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## **Swim in Bottled Water**

by Raymond Francis

Pools and Spas are wonderful for exercise, relaxation and recreation, but they are also health hazards, especially to children. The major challenge with pools and spas is to keep the water clean and safe. The traditional answer to this challenge is to use chlorine. Chlorine is universally used to chemically disinfect water because it is a powerful oxidizing agent that kills germs, bacteria and other living organisms. Most people never give it a thought. Elected public officials assure us that chlorinated tap water is completely safe for human consumption. The truth is chlorine kills microorganisms because it is a very toxic chemical. Chlorine is also toxic to you, and you should not be drinking, bathing, swimming or soaking in it. Fortunately, Beyond Health has solutions for each of these problems.

Chlorine is harmful to you when you drink it. The U.S. Council of Environmental Quality reports that cancer risks for people who drink chlorinated water are 93% higher than people who don't. But chlorine is also absorbed into your skin and inhaled into your lungs when you shower. It has been estimated that the chlorine in the air of your shower contains up to 100 times the amount of chlorine that is in the water, because chlorine evaporates out of water at a relatively low temperature. If you bathe or shower in unfiltered tap water you are inhaling and absorbing chlorine into your body. In fact, research shows that the dangers of vaporized chlorine are 100 times greater through inhalation and bathing than drinking.

Americans are becoming more aware of the contaminants in our nation's water supplies and many are installing water filters to purify their drinking water. But most continue to bathe and shower straight from the tap, unaware that inhaling unfiltered shower vapors is more harmful than drinking the water itself. It is even worse when swimming in a chlorinated pool or soaking in a chlorinated spa. While a shower may take only a few minutes, children may spend hours playing in a pool and adults may spend long periods soaking in a spa. All that time, you are breathing in the fumes and absorbing chlorine through your skin.

While chlorine itself is dangerous, even more dangerous is that chlorine reacts with organic matter in the water and forms powerful carcinogens, called trihalomethanes, which are also inhaled and absorbed through the skin. These chemicals, also known as organochlorides, do not degrade easily and they bioaccumulate in the fatty tissues of the body (breast, other fatty areas, mother's milk, blood and semen). In fact, women with breast cancer have 50% to 60% higher levels of organochlorides in their breast tissue than women without breast cancer.

Organochlorides can cause cancer by damaging DNA (mutations), suppressing immune function and interfering with the natural controls of cell growth. Many researchers have reported on the toxicity and unexpected high penetration rates of these volatile organic chemicals. When we

drink water, only about 20-to-50 percent of these chemicals ingested are actually taken up into the body because of what happens to them in the digestive system. With skin absorption, virtually 100 percent of the contaminants can go directly into the bloodstream and accumulate in tissues.

Swimming in chlorinated water causes aggravated respiratory conditions such as asthma, dry and brittle hair, dry skin, rashes and eye irritations. Most important is what is happening at the cellular level. Chlorine readily passes through the cell wall and oxidizes the fatty acids of the cell, damaging DNA and disrupting life-sustaining functions.

Beyond Health has already researched and approved shower and bath filters. For drinking water, our Reverse Osmosis system is the best home system on the market and suitable for supplying high-quality water in almost every home. Recently, we introduced our whole-house filter system for removing chlorine and organochlorides from all the household water. NOW we have a system for your pool and spa.

How would you like to swim or soak in water so pure it is like rainwater? That's right, no chemicals—you can drink the water. Beyond Health now offers the safest and most advanced spa and pool water purification technology on the planet. My pool maintenance man remarked that in all his years of maintaining pools, he has never seen water so clear and so beautiful as the water in my pool. I am swimming in the equivalent of high-quality bottled water. It is chemically-free, crystal clear and requires less maintenance and expense than any other system. The water feels incredibly soft and refreshing. It smells like fresh rainwater and even tastes wonderful. I have never experienced a pool like it before, and because it is safe, I enjoy it so much more. If you own a pool or spa, call Beyond Health and consider one of these systems for your family. Until the last day of June, we are offering an introductory discount plus free shipping. Call Beyond Health between 9 am and 5 pm Eastern Time at: 800-250-3063.

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