Whats in **OUR** Drinking water?

Is your Drinking Water Safe?

BeHealthyBeMore.com
What’s in the Water?

In a recent study it was found: [source]

- A total of 316 contaminants in water supplied to 256 million Americans in 48,000 communities in 45 states.
- A large number of water systems analyzed (37%) had no data or records for water quality testing.
- Over a third of all the water systems regulated by the EPA are not being tested.

Do you ever wonder what’s in your water?

Many people don’t even question their water supply, mainly because they are just not sure where to get the right answers. Once you start to investigate your water sources, you may be in for some big surprises. And the more questions you ask the more surprises you run into.

Let’s discuss a little bit about what water is, the different types of water and what it contains. Once you start to find out the makeup of the water you drink, you’ll find that there’s much more in the water than you bargained for. You might want to reconsider your choice of tap, bottled, or filtered water. In fact, most sources that we consider “safe” are tainted with all sorts of chemicals known to cause cancer and other serious medical maladies. Contaminants in drinking water can come from natural sources, or from pollution caused by people.
Even if water tastes and smells fine, there may be many contaminants contained in it that we cannot detect with our senses. To ensure that you are drinking clean water you need understand what the water is made up of, what kinds of pollutants are found in the water, and how to identify healthy water. It’s also useful to be informed about different standards and quality control methods used to qualify water as safe for drinking.

Many independent companies like the NSF as well as government run organizations such as the EPA test water sources for contaminants. Pollutants found in drinking water can lead to a number of health problems, especially for young children and the elderly.

Bad water can affect more than just your health, some water issues could cause problems with your home plumbing system and reduce the efficiency of your appliances. If your tap water is not clean enough then you will have to find another reliable source to obtain healthy drinking water.

The only way to truly find out what is in your drinking water is through regular testing. The EPA (Environmental Protection Agency) is responsible for regulating the United States Public Water Sources. For the past 20 years the EPA has been testing Indiana’s groundwater. The tests had some disturbing results. The results revealed that there were trace amounts of vinyl chloride, a plastics manufacturing product that is used in the production of packaging materials. Many people already knew that the state of Indiana’s ground water had pollutants in it, but there’s not much wasn’t much that they could do about it.

According to the Indiana Department of Environmental Management (IDEM), the levels of vinyl chloride were far above the EPA’s maximum levels. By the time the results for the tests in 2011 came out, the levels of vinyl chloride contained in the water was over 2500 times the maximum limit! This means that over 55,000 residents were at high risk for adverse health effects just from drinking out of their own tap.
At this point EPA officials are trying desperately to find out how the water became polluted. The government has made this project a high priority and are trying to fastback it by adding millions of dollars in additional funding. At this point the main goal is to remove all the vinyl chloride from the city’s water. This process is fairly straightforward but will be a long term undertaking.

It may be years before the EPA even decides how they can best remove all contaminates from the city’s water. In the meantime the water is still polluted and unsafe to drink. So what are people supposed to do in the meantime? The only choice is to drink the contaminated water, or find an alternative source for clean drinking water.

The Worlds Water Supply is Waning

Although this problem is troubling it’s not unique to Indiana. All over the world our water sources are depleting due to pollution and waste. According NASA data from 2003 to 2013, 21 of the world’s 37 underground water sources are disappearing faster than they can be refilled. This is very discomforting considering these sources, also known aquifers, are responsible for providing a third of the world’s drinking water.

At this point things have reached a critical stage. This comes as no surprise to those who follow the news. Apparently things are supposed to get a lot worse before they get better. Another alarming problem is that two of America’s largest aquifers in California and southeast Florida are being consumed at an unsustainable rate.

What do we do about this? There are many people who find alternative sources of water but are still not safe. One thing for sure is that we have to do better. Education and awareness are a big part of the effort to stave off a monstrous drought and environmental disaster.

Water is essential to life on this planet, it affects the air we breathe, the food we eat and just about every facet of life. If you are looking for a viable alternative for safe drinking water, you will have to do a little research to make sure that your source is safe to drink. The use of an unregulated water source that may be even worse than their local public water source.
What is water?

We all use tap water to clean, cook, take showers and most importantly drink. How do you really know what’s in your water? Some places have cleaner tap than others when it comes to drinkability. But tap water, bottled water, and well water can contain all sorts of contaminants including lead, bacteria, nitrates and other foreign materials. Recently there has been much debate of fracking (hydraulic fracturing), a method of mining oil that can taint underground water supplies. Before you drink, you need to THINK.

Let’s take a deeper look into the most common types of water we encounter.

**Tap Water**

Most tap water comes from surface water or groundwater. Surface water includes things like above ground reservoirs, lakes, rivers and streams. Underground sources include artesian and deep wells. Tap water is tested and regulated by the EPA and is instituted by the US government’s Safe Drinking Water Act. All tap water is treated with chlorine to disinfect the water. This process destroys most of the parasites and harmful contaminants in the water, but not all of them. Although tap water is tightly regulated by the government it still doesn’t meet the NSF/ANSI water standards 53 and 42.

**Bottled Water**

People have a strange obsession with bottled water and it might just be because of the packaging. Many people assume it’s safer than tap water because of its palatable taste and smell. Most often bottled water is the very worst choice for clean drinking water. BPA and BPS (two chemicals contained in plastic bottles that you definitely don’t want in your body) can easily leak into your water. Often times bottled water companies use tap water for their source.

That’s right, you are paying money for people to basically put free water into bottles. This is not only wasteful in terms of cost, there is a lot of non-biodegradable waste that damages the environment. This costs society as a whole a lot of money and damage the environment. Once again we have to do better than this. The convenience alone isn’t worth the harm to the environment and the water isn’t any better than tap water in most cases.
Reverse Osmosis

Reverse osmosis is the process is a water purification technique that removes impurities from drinking water. This process is one of a chain of processes that make desalination possible. Reverse osmosis is used for wastewater treatment, recycling and energy production. This method is not a sustainable solution. It takes 4 gallons of water to produce 1 gallon of safe drinking water. Reverse osmosis is expensive and cost prohibitive for many families as a choice for drinking water. Much like distilled water the water produced from this method contains no minerals and is very acidic. This is not ideal because your body requires many of the natural minerals that this process strips from the water while acidic conditions in the body encourage disease growth.

Well Water

Many people get their water from a well. The problem with well water is that it’s not regulated or treated. You are at the mercy of whatever environmental conditions affect the water. This includes runoff from farms, livestock or mining operations and commercial enterprises. This runoff often contains pesticides, feces and harmful chemicals that mix with the well water.

Tappped Trailer Video - 5 min
https://www.youtube.com/watch?v=72MCumz5lq4
Filtered Water

There are different levels of filtered water. Not all filters are created equal and many people mistake a fresh taste and clean smell for safe drinking water. Residential water filters come in many different forms. The performance of these filters range in quality and efficiency as well. If you go with filtered water make sure to choose a certified product to help you find a safe filter. Many people rely on refrigerator filters and ‘pitcher’ type filtration types. While many think thee are better for your health, they are not. They only filter to standard 42, aesthetics standard. (See Below)

Certified products are thoroughly tested through independent third parties. This way you can be sure that the products are safe and do not make any erroneous or misleading claims.

Spring Water

Spring water comes from a natural spring source and is great for drinking. The natural minerals found in spring water can be beneficial for your health. Beware when buying spring water. Just because a product is called “Spring Water” doesn’t mean that it originates from a spring. Many water bottle manufacturers use the word “Spring” in their product descriptions to market their product to would-be consumers. Be careful when buying spring water and try not to fall for any misleading marketing tactics. Look for certified sources when buying this type of water.

What is Safe Water?

Now that we’ve covered the different sources of typical drinking water we can talk about safe water. What is safe water? There are two main industry standards for evaluating water purity. They are the NSF/ANSI standard 42, and the NSF/ANSI standard 53. Standard 42 is a quality standard based on the water’s smell, taste and color. Standard 53 is a quality standard based on water safety for drinking. Both of these standards measure drinking water filtration systems.

- Standard 53 is probably the most practical option for clean drinking water for household use. Always check for WQA certification to make sure that you have filtered out all the unwanted toxins from your water. Standard 53 will clean most toxins found in American drinking water.
- Standard 43 is the standard for aesthetics. Refrigerators, pitcher-type filters and faucet filters are all for 42. This means that your water may taste and smell better, but do nothing in the way of filtering the toxins contained in your water.

Hard Water Vs Soft Water

Hard water has a high content of minerals such as calcium and magnesium. You might notice that if you let hard water dry on your car, it will leave a film. This film is made of minerals deposits left behind after the water has evaporated. Soft water has more sodium ions and less coagulated minerals and metals. Often those “spot free” carwashes use reverse osmosis filtered water to avoid water spots. While hard water is still safe for drinking, but has a “hard” taste and has other disadvantages that can indirectly affect your health. The mineral deposits left behind from hard water can clog your plumbing and affect the performance of your household appliances. As the sediments accumulate the water pipes, the passages get narrower and the water will begin to taste different.
**Water and Your Body**

Our bodies are made up of mostly water. A human being is made up of 28 compounds and majority of that makeup consists of H2O. Your body is 75% water, and your brain is 85% water. Your body needs the vital nutrients and minerals found in water to function properly. These nutrients are required for bone growth, nerve function, metabolizing food, muscle function and a lot of other crucial processes. We get many of these from eating food but you need them from water as well. Remember that reverse osmosis and distilled water contain no minerals. This is why it’s called dead water. If you go around drinking nothing but dead water (distilled, reverse osmosis etc.) you will have less energy and your body will struggle to function normally. Water is important to all life, and there is a noticeable difference between the effects of drinking healthy water compared to toxic water.

**pH Levels and Healthy Water**

The pH scale is not a linear scale like a centimeter or inch scale (in which two adjacent values have the same difference). It is a logarithmic scale in which two adjacent values increase or decrease by a factor of 10. For example, a pH of 3 is ten times more acidic than a pH of 4, and 100 times more acidic than a pH of 5. Similarly, a pH of 9 is 10 times more alkaline than a pH of 8, and 100 more alkaline than a pH of 7. source

Basically the lower the pH level, the more acidic the water is. Living things don’t do well with too much acid. If the pH in the water is too high or low, the organism living in that water can die. Most aquatic creatures require a pH level of 6.5 to 9.0. Some creatures can live outside this level but generally this rule holds true. Alkalinity and acidity are measured on the pH scale.

Generally you don’t want to much or too little acidity or alkalinity. Water that is high in acidity can be harmful to your body and can foster the growth of disease. It’s really important to drink water with a slightly alkaline pH (8 to 8.5) to discourage acidity throughout your body. The EPA recommends that the pH level of safe drinking water for humans should be in between 6.5 and 8.5.
The World Wide Problem

The Best Source of Healthy Water

The world largest supplies of natural water are being depleted faster than they are being replenished. There are millions of discarded plastic bottles clogging the world’s oceans and harming the environment. It’s important to not only find a practical source for clean, in terms of cost, but also in terms of environmental sustainability.

Many people buy bottled water, use unregulated wells or inexpensive at-home filters. Bottled water is usually the worst choice you can make, and is often just treated tap water. Most of the filters that fit on your faucet or come with a pitcher improve the smell and taste but do not remove any pollutants. Wells are not regulated, and well water is subject to any kind of environmental or manmade chemical or contaminates contained in the area.

Many believe that in the time of “wars and rumor of wars”, water will replace oil and land as the main motivation for war.

One Solution - The Nikken Choice,

The Nikken PiMag Water Fall®

We think that the cleanest and safest drinking water comes from multi-stage filtration systems. The Nikken PiMag Waterfall is a wonderful sustainable source for clean drinking water. It’s all natural and uses no chemicals to treat the water. This practical method is as good for the environment as it is for drinking.

The PiMag Waterfall® uses cutting edge technology and all-natural materials to clean water without using chemicals. The innovative use of filters and natural technologies to produce Pi water has been known in Asia for decades.

Pi Water was discovered in 1964 during the study of physiology of plants by Dr. Akihiro Yamashita, a professor at the Agricultural Department, Nagoya University. He and his associates discovered that Pi water had a vibrant rejuvenating effect on plants and animals. Much more so that regular water.
Simple Pi Water Test

A container is filled with 3 liters of water. Then a goldfish is placed inside the container and seal it. How long can the goldfish survive without food or air? The amount of oxygen in a 15 degree Celsius water is 200 cc. The amount of oxygen a goldfish needs in one hour is 5.8 cc. 200 cc ÷ 5.8 cc = 34.48. The goldfish will die in a day and a half.

However, when placed in high energy Pi Water, the goldfish lived 5 to 7 months.

The PiMag Waterfall® system uses a multilevel filtration method. The water is filtered to ANSI/NSF standard 42 and 53 for neutralizing pH. First the water’s alkaline balance is adjusted and as it passes to the next level the water is goes through a magnetic field to soften it, removing any hard water materials. This filtration system produces some of the healthiest and softest water in the US.

Safe Water and Good Health

Having the healthiest water is crucial to having good health. Independent labs as well as government testing has shown us that there are many pollutants and contaminates in our water. Even the chemicals like chlorine used to treat most of our water sources are harmful themselves.

The safest and healthiest water you can get is naturally filtered to reduce chlorine and acid levels. The PiMag Waterfall® filtration system has a lot of advantages over other sources of drinking water. Bottled water isn’t regulated and it takes a large toll on the environment. Plus with a PiMag Waterfall® you won’t have to worry about buying bottles either, you can filter water straight from your tap.

It’s also important to find a sustainable way to have clean drinking water without doing any more damage to the environment. PiMag water technologies offers the best in cost as well as convenience. It’s an all-natural solution for better water and a better environment. You can rest assured you are getting the cleanest water with a PiMag Waterfall® from Nikken.
Want to Learn even more about toxins in your water? **Click HERE to get more information.**

**Videos**

Be Healthy Be More YouTube Water Playlist Watch Now - Choose Your Video

Amazing Acidic Water Test Comparing PiMag Water® with other sources.

*"Water is a Basic Nutrient for the Human Body and is Critical to Human Life"* - unknown