



The Importance of Clean Healthy Water

While it's true many people have found relief from arthritis and joint pain by taking [Flex Naturally™](#) there are other things that we can do to improve our health. For example, many people drink coffee, soda, and various kinds of teas which contain tannic acids and caffeine. Also, fruit juice from cans and jars, whether sugar is added or not, can be a problem. All these drinks I just mentioned all have one thing in common, they contribute to making your pH too acidic. When this occurs over a period of time it can cause the body to lose minerals contributing to osteoporosis and osteoarthritis, prevent the efficient digestion and absorption of your nutrients, cause the body to age too quickly, lower the immune system, make you more susceptible to heart disease, cause the muscles and other soft tissues to be stiffer, less pliable and flexible making one more prone to injuries and stiffness, contribute to the inflammatory pain in your arthritic joints, and in general make you feel miserable all over with less energy.

Many people like to drink orange juice and eat oranges. But, did you know that unless you drink fresh squeezed juice and ate oranges that are tree ripened you could actually contribute to the acid build up in your body. Oranges are usually picked from the tree in a green unripened state. That's because it makes it easier to ship them to the grocers without spoiling, but at the same time because they have never had a chance to ripen on the tree the nutrient value is very poor. This type of orange can be too acidic to our body and does not contribute to our nutritional well being. On the other hand fresh tree ripened oranges are excellent storehouses of nutrients like vitamin C and calcium, and do not contribute to acidifying the body. So, unless the oranges, or other citrus foods, you are eating are fresh it is better to eliminate them from your diet.

Chlorine

There is also a problem with drinking city water. Most cities use chlorine to kill bacteria. Chlorine destroys vitamin E, the beneficial friendly bacteria, or flora, in the intestines, and has been demonstrated to cause vascular disease. Chlorine also combines with organic matter in the water and forms a cancer causing chemical called chloroform.

Sodium Fluoride

Sodium fluoride can be found in drinking water as well. Although many people believe that it is good for us, it is actually a toxic by-product of the aluminum industry. Because of the expense of disposal, the aluminum industry persuaded the cities to buy it from them and put it in their drinking water. Before this, it was used as a rat poison. Once cities started purchasing it the cost went up 1,000% almost immediately.

The serious side effects of sodium fluoride are;

1. Affects the healthy function of the thyroid and the entire enzyme system.
2. Damages the immune system. Cancer and other degenerative diseases are increased. Some of the conditions that may arise first are scleroderma, lupus, and various forms of arthritis.
3. While it does seem to promote bone growth, researchers have discovered that the bone is very weak and brittle and breaks easily.

Calcium Fluoride

The type of natural fluoride that the body requires is calcium fluoride. One of the best sources is goats milk. Other sources are seaweed, brown rice not white, rye, parsley, avocados, cabbage, black-eyed peas, juniper berries, licorice, the plant not the candy, lemon grass, and bancha twigs.

Chemicals and Toxins

Of course this doesn't even include the thousands of other chemicals and toxins dumped into our water supply by the tons each year. In fact, certain chemicals are deliberately added by the water departments to stabilize the action of the water and to keep pipes from rusting.

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Make sure that you drink lots of fresh clean water each day. Water is crucial in maintaining our health. It assists in keeping us cool, removes waste and toxins, and keeps our cartilage and the discs in our spine hydrated. If your water intake falls too low over a period of time the discs in your spine lose water and shrink which can cause back pain.

I know many people use filters at home but most them do not remove sodium fluoride. You can purchase filtering systems that can do that or purchase water from a reputable company. Preferably one that uses the steam distilled method. You can also purchase your own steam distiller or have steam distilled water delivered to your home. If you wish to add minerals to your water I recommend a company called Trace Mineral Research. You can find them in almost any health food store in the United States. I don't have any connection with them, but I have used their minerals for years and they are of the highest quality.

DISCLAIMER: The information in this article is for educational purposes only, and is not intended to provide medical advice which should always be obtained from a qualified health practitioner, and has not been approved by the U.S. FDA.

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