

## **The Health of Your Tap Water- Part II - Chlorine**

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We have created a quite a tricky place for ourselves as to the quality of our water. With the probability of more microbes being introduced to our water sources, there is an obvious need for concern as to water's bacterial content. We have greater agricultural run-off, more animals, hikers and campers than ever before as well as large amounts of water being carried over wide open spaces to fill the water needs of growing communities.

In our insistence on being a germ-free society, however, we have chlorinated the life out of our water. We are creating a whole new health dilemma through our use of chlorine.

Water, when arising naturally, has wonderful healing benefits. Nutrition researcher Dr. Royal Lee spoke to this fact in the 1950's. Natural spring water that is filtered through the soil has traces of all the viruses that could otherwise cause disease. You can, in fact, build immunity through your drinking of it.

Too, the soil naturally filters out bacteria from the runoff of rainwater and snowmelt. Those with wells get to receive the benefits of the aliveness of water, unless that is, you make a habit of dumping chlorine into your holding tank.

Here is some information on chlorine for your consideration:

*Chloride*, as it occurs in nature is a molecule necessary to the body, such as in sodium chloride (salt) and in the hydrochloric acid needed by the stomach for proper digestion. *Chlorine*, however, does not occur in a free state in nature. *Chlorine* is a toxic manufactured gas.

Chlorine was first used as a war gas in 1915. It is now commonly used as a disinfectant and is added to the municipal water supply, swimming pools, hot tubs and cleaning products as well as in the chlorinated table sugar sucralose.

Numerous scientific studies such as those reported in Science News and the International Journal of Epidemiology note the downside to chlorine use. That the chlorine in our water can be a skin irritant and associated with skin rashes such as eczema. It has also been documented to aggravate asthma and is linked to a greater incidence of bladder, breast and bowel cancer as well as malignant melanoma.

To put the icing on the cake, chlorine is a chemical that causes aggravation to and potential breakdown of the body's arterial walls. Chlorine is now being looked at as an underlying culprit to arterial plaquing. For when the arterial wall has lost its integrity, cholesterol comes in as a repair mechanism trying to shore

up the damage.

Chlorine also acts to destroy much of our intestinal flora. These are the friendly bacteria in our gut that help us in the digestion of our food, act as protection against harmful bacteria and produce the much needed vitamins B and K in our intestines.

When chlorine is combined with other chemicals in our diets such as aspartame, nitrates, or nitrites - more havoc ensues. Together these create potent toxicants with potential to produce an array of adverse health effects.

Chronic digestive (Chron's), breathing (asthma), immune and skin disorders (acne, psoriasis, eczema) have been known to improve, if not clear up, by switching to un-chlorinated water and adding probiotics such as acidophilus and bifidus to the diet.

You may be drinking your water from bottles or have a filter on your kitchen tap, thinking that you are safe from the ravages of chlorine. Think again. The water that we bathe in influences our health as well. Chlorine also enters our body through the skin. When we take hot showers or soak in chlorinated Jacuzzis, the pores of our skin open up, enhancing chlorine absorption. It is said that one shower is equivalent to drinking six to eight glasses of chlorinated water.

Anything you can do to eliminate chlorine in your surroundings is recommended. At the least, filter your tap and shower water. There are carbon-block filters, salt water systems as well as non-toxic pool cleaning systems. Stop using chlorine bleach in your home as a cleaning product and request filtered, un-chlorinated water at restaurants. As I always preach, we win when we educate ourselves and ask for health supporting changes in our environment.

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