

Quality, Healthful Water Matters - Now Let's Find It or Will Someone Please Point the Way to Healthful Water?

by Robert Slovak

During my 37 year career I've written hundreds of articles and presentations on water technology, water quality and consumer advice for seeking the healthiest water for drinking and bathing. That was after decades of study and hands-on research.

I recognize that you are a very special readership - the health-seeking elite. You want science-based solutions to your water needs at an affordable price. You can grasp technical information better than average and are less prone to fall for hype and deception - which like a minefield set up by promoters of water products.

Today with the Internet you can "google" literally hundreds-of-thousands to millions of pages of information on any water topic imaginable. This realization prompted me to take a different approach for this assignment because well-intentioned consumers are simply overwhelmed with the quantity of information about an already confusing and intricate subject. This is especially true for otherwise informative and reputable health websites that are no more qualified to sort through the maze of information than the general public. In fact, I disagree with most of the product recommendations of the most respected health and wellness websites.

I thought about taking an approach that was concentrated and straight-talking. No wading through the background of how much fresh water there is on the planet or the environmental causes of water pollution. I'll be Joe Friday... "Just the facts ma'am, nothing but the facts." The Cliff Notes version if you will. So let's dive in and get you deserving readers educated. But first, let me establish some ground rules...

Why water is so important to us

We are 60-70% water (actually a slightly salty solution of mineral elements). That suggests there's nothing more important than water, physiologically speaking. It hosts every biological reaction in the human body. The water we put into our bodies (from beverages and food) continually replaces the molecules that are there. If this water transports impurities and toxins or it is lacking beneficial constituents, it can

result in deteriorating health.

The scope of our article

Choosing the best options to provide healthful drinking water and safe bathing water from public water supplies (the complexities and variation of private well supplies is beyond the scope of this article). Our focus will be on Point of Use (POU) drinking water systems that treat a single location in the home and Point of Entry (POE) systems that treat all the home water for safe bathing and showing. This is the most effective approach by far.

The limitations of our article

We live in a new scientific era that recognizes water as a multi-dimensional substance. I've identified these dimensions as "Physical/Chemical", "Structural (molecular)" and "Energetic (vibration and quantum)". This article will only be concerned with the "Physical/Chemical" aspect of water or I'd have to keep your attention for days.

Our mutual expectations about drinking water

We want pure water free of contaminants (we'll tell you what ones later). We want to benefit from the critical hydrating and cleansing properties of water. We want to be able to enhance water to deliver nutrients and beneficial health "effects".

Our mutual expectations about bathing water

We want to be assured that our families are not exposed to topical and inhaled contaminants that are present in most public water supplies.

Water treatment technologies and systems that will be discussed

- ❖ Distillation with activated carbon
- ❖ Reverse Osmosis with activated carbon
- ❖ Activated carbon block filters
- ❖ Alkaline Ionizers
- ❖ Alkaline filters

Water modifications and enhancements that will be discussed

- ❖ Alkaline water
- ❖ pH (alkaline) additives
- ❖ "Alkalinity" additives
- ❖ Electrically (ERW) reduced antioxidant water

(negative ORP)

- ❖ Chemically (CRW) reduced antioxidant water (negative ORP)

Procuring Safe Healthful Water - The Facts and the Fiction

Why do we need to treat my tap-water ?

Public water supplies in America do an excellent job of protecting us from waterborne disease and the lion's share of the most serious contaminants. There are exceptions because people and machines make mistakes and the funds to operate treatment plants are growing more limited every day.

This wellness-minded readership expects and deserves more. Here's why...

1. There are low levels of various regulated contaminants in public water supplies. (See www.epa.gov/safewater for the potential list of contaminants). Some of these are from natural sources (like arsenic) and others come from industrial, agricultural and you-name-it activities.

2. There are unpredictable levels of unregulated contaminants in public water supplies. (Pharmaceutical drugs and medicines referred to as Endocrine Disrupting Chemicals, EDC's; Personal Care Products (PCPP's) such as lotions, cosmetics, perfumes; specific radionuclides from nuclear leakage and accidents that are infiltrating surface and ground water.

3. There are chemicals intentionally used in water treatment that many experts consider health compromising (chlorine, chloramines, chlorine dioxide, aluminum sulfate and fluoride). Be aware too that some of the highest risk contaminants form in water as the result of the chemical reaction between water treatment additives such as chlorine.

The most important single principle to remember when seeking home water treatment options.

RULE #1 - The primary responsibility of any home POU drinking water system is to reduce the highest amount and the most categories of contaminants. So many well-intentioned consumers forget this and opt for the distraction gadgetry, features and water "effects" not based on sound science much less health improvement. Bear in mind that there are no magic tech-



nologies that selectively remove the bad contaminants and leave in the beneficial constituents. For those seeking contaminant-free water you must start by separating virtually all the contents, leaving pure water.

These POU technologies stand alone - the foundation of pure, healthful water

Distillation and Reverse Osmosis (RO), combined with high-grade activated carbon are unmatched in their ability to fulfill the most important principal of seeking pure healthful water - removing contaminants. Their ability to provide a high reduction of virtually every category of contaminant is spectacular. It is no surprise that these are the only technologies capable of the most difficult challenge in water treatment - desalinating seawater. They are also the primary technologies used in the critical industrial, pharmaceutical and medical applications.

Distillation uses considerable energy and requires cooling of the water - a small price to pay for its exceptional performance. Typically, water distillers also require periodic customer attention in cleaning deposits left behind during the distilling process. Reverse Osmosis has an edge in convenience and versatility but is best used on public water supplies and well water of known microbiological quality. RO systems also require regular annual service by a qualified technician who should

change certain filters and sanitize the entire system including the storage tank (very important!). Because modern RO systems are capable of producing so much water (up to 50 gallons per day), owners are advised to keep the water fresh by completely draining the tank three times per week.

Is there anything wrong with drinking pure distilled and RO water?

Nothing - except that we recommend minerals be added to your family's daily drinking water to take advantage of the water as a nutrient delivery system and to structure the pure water for enhanced bioavailability. I will explain how to do this later in the article. There is no need to add anything to the water used for preparing health drinks and food because they will impart their own mineral content and structuring. If you are fasting or cleansing you can benefit from using the pure water directly without mineral additives.

Some uninformed promoters of competing technologies claim that distilled and RO water are too acidic for the body. This is a misconception and a disservice to these superb technologies. In reality, the weak acidity of pure water has no negative biological effect whatsoever. Pure water, with most of its contents removed, can have a slightly acid pH because a small amount of carbon dioxide from the adjacent air tem-

"Water"... cont'd pg 5

The Power of Unconditional Love:

The Personal Battle for Her Son's Chronic Lyme

by Marge Van Handel

One tiny insect, one crucial moment, changed my son's life forever. Twenty-seven years ago (1985) on his small head of golden locks, my almost three-year-old son and I met the monster that hid beneath those long curls for days. Black with legs that moved back and forth as I tried to remove it, engorged and a head I couldn't see embedded in his scalp. A bull's-eye rash had already formed around the bite, which I thought was just a plain old insect bite. If I only knew then what I know now, this was the hallmark of a relatively unknown infection called Lyme disease.

Very few knew the devastating results of that

bite and how it was about to change our lives. Not just the victim of this disease, my three-year-old son, but my whole family. Hair didn't grow on his scalp around the bite for almost five years. A spot on his scalp where hair didn't grow served as a reminder of that bite but I had no idea then of the pain and heartache it would cause him and our family for so many more years to come.

Jared was a loving baby, slept through the night, quiet, cheerful, a real charmer. Then things started to change at the age of four. I don't recall exactly if he had the flu-like symptoms which is another sign of acute Lyme along with the bull's-eye rash, but what I do recall following the bite is that he was constantly sick.

When Jared started pre-school we began to get the behavior reports that would continue and escalate throughout his school career. He just couldn't sit still, was so excitable, unable to comprehend what was being taught in the classroom. This same behavior went on for the next three years. In third grade, his teacher called me in and told me she thought Jared was ADHD. Not understanding what she was talking about, I questioned her. She had limited information but what she told us sure sounded like my son. I took him to our primary physician and told him what the teacher had suggested. Without testing him and on purely anecdotal evidence, he diagnosed him ADHD and he was put on Ritalin. I

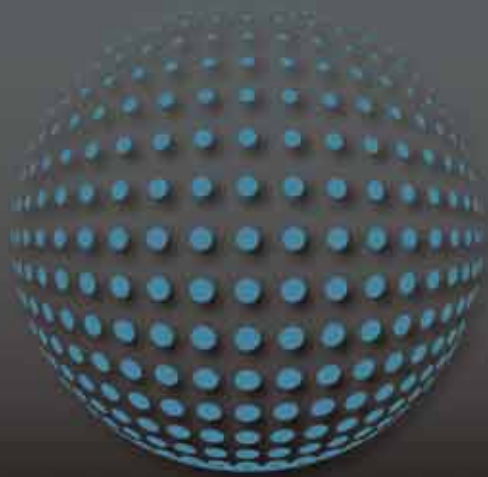
would find out years later (age 21) that he was fighting co-infections associated with his Lyme disease and that was what was causing his behavior problems. The Ritalin he was put on made his mental clarity worse. What I didn't know back then is that brain infection mixed with psychiatric drugs can cause adverse reactions. Of course, I found that out many years later.

Jared suffered through years of hell on one drug after another. The pain and humiliation of his school years as a result of misdiagnosis is such a tragedy. A lost childhood, he couldn't join in because of his behavior, couldn't go on the field trip because he didn't get his work done, couldn't join the basketball team because he

couldn't pass his classes, and he couldn't go to school because he was sick again. Day after day he endured it all. And all because of an invisible disease that had taken over my son.

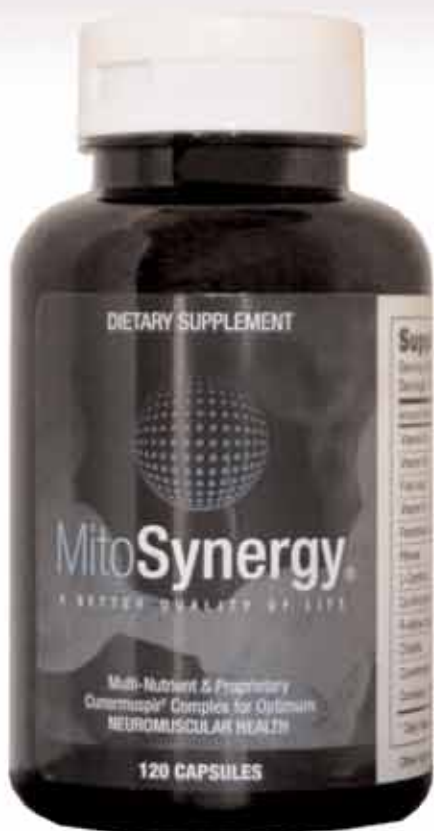
Jared endured surgeries and drug treatments for a host of problems, including painful cysts, fatigue, pain in his joints and muscles, sleep disturbances, mental health issues, and much more. His kidneys and liver were compromised and he came very close to losing his life. His skin and eyes were jaundiced but nothing showed on tests. His nephrologists said he was looking at dialysis within a few short years but couldn't exactly give us a

"Power of Love" cont'd p.10



MitoSynergy®

A BETTER QUALITY OF LIFE



Do you suffer from a neuromuscular disease?

MitoSynergy may help you to improve your quality of life and take control of your pain. With a one of a kind blend containing the patent pending Cunermuspir Complex, MitoSynergy may dramatically improve your energy, sleep, inflammation, motor control, pain management and muscle strength.*

FREE GIFT

use coupon code PHEALTH and receive a free gift with your order!

ORDER TODAY at www.MitoSynergy.com†

MitoSynergy.com

1.866.412.MITO

facebook.com/MitoSynergy

† Free Shipping. While supplies last. *These statements have not been evaluated by the Food & Drug Administration. This Product is not intended to diagnose, treat, cure or prevent any disease.

DECODING the MYSTERY of CHRONIC ILLNESSES

New Approaches to Treating Persisting Infectious Inflammation

Tel: 1 800 755 3402 | International +1 805 693 1802 | www.Decoding-the-Mystery.com

September 15-16, 2012 • Sheraton Crescent - Phoenix, AZ

Course Overview

This course will provide practitioners with the tools they need to properly diagnose and treat chronically ill patients. The faculty will present an evidence-based medicine approach, arming the healthcare professional with new skills and protocols which can be implemented upon returning to the office.

Conditions To Be Discussed

Lyme Disease, Fibromyalgia, Chronic Fatigue, persisting infectious inflammation, hypercoagulation & its role in many diseases, biofilms, mitochondrial dysfunction, immune dysfunction, central nervous system inflammation, neurologic dysfunction and others.

Discover New Tools

- Diagnose these tough to treat conditions
- Which labs to use
- Pharmaceutical protocols
- Nutraceutical protocols

Experienced Faculty

The assembled faculty actively practice and advise other practitioners on implementing protocols for successful diagnosis and treatment. The faculty is on the cutting edge of evidence-based integrative medicine, offering the most recent research, advanced diagnostics, and successful treatment protocols.

Register Early & Save!

Early Bird Special: \$399 until August 30, 2012
Pre-conference Price: \$499 until September 5, 2012
At the door: \$599

Price includes, Friday September 14th evening reception, breakfast, lunch and dinner on Saturday, and Sunday breakfast.

Sponsored by:



Featured Speakers:



Joseph Burrascano Jr., MD



David Berg, MS
 Founder Hemex Lab



Jeremy Ellis, PhD



Norton Fishman, MD



Steven Fry, MD



Ruth Kriz, APRN



Carol Ann Ryser, MD

Optimized Energy for Serious

MITOCHONDRIAL NEEDS

ATP Fuel® starts with the base of our highly acclaimed NT Factor Energy™ phospholipid delivery system for mitochondrial membrane support. Stabilized NADH and CoEnzyme Q10 are incorporated to promote healthy Krebs output.

PEER-REVIEWED PUBLISHED RESEARCH



PRESENTED at ILADS.

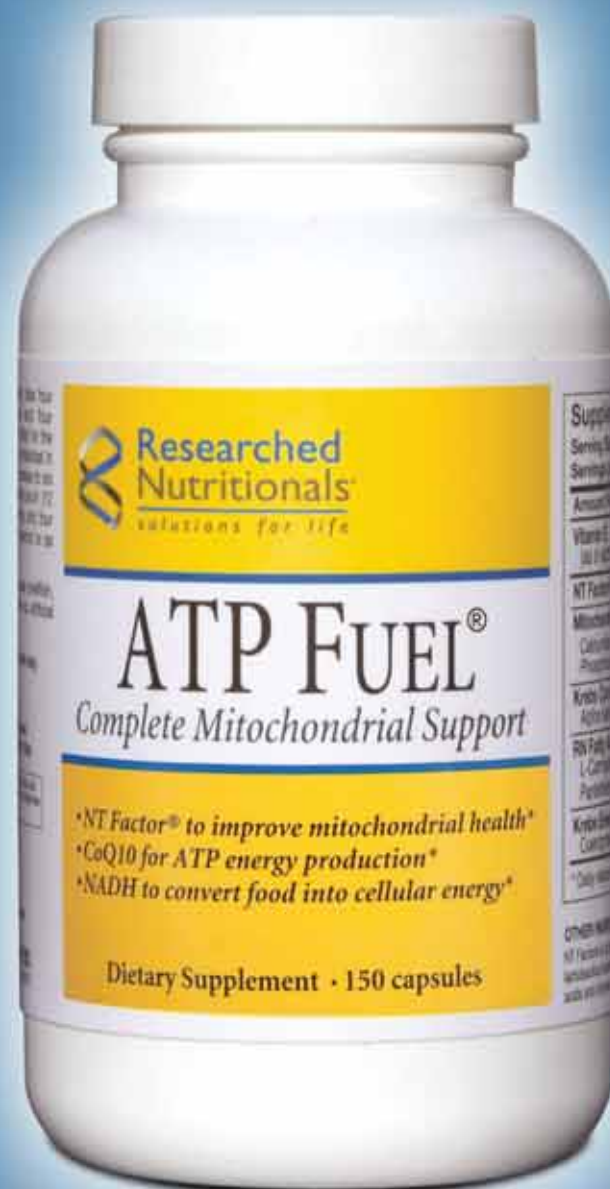
PUBLISHED in peer-reviewed *International Journal of Clinical Medicine*.

PUBLISHED in peer-reviewed *Journal of Functional Food in Health & Disease*.



JOSEPH BURRASCANO JR., MD

"Due to the efficacy and the science behind the product, this is one of my favorites"



CALL FOR A FREE COPY OF OUR PUBLISHED RESEARCH

Toll Free: 800.755.3402 • Tel: 805.693.1802 • Fax: 805.693.1806
www.ResearchedNutritionals.com | Available only through healthcare professionals

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Redemption



by **Joan Vetter**

What do you think of when you hear the word redemption? Probably not a slave market - we're far too civilized to have slavery on our minds. However in parts of the world human trafficking is flourishing. My granddaughter, Janiece, is vitally interested in the subject and has performed dances with her college dance team to bring awareness to the issue. It should be appalling to all

of us to learn that human beings are put on the auction block and purchased like cattle. What should be even more shocking is to learn the meaning of the word redemption as it applies to the Christian faith, and to realize that we were actually slaves needing to be redeemed.

There are four Greek words for redemption. They are:

Agoridzo - means the market place or a slave market

Exagoridzo - one who comes to purchase a slave out of the slave market.

Lutros - to set a captive free by payment of a ransom.

Apolutrosis - to return - fully restored - placed back into a state of right standing with God.

As a Christian, this is past tense for me. I have

been redeemed by accepting Jesus Christ as my Lord and Savior. I guess I never fully appreciated the depth of my redemption. The Bible declares in Galatians 5:1, Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage. In Galatians 4:7 we are told that when we become Christians we are no longer slaves but sons. People who have been slaves to things like drugs, depression, or fear and have been set free by God are so grateful. But, sadly, too many Christians are still slaves needing to be set free. We don't realize the price for our ransom was paid when Christ went to the cross and declared, "It is finished." We often don't understand or appropriate our freedom.

I remember hearing the story of a dog that was chained in his yard. Day after day he would race to the edge of the yard and be

yanked back when he reached the end of his chain. This went on for a long time. Then one day his master released the chain from the main post. Trained by habit, the dog never went any further than the edge of the yard.

Another example is the man who purchases a cruise. Not aware that his meals are included in the purchase price, he brings crackers and cheese to eat in his room. At the end of the cruise he discovers his food was already paid for.

Our God has paid a dear price for us. We need to look over the contract (the Bible) and learn what is included in the package. Don't allow the enemy to blind your eyes to anything God has already purchased. It has your name on it - "son". Your Father loves you and is a great provider. It grieves His heart to have you go without - when it belongs to you!

pha

Learning to be Assertive Despite the Fatigue of Illness



by **Lisa Copen**

I had just received the third pink slip in two weeks from the lab that said my payment was past due. Over three times I had called and my insurance company had assured me that the lab work was covered and that they would mail out a check that afternoon. This time, when I finally got a representative on the telephone, I was polite but firm. I said that I wanted the problem taken care of immediately, and I wrote down her name and the supervisor's name. It was time to get even more assertive.

Has assertiveness gotten a bad rap, however, among the chronically ill? Is it assumed that we won't have the energy or stamina to fight all of the battles that we will face? When we do talk to someone in customer service, we are rarely taken absolutely seriously.

After all, isn't it just the drugs that make us impatient and nit-picky about all of this insurance stuff? Has anyone ever brushed off your assertiveness simply by assuming, "She doesn't have anything else to think about all day, so no wonder she's upset!"? Or "She's just taking her frustrations out on me because she has a chronic illness."

When you imagine an assertive person, what comes to mind? Webster's Dictionary says that assertiveness is "positive; affirming confidently; affirmative." Too often we confuse assertiveness with aggression which is defined as "making assaults and unjustly attacking." Most of us have had moments when we have slid into an aggressive mode, but assertiveness is based on one's ability to confidently step forward.

Rather than becoming aggressive, I believe that the chronically ill often become burnt out on fighting and we simply avoid any conflict. Who has the energy to fight for our rights? Next time a situation arises where you may need to be a bit assertive, here are some things to remember.

I have the right to say no without feeling guilty.

For those of us with chronic illness, this is a big one! We must say, "no, thanks," or "I'll pass," much more often than we would prefer. Even when we master the ability to say no, the guilt continues to sit with us for days. Let it go! You know your abilities and limitations and what is best for your own health and your family's well being.

I have the right to state my opinion, even if I change my mind.

Have you ever been on a jury and you had to state your decision up-front, but then as the deliberations continued, you changed your mind about the verdict? You have the right to say what you think, but it's best to think before you speak. Is what you say going to hurt someone's feelings? Are your comments going to help the



situation?

I have the right to take risks and try new things.

Just because you have a chronic condition doesn't mean you have to eat at the same restaurant the rest of your life. Try new things! You may find a new hobby or a new activity that you are able to easily do, which you would have never thought about.

"When I started taking photos it was on one of those cardboard cameras," says Darcie. "But then I found that I really loved it and I wasn't half bad. So I bought a real camera. It's been fun. I've had an excuse to go to events that I couldn't participate in before, like boat races, because I am 'the photographer.'"

I have the right to be heard.

Whether you are having a conversation with a medical professional or your mother, you do have the right to be heard. Too many of us fall into the habit of

talking all of the time, however, and forgetting that we also have the responsibility to listen. Know your boundaries and what you are willing to listen to and not.

When a man approached me after a health fair and said, "I can cure you in 30 days," I replied, "You have sixty seconds to tell me why I should talk with you further about your product." I listened... and no, he didn't convince me. He felt okay about it though, and I got out of an uncomfortable thirty-minute sales pitch.

So be assertive - practice in front of the mirror if you must. As you step out and share your opinion, it may feel awkward at first, but then you will gain more confidence and it will become simpler the next time the opportunity arises. Even studies have shown that assertive people are more likely to have personal and professional relationships that are based on honesty and mutual respect.

pha

Public Health Alert

The PHA is committed to researching and investigating Lyme Disease and other chronic illnesses in the United States. We have joined our forces with local and nationwide support group leaders. These groups include the chronic illnesses of Multiple Sclerosis, Lou Gehrig's Disease (ALS), Lupus, Chronic Fatigue, Fibromyalgia, Heart Disease, Cancer and various other illnesses of unknown origins.

PHA seeks to bring information and awareness about these illnesses to the public's attention. We seek to make sure that anyone struggling with these diseases has proper support emotionally, physically, spiritually and medically.

PHA Staff

Editor: Dawn Irons
Assistant Editor: Susan Williams
Advertising Manager: Laura Zeller
Asst. Advertising Mgr: Tami Conner
Editorial Calendar Manager:
Linda Heming
Dottie Heffron
Distribution: Randi Dumont,

Contributors:

Tina J. Garcia, Mary Budinger, Laura Wild, Bryan Rosner, Kathleen Liporace, Paul Callahan, Scott Forsgren, Dr. Virginia Sherr, Dr. Robert Bransfield, Tami Duncan, Harriet Bishop, Lisa Copen, Joan Vetter, Jennifer Allton, Linnette R. Mullin.

Website:

www.publichealthalert.org

e-mail:

editor@publichealthalert.org

Donations:

If you would like to make a donation to PHA, you may do so through Paypal. Please send the donations to the following address:

donations@publichealthalert.org

We cannot accept credit card payments. Donations should be sent from a VERIFIED PayPal account.

You may mail your donation to:

**Public Health Alert
295 Belle Street
Bedford, TX 76022**

PHA is a free monthly publication. We function on the sale of advertising space and donations from the public.

We have nationwide distribution.

We are a privately-owned business and have the right to refuse publication of articles or advertising we deem inappropriate.

Disclaimer: This newspaper is for informational and educational purposes only. The owners, staff, writers and contributors of this group are not doctors (unless identified as such in their title). Articles in this newspaper are not intended to prevent, diagnose, treat or cure disease. The opinions in the articles are that of the author and not necessarily those of the PHA Editor or other PHA staff members.

Letters to the Editor

You may send letters to the editor: editor@publichealthalert.org or by postal mail to:

PHA
295 Belle Street
Bedford, TX 76022

All letters to the editor must be signed, and include name, address, and phone number. Letters will be printed as space permits.

Order Bulk Copies for your Support Group, Medical Practice or Special Event

www.publichealthalert.org

Click "Bulk Copies" Fill out the online form. Send us your payment for postage. Your bulk copies will arrive within 2-3 days of receiving your payment.

“Water” ...cont’d from page 1

porarily dissolves in it. But as soon as the water is consumed it will take on the pH of your saliva and other body fluids. Pure water simply "assumes" the pH of whatever it is in contact with.

Unfortunately, the pH of water is one of the most misunderstood concepts among health-minded consumers and I hope to further clarify this issue for our readers as I move along.

What about activated carbon block filters?

So-called carbon block filters are available in every shape and size. They are one of the most popular technologies for POU drinking water filters - and for good reason. While not as effective as distillation and RO, they offer remarkable performance in reducing limited categories of contaminants. For example, they are most effective for chlorine-based chemicals and their toxic byproducts like Trihalomethanes, volatile organic chemicals (VOC's) from industrial and agricultural activities and offensive tastes and odors. They are typically not effective for heavy metals (some can reduce lead), fluoride, radionuclides and dissolved inorganic substances. A carbon block may be perfectly adequate if you have researched the chemical quality of your public water supply and determined that it is suitably free of the aforementioned contaminants not removed by carbon block technology.

What about alkaline water - it seems to be the newest buzz-word of healthy drinking water

Some of you will be understandably shaken by what I have to report on alkaline water - one the most successfully marketed water concepts in recent times. First, what is it? Alkaline water means its pH is >7 and advocates prefer a pH of 8.5 to 10.5. Why consume it? The reasoning is that almost everything we do in life - breathing, eating, exercising, etc. - generates metabolic acids that the body continually strives to neutralize in order to maintain pH balance in our blood and tissues. Nobel Laureate Albert Szent - Gyorgyi (the discoverer of vitamin C) once stated it this way: *"The body is alkaline by design, but acidic by function."*

So far, so good?

Unfortunately, alkaline pH water is **not** a reliable solution to achieving pH balance in the body (I realize it sounds logical but read on...). In fact, this highly promoted concept is based on a simple *misconception* - that alkaline pH is a factor in neutralizing acid. It isn't, no matter how logical it seems and no matter how many promoters tell you so! Instead, it is something called "alkalinity" that is the critical factor. Now readers

may want to do a double-take just about now because "alkaline" and "alkalinity" sound an awful lot alike - but they are worlds apart in their significance - it's just "Chemistry 101". This may come as a surprise, even to those promoting alkaline water products, that the pH of water alone says little about its ability to neutralize acids or be physiologically meaningful to our body. Armies of promoters teach the importance of alkaline pH with religious conviction but science doesn't support their claim. They aren't lying, no one just ever told them the truth. You see, it's easy to make alkaline water but very difficult to add acid-neutralizing "alkalinity". For the reader's information, alkaline pH is measured with a pH meter (or pH litmus paper) but "alkalinity" must be measured with a special laboratory test kit. If and when you are looking to truly alkalize your body, remember this... *"It is not alkaline water you need, it's water with alkalinity."*

To further add to your understanding of this issue, most of you are already familiar with the most recognized method to alkalize the body naturally - drinking fresh green vegetable juices. It may surprise some of you but virtually all vegetable juices have an acid pH of 5.5 to 7. Even at this acid pH the juices deliver a high level of "alkalinity" as well as "alkaline ash" when they are metabolized. This vividly demonstrates how irrelevant alkaline pH is when it comes to alkalizing (pH balancing) the body!

Alkaline ionizers, alkaline filters and alkaline pH additives - hype or science?

First, alkaline ionizers are a perfect example of violating *RULE #1: The primary responsibility of any home POU drinking water system is to reduce the highest amount and the most categories of contaminants.* This product category typically offers inadequate technology for the removal of a wide variety of waterborne contaminants. A small carbon filter with some obscure mixture of media is generally all that is supplied. Well-meaning consumers are so distracted by fancy electronics and the expectation of alkaline pH drinking water that they simply forget the most important objective - remove contaminants. Many owners of such systems who do their homework end up installing additional POU water systems including carbon block filters as well as RO systems ahead of their alkaline ionizer system (and

the cost becomes prohibitively high). Readers also should understand that the mineral composition of alkaline water completely depends on what's in the public water supply these systems are connected to. So if you're in Upstate NY your alkaline water will be completely different than if you're in Southern Cal. That's no way to optimize one's health and wellness program!

Alkaline filters (the new gizmo on the market) which are typically added on to an RO system to capitalize on the alkaline water trend, lead consumers into the same trap by providing high pH alkaline water but without a predictable amount of acid neutralizing "alkalinity". The same is true of so-called alkaline pH additives (e.g., pH balance drops you add to a glass of water.) These methods are like the icing without the cake.

Take a look at the chart on this page as it examines test results from some of the popular methods for alkalizing the body - it is

so-called placebo effect (if a room full of people convince you that you will feel better then you probably will!).

However, you don't have to buy a \$2000 to \$4000 alkaline ionizer to enjoy the benefits of reduced antioxidant water. Water can be chemically modified to a negative ORP state and donate massive quantities of electrons. There are special cartridges, ORP devices and tablets that "jump-start" pure water to a high negative ORP (e.g., -250 to -750 mV) level. They can be an inexpensive and convenient way to benefit from this new health concept and help deal with the challenges of today's epidemic of oxidative stress.

So now where are we, dear reader?

We're going to put what we've learned all together and show you how we make ideal healthful drinking water that can be tailor-made for the individual (pregnant woman, newborn, child, teenager,

healthy adult, ill adult, elderly, etc.). Ideally, the composition of our drinking water should change as our unique physiological needs change. Water can be so much more than wet and hydrating! **Step 1: Make pure, contaminant-free water** with a high-quality distiller or Reverse Osmosis (RO) system. Make sure this comes from a reputable source (I'm not

big on Chinese-owned water system manufacturers) with good customer service and technical service to back it up. By the way, countertop distillers and RO systems can be some of the best values because they can be easily cleaned and serviced by the user.

Step 2: Mineralize and structure the water

with a wide variety of elements from the Periodic Table. You don't have to focus on the primary minerals such as calcium, magnesium, potassium, phosphorus, sulfur, etc. because these are available in foods, superfoods and supplements and they may be more difficult to dissolve. Focus on the 70+ trace elements in as natural and unadulterated form as possible. Seawater sources are my preference (unheated without additives is best) but there are a variety of good mineral and trace element additives on the market. The degree to which you mineralize your drinking water should depend on your physiological needs but for now, I recommend maintaining 150 to 450 mg/l of a wide variety of minerals and trace elements in drinking water depending on your individ-

ual needs.

Step 3 (optional): Modify the water to have a negative ORP by using one of the new active-hydrogen chemistries now available. The better tablets and powders available can achieve very strong antioxidant - ORP (> -500 mV) which is higher than most alkaline ionizers are capable of. Always give these additives a few minutes to react to their full capability. Realize too, that one can probably over-antioxidize, so use these products when demands are being made on your physical, metal and emotional condition and oxidative stress is likely.

Step 4 (optional): Alkalize the water with real "alkalinity" containing compounds such as sodium bicarbonate (baking soda), potassium citrate or some of the wonderful mixed alkalinity formulas that can be purchased from any health products supplier. It is not necessary or wise to alkalize the body when it is not necessary. Those on a natural and effective alkaline diet (raw foods, green juices, etc.) are likely to have adequate alkalinity reserves already. Monitoring one's saliva and urine pH can be useful in determining this. Ill health, however, can usher in an immediate need for consuming water with "alkalinity" on a daily basis.

Step 5 (optional): Energize the water with the method of your liking - vortexing (my personal favorite), frequency or holographic imprinting, magnetic effects, etc. Science has not caught up with understanding and defining the physiological benefits of these energetic enhancements so for now you should educate yourself (I highly recommend reading the excellent book "Dancing With Water") and use your higher intuition (which may conclude it's of no significance).

Water for bathing and showering - caveat emptor!

Now we come to the least recognized part of the healthy water puzzle but no less significant in terms of risk to our wellbeing. Contaminants present in public water supplies actually form when chlorine disinfectants react with natural organic matter. Total Trihalomethanes (TTHM's) are the most common culprit and are considered a human carcinogen with no "safe level". TTHM's are present in virtually every chlorinated public water supply. This contaminant vaporizes in the shower and bath and can enter the body orally, by inhalation and directly through the skin. While chlorine and chloramines disinfectants are not anywhere near as health challenging as TTHM's it is beneficial to reduce them to low levels too.

The most important message I have for readers regarding this issue is that popular shower filters, no

“Water” ...cont’d pg 9

Alkaline vs. Alkalinity "Misconceptions"

Additive or Device	pH	Alkalinity mg/l
Alkaline ionizer on So. Cal. water	10.0	30mg/l added to tap water alk.
Alkaline pH drops	10.8	<20 mg/l
1/2 tsp. baking soda	8.4	1500 mg/l
Gerolsteiner Sparkling mineral	6.4	1790 mg/l
Fresh Spinach juice	6.7	2250 mg/l
AlkaSeltzer Gold 2 effervescents	5.9	800 mg/l

quite revealing. You can easily see that there is no correlation between the pH and the level of acid-neutralizing "alkalinity" present. Since this topic is an extremely complex one and I recommend that every reader do their due-diligence before falling for any sales pitches and parlor trick demonstrations.

Electrically (ERW) and chemically (CRW) reduced antioxidant water

Before readers think I have nothing good to say about alkaline ionizers, there is one thing they do very well - produce electrically reduced water (ERW) that is extremely rich in electrons and functions like an antioxidant in the body. This characteristic of water is measured by a parameter called the Oxidation Reduction Potential (ORP) in millivolts (mV). When the ORP is negative mV it donates electrons that neutralize free radicals in the body. Some scientific types like me believe that this is the biggest reason for the generally positive results claimed for alkaline ionizers, along with increased consumption of water and the

Salute' Lyme Advocate: Tina J. Garcia



by Dottie Ianni

Welcome to our latest edition of "Salute" where every month we will be spotlighting an advocate/activist for their contributions in bringing awareness to chronic disease and helping others. These are acts of selflessness and thinking of others before themselves which, in my Christian belief, is coined, "Love One Another" which will reap the richest kudos in heaven.

Salute' became the title for several reasons. The first being, in my Sicilian heritage, Salute' literally means, "To your Health" and the second reason is the person we highlight has put so much time and effort into helping others they deserve a 21-gun SALUTE' for all their dedication and hard work.

We believe anyone who tries to bring awareness to chronic disease by any

mode of communication deserves an award and bundles of praise. So if you would like to see someone highlighted here, please submit their name and contact information to:

Tix_Suck@yahoo.com and put "PLEASE SALUTE _____" in the subject line. All submissions will be considered.

This month please help me by giving a big SALUTE' to Tina Garcia of Mesa, Arizona!

Tina has been a relentless educator, informationist, public speaker for chronic disease, specializing in Lyme and co-infections. She has been very instrumental in bringing awareness to chronic diseases and is a relentless educator on healthy naturalistic ways to treat chronic illness.

Tina's story unfolds by a known tick bite when she was moving from central to northern Arizona in 1998. Several years had passed and in 2002 she was working as a relay operator. While she was at work one day she literally fell out of her chair. She said she didn't know what happened but the next thing she knew everyone was laughing at her. She said she found herself laughing at this occurrence too. She said she remembers not being able to get up from the chair. She remembers not being able to get up and that's it.

By then her symptoms included Bakers cysts, numbness in her feet and arms, memory and hearing loss. She also thought to herself there was something wrong with her tendons and ligaments. Having worked as a legal assistant in personal injury law, she had a copy of a Merck Manual, their bible of diagnostics. She decided to cross reference all her symptoms she was having, especially the cognitive impairment. She remembers telling her co-workers and family, "If I don't seek medical attention and get a diagnosis soon, I will be in a wheelchair." Low and behold the Merck Manual cross referenced Lyme disease as what she possibly had, especially since she had a known tick bite.

By 2002, these persistent symptoms continued. Finally, she decided to seek medical care, starting with two primary care physicians. She went to the first primary care physician and presented him with all the symptoms she was displaying, a recurring erythema migrans rash (EM rash) and extensive pain in the very same place she was bitten at the back of her leg some 4 years ago. It itched and was very tender and sore. She also told him how concerned she was about all the cognitive problems that she was plagued by at work. She was now work-

ing as a Relay Operator for the Hearing Impaired. Sometimes these phone messages were very extensive, lasting for several hours on one call.

The first doctor diagnosed sciatica and the second doctor wrote in her medical records, "I reassured her it does not appear to be Lyme's disease as there are no endemic ticks in Arizona." During this period Tina changed primary care physicians and lost the position as the Relay Operator due to the illness that plagued her.

She eventually found a job providing authorizations for radiology studies. The supervisor was relentless about Tina never keeping up with her "quotas" as the supervisor seemed more worried about "her" call volume, than Tina being sick all the time. She was sitting at her desk one afternoon with chest pains and actually passed out sitting right in her chair, head hitting the desk. When she came to, she went to her supervisor and told her she needed to go to the emergency room. The supervisor was very snippy with her and very upset with her, telling her, "Just go and do what you have to do!" So Tina decided to go to the "big cheese" and explain her situation.

He was very kind and understanding and told her

to go to the emergency room, but Tina recalled to me, "I was so upset by the longevity of the abuse by the supervisor, I walked off the job that very day."

One day, her daughter looked over at her mom and said, "You're getting kinda slow mom!" She had made the observation that Tina was struggling and her thinking processes were not the same as the mom she knew and Tina never felt good anymore. By 2004, Tina and her husband acquired their first home together. They were both very excited as they spoke about new plans to make this house their warm and cozy home. She was especially excited about making a garden and taking advantage of the backyard space.

All this time, what she read in the Merck Manual kept spinning in her thoughts. At this time she was having cognitive problems and numbness of her extremities. She was also experiencing bouts of nausea and piercing headaches, sometimes lasting for days upon end. Tina was in the fight for her life just trying to hold on to what dreams she had for their future.

With time still passing, Tina found herself searching for answers and she decided to turn to the internet. She started net

"Tina Garcia"... pg 7

GET A SECOND OPINION

F
I
G
H
T

Recorded CONSULTATIONS with Dr. Gordon for any health issue and begin your fight for health now.

Dr. Gordon is ready to assist your recovery from any health issue or just help you LIVE TO YOUR maximum intended useful lifespan enjoying optimal health Have Dr. Gordon Personalize his world famous F.I.G.H.T. PROGRAM for you.

You also have the OPTION of employing the latest breakthrough in ADVANCED GENE TESTING for an additional \$425- this costs up to \$ 2500 elsewhere.

Call today to schedule your consultation with Dr.Gordon or more information call Katie Isham ext: 134 at 800.580.7587 or 928.474.3684

www.gordonresearch.com



Advertise in the Public Health Alert

Does Advertising Work?

...It just did!

This ad caught your attention and you are now reading it. So will others!

Contact our advertising manager for ad sizes and rates.

Ask about our Fall Advertising Special!!

email: publichealthalert@yahoo.com

for current rates and specials for the fall!

We now average 135,000 hits per month on our website. Contact us today!!



“Tina J. Garcia” ... cont'd from page 6

working and learning from others that this was happening to them as well. So her next step was to try a lung specialist, whom she had seen years prior for a bout of bronchitis. She said to me, "He was a very good doctor. He was very disciplined and polite, highly trained of East Indian decent, WHO REALLY LISTENED TO ME."

By this time, Tina herself became very highly educated about Lyme disease. She had been researching and gathering information. After she presented him with her case, he turned to her and stated, "I don't really know a lot about Lyme, but you were bitten, so I think we need to run the tests. Let me see your palms, please." Tina extended her arms, palms up he held them and stated, "they are so red, you have something going on!?" He ordered a Quest ELISA and a RA test which were both negative upon their return. One band was reactive, and that band was 41kd.

Yale University owns the only scientifically valid test for Lyme disease, and has owned that test since 1997, developing it in 1991-1993. United States Patent number #5,618,533 and it is the "ONLY" scientifically valid test for Lyme "PER" the FDA's rules for validating a disease. It utilizes "Flagellin-based polypeptides" for the diagnosis of Lyme disease. But since 1994, when the FDA and CDC held meetings for diagnosing Lyme, it has never been used.

Prior to 1994, people were getting the correct results when they did get a test for Lyme disease. This all changed in 1994 at the CDC's Second National Conference on Serologic Diagnosis of Lyme Disease held in Dearborn Michigan. The outcome of this conference recommendations were made by a "special working group" which was ultimately signed by none other than Arthur Weinstein of Washington University and Barbara Johnson of the CDC who owns patents with SmithKline in Europe. This is a conflict of interest and sadly we have these recommendations standing in place today for the testing of Lyme.

Looking back at her experience with this doctor she told me how very much she appreciated him testing her for Lyme, because she felt from the first time she read about all her symptoms in the Merck Manual, she knew she had this terrible disease. By December 2004, Tina went online and found out about the current testing and people should really go to Igenex Labs in California. This lab was using the testing criteria prior to the new recommendations made in 1994. The owner of this lab, Dr. Nick Harris, attended the conference so he knew this method was not valid.

Tina started to see a homeopathic doctor in the state of Arizona. The state of Arizona allows natural treat-

ments for all types of chronic illness. This was the first time Tina was vindicated by a clinical diagnosis of Lyme disease as it was positive upon the return from the Igenex lab. She also was positive for Ehrlichiosis. He recommended 8 weeks IV of antibiotics, but at this time Tina could not afford such costly treatment. Tina received 6.5 weeks of Bicillin injections instead, which saved her life.

She saw a new primary care doctor who refilled the prescription for oral Doxycycline for 8 months that she received from the Lyme doctor; however he profusely refused the IV stating, "I will not consult with your doctor because he only has a homeopathic license for medicine." Tina was so disgusted; his ignorance was just an annoyance now.

Not being satisfied with the outcome of her visit, she called Igenex back and asked if there were any other doctors they might refer her to. They did refer her to another Lyme doctor in Arizona. EUREKA! Tina gleamed as he was an osteopathic doctor too, just like her primary care doctor, so surely her primary care physician would confer with him!

Upon seeing the primary care doctor again, Tina presented the prescription from the new Lyme doctor, which was "8 weeks of IV Primaxin." Her primary care physician told her, "Primaxin is a heavyweight antibiotic and is very expensive." The primary care doctor looked Tina squarely in the face and said sternly to her, "I refuse to treat you for Lyme disease and I doubt if you'll find anyone else on your plan that will."

Tina returned home LIVID! That was the pivotal point of her life with Lyme and Ehrlichiosis. Now she made a major decision to go to a Neurologist as this bacteria affects the nervous system. One of the tests he did was a very simple one. He took out a piece of paper and asked her to draw a clock.

After completing the task, the doctor told her to take a good look at the clock she drew. She had numbered the clock beginning at the top and had ended with the number 12 where the number 7 should have been. Tina sat in shock and disbelief at what she saw. She then realized at that moment how truly bad her cognitive workings in her brain had become. After a few minutes of speaking with her, the doctor asked her to redraw the clock. She told me she did much better the second time around.

He ordered a spinal tap and of course the results were negative. Her score was a .2% antibody against Lyme disease, but this test criterion stated it had to be 1.00 or higher to be positive. He also ordered a brain MRI which showed a small meningioma.

The test Tina took was from Quest labs and the

results from this appointment were as follows:

- 1) Neurologist results - negative for Lyme
 - 2) Lyme Literate®
- Tina's results - positive for Lyme

The Neurologist's diagnosis was: ABL disease (Anything BUT Lyme! this was coined by Dr. Ken Liegner) but honestly the real diagnosis from that Neurologist was she had Conversion disorder, anxiety and emotional problems. The next step for Tina in the parade of doctors she saw was two infectious disease doctors. The first one did not believe she had been bitten by a tick and refused further antibiotics. The 2nd one, from Phoenix, had treated Tina with such disrespect and humiliation that this prompted Tina to enter the "Lyme Big Top" and step into the center ring.

She contacted two of Arizona's U.S. Senators and the next step was Senators Kyl and McCain contacted Arizona's State-run insurance on Tina's behalf regarding denial of treatment. You will never guess who the 2nd infectious disease doctor was! She chuckled at me, "he was the current, esteemed president of the Arizona Chapter of the IDSA, Timothy Kuberski." Tina presented a book of information about Lyme disease to Kuberski who told her, "I don't care what the CDC or President Bush says because I am a Lyme disease expert and I have proven wrong every Igenex test that crossed my desk," and he has never seen one actual case of Lyme in Arizona. Before Tina left the Infectious Disease doctor, she asked him, "Tell me why my ankles are swelling so bad?" He replied to her, "you either have Syphilis or Rheumatoid Arthritis, and if you think you are going to get another test, all those tick-borne disease labs are closed."

Returning home very displeased with the outcome yet again, this little voice of reason (we all possess) kept whispering in Tina's ear. She called all the labs around and to her dismay and disbelief of the blatant lie she was told this prompted her to write to Mr. Lyme expert Kuberski and tell him what she thought about him, which wasn't much.

His response was a letter to her primary care physician and he also sent a copy of this letter to Tina. This letter consisted of more abuse and humiliation as he stated, "Tina is obsessed with Lyme and she needs a psychological exam."

In reflection Tina told me she knew something was wrong with the Lyme situation right from the beginning, "I smelled a foul odor coming from the CDC."

By 2005, as she was finishing her 1st round of treatments, she would sit in the recliner for hours, herxing (die-off associated with bacterial being killed) she said she would shake and



Tina J. Garcia, President of L.E.A..P Arizona

she felt as if she was on fire with a sprinkle of numbness to top it off.

On one particular afternoon, this thought crossed her mind: it had a touch of "divine prompting." I should start an organization for the poor like myself who needed treatment and education. Then she would burst the thought bubble by telling herself she was just too sick to take on such an endeavor.

Over a few weeks, this idea kept nagging at her because she remembered how hard it was for her to even receive acknowledgment that she indeed had Lyme all along! She figured by using her experiences with the humiliation and ridicule by all the doctors, she could help others and it was an opportunity to serve others in the same predicament.

She agreed to take this (idea) on. She told me, "God guided me, but it was still MY decision whether or not to do this. God places opportunities in front of us, but it is still our ultimate choice of what we wish to do with each opportunity." She believes, along with many people that opportunities are placed before each and every one of us. It is up to us to recognize and act or respond and it stems out from our moral obligation to do something when you know the truth or something is not right. "I believe affliction can be transformed into service to others," she told me.

L.E.A.P Arizona (Lyme Education Awareness Program) was officially born. L.E.A.P. has provided education to the public through educational events in Arizona and through its website at www.leaparizona.com. Tina would sit outside of various public places and hand out fliers and awareness bracelets. Anything for awareness was good. Just this year, L.E.A.P. started a Hope and Inspiration phone line with a monthly message and it is not just for Lyme

patients, it serves those with any type of chronic illness. This is due to the fact that Lyme can manifest as over 300 symptoms across the board. The Hope and Inspiration Line number is 1-888-257-2241.

In 2006, CT Attorney General Richard Blumenthal questioned the IDSA Lyme guidelines and this brought about an Anti-Trust investigation against them. He also asked for patient denial letters from their insurances. In response, Tina sent the AG her insurance denial letter and one of her letters to the CDC. Her letter to the CDC helped his staff realize the seriousness of the situation. On April 30, 2008 Blumenthal and the IDSA reached an agreement whereas a panel of independent doctors would review the guidelines. Only 2 patient advocate slots were available, and it was open for all to apply.

Tina said, "ever since 2005 and she started being an advocate and educator, "I just sensed it that I would serve patients in some capacity. I had that intention - I wanted to make a difference. Of course the difference wasn't that anything changed at the hearing, but I was a voice for so many sick people who have so much to say."

One day before the deadline to apply to speak at the hearing, she thought, "I am too tired of doing it alone." but she saw it was her opportunity to act! She almost did not apply because she was so sick. "I have to do this for the patients and I see this is my only opportunity to try to speak for all the sick people." She faxed in over 60 pages of research with her own comments and a letter with no "sugar coating."

May 15th, 2009 the list of presenters were announced to the world and Tina Garcia and Lorraine Johnson were the two patients chosen to speak. "My role was to be a voice

What Do People Mean When They Say "Balanced Diet?"

Perks from the Pistol Packin' Grandma



by Harriet Bishop

[This is a letter to my Granddaughter who asked, "What do people mean when they say 'balanced diet?'"]

My dear granddaughter,

In school, by now, you may have learned about the alkaline/acid continuum, where the left side of the horizontal line is alkaline (or 'base') at the extreme left end, graduating toward the center where it is neutral, and continuing to the right into the acid area, where the extreme right end is highly acid.

Our foods, water and soils all fit along this line somewhere depending upon their composition. Most flowers like slightly acid soil, with azaleas and gardenias needing slightly more acid than other flowers. They

thrive in sandy (acidic) soil. If they are barely surviving in Hill Country alkaline soil, we can help them by adding a bit of vinegar (acid) to the water we put on them. And by adding some sand, we can balance their environment more to their liking.

Life is not compatible with either of the extreme ends of this line, the continuum, and that includes human, plant and animal life. Unlike flowers, our human bodies need to stay slightly alkaline if we are to thrive. Human blood is naturally a bit alkaline. If it were acid, you'd already feel terrible and go to the doctor...or the hospital. Does that surprise you? Cancer can take hold in an acidic environment, so we don't want to go there. So how do we avoid getting into an acidic condition?

By 'balancing' the foods we eat according to their alkaline/acid result in the human body. When the body assimilates food and 'burns' it for energy, the result of course is an 'ash'. That ash also lies somewhere on the alkaline/acid line. If you think "orange and lemon must be acid," well, they are before you eat them, but they are alkalizing after you've eaten them...remember the ash?

Printed below is a chart called "Food & chemical effects on acid/alkaline

body chemical balance" prepared by Dr. Russell Jaffe. Like the line I described, the far left is most alkaline and the far right is most acid, with neutral occurring closest to the center. Now look at the chart and find your favorite foods. If most of the foods you eat are on the far right, it's important to look on the left side and see what foods you like over there so you could increase your daily intake of them. The farther they are to the left, the less you'd have to eat to balance the food you eat on the right.

For example, if you eat wheat toast in the morning and have sugared cereal, wheat and sugar are both on the right, acid-forming. So you could add cinnamon (on the left) to your toast, and add one of the fruits on the left to your breakfast to 'balance' the meal. This is what people mean when they advise a 'balanced diet' but how many ever explain?

If you have a fast food hamburger, that's beef, wheat, tomato, all on the right (acid) side. So add lettuce (left, alkaline) and maybe sweet potato fries for balance as yams are also alkaline-forming.

Note that cocoa or hot chocolate is far right. Mexican hot chocolate has this solved: they add cinnamon and not only does it balance it, it adds flavor and excitement!

Remember that if you add sugar (acid) to the healthy fruits on the alkaline side, you've brought them back over to the acid side, so go easy on jams and jellies...just a tiny bit goes a long way. Check labels for corn syrup-that's acidic. Moderation in everything is a wise approach.

Coffee is on the right (acid) so if you have a cup in the morning, be sure to have something on the left to balance that. If you add cream and sugar to your coffee, it's even more important to have a fruit, vegetable, potato or avocado to balance it.

Oats are slightly alkaline, which is of course beneficial, but a wheat cereal is acid-forming, so be sure to add a fruit like banana, melon, or berries - yum! You can really enjoy a balanced diet!

Remember Alka-Seltzer? The reason it might work for someone with 'acid indigestion' is that it alkalizes quickly and brings the sufferer back into balance. Suppose I eat a breakfast taco of corn or wheat tortilla, chicken egg, cheese, bacon and tomato salsa-- guess what? It's all on the right side and I will likely need an Alka-Seltzer! With a cup of coffee, that meal is designed to create heartburn! Correct that imbalance with a healthy serving or two of the foods on the left side,

such as grapefruit or watermelon.

If you make an omelet at home for breakfast, add green bell peppers, onion and garlic, and maybe have some lightly sautéed hash brown potatoes, and a fruit to balance your cup of coffee. Salads are mostly on the left side, so have lots of greens to balance that tomato which is on the right. A meal of beef, chicken or fish with mixed vegetables actually needs a salad or fruit for balance because all of that is on the right-- the meats, corn, peas, carrots and beans! Isn't that a surprise!

Do you think there might be far less "acid reflux" in the USA if we had a public service announcement on TV with these tips for the general public? Could dietary imbalance be contributing to the rise of morbid obesity?

I am glad you are thinking about the foods you eat and how they relate to your health while you are still a teen. What you learn and put into practice now will benefit you your entire life. Fresh fruits and vegetables seem more appealing when you know they can help you live healthfully for a long and happy life.

Love, Grandma

Food & Chemical Effects on Acid/Alkaline Body Chemical Balance

**Italicized items NOT recommended

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
Baking Soda Table Salt Mineral Water	Spices/Cinnamon Sea Salt Kombucha Molasses Soy Sauce	Herbs (most) Green/ Mu Tea Rice Syrup Apple Cider vinegar	Sulfite Ginger Tea Sucanat Umeboshi Vinegar	Spices/Herbs Preservatives Beverages Sweeteners Vinegar	Curry MSG Kona Coffee Honey/Maple Rice Vinegar	Vanilla Benzoate Black Tea Balsamic Vinegar	Nutmeg Aspartame Coffee Saccharin	Pudding/Jam Yeast/Malt Sugar/Cocoa White/Acetic vinegar
Umeboshi plums		Sake	Algae	Therapeutics		Antihistamines	Psychotropics	Antibiotics
			Ghee Human Milk	Processed Dairy Cow/Human Soy Goat/Sheep	Cream, cow Yogurt, cow Goat/Sheep cheese	Cow Milk Aged Cheese Soy Cheese Goat Milk	Casein 30-day Cheese Soy Milk	Processed Cheese Ice Cream
		Quail Eggs	Duck Eggs	Eggs	Chicken Eggs			
				Meat Game Fish/Shell	Gelatin/Organs Venison Fish	Lamb/Mutton Boar/Elk Shell Fish	Pork/Veal Bear Crustacea	Beef/Flesh Lobster
				Fowl	Wild Duck	Goose/Turkey	Chicken	Pheasant
			Oats Grain Coffee Quinoa Wild Rice	Grains Cereal Grass	Triticale Millet Kasha Amaranth Brown Rice	Buckwheat Wheat Spelt/Teff Farina/Semolina White Rice	Maize Barley Groats Corn Rye Oat Bran	Barley
Pumpkin Seeds Hydrog. Oil	Poppy Seed Chestnuts Pepper	Primrose Oil Sesame Oil Cod Liver Oil Almonds Sprouts	Avocado Oil Linseed Oil Coconut Oil Olive Oil Seeds (most)	Nuts Seeds/Sprouts Oils	Pumpkin Seed Grape Seed Sunflower Oil Pine Nuts Canola Oil	Almond Oil Sesame Oil Safflower Oil Tapioca Seitan	Pistachio Seed Chestnut Oil Lard Pecans Palm Kernel Oil	Cottonseed Meal Hazlenuts Walnuts Brazil Nuts Fried Foods
Lentils Yam Seaweed Onion Daikon Sea Veget. Burdock Sweet Potato	Kohlrabi Parsnip Garlic Kale/Parsley Endive Mustard Green Ginger Root Broccoli	Potato/Bell Pepper Mushroom Cauliflower Rutabaga Salsify/Ginseng Eggplant Pumpkin Collard Green	Brussel Sprout Beet Chive/Cilantro Okra Turnip Greens Squashes Lettuces Jicama	Beans Vegetables Legumes Pulses Roots	Spinach Fava beans Kidney beans String/Wax Chutney Rhubarb	Tofu Pinto beans White beans Navy/Red Azuki beans Lima beans Chard	Green Pea Peanut Snow Pea Legumes Carrots Chick-Pea	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine	Grapefruit Cantaloupe Honeydew Citrus Olive Dewberry Loganberry Mango	Lemon Pear/Avocado Pineapple Juice Apple Blackberry Cherry Peach Papaya	Orange Apricot Banana Blueberry Currant Raisin Grape Strawberry	Citrus Fruits Fruits	Guava Pickled Fruit Pineapple (dry) Figs Persimmon Cherimoya Dates	Plum Prune Tomatoes	Cranberry Pomegranite	

“Water” ... cont'd from page 5

matter how expensive and no matter what they may claim in their advertising, are no match for these types of contaminants. The simple reason is that effective reduction of TTHM's requires minutes of contact time with adsorptive media (i.e., activated carbon). But, water passes through shower filters so quickly that it is in contact with the active media for just a few seconds. Case closed.

So, what to do to protect you and your family from these unhealthy contaminants while bathing? The only practical solution is to install a properly designed

Point of Entry (POE) whole house filter system. It will use the highest grade of coconut-shell activated carbon and the amount of this carbon will depend on the rate that water passes through it and the volume that your family might use in a year. A typical four-person residence would require at least 1.5 cubic feet of this media in a tank that all the water entering the home will pass through it. If the municipal water supplier (call them) uses chloramines for disinfection then a "catalytic" form of this carbon should be requested. Any competent professional

water treatment dealer should know this like the back of his hand. Avoid buying POE systems from the Internet because they will not understand your local water conditions and other important details. There's much more I could say on this topic but these guidelines should protect you from making big mistakes.

Final comments

The pursuit of safe and healthful water for drinking and bathing is a virtual minefield for even the most astute wellness-minded consumer. More importantly, your pursuit should

include educating yourself and allowing the promoters to "duke it out" with scientific fact and sound documentation. Then you can come back and ask me... *pha*

About the Author:

Robert Slovak is a degreed Aeronautical & Astronautical engineer best known as the co-founder of Water Factory Systems. Since the early 1970's Robert and his brother were among the early developers of the practical application of Reverse Osmosis (RO) technology (a monumental scientific achievement). The successful innovations encompassed home and office RO drinking water systems, laboratory purification, hemodialysis, seawater desalination, spot-free carwash, microchip production, bottled water production, water vending and scores more.

The brothers' company continued to grow and through hundreds of sem-

inars, presentations, articles and a book on water purification, Robert became one of the best-known figures in the water industry. In 1989 Water Factory Systems was purchased by the publically-traded Commercial Intertech/Cuno group, a world leader in fluid treatment. Since then, it was acquired by the 3M Corporation, which continues to market many of his original products.

Officially retiring from the water industry in 1996, Robert went on to bring his knowledge and experience to Brazil and other international markets. While in Brazil, he came upon a little-known 115 year-old medical discovery known as Original Quinton Marine Plasma (after the famous biologist René Quinton). This ocean-harvested nutraceutical is still being produced and used by doctors throughout Europe. Having been a student of health and nutrition science for decades, Robert recognized the remarkable history of this product in supporting a wide range of the most difficult health conditions. He and his team now import this Original Quinton product for distribution to medical practitioners throughout North America. It is also available to health-seeking consumers under the name QuintEssential.

THE PURATIVE DRINKING WATER ADVANTAGE
A Healthier, Scientifically Based, Drinking Water Program



The "PURIST"

Reverse Osmosis, Activated Carbon, Countertop Water Purification System:

When it comes to reducing virtually all categories of tap water contaminants for those who are seeking health, wellness and healing, the PURIST countertop water purification system is without equal. The PURIST offers a four-stage water purification system that incorporates several of the highest regarded methods of water treatment technologies available today.

Includes:

1. Sediment particle filtration to 5 microns
2. Activated carbon (AC) adsorption and REDOX
3. Reverse Osmosis (RO) membrane separation
4. Coconut-shell activated carbon (AC) adsorption

** The PURIST also incorporates two electronic monitors to provide valuable information to the user. One advises when to replace the filters and RO membrane while the other displays the performance of the RO membrane (i.e., the comparative quality of the water.)*

PURATIVE WATER ADDITIVES:

In addition to providing the very finest in household and portable water purification systems, **Purative** is proud to offer its line of health supportive water additives.



QuintEssential 3.3 - 83 raw, unheated, balanced, bioavailable ocean minerals and trace elements. The World Standard since 1897. Add to water or take before food.



Active H-minus - The most powerful systemic electron donor (antioxidant) in Nature. Add to water or any beverage to respond to oxidative stress.

INTRODUCTORY OFFER:

Purchase a PURIST with QuintEssential 3.3 and receive a FREE 3-month supply of Active H-minus (\$34.95 value)
(Offer expires 7/1/2012)

To take advantage of this amazing offer please visit our affiliates link:

www.purative.com/?a_aid=4f62298de42ea

Linda Heming CHOICE for Health

Discover The Top 10 Lyme Disease Treatments

www.Lyme-Disease-Treatment.com

“Unconditional Love” ... cont'd from page 2

reason why. Just that Jared's kidneys were shutting down.

As the years went by he was misdiagnosed with Chronic Fatigue, Fibromyalgia, ADD, ADHD, Depression, Personality Disorders and more misdiagnoses before ultimately testing positive for Lyme. The years before that final correct diagnosis were a living nightmare for him and the rest of the family. I knew something was wrong, I suspected Lyme disease and their co-infections in his late teens. I researched it thoroughly; the problem was getting the medical community to listen and then trying to get the proper testing and treatment. In Jared's late teens I again begged his primary physician to please test him for Lyme disease. This time he did after telling me he would do it "just to please me." Actually, more to shut me up. The Elisa test came back positive, but, then I was told he had to have another test done to make sure. Two-tier testing he called it. So he was then tested on the Western Blot. That test came back negative so all hopes were dashed that we found the answer for my sons problems. He called his Elisa test a false positive. And once again I wished I knew then what I know now.

Almost three more years of pain and suffering (age 21), before we found out what was wrong. I pushed and shoved my way thru the medical society until I got what was needed for my son. Jared was scheduled for yet another surgery and I so wanted to get him tested again for Lyme disease. No one would do it. Desperate and hoping for any answer to his physical problems I did my own research again. I found the name of Dr. Nick Harris at IGeneX Inc, a lab that is highly known for specializing in research and testing for Lyme disease. I left him such a frantic message that went something like this. "What do I do now? Please help me. I don't know where to turn anymore. I don't know how to navigate the medical system anymore? My son is so sick." He is heading for yet another surgery. What can I do and how can I get it done?" To my surprise, I received a call

back from Dr. Nick Harris who was vacationing in Hawaii at the time. He talked me through my fears. He suggested getting biopsy's so they could be tested and he also provided me with the name of a Lyme specialist.

I did just that, met first with Jared's primary doctor, but he wouldn't order them, so then I met with a doctor that was much more understanding and he ordered the tests that needed to be done on my son during his surgery. "Another Positive test result" The biopsies showed Jared was sick from Lyme disease for the second time. No one was going to stop me now. I have a gravely ill son and I will fight for his health. A heart felt Thank You, to you Dr. Nick Harris for all you have done, my life's gratitude for all your encouragement and helpful calls.

Now how do I find out about Lyme disease and find out fast. Jared was getting sicker by the day. We traveled many miles to attend multiple seminars which we found to be very informative and enlightening by the world renowned Lyme specialists Dr. Burrascano and Dr. Bransfield. Without their dedication and expertise on Lyme disease, we would have never found the strength and courage to continue on. There were so many victims of this disease at their seminars. We are not the only ones! We are not alone to battle this by ourselves. And my heartfelt thanks goes to these two dedicated specialists also. There were three Lyme Specialists that we relied on for support and treatment during our family's journey thru hell with this disease. At one point in his journey Dr. M. said, "Jared is critical and I'm not sure he is going to make it through this." It was at that point that as a Mom I needed to do everything just right so his world would not end like this and he would be healthy again. It was scary, sad, disheartening and emotionally draining trying to figure out what was going on with my son and how I could help him. These specialists were our lifeline for Jared. "May God Bless You."

After years of all the standard treatments for Lyme, my son, at age 29, was suffering from digestive issues, painful cysts and all the usual Lyme symptoms that kept coming back. His treatments at first consisted of oral antibiotics, then IV rocephin, then IV zithromax and many more in-between. After more research I managed to find a neurologist that could help him and he was given IVIG's. Every treatment kept my son alive however he never could get to the next level of optimal health. Back down he would go again when he stopped a treatment. He had the best of the best and we are forever grateful for every kind and caring Lyme specialist Jared had. He no longer was looking at dialysis. His antibiotic and natural products kept that from happening. But what was holding him back? He had all the best known treatments for Lyme and still couldn't seem to move to the next level. During this time, Jared was tested a third time for Lyme disease, which resulted in a CDC positive and a call from the CDC confirming the test came back positive.

Why so long, why so much pain and suffering, why did I almost have to lose my son before this disease was recognized?

For fourteen years doctors, specialists, and multiple dermatologists told my son he would have to learn to live with the painful skin cysts that he was plagued with. The cysts got larger and more painful with muscle training. Back to the internet, more research. I discovered it was excess lactic acid that was causing the cysts. The more he tried to get healthier by doing muscle training the worse the cysts got-no more muscle training and back down he went again. Back came the joint and muscle pain. Back came the digestive issues and back came the feeling of "I can't do this anymore."

Five months ago I came across an article about MitoSynergy and we decided to try it. At this point in his diseased life we were only using natural products. It got increasingly harder to find another doctor that could or would try some-

thing new to help my son. MitoSynergy has finally given him relief from his pain. We call it a healing aid. He remains on all his other natural treatment products. Desperate now we needed to rebuild his immune system again. Jared never had a fully developed immune system because of the young age he contracted the disease. After three months on MitoSynergy he no longer has digestive issues; his body can now absorb what he is eating and digest it properly. His immune system has never been healthier. We are what we eat. For Jared it was hard to keep the food in there. He is no longer labeled with the mental health diagnosis that we thought he would have to carry for the rest of his life. He was already doing well in the mental health area because of his previous treatments but still had lingering effects that held him back. Those small now trivial problems seem to be lessened also. I have my son back. With MitoSynergy he has fewer cysts and they are less painful. He can exercise again. His cells seem to be getting healthier. His muscles are regenerating. You can actually see it.

I did know that Jared was among the 5% of the chronic late stage Lyme disease victims that may never be fully cured. What was the missing factor that kept him down after the best treatments out there for Lyme disease? Could it be that the excess lactic acid his own body was producing from his muscles being over taxed whether it was muscle training when you feel good or the simplest of muscle exertion when you don't feel well either way the years took it's toll on muscles and they were producing too much alcohol. Two excretions released back into the body caused by weak and tired Mitochondria within the cells. Jared's journey through Lyme has taken his muscles down to almost gel. This would include the heart muscle and that was very scary. Healthy mitochondria should be producing ATP, which is responsible for energy and life. But in an unhealthy mitochondria it produces alcohol and lactic

acid by stimulating the electron transport chain thus increasing the ATP production and decreasing the alcohol and lactic acid.

"His own body was producing too much alcohol, THAT'S IT!" How could he recover from this disease if his own cells are producing one of the things spirochetes love most? For twenty seven years he was on a downward spiral in his health, his up and down physical health status was taxing his mental health status too. His muscles had eventually turned to gel, no muscle tone, skinny, weak, tired and sick of being sick. The answer was to stop producing an over abundance of lactic acid that comes out through the skin forming the painful cysts and also causes pain and fatigue and stop producing too much alcohol which causes memory loss and lack of mental clarity and sustaining the life of the spirochete.

His pain is tolerable now and he can work every day. Lyme, Chronic Fatigue, Fibromyalgia whatever you want to call it took twenty seven years of his life away. MitoSynergy is giving it back. Every day he sees more and more progress on his way to a healthier life without pain and the overwhelming fatigue and finally the mental clarity needed to live a happier life. This product is amazing. It is working and it is the best natural product he has ever tried. Jared remains on his natural course of products that help rebuild his immune system, which include: digestive enzymes, liver and kidney supports and many more if it is warranted. But he is making strides like he never did before. Every day is exciting just to witness the miracle of my son regaining his health.

He is just entering his 4th month on MitoSynergy, and for the 1st time ever, his invisible disease is under control.

It warms my heart when I hear Jared respond to someone who mentions that he looks good today, his response is "Yea and I feel good too." Thank you Jared, for never giving up. Love,
Mom *pha*

“Tina J. Garcia” ...cont'd from page 7

for the patients who were suffering and in the 15 minutes they allowed me to speak, I did my best." She was on a mission; her fears were melted away.

She said she was very afraid of her reaction to being in the same room with Allen Steere, Gary Wormser and Eugene Shapiro and "I had no idea how I would react looking at these men who are responsible for the suffering of hundreds of thousands of people. I expected their presence to be over powering, but what I experienced when I saw their countenances was a feeling of pity for each and every one of them. They were pathetic."

Even though she said she was very disappointed by the outcome of the hearing as it was not favorable for the patients she stated, "I will always cherish the opportunity to be a voice for millions of sick people."

"Today, I am much better, not completely yet but I am optimistic. I still have cognitive problems and trouble walking and standing, I must pace myself and I have learned to live with it. I feel like I still make too many mistakes to return to work." She believes that she continues to struggle because she never got the proper treatment in the beginning when she needed it the most. Maybe or maybe

not her cognitive problems can be reversed, she does not know. "I still use antibiotics and antiviral medication along with Nutramedix herbal extracts and most days are tolerable."

Now she says, "I believe I am on a different path; I know serving the patient community has facilitated my healing - and I do not allow Lyme disease to serve as the identity of who I am. I do not want to refer to Lyme disease as my disease, because I will never own it, it is not me. Lyme disease has been an important experience that brought me to this point in my life and I appreciate that, that's why I just wrote and published an

inspirational guide to help patients with any type of chronic illness. It is called, "Kaleidoscope of Hope." I am so excited to present this beautiful tool for sick people to use when they feel like all hope is gone." Those who would like to purchase the book may do so by going to www.kaleidoscopehealth.net.

As we close, I personally would like to Thank Tina for continuing bringing us the L.E.A.P. (Lyme Education Awareness Program) I refer many people there for a variety of useful information and I used it for reference when I was first an activist/advocate. I know you put a lot of hard work and your soul went to

this site and into bringing education about Lyme disease and other bacterial infections when we needed it the most.

Tina, a big SALUTE' to you dear. I know your book will be a smash as we all need hope, without it, we have nothing. And I am certain it will bring promise and restore our sense of just and honesty that the sick and forlorn could use in times of dire need.

Thank you all for reading this issue. I simply love doing this column and I hope you enjoy reading it. I look forward to see who we will SALUTE next month! So here's..... "To your health" ~ Salute' *pha*



Due to the efficacy and the science behind the products, these are my favorites
- Joseph J. Burrascano Jr. M.D.

Immune & Detox SOLUTIONS



ARTEMISININ SOD™
Pure Artemisinin w/SOD Support



PRESCRIPT-ASSIST PRO™
Clinically Researched Probiotic



TRANSFER FACTOR MULTI-IMMUNE™
#1 Natural Killer Cell Formula

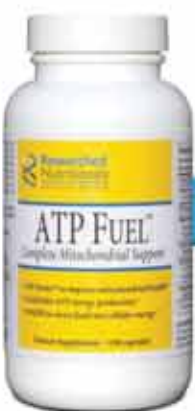


TRI-FORTIFY™
Liposomal Glutathione Detox

Product	Features/Benefits*	Who Benefits?*
Artemisinin SOD™	Features pure artemisinin for optimal immune support plus curcumin, quercetin, green tea, black walnut hull Promotes healthy SOD (super oxide dismutase) levels	Patients needing to promote healthy SOD levels Patients seeking the purest, high strength artemisinin available
Prescript-Assist Pro™	Clinically researched probiotic** Soil-based probiotic, providing beneficial flora the way nature intended – not from milk Contains no antibiotic or hormone residues No potential for lactose-intolerance side-effects Does not need to be refrigerated 100% vegetarian	Individuals searching for a clinically proven probiotic Anyone concerned with milk allergies or hormone-fed cows as the source of dairy sourced probiotics Patients on antibiotic treatment, which destroys both beneficial and harmful gut flora Travelers who want to maintain health while traveling
Transfer Factor Multi-Immune™	Potent, front-line immune system support Formulated with pure transfer factor and the most researched immune nutrients to promote healthy natural killer cell levels, fortify macrophage activity and healthy cell replication Clinically researched**	Those looking for the doctor's favorite immune support formulation Promotes healthy immune system for those dealing with ongoing health challenges, as well as individuals striving to maintain overall good health Travelers who want to maintain health while traveling
Tri-Fortify™	Preferred reduced L-glutathione, the major intracellular antioxidant essential for detoxification Offered in an absorbable liposomal delivery system (liquid) Bolsters antioxidant action Promotes detoxification Fortifies immune system	Doctors often prescribe to promote healthy detoxification among those with impacted detoxification systems Any individual seeking to supplement the body's detoxification process

**Research Available Online

Energy SOLUTIONS



ATP FUEL™
NT Factor Energy™, NADH, CoQ10



COQ10 POWER™
Recharging Antioxidant



ENERGY MULTI-PLEX™
Expert Adrenal Support



RIBOSCARDIO™
Speeds Up Energy Production

Product	Features/Benefits*	Who Benefits?*
ATP Fuel™	Optimized energy for serious mitochondrial needs Focuses on repairing mitochondrial membranes and increasing Krebs Cycle energy output Offers the top three energy nutrients and cofactors (NT Factor Energy™ phospholipid delivery system, CoQ10, and NADH) synergistically combined for maximum mitochondrial performance and energy production	Those with compromised mitochondrial function Patients with suboptimal energy levels Athletes undergoing significant physical stress
CoQ10 Power™ 400mg	Recharges the energy system in the heart and the mitochondria Potent antioxidant which promotes healthy cardiovascular and dental health Highest grade and strength in one absorbable softgel	Those with low CoQ10 levels Patients on statins (cholesterol lowering medications), because statins deplete the body's supply of CoQ10, leading to a reduction in energy levels
Energy Multi-Plex™	Non-glandular adrenal support formula, developed to support (but not to over stimulate) adrenals 14 researched nutrients synergistically combined into one formulation	Those needing to nutritionally support adrenals, a condition common among patients facing long-term health challenges
RibosCardio™	Opens ATP pathways to speed up energy production	Favorite of athletes who add it to their water bottles before and during exercise Patients seeking healthy energy levels and who prefer a powder to capsules

**Research Available Online



Toll Free: 800.755.3402 • Tel: 805.693.1802 • Fax: 805.693.1806
www.ResearchedNutritionals.com | Available only through healthcare professionals

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

“CONDENSED” COWDEN SUPPORT PROGRAM



FINANCIAL ASSISTANCE IS AVAILABLE FOR THE CONDENSED COWDEN SUPPORT PROGRAM FOR ONE PATIENT OF A PRACTITIONER

LIMITED AVAILABILITY – CONTACT US FOR MORE INFORMATION

ABOUT THE COMPANY

NutraMedix was founded in 1993 and currently has facilities in Jupiter, Florida, USA and in Shannon, Ireland supplying highly bio-active nutritional supplements to health care professionals and consumers.

From the beginning, NutraMedix has operated with a unique business model. First, the owners and management work diligently to operate a company according to Biblical principles— with honesty, integrity, value and respect for all people. Its corporate environment is one that works to serve both its customers and its employees, producing one of the best customer service teams in the industry. Second, NutraMedix was founded with the goal of using a significant amount of its proceeds to support orphans, widows, Christian pastors and missionaries in economically distressed parts of the world. So as a customer, you are not just purchasing high quality nutritional supplements, you are helping us give back to people in need all around the globe.



ABOUT THE PRODUCTS

NutraMedix has made a significant investment to develop a novel, proprietary extraction and enhancement process used to manufacture its liquid extracts. The result is a highly bio-available whole plant, broad-spectrum extract that is also very cost effective. We were the first to introduce Samento, a rare chemo-type of Cat’s Claw, which has remained one of our signature products. We have since developed a full line of liquid extracts utilizing the same proprietary extraction and enhancement process.

NutraMedix also conducts extensive research to procure the very highest quality raw materials for its powdered capsule products, many of which have been designed to enhance the effectiveness of the liquid extracts. We are committed expanding our line of natural products meeting the highest expectations of health care professionals and consumers.



ABOUT THE FOUNDATION

The owners of NutraMedix have been involved in international Christian ministry since the 1980s. Prior to starting the company in 1993, our Founder and President was a missionary pilot serving tribal groups in Peru. The Kairos Foundation was created in 1995 to fund projects that address both the physical and spiritual needs of people in some of the most disadvantaged areas of the world. The foundation provides ongoing financial support for organizations operating in Africa, Asia, Eastern Europe, North America and South America.



NutraMedix 

Providing Quality Natural Products Since 1993

info@nutramedix.com • www.nutramedix.com

Tel: 800-730-3130 561-745-2917 • Fax: 561-745-3017

