

For over 40  
years families  
have relied on  
us to provide  
the ultimate in  
purity!



An educational document on how  
water purity can have a direct  
impact on your family's health.

*Call us today at 1-800-875-5915 or visit us at [www.MyPureWater.com](http://www.MyPureWater.com)*



## Water Purity & Your Family's Health

The purity of water that your family consumes can directly affect their health, longevity and happiness.

With over 85,000 chemicals in use today, man-made toxins have spread throughout the environment like never before. Many contaminants found in tap water across the nation have been linked to numerous forms of cancer, developmental effects, learning disabilities, parasitic infections, and intestinal illnesses. The vast majority of chemicals, however, have unknown effects upon our health. Consider the following...

- Water is the fundamental nutrient in your body and is critical for every bodily function, even down to the cellular level. Your body is about 70% water and your body replaces most of that water every week!
- Over the past 20 years, there have been dramatic increases in the occurrence of autism and certain forms of cancer and the cause for this increase is unknown.
- Children, infants, and unborn fetuses are especially sensitive to chemicals that can be in tap water.
- An extensive study published in July 2000 by the New England Journal of Medicine indicates that the environment has the principal role in causing cancer.
- The results published by the European Journal of Cancer in September 2001 show that cancer prevention programs that targeted environmental causes are much more effective than current advances in cancer treatment in reducing deaths from cancer.

### READ ON AND DISCOVER:

Water is the fundamental nutrient	Pg 3
The different types of contaminants	Pg 4
The link between water contamination & cancer	Pg 5
Children are more sensitive to chemicals	Pg 6
The Good News	Pg 8
Our Products	Pg 9

Healthy Living

# Water Purity & Your Family's Health

## Healthy Living

**WATER; THE FUNDAMENTAL NUTRIENT:** Water is the fundamental nutrient in your body. Every cell in your body depends upon on an adequate supply of water in order to survive and carry out all of life's functions. Every cell in your body is primarily composed of and is surrounded by water. Water is required for every bodily function; breathing, digestion, growth, movement, elimination of waste, heat dissipation, secretion and all glandular functions. Within your body literally thousands of chemical reactions are occurring around the clock without your knowledge.

**WATER; THE MOST OVERLOOKED NUTRIENT:** While water is the most fundamental nutrient, it's also the most overlooked. More books are written on the health benefits of glucosamine, garlic or vitamin E than water. If you look in the index of most nutrition books, you will notice a brief mention of water, or no mention at all. The fact is that both the quantity and the quality of the water that you drink can affect the quality of your tissues and organs and their performance as well as their resistance to disease.

**OUR ENVIRONMENT HAS CHANGED VERY QUICKLY:** Unfortunately humans have drastically altered the purity of water across the world. Synthetic petrochemicals weren't even invented until about 80 years ago! Today, these chemicals are so widespread throughout every part of the environment that a recent study by the US Geological Survey found at least one pesticide in every stream that they tested across the US, and they tested more than 10,000 streams! 20% of streams had 10 or more pesticides! A report by the Environmental Working Group had this to say, "Our analysis overwhelmingly shows that a single glass of Midwestern tap water commonly has had a mixture of three or more of these pesticides for many years."

### POLLUTION; A HISTORY LESSON

**50,000 YEARS AGO:** People drank fresh rainwater or river water that was free of chemicals and sewage. Our bodies were designed for this type of purity.

**7,000 YEARS AGO:** People learned agriculture. Allowed permanent villages and population increases. Created sewage and bacteria problems. No chemicals present in the environment.





**75 YEARS AGO:** The first synthetic petroleum-based chemical is made in 1929, opening the door to a new kind of chemical that nature (and humans) have never before seen. Between 1945 and 1991, the U.S. chemical industry produced *more than 11 trillion pounds* of refined petrochemicals.

**TODAY:** Over 85,000 chemicals in use. Pesticides, herbicides and other chemicals are integrated throughout all levels of the environment and in water supplies.

# Water Purity & Your Family's Health

Healthy Living

**DIFFERENT TYPES OF CONTAMINANTS:** There are major differences in the different types of water contaminants. Water contaminants can be grouped into four basic types; toxic metals (also called inorganic contaminants), radioactive metals, petrochemicals (also called organic contaminants) and the most dangerous type which is biological. Each type of contaminant has very specific differences and each can be dangerous.

4 Types of Contaminants that Can Be In Water	
 <b>Toxic-Metals</b> Lead, Mercury, Arsenic, Nitrates, Copper, Etc.	Toxic Metals are also called inorganic contaminants. Many toxic metals have been linked to long-term health problems such as cancer and serious learning disabilities.
 <b>Radioactive Metals</b> Radium, Uranium, Ceacesium, Plutonium, Etc.	Radioactive Metals are toxic metals that are also radioactive. Radioactive metals can cause long-term health problems including many forms of cancer.
 <b>Micro-Biological</b> E-Coli, Giardia, Hepittias, Cryptosporidium, Etc.	Biological Contaminants are living organisms such as parasites, bacteria, viruses, cysts and spores. Of all four types of contaminants, biological contaminants are by far the most dangerous.
 <b>Petro-Chemicals</b> Gasoline, Herbicides, Pesticides, Solvents, Etc.	Petroleum-Based Chemicals are also called "organic" contaminants. Many have been linked to long-term health problems including many forms of cancer. Most have unknown long-term health effects.

**MANY HARMFUL CONTAMINANTS ARE UNREGULATED:** There are a number of harmful chemicals found in tap water across the country that have been linked to cancer or other long-term illnesses. Many of these contaminants are unregulated, which means that local governments don't need to test for them nor do they have to remove them if they are present.

**WATER CONTAMINATION'S LINK TO CANCER & ILLNESS:** Many chemicals found in drinking water across the US have been linked to numerous forms of cancer, learning disabilities and other long-term health problems. Common harmful contaminants can include arsenic, lead, pesticides, herbicides, nitrates, nitrites, bacteria.

# Water Purity & Your Family's Health

## Healthy Living

- The CDC (Center for Disease Control) estimates that more than 1 million Americans become ill annually from a variety of biological contaminants carried in the water supply (reported by ABC News October 25, 2001).
- In July 2000, the New England Journal of Medicine published the results of an important study, which followed 44,788 pairs of twins to assess the relative contribution of heredity and environment for 11 different kinds of cancer. In all cases, heredity was only a minor cause. The researchers concluded, "This finding indicates that the environment has the principle role in causing cancer".
- In September 2001, the European Journal of Cancer, published the relative reductions in deaths from cancer prevention programs that targeted environmental causes, and from advances in cancer treatment. Prevention won hands down.
- In 1996, scientists from the National Cancer Institute, the University of Nebraska and Johns Hopkins studied why there was an unusual cluster of Non-Hodgkin's Lymphoma (NHL) cancer cases in Southeastern Nebraska. The study concluded that nitrates in the drinking water was to blame.
- "Arsenic is toxic to humans and causes cancer, and for this reason, no amount of arsenic is considered fully safe. Many scientific studies, including no fewer than seven reviews of the problem by the National Academy of Sciences (NAS), have determined that arsenic in drinking water is known to cause cancer of the bladder, skin, and lungs; likely causes other cancers; and is responsible for a variety of other serious health ailments." What's on Tap, Grading Drinking Water in U.S. Cities; 2003 Report by the National Resources Defense Council



# Water Purity & Your Family's Health

Healthy Living



*"the contaminants in drinking water are quite varied and can cause a range of diseases in children, including cancer, developmental effects such as learning disorders, and acute diseases such as gastrointestinal illness."*

America's Children and the Environment

Report published in 2000 by the EPA (Environmental Protection Agency)

**CHILDREN & INFANTS ARE MORE SUSCEPTIBLE:** Children and especially infants are more susceptible to harmful contaminants than adults. Of special concern are nitrates, arsenic, lead, pesticides, and bacteria. Here's why children are more susceptible. ..

1. Infants consume seven times as much water for their size as adults do and children consume twice as much. This means that their exposure to contaminants is considerably greater.
2. Children and infants have a much lower body mass, which means that toxins build up in their bodies faster. This is why nitrate and lead contamination are such a concern for children.
3. Children have a less developed immune system than adults and are more susceptible to contamination (especially biological contamination) than adults. Contamination outbreaks are considerably more dangerous for children than adults.
4. Unlike adults, children's bodies and brains are still growing and going through critical development stages. Many contaminants have been linked to developmental problems that

# Water Purity & Your Family's Health

## Healthy Living

interfere with critical growth stages.

5. Children are very sensitive to bad tastes in water. This causes them to either turn to sugared drinks that hide the bad tastes or they don't drink enough water.

**IS MY TAP WATER CONTAMINATED?** The simple answer is yes. There is no water source in the US today that is completely contaminant free. A more accurate question to ask is, "Does my water contain harmful contaminants?" Your water may or may not contain harmful contaminants at any given time, but the fact is that no one knows exactly what's in your water or whether it's harmful or not. Consider this...

- **85,000+ Chemicals:** There are more than 70,000 chemicals in use today, but local water systems only have to test for and meet standards on about 100 contaminants in order to say that tap water is "safe" for drinking.
- **Unknown Health Effects:** There are many contaminants that have unknown effects upon our health, thus they are not listed as "harmful", even though they may be harmful. According to the National Academy of Sciences, only about 10% of chemicals in use today have been tested for toxicity.
- **Long-Term Effects:** It's very difficult to determine long-term health effects of contaminants, but many have been linked to cancer and developmental problems.
- **Too Expensive To Remove:** Some contaminants are too expensive for local water systems to remove. No one should drink any arsenic, for example, yet federal standards allow certain levels because it's too expensive to remove.
- **Harmful Combinations:** Some chemicals are harmful in combination with other chemicals.
- **Different Sensitivities:** A contaminant that makes one person sick, may not make another person sick. Children, infants, elderly and people with diseases such as cancer, diabetes or immune



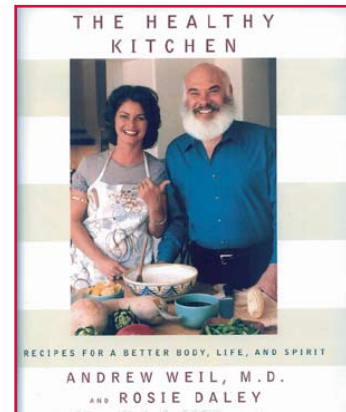
# Water Purity & Your Family's Health

Healthy Living

**THE GOOD NEWS:** The good news is that it's easy to provide your family with the purest, best tasting water possible. Pure, steam-distilled water is used and recommended by top nutritionists and doctors all around the world. It's recognized as the gold-standard for water purity because it's the only technology that consistently produces the purest water possible. When steam-distilled water is produced fresh and stored in a high-quality container (stainless steel as opposed to low-grade plastics) it tastes fantastic!

*"I use a steam distiller to purify my water, because I believe distilled is the cleanest you can get."*

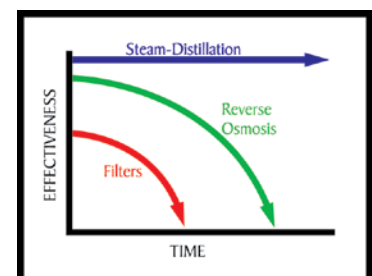
*The Healthy Kitchen*  
**by Andrew Weil, M.D.**



**HOW DOES STEAM-DISTILLATION WORK?** The steam-distillation process produces high-purity water by duplicating nature's hydrologic cycle of evaporation, condensation and precipitation. *Steam-distillation produces high-purity water without the need for filters, which means that the results are consistently high over time and from location to location!*



**FILTERS ARE NOT GOOD ENOUGH:** **All** filters, including reverse osmosis systems, have many inherent flaws and simply cannot provide effective results on a consistent basis.



# Premium Pure Water products...



## Mega-Classic Premium Purification System.

Our Mega-Classic Premium Purification System is our deluxe system for families. The system produces plenty of great-tasting pure water every day for drinking and cooking. Since this system uses the core process of distillation, combined with other treatment methods you will get unmatched purity for the long life of the unit. The Mega-Classic is a completely automatic unit, has a built-in pump for remote delivery of distilled water and an automatic drain for easy maintenance.



## Midi-Classic Premium Purification System.

The Midi-Classic is a versatile purification system with automatic operation. Dispense water directly from the machine or include the optional pump for remote delivery. The Midi-Classic Premium Purification System is ideal for small to medium size families. As with all of our products, the heavy duty construction ensures a long-life and an excellent return on your investment.



## Mini-Classic 2 Premium Purification System.

Our Mini-Classic 2 Premium Purification System is ideal for individuals or small families. This system does not require installation. Just plug it into a regular electrical plug and you're ready to go. This system operates much like a coffee machine. Fill it up with water, push a button and about 3.5 hours later you will have almost a gallon of fresh, distilled water. This system is simple to operate and easy to maintain.