



Water Purity & Your Family's Health

For over 50 years, families have relied on us to provide the ultimate in water purity.



An educational document on how water purity has a direct impact on your family's health

Call us today at 1-800-875-5915 or visit [MyPureWater.com](https://www.MyPureWater.com)



**PURE
WATER**®
Perfecting Purity™

Water Purity & Your Family's Health

The purity of water that your family consumes can directly affect their health, longevity and happiness.

With over 100,000 chemicals in use today, man-made toxins have spread throughout the environment like never before. Many contaminants found in tap water across the nation have been linked to numerous forms of cancer, developmental effects, learning disabilities, parasitic infections, and intestinal illnesses. The vast majority of chemicals, however, have unknown effects upon our health. Consider the following...

- Water is the fundamental nutrient in your body and is critical for every bodily function, even down to the cellular level. Your body is about 70% water and your body replaces most of that water every week!
- Over the past 30 years, there have been dramatic increases in the occurrence of autism and certain forms of cancer and the cause for this increase is unknown.
- Children, infants, and unborn fetuses are especially sensitive to chemicals that can be in tap water.
- In March 2011, the World Health Organization reported that "overwhelming evidence indicates that the predominant contributor to many types of cancer is the environment."
- The results published by the European Journal of Cancer in September 2001 show that cancer prevention programs that targeted environmental causes are much more effective than current advances in cancer treatment in reducing deaths from cancer.

READ ON AND DISCOVER:

Water is the fundamental nutrient	Pg 3
The different types of contaminants	Pg 4
The link between water contamination & cancer	Pg 5
Children are more sensitive to chemicals	Pg 6
Why filters and reverse osmosis are not enough	Pg 8
Why distillation and Pure Water distillers are the right choice	Pg 9

Healthy Living

Water Purity & Your Family's Health

WATER; THE FUNDAMENTAL NUTRIENT: Water is the fundamental nutrient in your body. Every cell in your body depends upon an adequate supply of water in order to survive and carry out all of life's functions. Every cell in your body is primarily composed of and is surrounded by water. Water is required for every bodily function; breathing, digestion, growth, movement, elimination of waste, heat dissipation, secretion and all glandular functions. Within your body literally thousands of chemical reactions are occurring around the clock without your knowledge.

WATER; THE MOST OVERLOOKED NUTRIENT: While water is the most fundamental nutrient, it's also the most overlooked. More books are written on the health benefits of glucosamine, garlic or vitamin E than water. If you look in the index of most nutrition books, you will notice a brief mention of water, or no mention at all. The fact is that both the quantity and the quality of the water that you drink can affect the quality of your tissues and organs and their performance as well as their resistance to disease.

OUR ENVIRONMENT HAS CHANGED VERY QUICKLY: Unfortunately humans have drastically altered the purity of water across the world. Synthetic petrochemicals weren't even invented until about 100 years ago! Today, these chemicals are so widespread throughout every part of the environment that a recent study by the US Geological Survey found at least one pesticide in every stream that they tested across the US, and they tested more than 10,000 streams! 20% of streams had 10 or more pesticides! A report by the Environmental Working Group had this to say, "Our analysis overwhelmingly shows that a single glass of Midwestern tap water commonly has had a mixture of three or more of these pesticides for many years."

POLLUTION; A HISTORY LESSON

50,000 YEARS AGO: People drank fresh rainwater or river water that was free of chemicals and sewage. Our bodies were designed for this type of purity.

7,000 YEARS AGO: People learned agriculture. Allowed permanent villages and population increases. Created sewage and bacteria problems. No chemicals present in the environment.

NEARLY 100 YEARS AGO: The first synthetic petroleum-based solvent is made in 1929, opening the door to a new kind of chemical that nature (and humans) have never before seen. Between 1945 and 1991, the U.S. chemical industry produced more than 11 trillion pounds of refined petrochemicals.

TODAY: Over 100,000 chemicals in use. Pesticides, herbicides and other chemicals are integrated throughout all levels of the environment and in water supplies.

Water Purity & Your Family's Health

DIFFERENT TYPES OF CONTAMINANTS: There are major differences in the different types of water contaminants. Water contaminants can be grouped into four basic types; toxic metals (also called inorganic contaminants), radioactive contaminants, petrochemicals (also called organic contaminants) and the most dangerous type which is biological. Each type of contaminant can have a negative impact on health in different ways.

4 Types of Waterborne Contaminants		
	Inorganic Contaminants Lead, Mercury, Arsenic, Nitrates, Copper, etc.	Inorganic contaminants are also sometimes called toxic metals. Many toxic metals have been linked to long-term health problems such as cancer and serious learning disabilities.
	Radioactive Contaminants Radium, Uranium, Cesium, Plutonium, etc.	Radioactive contaminants can cause long-term health problems including many forms of cancer.
	Biological Contaminants e. Coli, Giardia, Cryptosporidium, etc.	Biological Contaminants are living organisms such as parasites, bacteria, viruses, cysts and spores. Of all types of contaminants, biological contaminants are by far the fastest acting and most dangerous.
	Organic Contaminants Gasoline, Herbicides, Pesticides, Solvents, etc.	Organic contaminants tend to be petroleum-based chemicals. Many have been linked to long-term health problems including many forms of cancer

MANY HARMFUL CONTAMINANTS ARE UNREGULATED: There are a number of harmful chemicals found in tap water across the country that have been linked to cancer or other long-term illnesses. Many of these contaminants are unregulated, which means that local governments don't need to test for them nor do they have to remove them if they are present.

WATER CONTAMINATION'S LINK TO CANCER & ILLNESS: Many chemicals found in drinking water across the US have been linked to numerous forms of cancer, learning disabilities and other long-term health problems. Common harmful contaminants can include arsenic, lead, pesticides, herbicides, nitrates, nitrites, and bacteria.

Water Purity & Your Family's Health

- In 2021, The Guardian and Consumer Reports published the results of a study of tap water in the United States. It found wide-spread instances of PFAS, arsenic, and lead in 98.3% of the samples collected. "These chemicals are linked to learning delays in children, cancer, and other health problems."
- As of December 2020, the CDC (Center for Disease Control) estimated that "about 7.2 million Americans get sick every year from diseases spread through water."
- A study from Johns Hopkins, published in 2020 in the peer-reviewed journal Environmental Sciences & Technology, identified issues with the most common water treatment found in American tap water: chlorination. Chlorine can combine with other chemicals to create cancer-causing byproducts. Some, like chloroform, are regulated in the U.S., but many others are not.
- A study by the Environmental Working Group published in September 2019 found that over the course of 70 years, approximately 100,000 people will get cancer from drinking tap water.
- In September 2001, the European Journal of Cancer, published the relative reductions in deaths from cancer prevention programs that targeted environmental causes, and from advances in cancer treatment. Prevention won hands down.
- In July 2000, the New England Journal of Medicine published the results of an study that followed 44,788 pairs of twins to assess the relative contribution of heredity and environment for 11 different kinds of cancer. In all cases, heredity was only a minor cause. The researchers concluded that "the environment has the principle role in causing cancer."



Also in July of 2000, Environmental Health Perspectives published a study on infants who became ill after being fed formula that was reconstituted with water from private wells. These infants developed a severe health condition called methemoglobinemia (Blue Baby Syndrome) due to nitrates in the water.

Water Purity & Your Family's Health



"The contaminants in drinking water are quite varied and can cause a range of diseases in children, including cancer, developmental effects such as learning disorders, and acute diseases such as gastrointestinal illness."

America's Children and the Environment

Report published in 2000 by the EPA (Environmental Protection Agency)

CHILDREN & INFANTS ARE MORE SUSCEPTIBLE: Children and especially infants are more susceptible to harmful contaminants than adults. Of special concern are nitrates, arsenic, lead, pesticides, and bacteria. Here's why children are more susceptible. ..

1. Infants consume seven times as much water for their size as adults do and children consume twice as much. This means that their exposure to contaminants is considerably greater.
2. Children and infants have a much lower body mass, which means that toxins build up in their bodies faster. This is why nitrate and lead contamination are such a concern for children.
3. Children have a less developed immune system than adults and are more susceptible to contamination (especially biological contamination) than adults. Contamination outbreaks are considerably more dangerous for children than adults.
4. Unlike adults, children's bodies and brains are still growing and going through critical development stages. Many contaminants have been linked to developmental problems that interfere with critical growth stages.
5. Children are very sensitive to bad tastes in water. This causes them to either turn to sugared drinks that hide the bad tastes or they don't drink enough water.

Water Purity & Your Family's Health

IS MY TAP WATER CONTAMINATED? The simple answer is yes. There is no water source in the US today that is completely contaminant-free. A more accurate question to ask is, "Does my water contain harmful contaminants?" Your water may or may not contain harmful contaminants at any given time, but the fact is that no one knows exactly what's in your water or whether it's harmful or not. Consider this...



- **100,000+ Chemicals:** There are more than 100,000 chemicals in use today, but U.S. local water systems only have to test for and meet standards on just over 100 contaminants in order to say that tap water is "safe" for drinking.
- **Unknown Health Effects:** There are many contaminants that have unknown effects upon our health, thus they are not listed as "harmful", even though they may be harmful. According to the National Academy of Sciences, only about 10% of chemicals in use today have been tested for toxicity.
- **Long-Term Effects:** It's very difficult to determine long-term health effects of contaminants, but many have been linked to cancer and developmental problems.
- **Too Expensive To Remove:** Some contaminants are too expensive for local water systems to remove. No one should drink any arsenic, for example, yet federal standards allow certain levels because it's too expensive to remove.
- **Harmful Combinations:** Some chemicals are harmful in combination with other chemicals.
- **Different Sensitivities:** A contaminant that makes one person sick may not make another person sick. Children, infants, elderly and people with diseases such as cancer, diabetes or immune disorders are warned by many municipalities that tap water is not recommended.

WHAT ABOUT BOTTLED WATER?

IS IT SAFER? Bottled water is not always safer than tap water. In fact, many brands of bottled water are just tap water or are only partially filtered. One study by NRDC found that 22% of bottled water tested had chemical levels exceeding state health limits. Plus, depending on the type of plastic used in the bottle, microplastics may be dissolving into the water too. A 2019 study estimated that each American consumes about a credit card's amount of plastic a week.

THE COST OF BOTTLED WATER:

Nearly half of all bottled water is reprocessed tap water, sold at prices up to 3,000 times higher than consumers pay for tap water.

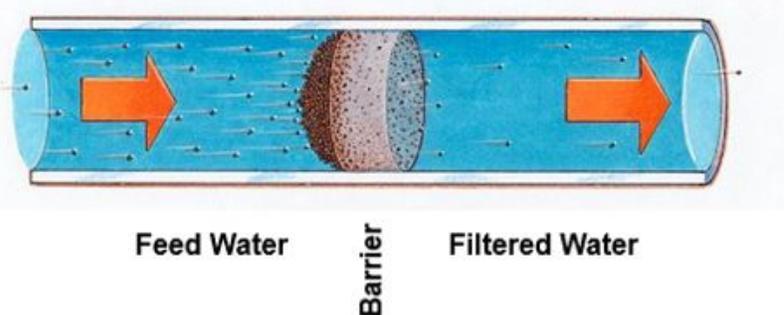
Plus, when you add in the cost of transporting bottled water, how much time and money did you spend to go to the store? How much effort does it take to lug around?

BOTTLED WATER AND THE ENVIRONMENT:

According to the Container Recycling Network, in 2019, 22 billion plastic bottles ended up in landfills or incinerators. About 75% of plastic water bottles end up in landfills, and it takes up to 500 years for water bottles to decompose. The price to pay for the "convenience" of bottled water is much higher than many people realize. If you care about our environment, then bottled water is not the solution.

Are Filters or Reverse Osmosis Enough?

WHAT IS A BARRIER? A barrier is a porous structure inserted into a water line, designed to interrupt the flow of contaminants while letting water go through. Typical barriers include carbon filters, pitcher filters, reverse osmosis (also known as R.O.), ceramic filters, and sediment filters.



While barriers can help remove some contaminants, there are some drawbacks.

- **All Filters Deteriorate:** In most instances, the user is not sure about the purity of their water or the state of their filters. According to a Water Quality Association spokesman, failure to replace filters on time is one of the biggest challenges facing the industry.
- **Filters And R.O. Are Susceptible To Biological Buildup:** When biofilm builds up on a filter or reverse osmosis membrane, you're at risk. Biofilm buildup is the biggest problem in RO systems, and it causes about 35% of membranes to fail. ¹ Cleaning won't fix it. "No treatment or combination of treatments was completely effective or effective at all stages of biofilm development." ²
- **Limited Contaminant Removal:** The type of barrier you use determines which contaminants will be removed, but all barriers are limited.
- **Expensive To Replace:** The initial costs of a filter or R.O. system may seem like a more affordable option at first, but the cost of constant replacements adds up over time.

Sources

1. <http://www.genesysro.com/uploads/docs/GenesysInternational-RemovingBiofilmfromMembranes.pdf>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC241525/>

Why Pick Distillation?

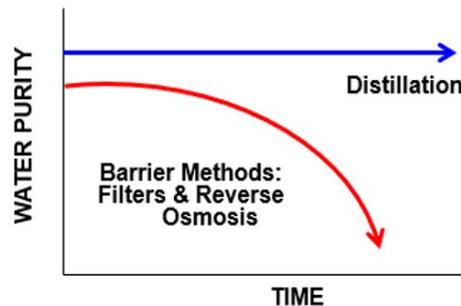
THE GOOD NEWS: The good news is that it's easy to provide your family with the purest, best tasting water possible. Pure, steam-distilled water is used and recommended by top nutritionists and doctors all around the world. It's recognized as the gold-standard for water purity because **distillation removes the widest range of contaminants to consistently produce the purest water possible.** When steam-distilled water is produced fresh and stored in a high-quality container (stainless steel or glass as opposed to low-grade plastics), it tastes fantastic!

HOW DOES DISTILLATION WORK?

The distillation process produces high-purity water by imitating nature's hydrologic cycle of evaporation, condensation and precipitation - all enclosed inside a protected environment.



- **Distillers Are Consistent:** Because water distillers use a phase change instead of a physical barrier, there is no barrier to clog. This means results are consistent over time.
- **Distillers Kill Biological Contaminants:** Unlike barriers that can accumulate biological contaminants, distillation boils the water, which kills the biologicals. Then, distillation leaves the dead matter behind in the boiling tank so that you never consume these germs, viruses, and bacteria.
- **Wide Range Contaminant Removal:** 3rd Party Lab Tests have shown that Pure Water Distillation Systems remove over 99.9% of contaminants, including e. Coli, cryptosporidium, glyphosate, PFAS, and fluoride. Our distillation systems also remove over 99% of radioactive contaminants like uranium and cesium.
- **Lower Costs Over Time:** Even with a higher initial investment and electric costs, home water distillers save you time and money in the long run. Stop lugging bottled water around, and reduce filter or membrane replacement costs.



WHAT ABOUT MINERALS?

DO I NEED MINERALS IN MY WATER?

Some people wrongly assume that you get minerals like calcium and magnesium from drinking water. In reality, the type of minerals found in water are inorganic as they are from soil and rocks. Your body cannot readily absorb them for nutrition.

Plants can get minerals from soil and water; then, they go through photosynthesis, converting them to organic minerals. This type of mineral is bioavailable and easy to absorb. This is why a varied, healthy diet is the best way to get minerals. Water is not a good source of minerals for nutrients.

SEPARATING GOOD AND BAD MINERALS:

Some filter companies claim that their filters remove "bad" minerals and leave the "good" minerals. This isn't true. Most filters discriminate based on contaminant size, not content. Some have resins to attract specific contaminants. But no filter can separate out just the "good" from the "bad."

GETTING THE RECOMMENDED AMOUNT OF MINERALS:

Only very small amounts of minerals occur in water, so you would have to drink a ridiculous amount to get anywhere near the recommended daily amount. Meanwhile, you would also be consuming a lot of harmful contaminants, which could cancel out any potential benefits from the minerals.

Why Choose Pure Water Distillers



"A Pure Water distiller is the absolute best way to protect yourself from the full spectrum of chemicals and contaminants that may be in your drinking water. My family and I believe there should be no compromise on purity, and we work hard to give your family the best water for decades to come!"

- Al Meder, President of Pure & Secure, pictured here with his family

OVER 50 YEARS OF EXPERTISE Back in the late 1960s, our company had the first patent on a stainless steel household distiller. After over 50 years of research and testing, we remain fully committed to the purity and reliability of distillation. We continue to improve the design and features of our water distillation systems.

HIGH-QUALITY COMPONENTS Our engineers source high-quality components - including USA stainless steel - and they run each distiller through QA and testing to ensure it meets our high standards of performance.

LONG LASTING AND REPAIRABLE We don't believe in making flimsy, disposable products that will end up in landfills. Our water distillers are heavy-duty, durable, and field-proven. Some of our distillers have been operating for over 40 years, thanks to regular maintenance and only minor repairs.

MADE IN THE USA We take pride in the fact that we make our premium water distillers right here in Lincoln, Nebraska. Our executive and administrative staff work in the same building as production, so we have tremendous oversight of the entire production process.

FAMILY OWNED We want your family to have the same healthy, delicious water that we give to our own family. We feel that it is our mission to educate the people of the world about the vital importance of consuming only fresh distilled water.

Health Experts Through The Years



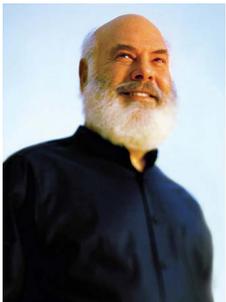
"Water hardness (inorganic minerals in solution) is the underlying cause of many, if not all, of the diseases resulting from poisons in the intestinal tract. These (hard minerals) pass from the intestinal walls and get into the lymphatic system, which delivers all of its products to the blood, which in turn, distributes to all parts of the body. This is the cause of much human disease."

- **Dr. Charles H. Mayo**, Co-founder of the Mayo Clinic



"Distilled water is the greatest solvent on earth. (It is) the only water that can be taken into the body without damage to the tissues. What we as scientists and the public have never realized is that minerals collected in the body from water are all inorganic minerals, which cannot be assimilated (digested) by the body. The only minerals that the body can utilize are the organic minerals (from fruits and vegetables). All other types of minerals are foreign substances to the body and must be disposed of or eliminated. Today, many progressive doctors prescribe distilled water to their patients. All kidney machines operate on distilled water."

- **Dr. Allen Banik**, M.D. Author



"Do I need to tell you why drinking plenty of good quality water is as essential to health as eating properly? In a nutshell: one of the main activities of the body's self-healing system is filtration of the blood, a job performed mostly by the kidneys with a little help from the mechanism of perspiration. The heart, blood and kidneys are a single function unit that constantly cleanses and purifies itself, removing all the toxic wastes of metabolism and the breakdown products of harmful substances that get into our bodies one way or another. This purification system can operate efficiently only if the volume of water flowing through it is sufficient to carry away the waste. Further, as good quality steam distilled water enters the body, it has the ability to pick-up mineral deposits accumulated in cells, joints, artery walls, or wherever such deposits occur and begin to carry them out. As far as acidity goes, distilled water is close to a neutral pH and has no effect on the body's acid/base balance. Distilled water is safe to drink, and the kind of water I use myself."

- **Dr. Andrew Weil**, M.D., Naturopath, Health Educator, Nutrition and Exercise Specialist, Owner of Pure Water Mega Classic

What the Experts Say Today



"Toxicity is the main cause of disease. Many toxins come into the body from our drinking water. The simple and powerful solution is to get a water distiller and drink distilled water. Toxin-free water is what matters most with water."

- **Dr. Jay Davidson**, D.C., PSc.D., Co-Founder of CellCore Biosciences and Microbe Formulas
Owner of Pure Water Mini Classic



"For more than 48 years, I have owned a Pure Water Distiller. My family mostly consumes water that we produce from our distiller at home because it is absolutely the only way to ensure that you receive the cleanest water possible."

This has been probably the best investment I've ever made in my life for any product at all. I estimate that over the decades this one distiller has produced over 65,000 gallons of distilled water for my family! Pure Water (Pure & Secure) is a family-owned business in the Midwest. Their water distillers are made in the USA with heavy duty stainless steel and the finest quality components. I wholeheartedly endorse them, and I believe they should be at the top of the list for anyone who wants to be healthy."

- **Dr. Brian Clement**, PHD, LN, Co-Director, Hippocrates Health Institute,
Owner of Pure Water Midi Classic



If you want to consume the safest and cleanest water possible, you either own a water distiller or you haven't properly reviewed the evidence. In over 20 years of helping people achieve optimal health, drinking distilled water is one of the easiest recommendations I've made. I am very proud that my health facility provides Pure Water distillers to our Canadian clients. The passion and commitment to quality behind these US made machines is unparalleled in the industry."

- **Marc Jaoudé**, Naturopath, Health Educator, Owner of Markito Fitness & Nutrition
Owner of Pure Water Mega Classic



I have been promoting distilled water for over 40 years, and selling Pure Water distillers since the 90's. Pure Water's superior quality and customer service has kept me a very loyal distributor! My emphasis is teaching the importance of drinking distilled water by explaining the difference between organic and inorganic minerals. Organic minerals, the only minerals your body can utilize, come from food, not water. The inorganic minerals found in water have to be eliminated, as toxins, from the body, and contribute to arterial plaque, gallstones, kidney stones, and dental plaque."

My clients soon reap the benefits and are proud to say they belong to our family of "water snobs"!

- **Sharon Nevin**, C.C.Ir., Director of the Image of Health Clinic
Owner of Pure Water Mega Classic