

CERTIFIED WEIGHT LOSS COUNSELOR COURSE - SESSION 3:

The Importance of Water

Water Works

Some say water is the miracle diet ingredient. It helps you feel full. It cleanses. It heals. And it has numerous other health benefits.

Here's To Water. Drink It Up.

You should consume about $\frac{1}{2}$ a fluid ounce for every pound you weight. Thus, a 200-pound person should drink up to 100 fluid ounces of water daily. There are 32 ounces in a quart, so the daily intake would be close to 3 quarts.

Here's the good news. Herbal teas also count as water. If you're bored with water and it needs a little flavor, drop a tea bag into your water and leave it for the day. There are innumerable tasty options.



Another way to enjoy water is to leave a couple of slices of cucumbers in your pitcher or water container for the day. You can add variety by using one thin slice of an orange the next day, one sliced strawberry the next, a small piece of watermelon or cantaloupe, etc. In fact, strawberry and cucumber are all-time favorites.

TAP WATER FOR DRINKING AND SHOWERING

How Clean Is Your Water & Should You Use Your Tap Water?

"120 million may get unsafe drinking water" was the headline of a front-page article that appeared in the USA Today paper. The article covered a comprehensive drinking water study completed by the consumer group Natural Resources Defense Council (NRDC) that analyzed EPA records on compliance with the Safe Drinking Water Act. According to the article, the study found:

- 43 percent of all water supplies violated health standards
- There were a total of 250,000 violations affecting 120 million people
- More than 900,000 people became ill each year, and as many as 900 die each year due to waterborne illness.

Although the article cited biological-related incidents in Milwaukee and New York, according to



NRDC representatives, many of the violations also involved other SDWA contaminants. The POU/POE industry has equipment, which is tested or certified to reduce many of these contaminants such as lead.

It should also be noted that 57 percent of all water supplies were not cited as violators and that the municipal water supply in the United States is considered to be one of the safest in the world. These are important facts to keep in mind to prevent any unjustified "scare tactic" marketing.

WQA will provide a more in-depth follow-up on this as soon as the actual report is studied. Copies of the 44-page report are available by sending \$8.94 for the report and \$14 for the appendices to the National Resources Defense Council, 1350 New York Avenue, Suite 300, Washington, DC 20005.

How Safe is Your Shower?

A recent series of scientific studies have confirmed that your morning shower is not the most innocuous pleasure of the day. Scientists have learned that we absorb as much or more synthetic volatile chemicals from the water we shower in daily than we receive by ingestion of the same type of water daily from food and drinking water. Two studies are of particular significance here.

1. Professor Julian B. Andelman, Center for Environmental Epidemiology, Graduate School of Public Health, University of Pittsburgh, Pittsburgh, PA reported in the scientific journal: The Science for the Total Environment, 47, Pgs 443-460, that roughly 60% more chloroform and trichlorethylene can be absorbed by the body in the shower than is absorbed from ingesting drinking water for that day. To prove this, he constructed a model shower in his lab, and introduced these two volatile chemicals into the showerheads set at different heights and at different temperatures. When the hot water mixes in the shower with the cold water, the volatile chemicals are driven off into the air and, of course, breathed into the 2

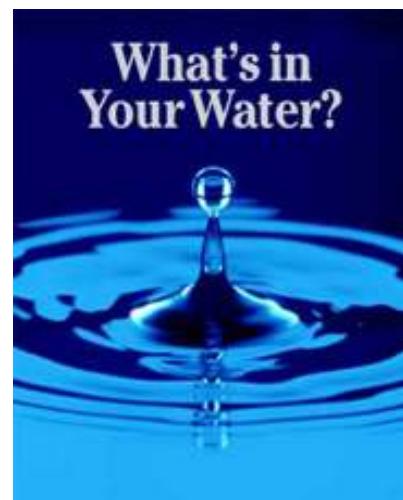
- lungs. In the lungs, the blood barrier is only one cell thick so the chemicals gain immediate access to the blood stream.
2. The role of skin absorption of volatile organic contaminants (VOCs) was reported by Halina S. Brown, Ph.D. et al in the American Journal of Public Health, Vol. 74, Pg. 479-484. They found a direct line relationship between the concentration of volatile chemicals in water that were in contact with the skin, and the concentration of those same chemicals in the blood stream immediately after exposure. This is quite understandable when we realize that the skin is the largest organ of the body and is composed of lipid membranes that are indeed permeable to volatile chemicals. What does all this mean to you and me?

Chemical companies constantly affirm that a little chemical poison does not hurt us, but why expose ourselves unnecessarily?

Clinical ecologists have learned that the more you are exposed to chemicals in your environment, the more quickly you become sensitive to those same chemicals. After a time of continuous exposure, persons can reach their threshold level for that contaminant and thereafter evidence certain characteristic symptoms, which will appear more and more often. Again, prevention is the safest route to follow. Don't allow yourself to become sensitive to chlorine or any of the chlorinated by-products from municipal water.

To those who rather doubt that this is a truth at all, let us recount an experiment that is conducted in laboratories occasionally. Anyone can do this for himself or herself:

"Take a glass of water from the faucet after it has been running a few minutes. Test the water in the glass for free chlorine residue. Our value that we received for water in this city was 1.11 parts per million free chlorine. Then hold your fingers in the glass of water for 15 seconds, and test the water again for chlorine. You will be amazed to see the difference. Our value was 0.19-PPM chlorine. That calculates to a decrease of 82.9% chlorine for just 15 seconds contact. The few fingers have about 1 one-hundredth the surface area of the whole body that is exposed in a shower situation, so you can readily understand why Dr. Brown and her colleagues reported these findings in the Journal of the American Public Health Association. Something to think about the next time you swim in a chlorinated pool or take a chlorinated shower."



What can you do about this for yourself? You can get a shower filter from Ozark Water Lab by contacting them at 800-835-8908.

Do You Drink Water From A Well?

At one time natural underground water sources were almost always drinkable without treatment. No longer is this true in many parts of our nation; therefore, we need R/O purifiers now more than ever since they do remove bacteria and viruses. Without doubt, they do work best where the water is chlorinated. If your water source is not chlorinated, then a few precautions are helpful. Whenever you finish using the R/O unit for more than a day, put 2-3 drops of Clorox in the diverter cup and attach to the faucet. Run the water through the unit for 1-2 minutes until you can smell the chlorine coming out of the white tube. This diminishes bacterial growth on the outside of the membrane.

Notice at this point that the EPA does not recommend the use of only carbon filters on unchlorinated water sources since bacteria can build up even faster. The R/O unit contains a membrane before the carbon filter to prevent bacteria from even reaching the carbon filter, but the pressure must be high enough.

Most springs and wells (and some city water systems) require a 10-inch sediment pre-filter to protect and extend the life of the small pre-filter in the R/O unit. All wells and springs give up copious quantities of dirt, mud, sand, and algae at times of intense rainfall, so it is good economy to protect the filter with a large one.

Thus you can discern that even the best operating R/O purifier in the world may not work as efficiently as it could if the water quality is unusual in some respect. The good news is that all of these abnormalities can be corrected for by slight alterations.

How Can You Test Your Water?

We recommend a R.O.P.E. test for all water whether it is from a Reverse Osmosis Unit, from an underground well, or from your tap.

The Reverse Osmosis Proficiency Evaluation (R.O.P.E.) test is a very helpful device to determine just how clean your water is. It can be used to good advantage to pin point any qualities of the source water supply that would interfere with any health program. For all people today, it is comforting to know that there is a readily available method by which their one-time purchase of a water purifier can be checked at any time. Most people prefer to have this test done every 6 months or at least once a year. Many scientists are coming to believe that the water we drink today is more vital to our health than even the food we consume.



What do all the figures really mean? Let's discuss them one at a time:

1. Total Iron: Suggested level is set at .3 parts per million. This is because some people can discern a slight bitterness of the water if it is higher than 0.3. Some natural waters contain much more - 2-PPM, even 25 PPM. It is not harmful - just unpleasant and difficult to keep the bathroom appliances clean. Any amount of iron in water over 0.1 PM is considered deleterious to water filters. City water systems usually do an excellent job of removing iron, but well water is always subject to checking. If your value is above 0.1 PPM, there are ways of controlling it or removing it.
2. Hardness: The hardness values on your ROPE test are very carefully measured since it affords an excellent way of determining how much calcium and magnesium are in the water. Again, neither of these are in any way harmful to the body, but can be deleterious to water filters if too high.
3. Total Dissolved Solids: Includes the calcium and magnesium compounds measured by the hardness determination, but it also includes all other dissolved minerals - toxic and harmless.
4. PH is of course a measure of the water's acidity or alkalinity and should be between 6.5 and 8.5. A pH of 9.0 or more is not good for cellulose water filter membranes.
5. Additional Tests: Depending upon the values received above, and the type of water being evaluated, other tests are occasionally recommended. These are alkalinity, chlorides, etc.

Certified Weight Loss Counselor Course- Session 3- Questions and Answers

Name _____

Address _____

Phone _____

Fax _____

Email _____

Please be sure to fill out the information above, complete the test and email it back to us at iridology@netzero.net. We will grade your question and answer session and will let you know if we have any questions or concerns.

- a. About how many fluid ounces of water do I need daily? Body weight: _____, divided by 2 = _____ fl. Oz. (up to 100 oz.)
- b. What type of water purification do you use at your home and place of employment? After studying this session, do you believe you are using the best water purification process available?