



“Multi Pure Water Purification Systems”

Clean Water is as Important as Healthy Food

Studies show consumption of tap water and tap water-based drinks such as coffee and tea increase the risk of bladder cancer. This is due to the cancer-causing contaminants in tap water, such as disinfection byproducts, chemicals generated through reactions of disinfectants such as chlorine with organic matter naturally occurring in water. As recently as Feb. 27, 2007, the EPA stated it will begin to research pesticides and other estrogenic substances in drinking water.

Sources: EPA Report, mandated by the Food Quality Protection Act, Feb. 27, 2007; *Scientific American*, Jan. 18, 2007; *International Journal of Cancer*, April 2006, as reported in Nutrition Hints by Dr. Betty Kamen, PhD, www.bettykamen.com

Bottled water is not a wise alternative.

Many health-conscious people rely on bottled water for cooking and drinking. But bottled water is not a wise alternative. Surprising as it may seem, bottled water is subject to less rigorous testing and purity standards than the EPA rules which apply to city tap water. According to a report released by the Natural Resources Defense Council (March 1999), a New York-based environmental group, of 1,000 bottles of water tested among 103 brands, one-third contained chemical or bacterial contaminants at levels exceeding the industry's own guidelines. In fact, about one-fourth of bottled water is actually bottled tap water, according to government and industry estimates. In addition, the bottles or jugs are cumbersome, and expensive, and bottled water is a breeding ground for bacteria because water is meant to be moving, and not stagnant.

Granular Carbon vs. Solid Carbon Block Filters

An effective water purification system is the best way to secure pure water for drinking and cooking, at the point of use, your faucet. Most filters use powdered or granular carbon which is not effective at reducing bacteria, asbestos or disease organisms, and is only minimally effective at reducing chemicals. The most effective means of water purification is a solid carbon block filter. Healing Cuisine has distributed the Multi-Pure solid carbon block systems since 1977. Reverse osmosis (RO) systems are also available, but be aware that they strip all the naturally-occurring minerals from the water, but are recommended for areas where agricultural chemicals are an issue. RO should be combined with solid carbon block filtration.



Multi-Pure water purifiers are certified annually by NSF and UL to reduce a wide range of contaminants of health concern such as MTBE, chlorination byproducts, PCBs, chloramine, pesticides, herbicides, heavy metals like lead and mercury, and many other contaminants. Beneficial minerals are left in the water. Multi-Pure water costs about 8 cents per gallon compared with \$2.23 per gallon for bottled water. There is a 25-year warranty on the housing, 1-year on the accessories and 30-day money-back guarantee. No other company compares.

So, enjoy the security that comes from having pure water, at a good price. Healing Cuisine gives customers a \$25 to \$50 rebate on the small and large unit respectively, the maximum allowed by the company. Soon you'll be bringing a bottle of freshly-filtered water with you when you're out and about. It isn't often enough that we get to see a restaurant, or even a natural foods deli, that carries a sign stating: "We use only filtered water."