



prescriptions for

Healthy Living

SPECIAL REPORT

HEALTH ALERT

DEADLY WATER:

Protect Yourself And Your Family NOW!

Every time you sip your morning coffee or tea, steam your veggies, dig into a steaming plate of pasta — or consume *anything* that has come into contact with your tap water — you're swallowing a deadly concoction that can:

- Depress your immune system...
- Damage or even destroy your sex life...
- Doom you to senility or even Alzheimer's...
- Sentence you to a massive heart attack or stroke...
- Riddle your body with cancer.

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Here's The Best Self-Defense Available:

By James F. Balch, M.D.

Does any of what I just said above scare you?

Good.

Because it could save your life!

Here's why...

Your tap water is crawling with live bacteria — and some of them are DEADLY

I don't have to tell you that America is suffering from an epidemic of bacterial diseases today — many of which are ferociously immune to antibiotics. That's why the Centers for

Disease Control (CDC) says it is absolutely vital that you thoroughly wash meats, fruits and vegetables prior to cooking and eating them.

...But what good is washing your food if the very water you use is crawling with dangerous — even deadly — bacteria?

Last year alone, more than 850 studies conducted by federal and local government agencies, major universities, US health organizations and water quality monitoring groups showed that...

Our water is alive with the deadly bugs that cause Hepatitis, Campylobacter, Salmonella, Shigella, E-coli

infections, and Helicobacter Pylori — the bacteria that causes stomach ulcers.

According to the CDC, tap water causes one million often-deadly infections each year. And more than HALF of all the people who will die this year from diarrhea will have contracted it from their drinking water.

Deadly chemicals in your tap water can destine you to a heart attack, stroke, or cancer

Each year for more than 70 years, America's farmers,

Please turn...

“In every state and locale, monitoring groups are reporting water that is absolutely *loaded* with sulfuric acid...arsenic...cyanide... asbestos...mercury...lead...radioactive waste...bug and weed killers... even embalming fluid and scores of other deadly chemicals.”

factories, 55,000 “legal” toxic waste sites and more than 200,000 illegal, unregulated chemical dumps have been pouring an estimated 250 million tons of toxic waste into the ground.

And for seven decades, those deadly poisons have been steadily oozing into our water supply. As a result more than 60,000 chemical contaminants are now found in America’s water today.

In every state and locale, monitoring groups are reporting water that is *loaded* with sulfuric acid...arsenic...cyanide...asbestos... mercury...lead...radioactive waste... bug and weed killers...even embalming fluid and scores of other deadly chemicals.

I don’t have to tell you that these are some of the deadliest poisons known to man. They directly kill your tissues, accelerate the aging process, damage your internal organs and destroy your immune system.

That’s not all: Drinking these poisons fills your body with deadly free radicals which then attack every cell, altering your DNA and triggering virtually every kind of cancer you can name.

Plus, they also cause the pitting in your arteries that lets plaque take hold, ultimately sentencing you to a

heart attack or stroke.

Government efforts to make your tap water safer have only made it DEADLIER

Remember back in the 1960s, when the government told us that adding fluoride and chlorine to our water would not only guarantee us bacteria-free water, but even stop tooth decay?

Well, the American people bought it — hook, line and sinker!

So each year, for nearly 40 years, the government has been lacing our drinking water with about 88 million pounds of fluoride — a deadly rat poison...

...and tens of millions of pounds of chlorine — a poison so deadly, the military uses it for chemical warfare.

The result is a national tragedy:

■ According to the National Cancer Institute, more than 50,000 Americans die every year from cancers directly caused by fluorinated drinking water — including gastrointestinal tract cancer... cancer of the kidneys...bladder cancer...breast cancer...and cancer of the ovaries.

■ Recent studies conducted jointly at Harvard University and the Medical College of Wisconsin found that chlorinated water

directly causes 9% of ALL bladder cancers and 15% of ALL rectal cancers in the US.

Even The Environmental Protection Agency identifies the very fluoride the government is *adding* to your drinking water as one of the “most serious primary contaminants” in our water supply.

According to EPA, fluoride’s ravages are many. I quote: “Reduces mental capacity...[and causes] interference with kidney and neurological functions, hearing loss, blood disorders, hypertension, death...”

And also according to the EPA, Chlorine causes high blood pressure and has a “possible role in Alzheimer’s disease.”

I STRONGLY recommend that you protect yourself and your family from deadly tap water — NOW!

As a medical doctor and editor of PRESCRIPTIONS FOR HEALTHY LIVING, I’ve often warned that much of what passes for drinking water in America today is, in reality, one of the most *serious* threats to your health.

How serious? Well, in 1998, *USA Today* audited the government’s water safety reports and found that 9,500 city water supplies serving 25 million people had violations that the EPA deemed “serious threats to public health.”

Last year — in 1999 — the EPA said the newspaper was wrong: The problem is worse. *Ten times worse!* That’s because in its recent audit, the EPA found that only about 10% of all water safety

AN INDEPENDENT SPECIAL REPORT BY JAMES F. BALCH, M.D.

Scientific findings and medical opinions expressed in this special report by JAMES F. BALCH, M.D. are based solely upon Dr. Balch’s views as a medical doctor with more than 30 years’ experience, as co-author of *Prescriptions for Nutritional Healing*, as editor of PRESCRIPTIONS FOR HEALTHY LIVING, and upon additional research performed by Dr. Balch and his staff for this article. Furthermore, Dr. Balch has no association whatsoever with the water purification industry, nor does he receive any personal compensation whatsoever from the sale of any product or the endorsement of any company named in this report. © *Prescriptions For Healthy Living*

violations at treatment plants are ever reported.

When you consider all the bugs, chemicals and dangerous heavy metals in city water and well water these days, it's surprising you don't have to *chew* the stuff before swallowing it!

That's not far from the truth:

The average American drinks about 450 glasses of these toxic solids in a lifetime. No wonder we're suffering from all sorts of chronic diseases!

The simple fact is, there's only one person on the planet capable of making sure you use only pure, fresh, clean water: YOU!

So, what are your alternatives?

■ **You can spend a fortune on bottled water — and still get tons of contaminants:** Much of the bottled water sold today is nothing more than tap water with the chlorine and bad taste removed. Water stored in plastic may leach toxins from the container, such as methyl chloride, a known cause of cancer. Plus, a recent study by Northeastern University has now proven that bacteria breed in bottled water.

■ **You can go to the trouble of boiling your water, but you'll still get all the dangerous chemicals — and worse:** Boiling water for at least 20 minutes does kill bacteria, but the dead bugs then become a rich "food" source for the germs already living in your body, allowing them to multiply faster than ever. Plus, boiling water can cause deadly chemicals and metals to become even more concentrated and lethal.

■ **You can buy a carbon filter — but it won't do much more than make your water smell and taste better:** Passing water through a carbon filter does remove disagree-

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"...and tens of millions of pounds of chlorine — a poison so deadly, the military uses it for chemical warfare."

able tastes and odors from your water, but it can't keep parasites, bacteria, viruses, arsenic, copper, lead, nitrates, parasites, sodium and sulfates out of your water.

■ **You can even buy an expensive ultraviolet water purifier — but it won't remove toxic chemicals:** The latest fad in water filters are expensive systems that kill bacteria with UV light. But they do absolutely nothing about the toxic chemicals and heavy metals in your water.

If you do only one thing for better health, please do this — NOW:

Switch to distilled water right away.

It's by far the best way to make sure your water is virtually free of bacteria, toxic chemicals and heavy metals. In fact, distillation is the **ONLY** process that

addresses all three of the water hazards in your home.

Here's how distillation works:

STEP #1: Ordinary tap water is heated to the boiling point, killing bacteria, cysts and viruses.

STEP #2: The steam rises, leaving dissolved solids, salts, heavy metals, toxic chemicals and other poisons behind.

STEP #3: The steam cools, condenses and reforms in a separate container as pure, clean, fresh water.

The quick, easy, money-wise way to eliminate the "water hazard" in your home:

As a medical doctor, I've long believed that nothing — I repeat **NOTHING** — is more crucial as a foundation for good health than making the switch from tap water to distilled water!

Please turn...

WARNING:

Many of the chemicals in your water literally KILL sexual desire and performance!

Your body literally can't tell the difference between many of the dangerous chemicals we're finding in tap water and estrogen, the female hormone.

By imitating estrogen in the male body, these toxins actually depress sexual desire, destroy virility and, over time, they leave men sexually impotent!