

Confessions of A Body Builder

*Rejuvenating the Body with Spirulina, Chlorella, Raw Foods
&
Ionized Water*

by

Bob McCauley

This book is dedicated to my father, Dr. Robert McCauley, Sr., my mother, sister and two sons Daniel and Phillip. With their love, support, patience (and quiet) I was able to complete this book.

I would also like to thank Mr. Minsok Kim for his support of the Watershed and this project and to Jim Hatch for being my best customer and a great friend.

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This book is not intended in any way to serve as a replacement for professional medical advice. Rather, it is meant to demonstrate that aging can be slowed and even reversed and that great health is achieved when the most fundamental nutritional needs of the human body are met. Always consult a doctor or another medical professional when you have an illness or disease of any kind.

Edited by: M. Ostrander

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Introduction

I am not a body builder in the sense one usually thinks of a body builder. I do not sit in a gym with other muscular men and women and pump iron. While I do exercise vigorously everyday, the *body building* I refer to in the title of this book, and on the following pages, has to do with rejuvenating our bodies at the cellular level through the use of *Nutrients* and *Ionized Water*. What is accomplished by this is nothing short of *slowing, if not reversing, the aging process*. Much to my amazement, it can be done!

I am not a doctor, certified nutritionist or trained medical professional of any kind. Perhaps my distance from these professions has given me a perspective that has not been clouded by the insistence of some that until something has been studied in double-blind tests and included in a standardized medical textbook, it simply can't be true. Keep in mind that if money can't be made from it, it won't be studied.

Take, for instance, the role of alkalinity in human health. I am not alone in the belief that keeping the body alkaline and balanced is key to fighting disease of any kind. *Disease loves an acid environment*. However, the medical establishment has yet to accept this basic principle. Instead, it looks puzzled and suggests vaguely that environmental, genetic or some other unknown factors must be the culprit when asked why cancer and heart disease rates continue at historically high levels. The importance of alkalinity in the body and its relationship to human health will be discussed later in this book, but suffice to say that if you create an acidic environment in your body through poor diet, you have opened yourself up to a host of diseases and ailments, most of which can be held in check if you simply keep your body's pH properly balanced.

There is plenty of hard scientific evidence that fresh fruit and vegetables are quite healthy, build the body and prevent disease, but it is barely mentioned by the medical community beyond an asterisk because things that prevent disease are not big money makers.

My interest in healthy eating began over 20 years ago. I stumbled onto vegetarianism almost by accident and found I felt better after removing meat from my diet. I had more energy and mental alertness. I was raised on junk food and the difference was even more dramatic once I removed most of the processed foods from my diet. I stopped consuming soft drinks, which is one of the most profoundly beneficial health decisions anyone can ever make. I was careful to make sure the four vegetarian protein sources were in my diet: beans & legumes, dairy products, seeds & nuts and grains (wheat, rye, oats, etc.).

Supplementing them with superior whole foods such as *Spirulina & Chlorella* came nearly 17 years later. They are the perfect health compliment to the human body because they contain the exact nutrients the body needs. Literally nothing on earth compares with their power and nutraceutical prowess. However, the most important element the body must have is WATER and the best water to drink is **Ionized Water**.

We will touch on all these subjects in the coming pages, including the Three Principles of Great Health. We will focus on what we put in the body now, what we ought not to put in the body and what we must put in the body if we expect to truly rejuvenate it. The human body regenerates and replaces all its cells approximately every seven years. *From which foods are you getting the nutrients that your body's cells must*

have in order stay healthy and young? If the answer is soft drinks, cooked foods, fast foods, junk and otherwise processed foods, don't wonder why you ache here and there and are looking a little bit older every other glance in the mirror. You are aging and the food you are eating is accelerating it. But you can slow it down, even reverse it.

I would also like to make a promise not to become too technical in explaining any of the foods and ideas promoted in this book. It's the easiest way to lose the reader and you don't need to know how a fuel injector works to drive a car. I will explain basic principles of how *Spirulina* and *Chlorella*, raw foods and *Ionized Water* can enhance our health and our lives, but I will not delve into the physical, chemical or biological detail of how and why it works. That book I will leave to someone else to write, and to those who want to read it.

PART ONE

Chapter 1

"The preservation of health is a duty. Few seem conscious that there is such a thing as physical morality." -- Herbert Spencer

Water: The Beginning of Life

Water is the universal solvent. Without it, life could not exist. It assures the wheel of life continues: birth, death and renewal. It is the most common substance found on Earth. Water covers 80% of our planet, but only 3% is fresh water, most of it stored frozen in glaciers.

Algae, the first food on the planet billions of years ago, could not exist till there was water. Bacteria, the most primordial life form, cannot exist without water. The human body is 69% water, the human brain 85% water, human bones 25% water and human blood 83% water.

Water is the body's most vital need, yet it is entirely ignored by scores of people who couldn't begin to tell you when they last drank a glass of water. When the sun is high and hot, they reach for a soft drink to quench their thirst and end up dramatically dehydrating themselves and leaching out vital electrolytes, sometimes to dangerous levels. The human body can only survive three days without water. The average person loses nearly 2.5 liters of water every day due to perspiration, respiration, urination and defecation. This must be replaced on a continuous basis. Failure to do so results in an imbalance of vital fluids as well as a host of other bodily disparities, biases and deterioration.

*"The role of water itself in the body of living species, mankind included, has not changed since the first creation of life from salt water and its subsequent adaptation to fresh water."*¹

The human body craves water. It is our body's solvent, something akin to what grease is to a machine. It lubricates our joints and organs. Water assists our muscles, heart, tissue, every cell and organ of the body to function optimally. It is our greatest cleanser and detoxifier, carrying away poisons and toxins of all kinds. It prevents premature aging of the skin and internal body tissue. It is the primary ingredient in our

blood. When the optimal blood volume is reached through adequate intake of water, nutrients we consume are properly transported to every part of the body.

The brain uses 80% of the water we drink. Consuming too much alcohol gives people a headache the following morning because it drastically dehydrates the fluids around the brain, sometimes to the point that the brain itself is resting against the skull.

Not drinking enough water will cause the body to actually retain water! Many people, even doctors, recommend that people stop drinking water to curb its retention, but no prescription could be worse. Water becomes stored in extracellular areas, outside the cells, which manifests itself as swollen legs, hands and feet. Diuretics offer temporary relief at best, but as the water is driven out of these areas, essential minerals are lost with it. The body reacts by replacing the lost water at its first opportunity and the condition of bloating soon returns. The only way to rid the body of retained water is to drink plenty of water. Sometimes water retention is caused by excess sodium (salt). The body retains water in order to dilute the high sodium concentration in the body. The only way to rid the body of the excess sodium is to force it out through the kidneys by drinking more water.

Water regulates our body's optimal weight by helping it to properly digest the food we eat, and to eliminate the waste. Drinking adequate amounts of water naturally suppresses the appetite while helping to decrease fat deposits by metabolizing them. Without enough water, the food we eat is not properly hydrated, therefore it does not pass through the body as quickly nor have its nutrients absorbed as readily by the body during the digestive process. This condition can lead to constipation, which can in turn lead to hemorrhoids. A slow moving digestive system is also associated with some types of cancer.

"Chronic and persistently increasing dehydration is the root cause of almost all currently encountered major disease of the human body." ⁱⁱ Dehydration can seriously impair kidney function. The kidneys produce urine that carries away toxins from the body. If this condition becomes chronic, the body will retain water as a natural defense against dehydration, which can cause bloating and other maladies.

Any weight-loss diet should be accompanied by consuming large amounts of water. In fact, weight loss cannot be accomplished in a healthful way if the body is not sufficiently hydrated. If water is not present in the body, stored fat cells cannot be properly metabolized, or used up as fuel by the body. Water provides tone to the muscles and prevents wrinkled, sagging skin that often appears after weight loss.

Drinking cold water can lead to weight loss because it causes the body to raise its metabolism in order to produce heat and maintain an internal body temperature of 98.6° F. This process is known as *thermogenesis*. It is this state of increased metabolism, which causes the body to expend energy and burn fat.

"High blood pressure, hypertension, is a result of an adaptive process to a gross body water deficiency." ⁱⁱⁱ

Years of reaching for something to drink other than water has unfortunately trained many people not to drink water when they most need it. When the body is receiving enough water, our natural thirst urge returns. People who rarely drink enough

water have suppressed the urge of thirst to the point that they no longer realize their body is crying out every moment of every day for more water.

"Chronic cellular dehydration painfully and prematurely kills. Its initial outward manifestations have until now been labeled as diseases of unknown origin." ^{iv} In his book, Your Body's Many Cries For Water, F. Batmanghelidj contends that many diseases can be traced to dehydration at a cellular level where the body's cells are only hydrated from 70% - 90% of their total requirements, which leaves them in a perpetually weakened and defensive posture. Given this kind of chronically dehydrated state, the cell can never function as it was designed to.

Almost all liquids other than water itself do not actually provide the body with much water at all. The reason is because it takes water for the body to process liquids such as juice, milk, coffee, tea, caffeinated drinks, alcohol and especially carbonated soft drinks, *which significantly dehydrate the body.*

"In advanced societies, thinking that tea, coffee, alcohol and manufactured beverages are desirable substitutes for the purely natural needs of the daily "stressed" body is an elementary but catastrophic mistake. It is true that these beverages contain water, but what else they contain are dehydrating agents." ^v

We do not educate our children to drink water, but rather accustom them to consume soft drinks, processed juices, milk and ultra-sweet juice drinks. Water is not typically a part of a child's routine in any way. For instance, children are not taught to drink a large glass of water just after waking in the morning. However, you will find that if you put a water cooler in your house, children will go for the water and leave the soft drinks and other beverages in the fridge. This is because the human body naturally, as well as subconsciously, tells us which substances it needs, which substances are good for it and what we should be drinking.

"The most toxic commercial beverages that people consume (i.e. cola beverages and other soft drinks) are made from purified water. Studies have consistently shown that heavy consumers of soft drinks (with or without sugar) spill huge amounts of calcium, magnesium and other trace minerals into the urine. The more mineral loss, the greater the risk for osteoporosis, osteoarthritis, hypothyroidism, coronary artery disease, high blood pressure and a long list of degenerative diseases generally associated with premature aging." ^{vi}

The medical establishment is not trained to prescribe water as a treatment or *preventive health* measure against disease. There is little, if any, mention of water in today's medical textbooks, yet nothing is more vital to human health. This is occurring in part because the medical establishment does not routinely suggest *preventative health* measures that help forestall disease to begin with. *"Medical professionals of today do not understand the vital roles of water in the human body. Medications are palliatives. They are not designed to cure the degenerative diseases of the human body." ^{vii}*

I want to state for the record that I have nothing against doctors or the medical establishment. However, in many cases they are arrogantly close minded to some of the most obvious causes and cures of human disease.

"Physicians think they are doing something for you by labeling

what you have as a disease."^{viii} For instance, most doctors will not consider *Ionized Water* to be of any medical benefit, regardless of what it reportedly does for the body. They will not consider the possibility that magnets are helpful in fighting pain and healing injuries. They scoff at most herbs and whole food nutraceuticals such as *Spirulina* and *Chlorella*. At best, they suggest they may have some limited benefit for some people, but they never go so far as to actually prescribe them for ailments.

There is a right time and a wrong time to drink water. Any time is the right time except 30 minutes before a meal, during a meal and at least 30 minutes after a meal. Drinking any liquid during mealtime is highly inadvisable because it impedes the digestive process. (See *Great Digestion*)

Drinking any liquids during mealtime, including water, serves only to dilute digestion and leave food to rot in the gut instead of being properly digested. It is true that water is used abundantly in the digestive process, but it needs to be there well before the food is eaten. Not drinking any liquids just before, during and after a meal may take a little getting use to, but the benefits of great digestion, not artificially induced by some drug, are well worth it.

Always drink water before you are thirsty. By doing this, you will always remain hydrated. Disease has a tougher time getting a foothold in the body because when it is well hydrated its organs, tissue and cells will have their best opportunity to fight disease. Athletic performance is also at its peak when the body is well hydrated and hampered when it is not.

A standard rule of thumb for how much water we should drink is half our body weight in ounces daily to provide the body with its MINIMUM water requirements. For instance, if a person weights 200 lb., they should drink 100 ounces of water per day minimum. Doubling or tripling that intake wouldn't hurt a bit.

Top Ten Reasons We Need To Drink Water

1. Water is the substance of life. **Life cannot exist without water.** We must constantly add fresh water to the body in order to keep it properly hydrated. We can only survive three days without water. It is imperative we always remain sufficiently hydrated.
2. The body is comprised of about 69% water. This ratio must be maintained for optimal health. **No element we put in our body is more important than water.**
3. **It is difficult for the body to get water from any source other than water itself.** Soft drinks and alcohol steal tremendous amounts of water from the body. Even other beverages such as coffee, milk and juice require water from the body to be processed.
4. **Water plays a vital role in nearly every bodily function.**
5. Water is essential for proper digestion, nutrient absorption, chemical and enzyme reactions.
6. Water is essential for proper circulation in the body.
7. Water helps remove toxins from the body, in particular from the digestive track.
8. Water regulates the body's cooling system.

9. **Consistent failure to drink enough water will lead to *Chronic Cellular Dehydration*.** This is a condition where the body's cells are never quite hydrated to their capacity so they are constantly in a weakened state, vulnerable to attack from disease. It weakens the body's overall immune system and leads to chemical, hormonal nutritional and pH imbalances that can lead to a host of diseases.
10. Dehydration can occur at any time of the year, not only during the summer months when it is hot. The dryness that occurs during winter months can dehydrate the body even quicker than when it is hot. Many victims of various diseases such as cholera die primarily from dehydration, not the disease itself.

Water is by far the most important substance we consume. Drink half your weight in ounces of water daily is the *rule that should rule you*. **Water is vital to every cell in the body, every biological process and every vital component of human health.**

The quality of water we drink is also of paramount importance. Below is a brief overview of available waters.

Which Water to Drink

My family has been involved in water technology in one capacity or another for over 50 years. We know water, good, bad and otherwise. My father, Robert F. McCauley, Sr., was a renown water expert. He received a doctorate from the Massachusetts Institute of Technology, taught Environmental Engineering at Michigan State University for 25 years then ran an engineering company for 17 years. We have been in the bottled water business since the early 1990's.

Although certain areas are high in iron, which negatively effects its taste, Michigan has exceptional water in great abundance. I am specifically referring to the ground water in Michigan, not the Great Lakes. Michigan's ground water is naturally filtered through several geologic strata before reaching its sandstone aquifer where it is drawn. It takes rain water about 50 years to filter through layers of gravel, clay, sand, silt and limestone before it reaches the white sandstone aquifer 200-400 feet below. Clay offers the perfect filtration for natural and artificial pollutants of any kind. Essentially, nothing gets through clay except water itself.

Certainly, not all water is as clean and good tasting as Michigan's. However, there are several options in choosing a good drinking water.

Bottled Water

There are hundreds of bottled waters on the market. The vast majority of US bottled waters are good quality. The standards set by the EPA (Environmental Protection Agency) and FDA (Food and Drug Administration) are extremely strict and not easy to circumvent. FDA standards require filtration and ozonation of all bottled water with accurate labeling that declares the exact source of the water. These guidelines are strict and ensure that US bottled water is some of the best in the world.

Frankly, expensive foreign brands are not worth the money. Shipping water great distances is quite costly. To take something as common as good drinking water and

transform it into gold because it's been shipped half way around the world is a ridiculous proposition.

Purified Water

(Distilled or Reverse Osmosis)

Do not drink purified water. It is water that has had all the minerals removed from so it is literally pure H₂O. Because of its purity, it absorbs carbon dioxide out of the air which makes it acidic and even more aggressive at dissolving alkaline substances it comes in contact with. It usually contains little or no dissolved oxygen and therefore is considered *dead water*, which is another reason why it should not be consumed. Purified water leaches minerals from the body, turning the body more acidic. It goes into the body pure, but does not come out pure.

"The longer one drinks purified water, the more likely the development of mineral deficiencies and an acid state. Disease and early death is more likely to be seen with the long term drinking of purified water."^{ix}

Since it is pure H₂O, it naturally seeks to balance or mollify its extremely pure condition with an alkaline buffer. What is immediately available are the alkaline minerals of the body, thus they are absorbed by the pure water and carried away as it leaves the body. While pure water carries away toxins, it will also take with it vital minerals and other elements needed by the body.

Purified water became a popular fad in the 1970's and remains so to this day with some doctors in the health food, and alternative medicine industries. People who regularly drink purified water often have chronic digestive problems such as gas and diarrhea. Fasting with purified water can be extremely dangerous since it quickly depletes the body of its vital minerals. One person reported his hair turned gray within two weeks of fasting with purified water because it so quickly depleted the copper from his body.

Proponents of drinking purified water suggest first that the minerals in non-purified water will collect in the veins over time and become like cement, which is an absurd and entirely unsupported notion. There is absolutely no evidence to suggest this would happen. Elderly people who have consumed water with a high mineral content all their lives have shown no indication of this condition in their veins whatsoever.

Proponents of purified water will also claim that the amount of minerals in water are small, about what is found in a slice of orange compared to an eight ounce glass of water. This misses the point entirely. The reason mineral water is better to drink is because the minerals provide a crucial buffer which prevents minerals from being leached from the body. If the water you drink already has minerals, physics dictates that it will not try to leach more into it because it is already balanced.

Ironically, FDA labeling regulations state that only water purified by reverse osmosis or distillation can be labeled *Drinking Water*. Leave it to regulators to confuse the public on this issue, but it is crucial. Don't consume anything labeled *Drinking Water* because it will leach minerals from your body.

Spring Water

This is the most common type of bottled water found on the market. Whether it is always true or not, spring water is synonymous with good tasting water. Spring water is ground water that has been naturally pushed to the surface, usually from deep within the earth. However, this means the water has been exposed to surface ground water and air pollution. For this reason, the FDA requires that spring water be filtered below one micron before being ozonated. Most spring water found on the market is good quality as long as the TDS (*Total Dissolved Solids* or amount of minerals in the water) is above 50 ppm (parts per million).

Mineral & Artesian Water

Mineral water must contain a TDS of at least 375 ppm of minerals for it to be labeled a mineral water. Some countries demand higher TDS levels than that. Mineral water is often some of the best tasting water until it reaches a TDS over 550 ppm.

Artesian water is usually considered high quality water; however, this depends geographically on where the source is. Artesian water is well water typically drawn from a deep source below 150' and often falls into the same category as mineral water because it tends to be high in mineral content. Technically, artesian water must be drawn from a static water level that is higher than the actual aquifer. Therefore, it must have enough pressure to be forced upward through the confining bed to a level higher than the aquifer. For instance, if the aquifer is 200' down, the water must be drawn at a depth of 150' or higher. Artesian water does not have to flow from the well head for the well to be considered artesian. Such a well that is constantly flowing is called a *flowing artesian well*. Unlike spring water, artesian water has not been exposed to surface ground water and air pollution because it is drawn from a well, which is a distinct advantage.

Municipal Water

(*Tap Water or City Water*)

Although there are definitely problems in some areas, most municipal tap water in the US is fit to drink except for the fact that they all contain chlorine, which is added to kill bacteria in the water. Unfortunately, chlorine is a proven carcinogen and quite dangerous, even if consumed in very small doses over long periods of time. It also is an oxidant, which means it raises the *Oxidation Reduction Potential* (ORP) of anything it comes in contact with, including your body if you drink it. Since chlorine is an oxidant, it *oxidizes*, meaning it *deteriorates* and *ages* the body.

Chlorine also disrupts digestion because it destroys the *Lactobacillus*, the friendly bacteria in the stomach, which retards the intake of nutrients. Like any foreign chemical substance, it also disrupts enzyme reactions which further impedes digestion and overall health.

Municipal water should always be carbon filtered before drinking or bathing in. Most Water ionizers have combination carbon/particulate filters built into them. Showering in unfiltered municipal water can be quite dangerous since the body absorbs more chlorine

gas through the skin pores and lungs during a hot shower than it would if you were to drink an eight ounce glass of the same water. Skin pores absorb substances such as chlorine up to twelve times the normal rate in a hot shower because the pores are fully dilated.

The great potential hazard regarding municipal water comes from bacteria such as those that are found only in surface water. Fertilizer, pesticide and other chemical run-off also pose potential problems for municipal water. Ground water has sometimes been found to have volatile organic chemicals (VOC's), such as benzene and trihalomethanes.

Softened Water

(Salt or Potassium Conditioned)

Never drink water that has been run through a salt water softener. Salt softening exchanges the existing minerals in water and replaces them with twice as much salt because of the two to one ion exchange ratio between sodium and other alkaline minerals. Drinking salt-softened water will throw the body's metabolism out of balance and send your blood pressure soaring.

Some believe it is better to drink water softened with potassium chloride instead of sodium chloride because you can drink it. Although potassium is needed by the body more than sodium, potassium chloride has an abundance of chloride, which is an acidic mineral. Although the body needs chloride, it should not be consumed in abundance. For this reason, I recommend not drinking potassium softened water.

Magnetic Water Conditioning

Magnetic water conditioners essentially achieve what a salt or potassium softened water does without the need to put either of them in the water. People often spend between \$1000 - \$4000 for a salt water softener and then have the burden and expense of endlessly lugging heavy bags of salt for the rest of their lives. What a deal!

Magnetic water conditioners use two very strong South Pole magnets that repel one another. One pair attaches around the water pipe where it enters the house, the other pair around the pipe just after the hot water heater. These powerful magnets polarize the minerals in the water so they line up with one other and will no longer deposit themselves on the interior of the pipe wall. Thus, there is absolutely no pipe scaling whatsoever.

This polarization of minerals in the water actually descales existing deposits on the interior pipe wall. A slow, but steady removal of scaling will occur on areas such as tubs, sinks, etc. If a pipe has significant deposits where scaling has narrowed the interior size of the pipe, magnetic water conditioners will actually open the inner diameter of the pipe over time by descaling it with the polarization effect of the deposited minerals. Like salt softened water, magnetically conditioned water will provide you with more soap lather in the shower, less spotting on dishes and less need for dish and laundry detergent.

Magnetic water conditioners do not add or remove anything from the water. They will not solve iron problems of any kind, which are often caused by house plumbing or old well casings, not source water. They simply polarize the existing minerals that are in the water and change the water's surface tension. They sell for around \$70 - \$150, take five minutes to install and often come with a twenty-year guaranty.

Chapter 2

Ionized Water

Alkaline Water, Alkalized Water, Cluster Water, Microcluster Water,
Reduced Water, Miracle Water

*"Life is a struggle, not against sin, not against money or power, not
against malicious animal magnetism, but against hydrogen ions"*

-- H.L. Mencken

Alkaline Ionized Water is by far the most superior drinking water available. Ionized Water is electronically enhanced water created through electrolysis. It is produced by running normal tap water over positive and negative electrodes, which ionizes the minerals in the water. The electrodes are composed of titanium and coated with platinum, which is an excellent and durable conductor. It is important to note that the platinum is not electroplated, but coated onto the titanium, meaning it is dipped in the platinum. The membranes are composed of complex polymers. The magic comes when the membranes separate the hydrogen and hydroxyl ions, thus creating alkaline and acidic water. These two waters are produced simultaneously during the ionizing process, 70% Alkaline Water and 30% Acid Water.

ⁱ Your Body's many Cries for Water, F. Batmanghelidj, M.D. p. 5

ⁱⁱ Ibid., p. 25.

ⁱⁱⁱ Ibid., p. 71.

^{iv} Ibid., p. 15.

^v Ibid., p. 6.

^{vi} Why Purified Water is Bad For You, by Zoltan P. Rona MD, MSc.

^{vii} Your Body's many Cries for Water, F. Batmanghelidj, M.D. p. 3.

^{viii} Immanuel Kant, *Philosopher*

^{ix} Your Body's many Cries for Water, F. Batmanghelidj, M.D. p. 18