



## **SOME BASICS** (a work in progress) cont. #2

**"Some Basics"** is a list of ideas and nutraceutical/transferenceutical products we compiled to assist people in getting into, what we consider, is a productive frame of mind with regards to herbal and nutraceutical and transferenceutical supplements. It is by no means the be-all and end-all. We're sure others will have additional thoughts on this.

Our last email dealt with a **Real "Want to", Conviction, & Consistency**. A copy of it is available at our website. <http://www.naturesbetterway.com/>



February's email focuses on

## **Clean Air and Pure Water**



### **Clean Air** - We think this is obvious.

How clean is your air? Inside and outside your home how clean is your air? Is it important? We think it is. But what can **you** do? Air is pretty much everywhere. And many things pollute it. You can certainly tell/smell the difference between air in low population country settings and air in heavily populated urban areas. At least I can. So, **what can you do to protect you and yours?**

Here are several websites with info on air quality and options for improving it.

<http://www.prevention.com/health/healthy-living/indoor-air-quality-your-home> 02/03/16

Worried about indoor air pollution? You might want to take a deep breath (or not): The EPA says the **air in most homes is 2 to 5 times more contaminated than the air outdoors.**

<http://food.ndtv.com/health/natural-ways-to-purify-air-at-home-1253794> 02/03/16

Natural Ways to Purify Air at Home

[http://www.nytimes.com/2009/05/14/garden/14fix.html?\\_r=0](http://www.nytimes.com/2009/05/14/garden/14fix.html?_r=0) 02/03/16

Clearing the Air - Arianne Cohen May 13, 2009

<http://www.thisoldhouse.com/toh/photos/0,,20452423,00.html> 02/03/16

**Clean-Air Plants for Your Home.** - English Ivy, Peace Lily, Lady Palm, Boston Fern, Snake Plant, Golden Pothos, Wax Begonia, Red-Edged Dracaena, Spider Plant  
Houseplants that do double duty clearing out pollutants in your indoor air.  
Danielle Blundell – This Old House Magazine

**There are many sources for air purifiers. Google it.**



**Pure Water** - We think this is also obvious. But what is pure water? What is meant by pure water? Most water is not pure water. There is generally something in the water referred to as **total dissolved solids (TDS)**.

“Water is a good solvent and picks up impurities easily. Pure water -- tasteless, colorless, and odorless -- is often called the universal solvent. Dissolved solids" refer to any minerals, salts, metals, cations or anions dissolved in water. Total dissolved solids (TDS) comprise inorganic salts (principally calcium, magnesium, potassium, sodium, bicarbonates, chlorides, and sulfates) and some small amounts of organic matter that are dissolved in water.”

[www.water-research.net/index.php/water-treatment/tools/total-dissolved-solids](http://www.water-research.net/index.php/water-treatment/tools/total-dissolved-solids)

The amount of **TDS** in water can vary greatly depending on the source. It would be very expensive to determine the exact minerals or chemicals or whatever dissolved solids are in your personal water supply. Generally when water is tested it is tested for a relatively few number of things, (i.e. Iron, sodium, nitrate, chloride, fluoride). To test for other things you would need to know just what you're looking for and be willing to pay a more for that type of analysis than a standard or partial chemical test. Things like **microorganisms, chlorinated by-products, heavy metals, industrial chemicals, agricultural runoff, sewage, radioactive materials** to mention a few. It could be quite expensive.

Some feel it makes more sense to test for **total dissolved solids (TDS)** to learn how many **parts per million (ppm)** of whatever is there and use your own personal purifying method to remove as much **TDS** as possible. We learned almost 40 years ago that **“point of use”** purification is the answer. Our personal well water when tested by our state department of public health, determined that the conductivity of our well water was about 400 ppm prior to using a **reverse osmosis** unit to purify it. After purifying it was about 5 ppm. That's significant. That's almost 99% reduction in **TDS**.

There has been much in the media lately regarding water supplies and purity. The situation in **Flint Michigan** has served to bring much more exposure to a concern many of us have know about for many years. An article titled **Warning: Your Drinking Water May Be Dangerous** in U.S. News & World Report January 1984, **32 years ago**, stated these statistics:

- **Contaminated ground** water has shown up in more than 2800 wells in 20 states in the last five years
- An estimated 181,000 industrial ponds and pits, 20 million septic tanks **discharging 1 trillion gallons of waste each year**
- Additional hazards are posed by **septic-tank degreasers, fertilizers and pesticides, carbon tetrachloride and other dry-cleaning solvents**—even salt used to remove ice from streets and roads.

**“Point of use”** purification is the way to go. **Being personally responsible, as much as possible.** As mentioned in our last email, you are the most important person in the world. To you you are!



These links will be helpful in learning and deciding how you wish to approach the water purity question.

<http://www.doh.wa.gov/Emergencies/EmergencyPreparednessandResponse/Factsheets/WaterPurification> 02/03/16

Purifying Water During an Emergency

<http://www.enviroalternatives.com/watermethods.html> 02/03/16

TWENTY-FOUR METHODS TO PURIFY WATER

<http://www.instructables.com/id/How-to-purify-your-water/> 02/03/16

How to purify your water

<http://www.wikihow.com/Purify-Water> 02/03/16

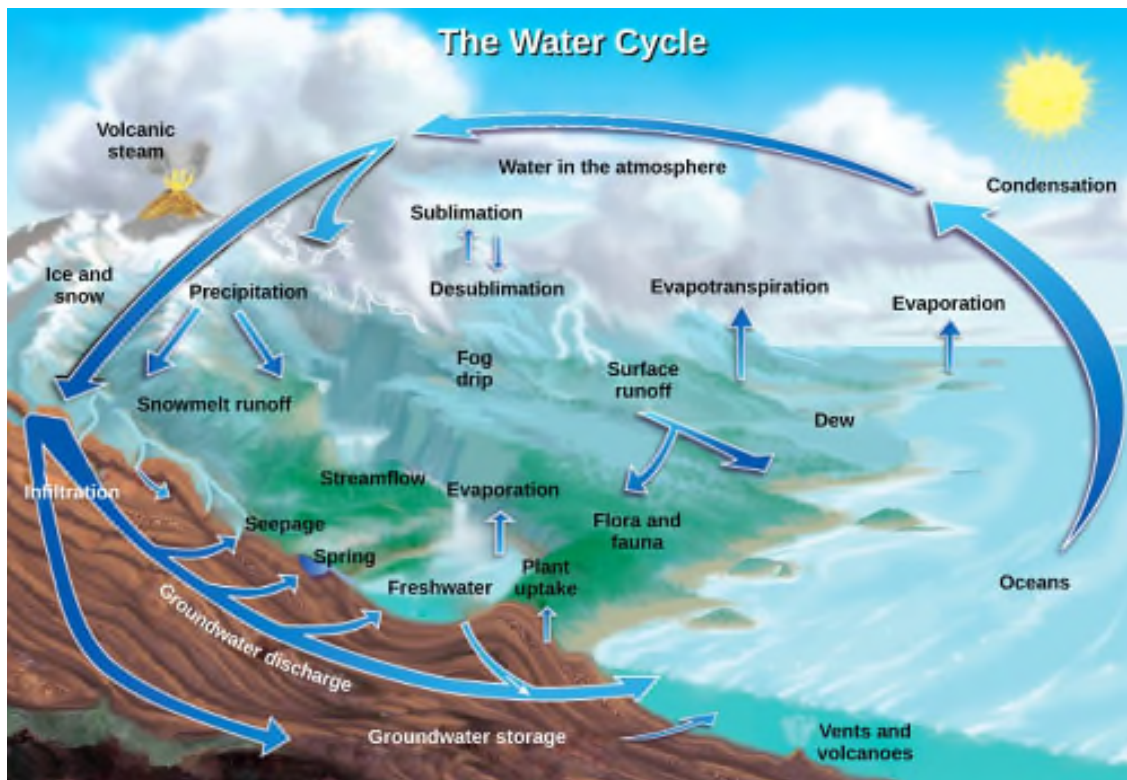
How to Purify Water

[https://www.discovertesting.com/products/display\\_products\\_overviews.sd?iid=1&headtitle=Drinking%20Water%20Testing](https://www.discovertesting.com/products/display_products_overviews.sd?iid=1&headtitle=Drinking%20Water%20Testing) 02/04/16

Water test kits

<http://www.epa.gov/learn-issues/water-resources>

United States Environmental Agency Water Resources page



## Herbal Products that may be of interest

### Heavy Metal Detox

Heavy Metal Detox is a potent detoxification support product. Its ingredients, especially cilantro, bind with heavy metals so the body can remove them through the urine and bowel. N-Acetyl Cysteine protects detoxification pathways in the liver, while kelp replaces minerals and nutrients.

[http://www.naturesbetterway.com/pdf/NSP/FACT%20SHEETS%20-%20CURRENT/HeavyMetalDetox90capswith\\_label.pdf](http://www.naturesbetterway.com/pdf/NSP/FACT%20SHEETS%20-%20CURRENT/HeavyMetalDetox90capswith_label.pdf)

### Algin

Sodium alginate, an important part of the kelp plant, is mucilaginous and gels in water. Many people use it as a nutritional supplement supportive of the intestinal system. Its bulking action encourages normal eliminative function.

<http://www.naturesbetterway.com/pdf/NSP/FACT%20SHEETS%20-%20CURRENT/Algin100caps.pdf>

This link takes you to Ozark Water & Air Services. They offer reverse osmosis water purifiers. <http://ozarkwaterandair.org>

All links listed here were functional as of 02/10/16

If you have any questions, please do not hesitate to contact us.

To your health and wellness,

*Chuck & Judy Erkfitz*

*Natures Better Way*

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