



Like many advances in technology, the chlorination of drinking water can be considered a two-edged sword. On the one hand, chlorination has freed civilization from the constant dangers of waterborne epidemics that once inflicted suffering, disease, and premature death on vast sections of the globe. On the other hand, in the mid-1970s scientists discovered that chlorination could create possible carcinogens in the water.

## CHLORINE

The addition of chlorine to our drinking water started in the late 1890's and had wide acceptance in the United States by 1920. Joseph Price, M.D., wrote a fascinating book in the late 1960's, entitled "Coronaries/Cholesterol/Chlorine", which makes it absolutely clear that the presence of free chlorine in water creates heart disease. His work links the dramatic rise of heart disease in this country to the use of chlorination to disinfect water supplies. Since the early 1950s, scientists have known that the presence of free chlorine in water is a primary cause of, and completely linked with, the development of atherosclerosis. It causes fats to form the cholesterol deposits known as plaque. It is this plaque that clogs arteries, resulting in heart attacks and strokes.



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## HEART DISEASE

Atherosclerosis, heart attacks and the resulting problems of hardening of the arteries and plaque formation is really the last step in a series of biochemical malfunctions. Dr. Price points out it takes ten to twenty years before symptoms in humans become evident. In many ways, this is reminiscent of cancer which can take twenty to thirty years to develop.



## CANCER

Can chlorine be linked to cancer too? In the chlorination process itself, chlorine combines with natural organic matter decaying vegetation to form potent cancer causing trihalomethanes (THM's) or haloforms. Trihalomethanes collectively include such carcinogens as chloroforms, bromoforms, carbon tetrachloride, dichloroethane and others.



In 1987, a Journal of the National Cancer Institute study showed that the drinking of chlorinated water increases one's risk of developing bladder cancer up to 80%; other studies link it to the development of colon cancer as well. More recent studies also suggest that chlorine in water supplies maybe responsible for as many as a third of breast

cancers in women. Not only is drinking chlorine dangerous, but hot showers and baths can release 50% of dissolved chlorine and up to 80% of THMs like chloroform and tetrachlorethylene, which are then breathed into the lungs or absorbed into the body through the skin. This absorption through the skin and lungs via hot showers and baths is a primary cause of poisoning due to toxic materials in water.

## IN CONCLUSION

If your drinking water is chlorinated, filter it before you drink and bathe in it. You can purchase a very effective filter, which will remove 99% of chlorine and THM's. Just this simple safeguard may save thousands from heart disease and cancer - the two major degenerative killers in the United States.



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