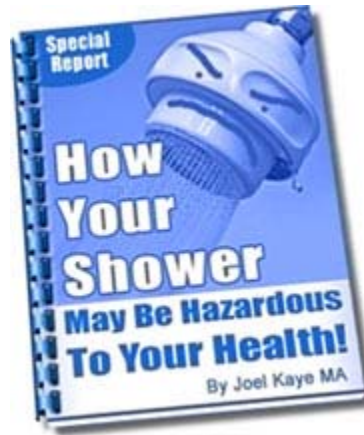


Special Report: How Your Shower May Be Hazardous To Your Health!



By Joel Kaye, MA

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It's funny how people are always concerned with drinking filtered water, when in fact you absorb more water through your skin in one shower than when you drink a glass of water. Yet no one thinks of filtering their shower water. Unfiltered water in the shower is much more dangerous than the water you drink out of the tap.

First off, water contains chlorine as stated in the United States News & World Report - July 29, 1991 in an article called "Is Your Water Safe - The Dangerous State of Your Water" Chlorine is added to all municipal water supplies, this disinfectant hardens arteries, destroys proteins in the body, irritates skin and sinus conditions, aggravates asthma, allergies, and respiratory problems. Chloroform, a byproduct of chlorination, causes excessive free radical formation (accelerated aging!), normal cells to mutate, and cholesterol to oxidize. It is a known carcinogen! DCA (Dichloro acetic acid) is another chlorine byproduct, which alters cholesterol metabolism and has been shown to cause liver cancer in lab animals.

MX, an additional byproduct of chlorination, is known to cause genetic mutations that can lead to cancer growth and has been found in all chlorinated water for which it was tested.

Research has proven that chlorinated water is the direct cause of 9% of all bladder cancers and 15% of all rectal cancers in the US.

Tests have shown that while taking a 10-minute shower, your body can absorb up to 8 glasses of water. The warm water opens up your pores letting more water in. You are not only absorbing water through the skin but also inhaling chlorine vapors. Because you are absorbing water through the skin it goes right into your bloodstream, which is 6x higher, than when you are drinking water. When taking a warm shower the make up of chlorine changes and becomes even more dangerous which irritates your eyes, your sinuses, your throat, your skin, and your lungs. Long-term risks include excessive free radical formation (which makes you age faster), higher vulnerability to genetic mutation and cancer development, difficulty metabolizing cholesterol and hardened arteries. There is also evidence that chlorine destroys protein in your body.

Chlorine is in bleach, which makes your hair and scalp dry, worsens dandruff and ruins tinted or chemically treated hair. If you suffer from any of the following, chlorinated water makes your condition worse.

- Sinus conditions
- Allergies
- Skin rashes
- Emphysema

When chlorine reacts with the organic matter already present in water, toxic byproducts are formed. One example is Chloroform, which causes cells to mutate and cholesterol to oxidize. Once used as an anesthetic, the FDA banned chloroform in 1976 when it was discovered to cause cancer.

You may not smell or taste the chlorine in water but the chlorine is there. The byproducts from the chlorine are some of the most potent carcinogens know to man.

Chlorine is also used to disinfect equipment and utensils in beverage and food processing plants. Chlorine is used in the manufacture of a number of products such as antifreeze, rubber, cleaning agents, and pharmaceuticals.

The American Chemical Society estimates that Householders could receive up to 100 times more of the chemicals by breathing

the air around showers, baths, etc. then they would be drinking the water.

Chlorine chemically bonds with the proteins in our body's cells. Skin is our body's largest organ and entirely chlorine absorbent. Also, chlorine is vaporized in the shower and inhaled into the lungs where it is transferred directly into the blood system and transported throughout the body. External symptoms of chlorine exposure are:

- Dry and irritated skin
- Damaged and brittle hair
- Flaky-itching scalp
- Redness and burning of the eyes

According to research presented in Anaheim California at a meeting of the American Chemical Society, showers and to a lesser extent baths, lead to greater exposure to toxic chemicals contained in water supplies than does drinking the water. The chemicals evaporate out of the water and are inhaled. They can also spread through the house and be inhaled by others. (New Scientist Sept 1986)

"Conservative calculations indicate that taking a shower exposes you to the equivalent of consuming an additional two liters of chlorinated water each day. Inhalation and skin absorption of chloroform and chlorine byproducts is greatest in the shower, where these gases are vaporized." (The Water You Drink: How Safe Is It)

"The National Academy of Sciences" states that the major health threat posed by pollutants is far more likely to be from their inhalation as air pollutants. The reason that emissions are high is that because water droplets dispersed by the shower head have a larger surface-to-volume ratio than water streaming into the bath."(Science News, Vol.130)

A Professor of Water Chemistry at the University of Pittsburgh claims that exposure to vaporized chemicals in the water supplies through showering, bathing, and inhalation is 100 times greater than through drinking water. He states "As chlorine is added to kill pathogenic microorganisms, the highly reactive chlorine combines with fatty acids and carbon fragments to form a variety of toxic compounds, which comprise about 30% of the chlorination by-products."

"Epidemiological studies suggest a link between ingestion of toxic chemicals in the water and elevated cancer mortality risks."
(The Nader Report Troubled Waters onn Tap)

As quoted by the Environmental protection Agency
"Showering is suspected as the primary cause of elevated levels of chloroform in nearly every home because of the chlorine in the water."

In the article, Water: The Ultimate Cure, it is stated that
"While the purity of our drinking water is of primary importance, contaminants and chlorine byproducts also enter our bodies through the skin via the water in which we bathe. Also, our lungs absorb toxic fumes from the gaseous chlorine byproducts that are released in a steamy shower. Chlorine in shower water can strip protein from our hair and skin causing dry, irritated eyes, itchy skin, and dandruff."

"The total inhalation exposure (summation of the three scenarios; shower, pre- and post-cooking activities and cooking) was found to be comparable with that for direct ingestion, indicating that inhalation is an important pathway for THM exposure from drinking water." (SCI TOTAL ENVIRON-Jan 31, 2000 7)

"As a result, entry by inhalation route is as important as entry by ingestion route when conducting exposure analyses of contamination from volatile organic compounds such as TCE."(TOXICAL IND HEALTH-Mar-April 1996 8)

"Although ingestion is commonly considered to be the primary source of exposure to chloroform from tap water, inhalation and skin absorption exposure concentrations were found to be even higher." (SCI TOTAL ENVIRON- 11 Jul. 1998 9)

However, other exposure routes, such as dermal absorption and inhalation, may be important components of an individual's total exposure to drinking water disinfections byproducts. "The results from this study indicate that household activities such as bathing and showering are important routes for human exposure to THMs." (EXOP ANAL ENVIRON EPIDEMIOLOG- Jul-Aug. 2000 10)

"Recently, showers have been suspected to be an important source of indoor exposure to volatile organic compounds (VOC). Since estimates of chloroform risk from domestic water use for the three exposure routes-ingestion, inhalation and dermal-are similar, all routes must be used to calculate the total risk when making policy decisions regarding the quality of the municipal water supply." (RISK ANAL-Dec 1990 11)

It is true that chlorination has helped prevent the constant dangers of waterborne epidemics, but it is a double edge sword. Scientists have also discovered that chlorination could also create carcinogens in water. There has been shown to be a higher incidence of cancer of the esophagus, rectum, breast and larynx and of Hodgkin's disease for people drinking chlorinated surface water.

Chlorine has been shown to cause arteriosclerosis. Chlorine gas was used in WW1, after the war studies show that the combination of chlorine in drinking water and animal fats results in arteriosclerosis, heart attacks and death. (WATER CAN UNDERMINE YOUR HEALTH)

A long hot shower can be dangerous. The toxic chemicals are inhaled in high concentrations. (BOTTOM LINE August 1987. Dr. John Andelman, Ph.D.)

A recent report in the American Journal of Public Health linked chlorine to significant increases in certain types of cancer, asthma and skin irritations... and stated that "up to 2/3s of the harmful exposure was due to skin absorption and inhalation of chlorine in shower water."

Did you know that tap water contains the same if not more chlorine than are in swimming pools? Maybe 98% of the shower water goes down the drain but 70% to 90% of the chemicals in the water vaporize before it does so.

Chlorine is very bad for the skin. It strips away the natural protective oils causing drying and aging. Take away the negative effects of chlorine and you will maintain healthy skin.

I can't stress how important it is to get the chlorine out of your shower water. Look into purchasing a shower filter. It will not only protect your health but it will also protect the way you look.

-Joel Kaye, MA

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Joel Kaye holds a Masters Degree in Physical Health Education and he is currently teaching classes at the prestigious New York University's Coles Sports Center On Weight Management, Nutrition And Exercise And Cancer Wellness. To discover how out how to achieve optimal health without drugs, visit Joel's website: www.RightBrainDiet.com