

The Wolfe Clinic News



Water The Great Healer

One of the first steps in taking control of your health is recognizing that that your body requires a constant and consistent supply of healthy water. I see the amazing benefits of taking that good advice in my practice every single day. Understand that when I say amazing, I do not exaggerate. I have supervised turnarounds in health that are nothing less than astounding. Remember, water is the most important compound you put into your body. Therefore, it follows that health-wise, water will either be the best or the nastiest thing that you consume.

We live in a new age of health consciousness. There is hardly anyone that is not taking nutritional supplements, trying a new diet or a home exercise machine to make them look better, lose weight or achieve optimum health. Today, tens of thousands of physicians, chiropractors and health practitioners are including such supplements in their practices. It is becoming more common every day to have a patient leave the doctor's office with a nutritional formulation and exercise routine in hand as part of a particular health therapy. Unfortunately, despite the new openness within the medical



experts agree, that next to the air we breathe, water is the most essential thing we will ever put in our bodies. It is surprising that so much time and money is being spent on supplements, organic foods and natural remedies (some of which are very subtle and delicate.) This is good but little attention is given to the quality and effect of the water with which those items are

community to explore the benefits of nutritionals and natural remedies, most practitioners overlook or underemphasize the single most significant element of any health program... **WATER.**

No matter what the specific health or fitness goal, one cannot achieve the maximum benefit from any health program without drinking the right kind of water in the proper amount. All

taken.

One of the reasons for this is that Americans pride themselves in having very high quality water from every tap and assume that all water is the same. A thorough study of water in America and the world in general tells a different story. A few well-placed

Inside This Issue

Page 3: The significance of water

Page 3: Distilled and reverse osmosis water



The Wolfe Clinic

“FEAR IS THE GREATEST DISEASE”

hours on the Internet show that the world is in an unprecedented water quality crisis as well as water shortage. Depending on what part of the country one lives in, it is easy to find trace amounts of nitrates, pesticides, heavy metals, radioactive compounds, petrochemicals and parasites coming from the local municipal water supply.

The toxins and free radicals in these waters are made significantly more toxic to humans by the addition of chlorine -- a powerful disinfectant used in virtually all public water supplies in America. The US Counsel on Environmental Quality now reports that individuals who drink and bath in chlorinated waters (which includes better than 90% of the population) have a 93% greater likelihood of getting cancer in their lifetime. I'm sure you will be surprised to learn that you will absorb up to 600% more contaminants in your body in a ten-minute shower than you would drinking the same water all day long.

Two out of every five households now have a water filter or drink bottled water, as I will discuss later, with no assurance of safety. The problem is that the average consumer and even most medical professionals do not know what is the best way to treat water or the best source of water to drink.

The failure to heed what type of water one drinks can introduce a variety of contaminants into the body that can have serious long-term health effects. Oxidizers like chlorine and its byproducts

(often called trihalomethanes or THMs) as well as the hundreds of contaminants identified in our water by the EPA can also negate or diminish the benefit of whatever supplements or health protocol



is being followed. However, as I will also discuss, there is a significant difference between water purification systems and the type of water they produce. Depending on the type of system one uses and the way one drinks water, it can positively or negatively affect one's health.

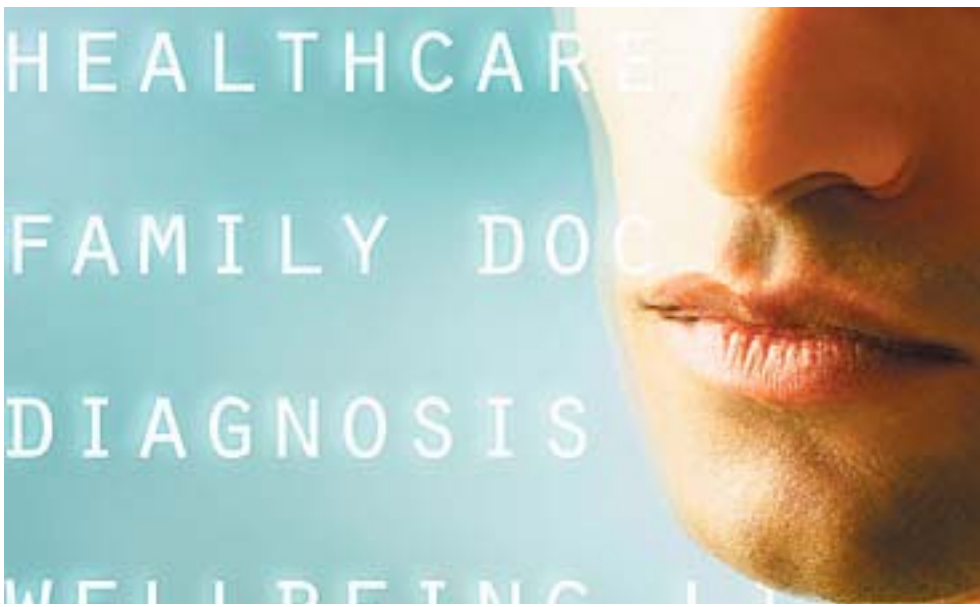
THE SIGNIFICANCE OF WATER

Medical researchers report that there is virtually no function or reaction in the body that can take place without the presence of water. Approximately 70% of our body weight is water and water makes up over 80% of our brain and 90% of our blood. Since water is an integral part of everything the body does, there is now evidence to indicate that insufficient hydration of the body can, in itself, lead to or exacerbate specific health conditions and illnesses.

Water therapy (using chemical free, clean, restructured and alkalizing water) has been reported to reverse or minimize such conditions as premature aging, arthritis, heartburn, back pain, asthma, hypertension and migraine headaches...to mention just a few. In addition water has also been shown to provide the following important benefits:

- Water helps the body absorb and assimilate nutrients into the blood stream and internal organs.
- Proper hydration helps the body resist the formation of kidney stones, urinary infections, and constipation. Water also accelerates the excretion of toxins and wastes from the body.
- Sufficient consumption of clean water has been shown to cut the risk of certain cancers like colon, breast, bladder and kidney.
- Drinking water before meals helps with weight loss and weight control since it aids digestion and reduces cravings.
- Water lubricates joints and muscles, reduces inflammation, aids in the recovery of injuries and decreases the risk of certain types of physical injuries such as sprains and pulls.
- Water boosts mental performance. As little as 2% dehydration can lead to significant short-term memory loss.

With so much to be gained by its consumption but so much risk of contaminants, consumers face a dilemma to find the "perfect water". For those practitioners who are concerned about the



type of water their patients drink, many prescribe either distilled water or reverse osmosis water, thinking the purest is the best. Others recommend bottled natural spring water or specialty waters. All of these have their drawbacks and none offer the patient the optimum source of water. The Western World is just beginning to realize this fact, whereas in Japan they have known this for decades.

DISTILLED AND REVERSE OSMOSIS WATER

The two most commonly recommended types of water by doctors are distilled water and reverse osmosis water. Both types are generally very pure although both can allow the carry over of trace contaminants if boiling points are similar or if molecular size is similar. Unfortunately, many advocates are unaware that ultra pure water is not the best for regular long-term consumption and that it can carry an unexpected long-term health risk.

Distilled water is boiled and evaporated. It has no minerals in it and the very structure of the cell of each water molecule is also

stripped away; depending upon how it is treated, it may contain chemicals like nickel and aluminum. In my opinion it is not fit for human consumption.

To understand the reason why the purest is not always the best, one has to look at the basic chemistry of water itself. Water has what some chemists call a “stability index”. This index indicates how stable water is in relation to the chemicals and minerals in its immediate environment. Water naturally seeks to achieve a zero or neutral index. If water has a positive index at a given temperature, it will tend to release or precipitate minerals that are dissolved in it. One can witness the results of water having a strongly positive stability index (for example hard water) when such water deposits scale in pipes or hot water heaters.

Water that is on the negative side of the index is aggressive and prone to dissolving minerals and metals from its immediate environment. One can see evidence of such water when it corrodes pipes or produces rust. The more negative the index, the more aggressive the water is. Water produced from distillation and reverse osmosis has an extremely negative stability index. This water also actively absorbs carbon dioxide from the air and makes the water more acidic. When one drinks small quantities of this water

for short periods of time, it has the special property of being able to absorb toxic substances in the body and remove them. This detoxification can be good for the body and can aid it in recovering from long-term exposure to certain contaminants. However, regular and long-term consumption of ultra-pure, demineralized water will also strip the body of magnesium, calcium and trace minerals. The more the mineral loss, the greater the risk of osteoporosis, osteo-arthritis, hypothyroidism, coronary artery disease, high blood pressure and a long list of degenerative diseases generally associated with premature aging.

The longer a person drinks demineralized water, the more likely the development of mineral deficiencies and an acid state in the body. A number of physicians, nutritionists and researchers now believe that aging and disease are the direct result of these deficiencies and lead to the development of an acid state in the body.

Dr. Zoltan P. Rona, a Canadian physician and clinical nutritionist, reports that exclusive consumption of de-mineralized water will, over time, lead to multiple mineral deficiencies. His research with over 3000 patients indicates that those who supplemented their purified water intake with trace minerals were not as deficient but still not as adequately nourished in minerals as their non-purified water drinking counterparts even after several years of mineral supplementation. *Put simply, distilled water and reverse osmosis water acts like a vacuum and will*

suck out many of the beneficial trace minerals you need to stay healthy. Obtaining good mineral balance is hard enough; one clearly does not want to put a metabolic drain in their system by drinking distilled water.

Fasting while using distilled water can be particularly dangerous because of the rapid loss of electrolytes (sodium, potassium, chloride) and trace minerals like magnesium, deficiencies of which can cause heart beat irregularities and high blood pressure.

Cooking foods in distilled water pulls the minerals out of them and lowers their nutrient value.

Another point involves alkalinity and acidity. Natural health writers generally agree that the body maintains best health when it maintains a pH leaning to the alkaline side rather than the acidic side, and yet distilled water quickly turns highly acidic, about 5.8 in an open air container.

Distilled water and reverse osmosis water is often sold as bottled water and a major worry with bottled water is the environmental concerns it creates. Bottled water is usually no safer, or healthier than tap water in many countries, yet it sells for up to 1000 times the price. As well, it is the fastest growing drinks industry in the world and is estimated to be worth US \$22 billion annually.

Studies reveal that the bottled water market is partly fueled by concerns over the safety of municipal water and by the marketing of many brands that portray them as being drawn from pristine sources and as being healthier than tap water. However, some bottled waters only differ from tap water in the fact that they are distributed in bottles rather than through pipes.

In fact there are more standards regulating tap water in Europe and the US than those applied to the bottled water industry. These studies also find that every year 1.5 million tons of plastic are used to bottle water.]

Toxic chemicals can be released into the environment during the manufacture and disposal of the bottles. Furthermore, a quarter of the 89 billion liters of water bottled worldwide annually are consumed outside their country of origin. Emissions of the green house gas carbon dioxide,



caused by transporting bottled water within and between countries, contribute to the global problem of climate change.

IONIZED OR ALKALINE WATER

So-called ionizers or alkalizers have been popular with some US physicians for the past few years. These machines don't purify the water as much as they

physically modify it by producing high levels of negative ions via electrolysis. Developed in the late 1960's, the ionizer produces two different streams of water (i.e., one positively charged with a low

pH and one negatively charged with a high pH). The negatively charged water is recommended for drinking and the acidic water is either thrown away or used to wash dishes or for irrigating plants. The focus of the alkalizer is to produce a constant source of negative ions in the water that can act as an antioxidant. Although originally approved by the Japanese Ministry of Health in the 1960's, long-term health studies recently prompted the Ministry to publish a health warning to Japanese citizens about the potential adverse effects of routine consumption this water.

This warning as well as a rebuke of the product's health claims was also reported in Science Scramble, a Japanese consumer-oriented science journal in 2000

CARBON FILTERED WATER

There are many excellent carbon, carbon block and carbon/ceramic filters available to

consumers. These filters are capable of efficiently removing chlorine, chlorination byproducts (e.g., THMs), organics and pesticides. They can be combined with other additives to also preferentially remove arsenic and lead. Current carbon filters have, however, several notable

drawbacks. All activated carbon filters are not made of the same carbon and some carbons like coconut shell carbon are more highly absorbent of certain hydrocarbons than coal-based carbons, which are primarily designed to remove chlorine. In addition, certain specialty carbons like catalytic carbon can remove non-organic compounds like chloramines much more effectively than coconut shell carbon.

They have problems, though, accumulating bacteria over time and then releasing these bacteria, which can be harmful, directly into the user's drinking water. As a result, carbon filters are rated for specific pollutants and for a specific period of time...usually 6 months to a year.

MINERAL SPRING WATER

I mentioned bottled water earlier and the concerns are the same for other bottled water like Mineral Water. More and more Americans drink bottled water in an effort to seek safe drinking water. Few are aware that bottled water is only required to meet minimum tap water standards in the US. Minimum tap water standards require only that there are no visible Bacterial Growth (count/ml) suspended solids and no living bacteria. They, unfortunately, don't regulate organics, heavy metals or radio-nuclides. Despite these fairly loose standards, a recent analysis of 400+ brands of bottled water sold in the US showed that approximately one third failed to meet even minimum tap water standards. In addition, recent studies indicate that the plasticizer in bottled water can leach into the water

and then be absorbed by the body. Some researchers are suspicious that these plasticizers (also referred to as Phthalates or xenoestrogens) can cause serious long-term health conditions and/or compromise the body's immune system.

As I said above, consumers face a dilemma to find the "perfect water". All of these have serious drawbacks, a low hydration rate (*The hydration rate of distilled water is only 10%*) and none offer the patient the optimum source of water. Again, we in the West are only beginning to realize this fact, whereas in Japan they



have known for decades that there are healthier alternatives.

BATHING AND SWIMMING

I mentioned at the beginning that you will absorb up to 600% more contaminants in your body in a ten-minute shower than you would by drinking the same water all day long. The skin is the largest organ in your body and simply wasn't meant to be immersed in chemical and chlorinated waters.

Swimming pools and spas are many times worse due to the very high levels of

toxins used to clarify and disinfect the water. In the home you can protect yourself from unwanted chemicals with a wellness shower filter but paradoxically most people purposely spend thousands of dollars on chemicals, (algaecides, sanitizers, clarifiers, etc.) that they pour by the gallon into their pools and spas. They are consciously, deliberately and slowly poisoning themselves and their family. They do this because they are unaware of alternatives to chemicals. Alternatives that actually cost less than the dangerous toxins they are ingesting. I find this very distressing.

The Wolfe Clinic carries the CareFree CleanWater Water Treatment Systems, which are safe, effective and cost efficient. Carefree Clearwater, Ltd. obtained NASA's permission to manufacture a version of the Space Agency's patented Electrolytic Silver Ion Cell for numerous commercial and industrial applications, including swimming pools and hot water spas. This NASA technology (used to purify the water on the moon missions) electronically releases copper and silver ions into the water to destroy bacteria and algae-which are then filtered out. Unlike chlorine, the ions do not dissipate from heat and sunlight; therefore they are capable of providing a very stable sanitizer residual. The ionization technology eliminates the demand for chlorine and other chemicals. It also oxidizes the water to break down organic contaminants from rain, wind, body oils, and leaf debris while maintaining a low halogen level and a normal pH balance.

Studies by NASA and Universities further show that using a combination of copper and silver can be effective against E. coli, Pseudomonas, Legionella Pneumophila (Legionnaires' disease), Staphylococcus, Streptococcus, Salmonella, and other pathogens-some of which have proven to be resilient even to high levels of chlorine. So why spend thousands on chemical sanitizers, algacides and clarifiers that will ruin your family's health?

- Better nutrient absorption
- Longevity
- Weight loss
- Greater metabolic efficiency

The Water Vitalizer Plus, though, does not purify water. A source of clean water is required.

The Wellness Filter purifies and enhances water. The enhancement process produces water that has a faster rate of hydration (a hydration rate of over 60%), contains negative ions, has a higher solubility, and



HEALTHY WATER

Products like the Wellness Filtration system and the Water Vitalizer Plus are the basic health tools required to produce the type of water needed to promote vital health. They are simply the best in the world.

The Water Vitalizer Plus uses the same principles Nature uses – far infrared energy, magnetic fields, vortexes and turbulence – to create an oxygen-rich, alkaline, energized and uniquely structured Hexagonal Water which has been associated with:

- Greater energy
- Rapid hydration (a hydration rate of over 80%)
- Heightened immune function

contains specific beneficial trace ions like silica. The treated water has also been shown to be naturally anti-bacterial and anti-fungal.

I don't have the space (it would literally take thousands of pages) to fully explain the different materials and technologies that go into the manufacture of these filters but I think that the number of positive reports and the volumes of encouraging studies speak for themselves. Not to mention my 25 years of clinical experience has shown only constructive results. I will, however, give you some short examples and case in points. I should also point out that there are literally thousands of scientific studies that prove the health benefits of restructured water.

In the late 1980's and early 1990's, several

Japanese universities began to test the effect of the Wellness filter's water on animals and plants in order to avoid the psychological or placebo effect associated with human subjects. In all cases, the researchers witnessed an improvement in health and growth when compared against normal municipal water or well water. In the early 1990's, the Japanese Ministry of Health began to investigate what it thought might be unsubstantiated claims. The Ministry conducted its own tests and evaluations and was surprised to find that the water actually showed a reproducible therapeutic effect. An effect that was greatly enhanced when used with other health protocols.

The Japanese Ministry of Health, much like the US Food and Drug Administration, cannot give endorsements to specific products. They can give approvals for specific products and their applications. Although not considered a formal endorsement, the Ministry gives tacit approval when they use medical products in their own facilities that they have certified.

In 1999, Dr. Tadahiro Hotta, a famous Japanese cancer researcher and physician, began testing the effects of The Wellness Filter on 300 cancer patients as part of a comprehensive experimental treatment program. The program involves a vegetarian diet, intravenous injections of vitamin C and a specific drinking protocol of Wellness Filter water. As of the beginning of 2002, 75% of these patients had gone into remission. While there are several variables at work in this study, Dr. Hotta attributes importance to the

enhanced water.

The study elected to incorporate The Wellness Filter water because of its antioxidant effect, superior hydration and its ability to accelerate detoxification. In Japanese cancer prevention studies, it was observed that reduced ions in the water such as those produced by The Wellness Filter reduced the presence of free radicals and the subsequent reduction in damage to DNA.

In addition, the filter has been the subject of a long-term evaluation by private physicians and universities during which many health and personal benefits were studied and verified. These unexpected benefits have set this Filter apart from any other water treatment system and have generated substantial data along with thousands of anecdotal reports.

Currently, a national movement is underway in Japan to add the filter to all of the public baths and spas due to its superior sanitation abilities and its apparent therapeutic effects on the skin.

Repeated spa treatments of test subjects resulted in the following reported benefits:

- Fatigue, lethargy—more energetic.
- Wide range of skin rashes—most are completely cleared up after treatment.
- Sore muscles—reduction or elimination of aches and pains.
- Sensitive nerves—reduced sensitivity.
- Backache—reduced pain and improved flexibility.
- Arthritis—reduced pain and improved flexibility.

- Dry and red skin—softer skin and return of natural color.
- Frost bite (minor)—return of skin viability.

As well, a large number of common bacteria were introduced to controlled samples of water and displayed no growth or minimal growth well within acceptable standards:

This is one of the main reasons that the Japanese Ministry of Health has installed Wellness Filters in over 100 hospitals.

NEC Corporation, one of Japan's most prestigious scientific companies has conclusively shown that the solubility of water at a given temperature goes up significantly after passing through this array of media. Higher soluble water will also tend to dissolve more substances in it or prevent existing dissolved solids from plating out (anti-scaling). The combined effect is super hydrating water that will accelerate the transport of water through membranes in the body as well as out of the body.

The Japanese believe this is why long term consumption of the water seems to aid certain conditions like kidney stones and the plaque build-up in arteries. It also explains why the water is particularly effective in removing heavy metals from the body without stripping critical minerals at the same time.

I want to make a few points on hydration. The hydration rate of water is the amount of water that is absorbed by individual cells. Higher rates of hydration means much superior and faster metabolic processes are occurring within the cell, making it better able to flush toxins and move nutrients to where they are needed. The structure of the water molecule is significant in this process.

Therefore, it is imperative to know the hydration rates of different types of water. Distilled and reverse osmosis water

is lifeless and worthless with a hydration rate of only 10%, the Wellness Filter has a hydration rate of over 60% and the Water Vitalizer Plus has an exceptionally rapid hydration rate of over 80%. When the wellness filter is used together with the Water Vitalizer the overall hydration rate is an astounding 95%.

It should be obvious why I keep stressing the importance of consuming chemical free, clean, restructured and alkalizing water. When your body is properly hydrated, all health programs I build become more powerful, more efficient and work faster. And, for those of us who simply want to continue our good health, drinking clean restructured water is just as essential to maintaining strength, fitness and vital wellbeing. This water may very well be as close as we can get to the true fountain of youth.

Remember Folks: The road to better health is as close as your telephone. Over 25 years of successful practice and experience in fighting chronic illness is available to you for the price of a bottle of supplements. It includes a one on one consultation with me, unlimited follow up support, as well as my highly acclaimed and comprehensive health video "A Healthy Family."

It is never too late to start living a healthy life. Call me today!
1-800-592-9653

Live Long and Live Well

The Wolfe Clinic Consultants

products that help

FIRST AID KIT



The Wellness Shower Filter

Did you know that your body can absorb 600% to 1,000% more contamination in a single ten-minute shower than drinking the same tap water for an entire day? Ever notice how dry your skin is after you shower and the negative effect it has on your hair? The chlorine in your water is designed to attack living organic matter and we are all living organic matter!

NOW, you can stop the harmful effects of chlorine and other contaminants in your shower by getting the NEW Wellness Shower Filter. The Wellness Shower Filter is the only shower filter on the market that removes contaminants and also enhances the water for healthier and better-looking skin and hair. You will notice the difference after one shower.

Wellness Filter



The most advanced ionized electron-charged ALKALINE water system available anywhere.

Water Vitalizer Plus



The Wolfe Clinic is proud to present a revolutionary appliance called the "The Water Vitalizer Plus".

The Aesta Dome



The Aesta Dome represents a new paradigm in the field of Far Infrared sauna therapy.

Aesta Mat



AESTA MAT provides rapid and powerful FIR benefits which can include, pain relief, detoxify, relaxation, improved circulation.

Media Guard



NO cartridges or parts to replace
NO chemicals. Just clean water.

Wellness Carafe



If you want clean, safe and refreshing water in a pitcher design, then the new Wellness Carafe is ideal for you.

Wellness Mark IV



Ideal water filtration system for restaurants, hotels, spas, grocery stores.

CareFree Water Treatment



Used by NASA
Money back guarantee
Great for Pools and Spas.
Lifetime Warranty

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