

A2W-7 with A/C

With its 7 gallon pure water reservoir, the **A2W-7** is perfect for office or home use, or in other high water demand environments.

Engineered with ozonation and a series of carbon filtration purification processes, the A2W-7 ensures the highest degree of chemical-free water purity.

GR8 Water AWG is like having 4 appliances in one:

An AWG produces 100% pure oxygenated water, the best tasting, healthiest water on the plane • **ozonization process attacks and kills bacteria, microorganisms and viruses** t

Cleans and filters the air with our Patent Pending UV & Ozone air filtration system

Dehumidifies your home No dry-rot, mold or mildew acting as a dehumidifier.

They air-condition... Like any portable air-conditioner The A2W-7 delivers up to 1 ton of Air-Conditioning



Benefits:

AWG machines produce fresh clean drinking water in Any Location, from your own home to a remote village in Africa

Eliminates all bacteria, micro organisms & viruses

Feel Secure, you can now trust you own water

100% Oxygenated pure, fresh clean water, enhance consumer hydration levels

Inexpensive to operate, easy to maintain and built to have a longer commercial operating life

Immediate savings, less expensive than bottled water, pennies per gallon, with low set up and start up cost and low maintenance, for the best tasting water on the planet

GR8 Waters Built in UV & Ozone Air-Filtration System to purify the air in homes & offices

Gr8 Waters AWG units dehumidify the home reducing Dry-Rot, Mold & Mildew

Provides a continual safe, stable and pure ongoing water supply to individuals and businesses

Frees up valuable floor space used to store 5 gallon water bottles

Eliminates slip and fall insurance claims due to water spillage

Eliminates workers comp claims for businesses (OSHA weight limits for lifting are actually violated when employees lift 42 pound, 5 gallon water bottles without an approved back brace)

Environmentally friendly, GREEN technology.

Water Quality Comparison - Bottled, Tap & AWGs

Bottled Water

Bottled water is enjoying a booming business due to the many water problems that are now coming to light. People purchase and drink the bottled water as they feel the taste and safety is superior to tap water. The bottled water industry is required to test for the same group of contaminants as the public water utilities and is allowed to have a minimum contaminant level. The bottled water industry is also allowed to sell water with a minimum level of contamination

(bacteria, algae, dirt, lead, etc.). When the water tastes better, the public perceives it as pure. What people don't realize is that many times the bottled beverage is no better or more pure than the water coming from the kitchen tap, often worse - it just tastes better.

Here is the scoop on bottled water:

Expensive: The California Assembly Office of Research did a study on bottled water in 1985 indicating consumers were paying up to one thousand times the cost of tap water for bottled water.

Inconvenient: People using bottled water regularly tend to store many bottles used and unused. These people usually hoard the "clean" water for special purposes, i.e. coffee, beverages, rather than use it freely whenever needed. There can also be the problem of having too many bottles on hand as they may not be used fast enough or not enough bottles as the water is being consumed too quickly.

There are no laws requiring the bottled water to be any more pure than tap water: In 1991, the U.S. House Energy and Commerce Commission did a study on bottled water with the following findings:

- 25% of gourmet waters (i.e. Evian, Perrier, et al) draw from the same sources as cities!!

- 31% exceed tap water limits for microbiological contaminants!

- 25% were unable to document their water sources!

- Any bottled water sold strictly within state borders is not subject to regulation by the Food and Drug Administration!

The University of Delaware found that of the 37 popular mineral waters, at least 24 were out of line with at least one of the 31 standards set for drinking water. The California Assembly Office of Research study (1985) also did random samplings of name brand bottled water sold in California reported finding numerous contamination problems, such as various chemicals, insects, algae, bacteria, fingernails and even chewing gum.

Due to the nature of the bottling and handling process, it is difficult to avoid casual contamination from different points in the process. As well air that bubbles up into home drinking water dispensers is laden with bacteria and dust which contaminates the water each time. Bottled water companies recommend keeping the water out of direct sunlight and even supply covers for the bottles because the algae, etc. which was not completely filtered out will start to grow in the bottle with warmth and light (remember the greenish scum?)

Tap Water

The EWGs first ever nationwide compilation of tap water testing results from drinking water facilities shows widespread contamination of drinking water with scores of contaminants for which there are no enforceable health standards. Examples include the

gasoline additive MTBE, the rocket fuel component per chlorate and a variety of industrial solvents. This pollution affects more than one hundred million people in 42 states.

A wide range of pharmaceuticals that include antibiotics, sex hormones, and drugs used to treat epilepsy and depression, contaminate drinking water supplies of at least 41 million Americans, according to a 5-month investigation recently released by the Associated Press National Investigation Team.

Environmental Working Group (EWG) studies show that tap water across the U.S. is contaminated with many industrial chemicals. We now know that millions of Americans are also drinking low-level mixtures of pharmaceuticals with every glass of water, said Jane Houlihan, EWG Vice President for Research. The health effect of this cocktail of chemicals and drugs has not yet been studied; however we are concerned about risks for infants and others who are vulnerable. Once again, the press is doing EPA's work when it comes to informing the public about contaminated tap water.

Environmental Working Group analysis shows that of the top 200 drugs in the U.S., 13 percent list serious side effects at levels less than 100 parts-per-billion (ppb) in human blood, with some causing potential health risks in the parts-per-trillion range. EWG calls on EPA to take swift action to set standards for pollutants in tap water in order to protect the health of Americans nationwide, including children and others most vulnerable to health risks from these exposures.

Drug residues contaminate drinking water supplies when people take pills. While their bodies absorb some of the medication, the rest of it is flushed down the toilet. Drinking water treatment plants are not designed to remove these residues and the AP team has uncovered data showing these same chemicals in treated tap water and the water supplies in 24 major metropolitan areas around the US. The EWG national tap water atlas documents tap water testing results from 40,000 communities around the country.

Of the numerous pharmaceuticals reported in drinking water supplies, many are unregulated in treated tap water... any level is in considered acceptable. Not only has the EPA failed to set standards for pharmaceuticals, but they have also failed to enforce that Utilities test for such chemicals.

Q: Can I really get pure drinking water from air that may have so many impurities in it?

A: Absolutely! The Water Factory™ process of multiple air and water filtration systems removes particulate matter smaller than .01 microns.

Q: How does the Water Factory™ work?

A: Our machines extract moisture from the atmosphere through a condensation process and transform it into absolutely pure, great tasting drinking water.

Q: Is there enough water in the air to produce water every day?

A: There are 3.8 quadrillion gallons of water in the atmosphere at any given time.

Q: Is it expensive to produce water with Water Factory™?

A: The Water Factory™ atmospheric water generator is extremely efficient and uses a minimal amount of energy to produce water. Depending on local electricity costs, a gallon of Water Factory™ water costs about 3 to 5 cents per gallon to produce.

Q: Does the Water Factory™ have special power requirements?

A: Water Factory™ operates on standard 110 v powers in the USA and 220 v powers in most European countries.

Q: What about bacteria or other germs?

A: The Water Factory™ water generation process utilizes ozonation and carbon filtration to eliminate any microorganisms including bacteria and viruses. Ozonation has been used for years to purify water and is accepted by the United States Public Health Service as a standard methodology for water treatment.

Q: Is it difficult to install a Water Factory™ atmospheric water generator?

A: Our products require no plumbing, water lines, or pipes and are easily installed. Just plug it in and start producing great tasting chemical free drinking water.

Q: Will water produced from the air in my home or office has a funny taste or smell?

A: Absolutely not. The Water Factory™ purification system employs special filters to remove any unpleasant tastes or odor that may be present in the air. The result is fresh and delicious drinking water in its purest form.

Q: Why do I need Water Factory™ to bring me water anyway? What's wrong with the water I get from my tap?

A: Numerous articles have been written warning about the amount of impurities that are contained in public drinking and bottled water supplies as well as the vulnerability of public water supplies to terrorist attack. The only way to be absolutely certain that your drinking water is really pure and safe is to produce it yourself with the Water Factory™ method.

Q: Will water standing in a full reservoir get stagnant and stale?

A: Water Factory's™ computerized control system continually ozonates the water to eliminate microorganisms including bacteria and viruses.

Q: What about bottled water? Isn't that safe and pure?

A: Other articles have been published revealing that some bottled water is really only reprocessed tap water. But do you really want to be constantly lugging heavy cases of water and paying those ridiculous prices for water you can produce right in your home or office for pennies per gallon? There is also the problem of petroleum leaching from the plastic bottles and pharmaceutical byproducts reportedly found in public and bottled water.

GR8 WATER, INC.

Water Factory™ Atmospheric Water Generator

One Machine – Many Applications!!

The perfect blend of Science and Nature to produce

**pure refreshing drinking water
air purification

Water Shortages By David Gutierrez, Natural News

At least 36 US states are expected to face water shortages within the next five years, according to U.S. government estimates. Available freshwater supplies are dwindling across the country due to rising temperatures and droughts, while increasing sprawl, population and inefficient resource usage is leading to rising demand.

"Is it a crisis? If we don't do some decent water planning, it could be," said Jack Hoffbuhr, executive director of the American Water Works Association. Rising temperatures due to global warming have increased evaporation rates across the country and reduced the availability of important water sources. One of these is the Sierra Nevada snow-pack, which supplies a significant portion of California's water. Across the West, similar trends are expected to reduce flows of the Colorado River, which supplies water for seven states.

Meanwhile, rising sea levels are expected to cause saltwater to infiltrate freshwater aquifers in coastal states, rendering that water unusable.

California uses about 23 trillion gallons of fresh water per year. The United States as a whole uses more than 148 trillion gallons for all purposes, including agriculture, manufacturing and other uses.

Other threatened regions include the Midwest, where the Great Lakes are shrinking and upstate New York, where reservoir levels have fallen to record lows. Georgia's crisis has already arrived and Florida's is expected to hit soon.

While Florida has no shortage of rainfall, widespread draining and paving of the region's natural wetlands has left the water unable to drain back into the soil. As a consequence, the state is forced to flush millions of gallons of water into the ocean per year to avert floods. The state's environmental chief, Michael Sole, has asked the Florida legislature to increase the use of reclaimed wastewater. Other states are encouraging measures such as desalinization, but it is widely accepted that conservation is the cheapest alternative.

Even with such measures, the forecast is not expected to improve. "Unfortunately, there's just not going to be any more cheap water," said Randy Brown, utilities director for Pompano Beach, Fla.

Excerpts from EWGs: Tap Water Quality

Environmental Working Group's (EWG) two-and-a-half year investigation of water suppliers' tests of the treated tap water served to communities across the country revealed the tap water in 42 states is contaminated with more than 140 unregulated chemicals that lack safety standards.

Of the 141 unregulated contaminants found in tap water, 40 were detected in tap water served to at least one million people.

Nineteen unregulated contaminants were detected above health-based limits in tap water served to at least 10,000 people. Seventy lack health-based limits, which have yet to be developed by EPA.

Scientists the EPA have identified 600 chemicals in tap water formed as by-products of disinfection; tracked some 220 million pounds of 650 industrial chemicals discharged to rivers and streams each year and spearheaded research on emerging contaminants after the U.S. Geological Survey found 82 unregulated pharmaceuticals and personal care product chemicals in rivers and streams across the country that provide drinking water for millions of Americans. All told, the EPA has set safety standards for fewer than 20 percent of the many hundreds of chemicals that have been identified in tap water.

The EPA found that 45 percent of lakes and 39 percent of streams and rivers are "impaired" and unsafe for drinking, fishing or even swimming in some cases. Even after water suppliers filter and disinfect the water, scores of contaminants remain with conventional treatment regimes removing less than 20 percent of some contaminants.

Millions of people consume these contaminants daily. Many are linked in scientific studies to serious health concerns; some have not been studied for health safety at all:

Of the 141 unregulated contaminants utilities detected in water supplies between 1998 and 2003, 52 are linked to cancer, 41 to reproductive toxicity, 36 to

developmental toxicity, and 16 to immune system damage. Despite the potential health risks, any concentration of these chemicals in tap water is set as acceptable and legal, no matter what levels are found.

For 64 of the unregulated contaminants found in tap water, the government has not yet recommended health-based limits in tap water. For 46 of these chemicals, no health information whatsoever is available in standard government or academic references.

Altogether, the unregulated chemicals that pollute public tap water supplies include the gasoline additive MTBE; the rocket fuel component perchlorate; at least 15 chemical by-products of water disinfection; four industrial plasticizers called phthalates linked to birth defects and reproductive toxicity; 78 chemicals used in industrial and consumer products; and 20 chemical pollutants from gasoline, coal, and other fuel combustion.

The EPA rightly calls water one of our "most valuable assets", Americans care about it deeply and are coming to realize the resource is in limited supply.

Ultra Violet Light:

Water passes through a clear chamber where it is exposed to Ultra Violet (UV) Light. UV light effectively destroys bacteria and viruses. However, how well the UV system works depends on the energy dose that the organism absorbs. If the energy dose is not high enough, the organism's genetic material may only be damaged rather than disrupted.

Advantages of using UV:

- No known toxic or significant nontoxic byproducts introduced
- Removes some organic contaminants
- Leaves no smell or taste in the treated water
- Requires very little contact time (seconds versus minutes for chemical disinfection)
- Improves the taste of water because some organic contaminants and nuisance
- Microorganisms are destroyed
- Many pathogenic microorganisms are killed or rendered inactive.
- Does not affect minerals in water

Disadvantages of using UV:

UV radiation is not suitable for water with high levels of suspended solids, turbidity, color, or soluble organic matter. These materials can react with UV radiation, and reduce disinfection performance. Turbidity makes it difficult for radiation to penetrate water and pathogens can be 'shadowed', protecting them from the light.

UV light is not effective against any non-living contaminant, lead, asbestos, many organic chemicals, chlorine, etc.

Tough cryptosporidium cysts are fairly resistant to UV light.

Requires electricity to operate. In an emergency situation when the power is out, it will not work.

UV is typically used as a final purification stage on some filtration systems. If you are concerned about removing contaminants in addition to bacteria and viruses, you would still need to use a quality carbon filter or reverse osmosis system in addition to the UV system.

Ozonation:

The formation of oxygen into ozone O₃ occurs with the use of energy. This process is carried out by an electric discharge field as in the CD-type ozone generators (corona discharge simulation of lightning).

Ozone is a naturally occurring component of fresh air. It can be produced by the ultraviolet rays of the sun reacting with the Earth's upper atmosphere (which creates a protective ozone layer), by lightning or it can be created artificially with an ozone generator.

The ozone molecule contains three oxygen atoms whereas the normal oxygen molecule contains only two. Ozone is a very reactive and unstable gas with a short half-life before it reverts back to oxygen. Ozone is the most powerful and rapid acting oxidizer man can produce, and will oxidize all bacteria, mold and yeast spores, organic material and viruses given sufficient exposure.

In the home, ozone is often combined with activated carbon filtration to achieve a more complete water treatment.

Advantages of using Ozone:

Ozone is primarily a disinfectant that effectively kills **all** biological contaminants.

Ozone also oxidizes and precipitates iron, sulfur, and manganese so they can be filtered out of solution.

Ozone will oxidize and break down many organic chemicals including many that cause odor and taste problems.

Ozonation produces no taste or odor in the water. Since ozone is made of oxygen and reverts to pure oxygen, it vanishes without a trace once it has been used.

Disadvantages of using Ozone:

Ozonation requires electricity to operate. In an emergency situation when the power is out, it will not work

Ozone is not effective at removing dissolved minerals and salts.

Frequently Asked Questions

Q: How does the GR8 Water AWG work?

A: GR8 Water AWG machines extract moisture from the atmosphere through a condensation process and transform it into absolutely pure, healthy drinking water.

Q: Is the water produced from an AWG really pure and safe?

A: Yes, the water is absolutely pure, safe and clean, as well as great tasting. The water that is produced starts out cleaner as it is the vapor/humidity in the air that we breathe, rather than dirty, contaminated ground water that needs to be purified. The filtration system is extremely effective and efficient and utilizes multiple safeguards as well as Ultra Violet light to eradicate any bacteria.

Q: Is taking water from the atmosphere harmful to the environment?

A: Not at all! Water is constantly evaporating into the air. We condense humidity every day using dehumidifiers and air conditioning systems in homes, buildings and cars... that moisture is then returned to the atmosphere when it evaporates.

Q: Is there enough water in the air to produce water every day?

A: There are 3.1 quadrillion gallons of water in the atmosphere at any given time.

Q: Can I really get pure drinking water from air that may have so many impurities in it?

A: Absolutely! The GR8 Water Patent pending process of air and water filtration systems removes particulate matter smaller than .01 microns.

Q: What about bacteria or other germs?

A: The GR8 Water Patent pending process utilizes Ozone (Natures Cleanser) to eliminate any micro organisms, including bacteria and viruses. Ozone has been used for over 50 years to purify water and is accepted by the United States Public Health Service as a standard methodology for water treatment. Test results of water generated from the atmosphere by GR8 Water AWG technology has been measured and shown the water to be fresh and clean, far exceeding EPA requirements.

Q: Is it expensive to produce water with GR8 Water AWG?

A: The GR8 Water atmospheric water generator is extremely efficient using minimal amounts of energy to produce water. Depending on local electricity costs, one gallon of water generated by a GR8 Water AWG will cost about 10 U.S. pennies.

Warranty

The GR8 Water Ltd warranty is a standard one year parts and labor. Please refer to your owner's manual for details. An additional 1 year extended warranty plan is available starting at \$150.00 for the 2nd year and a \$250 plan that will keep you covered for three years. Shipping and taxes will be determined as to your location.

Maintenance

All GR8 Water products offer an optional Nationwide Coverage Maintenance Program with over 3000 locations across the Country, capable of serving over 30,000 zip codes and 89% of the United States. Maintenance Programs with monthly service calls are available.

Q: Is it difficult to install GR8 Water AWG?

A: Our products require no plumbing, water lines, or pipes and easily installed, essentially a plug-and-go installation.

Q: What happens if the AWG reservoir is full? Will the machine overflow?

A: Our state-of-the-art GR8 Water AWG is driven by a microcomputer control system that will stop generating water when it becomes full and if an accidental leak does occur the machine will sense the leak and turn the AWG off.

Q: Will water standing in a full reservoir get stagnant and stale?

A: Our Patent pending system continually pumps Ozone into the AWG reservoir, making sure the water is pure at all times.

Q: Will water produced from the air in my home or office has a funny taste or smell?

A: Absolutely not. The GR8 Water Patent pending system employs special filters to remove any unpleasant tastes or odor that may be present in the air. The result is fresh and delicious drinking water in its purest form.

Q: Why do I need GR8 Water AWG to bring me water anyway? What is wrong with the water I get from my tap?

A: Numerous articles have been written warning about the amount of impurities that are contained in public drinking water supplies as well as the vulnerability of public water supplies to terrorist attack. The only way to be absolutely certain that your drinking water is really pure and safe is to produce it yourself with a GR8 Water AWG.

Q: What about bottled water? Isn't that safe and pure?

A: Other articles have been published revealing that some bottled water is really only reprocessed tap water. Some government studies have shown over 30% of the bottled water tested to be unsafe for humans.

Q: Is water produced by an AWG better than bottled water?

A: Water produced by a GR8 Water AWG is the best water on earth. Bottled water in many cases is filtered city water processed in a manufacturing plant. Other bottled water is "spring" water and there are no guarantees that it is truly pure and contaminant free.

Q: Is water from an AWG as good as the water coolers I see in offices with an inverted 5-gallon bottle on top?

A: Even if the water in the bottle is good, the cooler in many cases is the problem. If it is not cleaned and regularly maintained, bacteria and algae build up in the reservoir and the water you drink may become contaminated. And who likes to handle that 40 lb. water bottle anyway? Again, GR8 Water AWG water is the purest water on earth.

Q: How does the cost and quality of bottled water compare with GR8 Water AWG water?

A: The GR8 Water AWG units can produce water of equal or better quality more economically

Q: Are there any other benefits to having GR8 Water AWG in my home or office?

A: Yes! The GR8 Water AWG purifies the air and also acts as a dehumidifier, plus we have units with an optional Air-Conditioner!

Q: What does pH mean for water?

A: The indicator for acidity or alkalinity is known as the pH value. A pH value of 7 means a substance is neutral; water with a pH lower than 7 is considered acidic and with a pH greater than 7 water is considered alkaline. The normal range for pH in surface water systems is 6.5 to 8.5. The range in a GR8 Water AWG is 7.0 to 7.5

How Water From Air Works? The Technology behind Atmospheric Water Generators!

Science that uses the principles of nature to produce great tasting water!

[Atmospheric Water Generator](#) technology depends on two things for water production. The combination of the level of **relative humidity** and the **ambient air temperature** are the two most important factors used to determine how much water from the air will be produced on a daily basis. The system will harvest the water from air by using fans to blow pre-filtered air over coils. This lowers the air temperature to its dew point and the condensing of the of water occurs for collection of condensate water in the internal collection tank. [Advanced water filtration systems](#), and [water purification](#) methods using a combination of UV light, ozonation, and multi-step carbon filtration makes the water extremely clean, purified and fit for human and animal consumption. The rate at which the A.W.G. system will produce water is solely based on relative humidity and the ambient (surrounding) air temperature.



Most systems require a relative humidity of around 60% to 70 % for the unit to achieve optimal performance. In environments where the humidity (RH) is lower than 60% to 70%, the system will still harvest water from the air, but not as quickly and not at a level consistent with the systems designed rated output. However, systems that are located in environments where the humidity level is higher can experience even higher levels of production than the rated capacity. Systems that are combined with air conditioning can also produce slightly higher levels of water production while acting as air purification, de-humidification, filtration, and air-conditioning systems since there are very similar technologies involved between these two functions.

Ambient air temperature also plays a key factor in water production. On average a system will require a temperature of 65 degrees Fahrenheit or greater to achieve its rated output. In lower temperature environments the system will still produce water but not at the rated production output that is achieved at higher temperatures.

Atmospheric water generators like all other technologies is evolving and working diligently through research and development to improve upon the technology to achieve greater efficiency in water production, energy usage, over all applications. Water is quickly becoming a very scarce and highly sought after resource in many areas of the world today. There is no doubt as [mankind's need for fresh water](#) increases, because of human misuse, [over use](#), and abuse of existing water supplies, that governments, and corporations will begin to attempt take control through regulation of water supplies. The atmospheric water generator will come into its own as this time quickly approaches. It will then be destined become as household item. Hopefully it will possibly also be able to improve in even better functionality and effectiveness, and become an integral part of supplying clean drinking water to the masses. The A.W.G. will, also as more and more are used play a role in cleaning our ambient air and thus helping to reduce air pollution and other harmful particulates as it harvests water from the air!

It Creates Water Out of Thin Air!



Does Our Water Need Minerals?

Does Our Water Need Mineral in It



IT is true that minerals are essential for the human body, no one can dispute this. They assist in controlling bone growth, regulating fluids, normalizing nerve and muscle functions, metabolic functions, growth of connective tissues, and much more.

Nevertheless, a misconception that we obtain minerals from drinking water is just that a misconception. First of all what is water in its purest form? It is H₂O. Two molecules of hydrogen and one molecule of oxygen. There are no minerals included in this molecular make-up of water. The main source of minerals is always from our food and diets, and supplements, not from drinking water. For a human to receive enough minerals from water (should the water be mineralized) you would need to drink a bathtub full everyday! Not likely and not feasible. I have never heard of any doctor prescribing a bathtub full of water if you are deficient in minerals....have you?

Which means you should probably watch out for water products that claim that they contain only the good (healthy minerals) in the water. Like some of the vitamin waters on the market today. There is no water purification method selective enough to leave you only the "good stuff." "Most of the good the stuff" meaning besides calcium and magnesium, they also leave fluorides, arsenic, hard metals, radioactive materials, bacteria, viruses, chemicals, and pharmaceutical drugs. Let us not forget the fact that many natural minerals found in water are actually toxic and radioactive in nature and are known to cause cancer.

In this era of pollution where water contains much more disease-causing contaminants than beneficial minerals, it makes sense that the water we drink should be pure and as clean as possible.

Eating healthy and including a wide variety of good vegetable and fruits (along with supplements) everyday is a good way to ensure that you have all the beneficial organic minerals necessary to stay healthy. Also, many reports come out that supplements don't help that much and that most are excreted from the body. I would be wary of any such reports and pay close attention to whom did the report. Most drug and pharmaceutical companies aren't into preventative health measures. You can't sell drugs that "treat" a condition if diet prevents a condition from occurring in first place. Most causes of illness, sickness and disease are caused from poor diet (lack of certain vitamins and minerals) and a lack of access to clean water. Fifty percent of hospital beds filled worldwide is due to some type of water borne illness.

According to many recent news and reports, most tap and well water in the U.S. is not that safe for drinking due to heavy industrial and environmental pollution. There is a great deal of toxins in the water we are drinking from municipal water systems, well, lakes, rivers, and unfortunately even glaciers, as air pollution is subsequently polluting the glaciers (which by the way contain 75% of the worlds 3% fresh water supplies). Only 3% of the water on earth is fresh water, the rest is salt water and unfit for consumption in its present state. There are methods available to clean that water but once again it becomes for all intents and purposes distilled water.

Increased human activities in manufacturing, agriculture, etc, are generating toxic bacteria, chemicals, and heavy metals in our natural water supplies. People get sick from this all the time after long term exposure. (Watch the Movie Erin Brocovich.) Unfortunately, that is the price we are paying for increased productivity levels. Even some brands of bottled water have been found to contain some level of contamination in addition to plastic chemicals leaching from the bottle.

Even if some of the minerals or vitamins from the water do make there way into your body most of them are too large to pass through your cells and be absorbed on a molecular level. So consider this. If you have the option of drinking water that is free of any chemicals, bacteria, viruses, metals, contaminants, and pollution that can adversely affect your overall health what is your choice going to be. Argue over whether a very tiny amount of vitamins and/or minerals may be reaching your cells that is contained in your drinking water? The other option take measures to completely eliminate all that filth and garbage from your drinking water, eat more fruits, vegetables; eat less processed foods, get a little exercise, and even take a good multi vitamin and live a healthier life. The fact is any way you cut it, that you can easily get the vitamins you need from food, and vitamins. But prolonged exposure to harmful chemicals and pollutants is going to take its toll on your health

A good water filtration system installed in your home is the only way to proactively monitor and ensure the quality and safety of your drinking water. Reverse osmosis water purification systems can remove 90-99% of all contaminants from city and well water to deliver healthy drinking water for you and your family. Another very good option but one less well known is an **atmospheric water generator**. Atmospheric water generators not only deliver 99.9% pure drinking water, but they are a sustainable source of water, meaning that if your water supply is somehow disrupted, polluted, or contaminated you have the ability using the hydrologic cycle to harvest water from the air on a daily basis. A.W.G's also server another useful purpose. In addition to generating pure water they dehumidify the air, and purify the air as the air is thoroughly cleaned, filtered and purified prior to making water.

Water contains only inorganic minerals which can actually be detrimental to human health. Our bodies have a hard time processing inorganic minerals and what we cannot absorb will be stored in our tissues and become toxic. The primary culprits are calcium salts and over time they can cause gallstones, kidney stones, bone & joint calcification, arthritis, and hardening and blocking our arteries.

For your reference, below are the most common minerals which can be found both organically in our food supply and inorganically in natural water sources.

Magnesium

Magnesium controls muscle contraction, protein metabolism, blood coagulation, and energy production, among other vital tasks. Failure to take in enough magnesium over time leads to high blood pressure and osteoporosis.

That said, not only does this mineral aid in body functions, it can also help prevent disease. Studies show that magnesium in drinking water protects against the deaths of patients with diabetes mellitus, and prevents the development of cerebrovascular disease. Magnesium also lowers the risk of fatality from acute myocardial infarction (heart disease), particularly in females. In high-risk patients, magnesium is recommended to protect against gastric cancer.

Calcium

Adults should consume 1000-1200 mg of calcium per day. The human body needs calcium to develop strong teeth and bones. With that, calcium can combat osteoporosis and other bone disorders. It also helps in regulating nerve transmission, blood coagulation, and muscle contraction.

Sodium

Sodium naturally occurs in water supplies in varying amounts due to underground salt deposits and sea water. It is also added to water supplies in some areas to make it "soft" (or through home water softeners), and used for water purification in the form of sodium hypochlorite.

Necessary for transporting nutrients throughout the body and balancing fluid levels, sodium is best known for its negative effects—namely raising blood pressure. So, those with high blood pressure may want to avoid water with high levels of sodium. However, in moderate amounts (under 3000 mg daily), sodium is perfectly safe.

Fluoride

There has been some controversy about fluoride being added to our water and whether it is detrimental to your overall health?

While not absolutely necessary, fluoride is proven to protect against cavities when consumed in moderate amounts (under 4 mg/L). Fluoride is partially responsible for the rapid decline in tooth decay seen in the United States since the mid-1980s.

Special care should be taken when fluoride is ingested by children—levels over 2 mg/L can damage developing adult teeth before they break through the gums.

Most water systems add fluoride to their water supplies, but not all; check with your local provider for additive levels in your area.

In August 1989, the Almaden Times carried an article by the undersigned entitled "Bottled Drinking Water---What the Labels Mean". Dozens of individuals visited or called and thanked us for this timely information.

The article was technically accurate in all regards. But, it always amazes me when individuals such as Dr. Moller-Racke complain when such facts reach the public's reading tables and popular consumer products become subjected to closer scrutiny.

Mineral water is a billion dollar a year industry and when you debunk the myth, it hits their pockets.

Many individuals (mostly the bottlers) extol the curative and nutritional values of mineral water. Others (mostly nutritionists and internal medicine specialists) caution against the drinking of such water.

The California Department of Consumer Affairs, when carefully surveying the problems with the state's drinking water systems a few years ago, went on record stating that

"Highly mineralized water is associated with the formation of (kidney) stones in the urinary system".

The noted medical pioneer Dr. Charles Mayo (of Mayo Clinic fame), has stated that

"Water hardness (excessive minerals) is the underlying cause of many, if not all, of the diseases resulting from poisons in the intestinal tract."

Certainly Dr. Mayo, who had no monetary interest in water products of any nature---but who had considerable experience with internal medicine--- would not point accusatory fingers at mineralized drinking water unless he had not personally seen the trauma, physiological

disorders, suffering and illnesses which were caused by such materials.

On the other hand, scores of studies have underscored the importance of mineral-free drinking water which life-extension specialists have determined has been a major factor in longevity. The Hunza people in the remote Himalayas are a classic example of individuals living well beyond one hundred years of age using water so pure it resembles single-distilled water.

Those who have traveled to Europe and the Mediterranean encounter a near universal consumption of bottled and mineralized water. The drinking water quality in that area of the world rates very poorly and the use of readily available heavily mineralized water (and wines) was fostered more by necessity than of habit or affluence.

The minerals in high-priced mineral waters (domestic or imported) are chemically no different than those which are found by elementary analysis of soil (dirt) samples

If you like the taste of the water---that's great. Just remember that you are drinking water mixed with copious amounts of dissolved dirt, stone and rocks---and that's it!

We need minerals to maintain a proper balance of electrolytes in our body fluids---but we need minerals which our body can easily metabolize. Would you rather obtain calcium from natural sources such as milk, butter, cheese and other dairy products--or try to obtain it from sucking on a piece of lime (same as calcium bicarbonate in water)?

Other dairy products--or try to obtain it from sucking on a piece of lime (same as calcium bicarbonate in water)?

How would you prefer to obtain your "essential minerals"?

From pieces of dirt, rock & stone found in tap water?

From natural fruits and vegetables?

OR



How about iron (rust in water versus natural iron in spinach)? And the list goes on and on.

Just imagine all the money your wife could save by not buying expensive fruits and vegetables for the family dining table. If we believed what the mineral water people tell us about the nutritional value of highly mineralized water, one could get terrific nutrition by pouring a few ounces of California adobe (dirt) and ground up rocks over their family's foods.

The human body can tell us which minerals, liquids, foods or other materials it will accept, and those which it recognizes as alien or foreign matter--and thus proceeds to reject.

The pathological character of inorganic minerals such as those found in highly mineralized water is easily demonstrable. Take your white corpuscle (blood cell) count about six hours after you've last had any food or water. It should be about 6,000 per milliliter.

Then, drink a normal glass of hard, mineral water. The white blood cell count will shoot up until it often more than doubles!

Inorganic chemistry doesn't lie.

This phenomena is called Leucocytosis and is our body's defense mechanism responding (via an increased white cell count) to an invading organism, germ, infection or foreign material. When pure water, fruits, vegetables and other naturally-grown materials are eaten, the white blood cell count stays level.

However, when materials such as processed or junk foods, and heavily mineralized drinking water are consumed, the body's defense mechanism springs into action, increasing the white blood cell count which prepares the body to do battle with and subsequently dispose of or dispense with the unwanted "invader"---in the present case, heavy doses of inorganic salts and minerals from drinking water.

Water is a cleansing agent, foods are nutrients. Dr. Moller-Racke's statement that "water is probably our most valuable nutrient" is therefore complete nonsense as any fourth grade life science textbook tells us. Water is our most valuable cleansing agent, flushing toxins and byproducts of metabolism from our body while furnishing pure hydrogen and oxygen to cells and tissue.

The cleansing attributes of pure water are impaired when it contains large doses of dissolved dirt and stone (mineral water) ---and the body organs which must eliminate these unwanted materials are continually stressed and unnecessarily overworked.

Many individuals who experience a "rush" when they drink mineral water probably misinterpret this apparent therapeutic feeling as simply the body organs (skin, kidneys, lungs, intestines) working overtime to eliminate excess minerals which the body cannot use.

Health spas the world over rely on heavy use of mineral water(baths and drinks) to kick the patient's eliminative organs into high gear, thus providing the exhilarating feeling when the body organs and skin begin working hard at eliminating unwanted materials(excess minerals in this case).

If mineral water really had the nutrient value that mineral water advocates claim, they would have magically solved the world's massive hunger and nutrition problems. Let's just ship starving people mineral water or just cans and bags of dirt and ground up stone and rocks!

Even the American Medical Journal states that:

"The body's need for minerals is largely met through foods, not drinking water".

Is mineral water good for you? The evidence clearly shows that there is no real benefit---and there may be some adverse effects. Your body needs pure water---steamed distilled water is the purest you can buy or make at home.