



International Wellness Institute®

Mind * Body * Spirit * Health * Anti-Aging * Self-Healing



Dennis K. Thomas, Founder

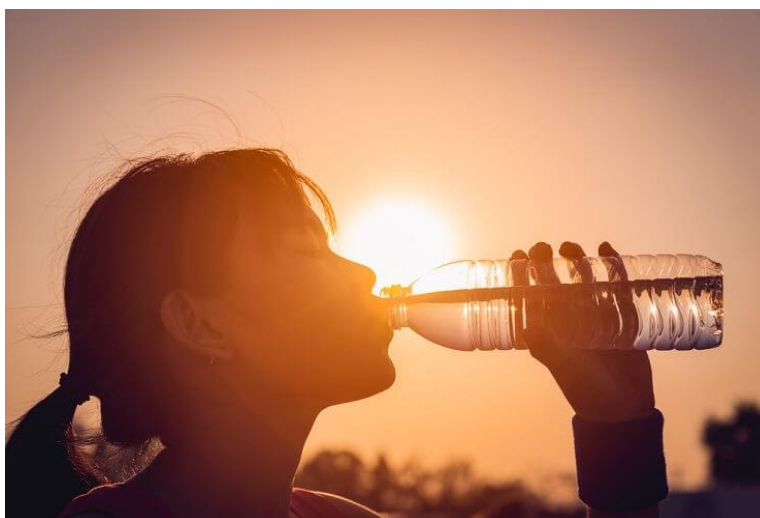
Five Dangers of Drinking Bottled Water (& Healthier Alternative)

While keeping hydrated is essential to your health, that bottled water in your bag may be doing more harm than good. Here's what you need to know about the dangers of bottled water and how to avoid them.

At this point, it's getting around that plastic is dangerous to your health for many reasons. BPA, a component often found in plastic, is a hormone disruptor that can have a wide range of impacts on the human body, including hormone imbalance, toxicity, inflammation, and even cancer. BPA isn't even the only component of plastic that is potentially dangerous - there are dozens of other chemicals that can have adverse effects on the body, endocrine system, and other organs.

When bottles say that they are BPA - free, consumers often think that they're safe from the hormone disrupting problems that BPA is widely known for. However, any form of plastic will likely also contain BPS, a chemical similar to BPA, but one that hasn't yet received the publicity that BPA has (not to mention other chemicals). Research points to six areas where plastic exposure can significantly impact health.

5 Dangers of Drinking Bottled Water





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1. Hormone Disruption and Fertility

Hormones are the most critical component in fertility in both men and women. While anatomical problems can also lead to infertility, hormone problems and other related conditions, like endometriosis, are most commonly implicated in impaired fertility. Plastics are known hormone disruptors that can send mixed signals, causing some reproductive hormones to be produced excessively and leading to deficiencies in others. Women and men both are susceptible to this, and in both cases, excess estrogens can be the culprit in reducing ability to conceive.

2. Placental, Fetal, Infant, and Pre-Pubescent Development

While endocrine disruptors can significantly alter the ability to conceive, many are able to get pregnant and have children in spite of the presence of these chemical hormones. The impact doesn't end there, however. Fetal development *in utero*, along with the critical early years of a child's life, can be dramatically altered by the communication from these hormone messengers. Boys seem to be the most at risk for severe alterations before and during puberty, and while testicular development itself doesn't rely on hormones, every other aspect of male puberty and subsequent fertility and reproductive ability does.

The World Health Organization has determined that plastics and endocrine disruptors are a worldwide problem that isn't being addressed as seriously as it should be - either for fertility and reproductive impact or for the lasting changes that can result from exposure during formative years of life.

Of course, water in plastic bottles is the most convenient way for many to purchase it or take it with them on the go. Glass and heavy stainless steel bottles usually aren't something that parents want to put into the hands of their children. Still, when the potentially life-altering concerns of plastic are considered, it's important to look for healthier alternatives immediately.



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3. Cancer

Cancer impacts men and women, young and old, and various organs, tissues, and cells. But researchers continue to report that the increase in estrogenic chemicals, like BPA and other plastic materials, has contributed not only to breast cancer, but also testicular cancer and prostate cancer.

4. Toxicity Burden

BPA and other plastic toxins have been found in blood and urine, widely circulating throughout the body. The toxicity burden that accumulates over years of exposure can impact all organs and body systems, but the liver is the primary detox organ that filters the blood, and the kidneys filter the urine.

The toxicity from water bottles can damage your liver and other organs.

When you drink a beverage that is housed in a plastic bottle, you're also drinking what the bottle is made of. Even water (and not just acidic soda beverages) can leach particles from the bottles, especially if it has been exposed to heat or stored for a longer amount of time. Reusable plastic bottles are subject to the same problems if they're washed or dried in hot temperatures like dishwashers or are used for hot beverages, like coffee or tea.

5. Weight Gain & Fatty Tissue Storage

Obesity has reached epidemic proportions in recent decades, and while the definition of obesity might seem narrow (greater than 25 percent body fat in men or 30 percent in women), the reality is that many adults weigh more than they should, with over 30 percent of adults in the U.S. categorized as obese. Even the obesity rate in children under 19 has tripled in the last 50 years.

The constant exposure to plastics today is having an impact on total body weight, too, since the estrogenic nature of these chemicals can directly influence the rate



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that fat is stored and what is stored there - including toxins from environmental exposures.

Bottom Line: Chemicals found in plastic water bottles and other sources of plastics can have significant impact on hormone communication, cellular health, and specific organs and body systems that can begin before birth and continue impacting future health for the rest of a person's life, including future offspring.

The Plastic Planet and The Truth About Bottled Water



You don't have to be an environmental activist to be concerned about the extreme waste buildup that is happening on our planet.

The bottled water industry continues to grow rapidly, with people drinking 10.9 billion gallons per year. Approximately 38 billion water bottles go into landfills in one year alone, since only a little over 20 percent of plastic bottles are recycled.

While drinking bottled water is definitely healthier than drinking soda or other sugary beverages, the amount of waste from the beverage industry alone will have serious long-term consequences for our planet if we don't make drastic changes to our daily habits.



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Research points to lack of confidence in the public water supply as the primary reason that people regularly consume bottled water. But the fact is that the public water supply is regulated by the Environmental Protection Agency, which restricts and monitors public drinking water. While it's assumed by many consumers that bottled water would be more strictly regulated than the public water supply is, it's actually the opposite.

The FDA regulates bottled water, and their testing process is less rigorous than that of the EPA. Some municipal water supplies actually bottle their water and sell it, and many brands of bottled water are actually the same as drinking tap water. Public water supply is actually better regulated than bottled water.

Plastic isn't going anywhere, but environmental activists and sustainable advocates need to more clearly work to communicate the message to the public that bottled water is not safer in most cases, especially not within the United States, and that recycling a bottle doesn't undo the environmental impact of manufacturing that bottle in the first place.

While plastic may have various helpful roles for future technological advances, it's essential to streamline production and reduce waste where possible, and nowhere is there more potential for this than in switching to a more sustainable method of getting in your daily ounces of water.

Bottom Line: Bottled water consumption is increasing every year, and recycling numbers stay the same, with well under half of the population recycling their plastic products. Reusable plastic bottles are certainly preferable, from an environmental standpoint, to disposable plastic bottles. However, ideally, glass bottles would be substituted to help overall plastic consumption levels decrease.



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Where is Bottled Water Coming From?



Consumers have an unwavering belief that companies cannot sell products that aren't good for them, even though the FDA's regulation standards for foods, beverages, and even supplements are not nearly as stringent as people believe. Drugs and pharmaceuticals must go through rigorous testing processes and trials before they're allowed on the market, but foods, beverages, and supplements are more quickly approved, not tested, and only pulled from the market when significant problems are discovered.

As mentioned above, the EPA regulates public tap water supply, and sets legal limits for nearly a hundred contaminants that can be found in water. The good news is that these chemicals are closely watched and regulated, and when they exceed levels, the public must be notified that their water supply is compromised.

While people feel uncomfortable knowing that there are allowable toxins in their water supply, including, but not limited to, bacteria, pharmaceuticals, fluoride, and lead, the more depressing news is that there is a whole list of unregulated contaminants that could be found in the water that aren't being strictly monitored for human safety standards yet. Every five years the EPA adds to their list of regulated contaminants for drinking water, but in the meantime, there is the potential for thousands of chemicals to be found in your tap water, with no known impact on human health. Your tap water may be filled with bacteria, lead and pharmaceuticals.



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So what's a water drinker to do? If bottled water is no better (and less regulated) than tap water, then what options are left?

Bottom Line: Bottled water is thought to be cleaner than tap water because it is processed and regulated by the FDA, but the truth is that the EPA regulates tap water more stringently than bottled water. Still, tap water has a long list of legally allowed contaminants.

Healthier Alternative to Bottled Water



People filter their water for many reasons, but primarily it comes down to two categories: filtering for taste and filtering for purity. Others have no issues with drinking unfiltered tap water, and those who do so can switch from plastic bottles to a more sustainable drinking option.

Below, we explore an alternative to bottled water, and an alternative for you and your family.

Glass Water Bottles

Glass water bottles tend to be the most inexpensive non-plastic alternative, but they are also the easiest to break. Many companies sell silicone sleeves for glass bottles that help to prevent breakage, and as someone who has personally used them (and dropped them), they're quite effective. The bonus of glass bottles is that they're easy to clean and sanitize and don't retain flavors of beverages.



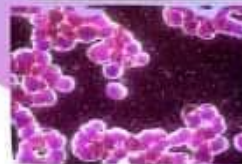
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Drink Terahertz Water

Yes, you can make and bottle your own water. Terahertz water is obtained by a non-contact molecular activating water device, which can activate all edible liquids. Through the unique physical method of "no addition, no contact", the terahertz device resonate normal water to convert it into terahertz water.



CHARGE WATER



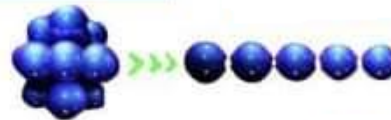
BLOOD STRUCTURE WITH NORMAL WATER

BLOOD STRUCTURE AFTER DRINKING

Sampling	Rainwater	Distilled Water	Tap Water	Well Water	Mineral Water
Hertz	119	118	117	105	94
Sampling	Longevity village	Electrolyzed water	Tt water	Hexagon water	Low frequency resonance water
Hertz	80	63	53.2	43	7.8HZ

Linear Water Molecule

The water energized by the terahertz device has a higher and more stable energy, can neutralize free radicals, increase oxygen content, and restore the vitality of water. Terahertz device breaks the water particles into a linear form which allows it to be absorb directly into our body cells.



The patented technology 0.96THZ activates ordinary water from cluster state and transformed into the straight-chain structure cell drinking water needed by human cells, which can be directly absorbed by cells.

In the 1980s, American scientists discovered an infrared light that matches the vibration frequency of human cells - Terahertz wave. And it can resonate with human cells to activate the body cells, called by scientists - "Wave of Life".

Terahertz Technology Is Now Available To Consumers: Ask us about how you too can drink Terahertz Water... *"The Smart Alternative To Bottle Water."*



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Microplastics Found in Blood for the First Time, Study Says

- Plastic particles were found in 17 of 22 study participants

BREAKING NEWS: Bloomberg: Is It Possible To Avoid Microplastics? Particles Found In Human For First Time...

Microplastics were detected in human blood for the first time, according to a study that may indicate the potential for particles to travel to organs. Scientists found 17 out of the 22 healthy people they took samples from had quantifiable amounts of plastic particles in their blood. Researchers said further study is needed to determine the health risks of the materials. (Matsuyama, 3/25)

* Recent studies show bottled water containing **excessive levels of microplastics** - small pieces of plastic debris less than five millimeters in size. According to research conducted by Orb Media, **93%** of the 11 bottled water brands sampled, all showed traces of microplastics.