed to reduce perchlorate concentrations are operating around the United States, reducing perchlorate to below the 4 ppb level. Biological treatment and ion (anion) exchange systems are among the technologies that are being used, with additional treatment technologies under development.

Is perchlorate-contaminated water safe to drink?

EPA's draft toxicity assessment is preliminary and thus, it is difficult to make definitive recommendations at this stage. It is also important to recognize that estimates contained in the draft assessment are designed to be conservative. In other words, there are adjustment factors built into the estimate to help account for uncertainties in the underlying data and information used. Other factors that influence the answer to this question include how much water is consumed, the degree of perchlorate contamination and the health status of the consumer.

Can You Drink It?

Conscious Choice, September 2003

Chlorine, the most common disinfectant used by water treatment systems, combines with common organic compounds in water to create byproducts that scientific studies have linked to more than 10,000 additional cases of bladder and rectal cancer cases each year.

Pesticides seep into aquifers, lakes, and rivers that are the source for much of the water consumed in the United States. In the Midwest alone, 14 million people consume water containing high levels of carcinogenic pesticides.

Nearly one million people become ill each year from waterborne disease such as cryptosporidium or giardia.

The drinking water of 30 million or more Americans is contaminated with high levels of lead.

HIT THE BOTTLE

New Scientist, September 1986

Some 36 million Americans drink water that's contaminated with toxins, microbes or other pollutants, according to a survey by the Natural Resources Defense Council. And the number of those imbibing potentially unhealthy water shoots up to 50 million people - - 1 in 5 Americans - - if you include those whose water is inadequately treated for contaminants. The study is designed to influence Congress, which appears set to dilute the Safe Drinking Water Act, up for renewal later this year.

CHLORINATED WATER - NOT FIT FOR HUMAN CONSUMPTION

New Scientist, September 1986

Experts agree, MEDICAL COLLEGE OF WISCONSIN'S Dr. Robert Morris has been the featured health and water expert on Dateline NBC. Dr. Morris and colleagues at the medical center have concluded after examination of 10 previous studies of the cancer-causing problems of chlorinated water, "There is a clear pattern between consumption of chlorinated water and rectal and bladder cancer." It is projected that by the year 2015 the combined death rate from bladder, rectal and pancreatic cancer will exceed the lung cancer death rates due to carcinogens in water and food.

BOTTOM LINE - August 1987

Dr. John Andelman, Ph.D..

"On one hand, chlorination has freed civilization from the constant dangers of waterborne epidemics. On the other hand in the mid - 70s scientists discovered that chlorination could create carcinogens in water."

"80% of the population drinks chlorinated water."

"There was a higher incidence of cancer of the esophagus, rectum, breast, and larynx and of Hodgkin's Disease among those drinking chlorinated surface waters."

"Volatile organics can evaporate from water in a shower or bath."

"Conservative calculations indicate that inhalation exposures can be as significant as exposure from drinking the water, that is, one can be exposed to just as much by inhalation during a shower as by drinking 2 liters of water a day."

"People who shower frequently could be exposed through ingestion, inhalation and/or dermal absorption."

THE NADER REPORT - TROUBLED WATERS ON TAP

Center For Study of Responsive Law

"The National Academy of Sciences estimate that 200 to 1000 people die in the United States each year from cancers caused by ingesting the contaminants in water. The major health threat posed by these pollutants is far more likely to be from their inhalation as air pollutants. The reason that emissions are high is that because water droplets dispersed by the shower head have a larger surface-to-volume ratio than water streaming into the bath."

SCIENCE NEWS, VOL. 130

Janet Raloff

"The cause of atherosclerosis and resulting heart attacks and strokes is none other than the ubiquitous chlorine in our drinking water."

CHEMISTRY AND CONTROL OF MODERN CHLORINATION

Dr. A.T. Palin, Ph.D.. (O.B.E.)

"Chlorine gas was despicably used during WWI. When the war was over, the use of chlorine was diverted to poisoning germs in our drinking water. All water supplies throughout the country were chlorinated. The combination of chlorine (when in drinking water) and animal fats results in atherosclerosis, heart attacks, and death."

WATER CAN UNDERMINE YOUR HEALTH

Dr. N.W. Walker, D.S.

"Chlorine is the greatestcrippler and killer of modern times. While it prevented epidemics of one disease, ill was creating another. Two decades ago, after the start of chlorinating our drinking water in 1904. The present epidemic of heart trouble, cancer and senility began."

SAGINAW HOSPITAL

Dr. J.M. Price, MD.

"Cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine."

U.S. COUNCIL OF ENVIRONMENTAL QUALITY

"Drinking tap water that is chlorinated is hazardous, if not deadly to your health."

HEALTHY WATER FOR A LONGER LIFE

Dr. Martin Fox

"Known carcinogens are found in drinking water as a direct consequence of the practice of chlorination. A long established public health practice for the disinfection of drinking water."

MUNICIPAL ENVIRONMENTAL RESEARCH LABORATORY

Francis T. Mayo, Director

"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. But 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 the skin. Scientific studies have linked chlorine and chlorination by-products to cancer of the bladder, liver, stomach, rectum, and colon, as well as heart disease, atherosclerosis (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.

U.S. Water News Dec. 1988

"Chlorine does not work on the new super bacteria"

KEMYSTS LABORATORY

Dr. Riddle, Ph.D.

The presence of chlorine in water may also contribute to the formation of chloramines in the water, which can cause taste and odor problems.

"Since chlorine is required by public health regulations to be present in all public drinking water supplies, it is up to the individual to remove it at the point-of-use in the home.

What Do You Know About Water?

Water Gives You Vitality, Clarity and Balance

Scientists are now discovering what ancient civilizations and native peoples have always known: Water is essential to life. Water can convey information to help balance emotions, aid with mental clarity, and help restore vitality. For centuries, in cultures all around the world, water has been used for purification, healing and regeneration.

Everyone needs water to survive. Our body is 70% water. Around the world, research is reporting amazing, new, measurable evidence about how water supports and sustains our lives.

What Kind Of Water Do You Drink?

If you already appreciate the value of drinking *enough* water, you need to understand the importance of the *structure* of the water you drink. Dr. Mu Shik Jhon devoted his life to the study of the structure of water. His discoveries have changed scientific thinking on this topic worldwide. Recently, his book *The Water Puzzle and the Hexagonal Key* was translated and released in the United States.

He tells us that the regular consumption of hexagonally structured water has been associated with:

- Heightened Immune Function
- Rapid Hydration
- Efficient Removal Of Toxins
- Better Nutrient Absorption
- Longevity and Anti-aging
- Weight Loss
- Greater Overall Health

So, What Water Are You Putting Into Your Body?

Clean, pure, hexagonally structured water is needed for the optimal delivery and absorption of nutrients and for the proper elimination of wastes and pollutants. The quality of your life is directly connected to the purity, integrity and structure of your water.

Aqua Di Vita™

A process has been developed that returns water to a hexagonally structured state. Unlike tap water, distilled water or mineral water, Hexagonally Structured Water has characteristics which allows it to pass freely through cell walls delivering oxygen and nutrients to the body and removing the toxic build up that accumulates in our cells. We can't emphasize enough the importance of giving you and your family the best water you can find.

Contamination should not be a worry when you reach for a glass of water. Ask yourself this questions -- What level of chemicals, pesticides, rocket fuel, dissolved solids, waste, or other contaminants is acceptable for you and your family to drink?

Zero!

100% Pure and Natural.

Why settle for anything else?

What would happen if you could get some control over common health concerns like?

Aging
Fatigue
Lack of Energy
Difficulty Sleeping
Increased Stress
Anxiety or Depression
Memory Problems
Difficulty Concentrating
Painful, Stiff Joints
Heartburn and Indigestion
Weight Problems
Diabetes
High Blood Pressure
Headaches

What would happen if you could help others get some control in their lives too?

Are you willing to take the risk?

Why Choose Aqua Di Vita™ Scalarwave Structured Waters™?

Vita Genesis prides itself on providing you with quality and excellence.

Our waters are among the purest you will ever find.

We provide you with water, as it should be: colorless, odorless, crystal clear, and no flavor.

When you try our waters, you will find a very clean and refreshing taste unlike any you have ever experienced before. There are no added minerals, chemicals, or other ingredients.

Aqua Di Vita™ actually saves you money. It costs less than all the leading bottled waters and averaging out to be just 32 cents a serving.

To learn more about our waters and how they can benefit the health and well-being of you and your family please visit: www.aquadivita.com

To read more about hydration and Aqua Di Vita visit our blog at:
www.vitageneis.blogspot.com

It's Your Life...Drink Deep!

P.S. Water sustains and purifies our lives. Our bodies consist mainly of water. Why should it surprise us that the greatest changes we could make for ourselves would deal with the type of water we drink?

Make Aqua Di Vita water your daily choice. A choice to help transport you to better health and wellness as you gain more knowledge of the liquid potential you are holding in your hand.