



WATER GUIDE



Not all water is created equal. Water is such an important part of how your body operates. The water you drink can cause immune problems and other symptoms including psoriasis, brain fog and digestive issues over time. Here's a breakdown to help you understand the difference:

Tap-Tap water is loaded with chlorine, arsenic and fluoride as well as possible pathogens, parasites, bacteria and even viruses! They are even finding pharmaceutical drugs in tap water. They keep putting more and more chlorine in the water to kill the increasing number of pathogens. You should NEVER drink or cook in tap water. In fact, you should not shower in it either. The fluoride in the water should not be ingested and is a neurotoxin. I recommend a shower filter from either Berkey or Multipure. Filters will be further discussed below.

Distilled-Distilled causes loss of electrolytes and trace minerals. These deficiencies can cause heart and blood pressure issues.

Reverse Osmosis-This is really good for removing harmful substances but has a similar issue to distilled regarding minerals and over time can cause mineral deficiencies. Minerals are so important to your bones and joints and heart but also affect mood and energy levels.



Softened-Stay away from getting a water softener. It removes important minerals that you need from water and adds synthetic sodium/potassium which is not good. Also tends to attract bacteria over time in the system.

Alkaline (high pH)-High alkaline water is only good for people that are extremely sick as in stage 4 cancer etc. The problem with this water is it forces a high pH on areas of the body that want and need to be more acidic. Over time this causes problems with digestion and can cause bone and joint pain. Your whole body does not want to be alkaline!



TREAT THE SOURCE

Restaurant Water-Restaurants usually use tap water. Some restaurants say they filter their water. The problem is you don't know if it's a good filter or how often they change the filter. I would opt for bottled water in a restaurant because it usually comes in glass bottles and is a better option than their filter.

Bottled -Not the best option due to not only the plastic bottles; but, also the quality of the water. Most of it is not good water. The best option if you are in a pinch is Fiji. For glass bottled water the best options are Panna or Voss.

"Smart" -Not so "smart" to drink smart water or any water that has added minerals, electrolytes or any other "extras" Just let water be water! Frequently, they use synthetic additives for these extra things and if your body is doing its job properly, it DOESN'T need them. Adding elements to the water interferes with your body doing its job the way it was built to.



***Filtered-Best Option**-My favorite filter is Berkey because they have a fluoride filter and can also filter out all of the pathogens including viruses, bacteria and parasites as well as chlorine and metals such as aluminum. They are so great that they are used for disaster areas and you can even put lake water in it and get healthy drinking water! Not all filters are alike. Do your research. Filters that "seem" expensive oftentimes are not if you look at the price per gallon. Brita and Pur are NOT effective. Multipure and Culligan are pretty good but don't filter fluoride.

Water Bottles-Stay away from plastic bottles because they are toxic and the chemicals will leach into the water and into you! Definitely do not re use water bottles that you may have bought water in such as, Arrowhead, Crystal Geiser, etc. because those bottles are not made for multiple uses and break down much faster leaching more harmful chemicals into your water.

Also stay away from aluminum water bottles as this also contributes to aluminum toxicity over time, especially if it gets warm/hot in the sun or car. Aluminum toxicity has been linked to Alzheimer's, muscle weakness, bone pain, altered mental state, depression, osteoporosis, anemia and immune issues.

The best bottles to use are stainless steel (make sure aluminum free) or glass. Even if a bottle says it's BPA free there are still other toxins present so stay away from plastic!