

Different Types of Water

The Earth is often referred to as "The Planet of Water"

Roughly 70% of its surface is covered with water. All living things on the planet rely on water for survival. We need to drink lots of water, but unfortunately most of the drinking water available to us is simply not healthy anymore. In some cases, our drinking water is dangerous to our health.

Tap Water

How do you feel about drinking 8 glasses of tap water each day? Chlorination makes tap water safe to drink but it can also react with organic compounds inside your body to produce toxic substances, especially in your colon. Small amounts of chlorine are added to our public drinking water supply to kill bacteria and other microorganisms. This amount of chlorine is small enough for us to drink but it can still kill bacteria and enzymes in our body essential to digestion.

During a shower, our bodies absorb roughly 2 glasses of this chlorinated water through our skin. We also inhale the mist and steam of this water while we shower. Nearly all tap water supplies contain large amounts of active oxygen (oxidants) and high positive ORP (Oxidation Reduction Potential) values. Having a high POSITIVE ORP means that tap water can be very oxidizing, or destructive to your body.

Purified Water Distilled Water and Reverse Osmosis

Distilled water and water purified by reverse osmosis may not have most pollutants and additives found in tap water, but it also lacks any minerals naturally found earth's water that are essential to our well being. These processes remove EVERYTHING from the water, including helpful minerals.

Since this water contains no minerals or life whatsoever, it leaches vital minerals and alkaline buffers from our bodies. Distilled water and reverse osmosis water have no energy or vitality at all and can contribute to an acidic state in our bodies.

Bottled Water (Including "Mineral Water")

You might think that bottled water is healthier than tap water. But in a four-year scientific study, The NRDC (Natural Resources Defense Council) tested more than 1,000 bottles of 103 brands, a third of them were found to contain contaminants such as arsenic and carcinogens.

Recently, another shocking study showed that over time cancer-causing toxins such as dioxin leach into the water from the plastic bottle. Actually, a lot of the bottled "spring" waters are just filtered tap water put in a plastic bottle. These bottles often remain on store and factory shelves, unopened for months or even years.

Bottled water is essentially dead water. If you choose your water based on the package or the brand, you should know that some 95% of the price you are paying for that bottled water is covering other costs, such as packaging, advertising, distribution costs, rather than the water itself.

Yet, bottled water is so popular and available almost everywhere. As a result, the bottled water industry enjoys annual sales of more than \$3.5 billion worldwide. 15 years ago people wouldn't spend \$3-\$5 per day on bottled water; these days they do.

Alkaline Ionized Water

Alkaline ionized water is by far the healthiest water available today. Decades of scientific and medical research have gone into its development. It is produced by an in-home machine that first filters and then ionizes tap water. This process splits the water into its alkaline and acidic parts. The alkaline water is used for drinking. It has tremendous hydrating and antioxidant qualities, due in part to its smaller water clusters and abundance of extra electrons created by the ionization process.