HALIDES CONTAINMENT IN OUR WATER SUPPLY

I. CHLORINE AND CHLORAMINE

Chlorine and Chloramine are elements that are considered halides. In the U.S. A. both of those elements have been effectively used to disinfect water and prevent waterborne disease (such as Cholera) outbreaks since 1904, so that today the United States of America has one of the safest supplies of water in the world. However, we also know that oftentimes "what can cure you, sometimes can also kill you." How much an otherwise toxic element can be safely ingested or assimilated in our body, depends upon a balance that must be met. Careful safety considerations must be evaluated usage and dosage, as well as the general health and vulnerability of the individual users.

We now know that the use of chlorine to disinfect our drinking and bathing water, while knocking out waterborne diseases, is also a dangerous element that can potentially adversely affect the health of both our mind and body.

We also know now that both chlorine and chloramine prevent the assimilation of iodine in our thyroid gland which can be a major problem since iodine, which is found in sea water naturally and in certain foods, is an essential element in nutrition that sustains life but is not produced in the body.

Sometime in the 1920s Iodine was added to salt to create "iodized salt" in order to counteract this deficiency in the Unites States population that in previous years resulted in an enlarged thyroid known as a goiter. Since that time the prevalence of iodine deficiency has become a rare problem in the United States, but it does remain a major issue in developing countries.

Should we have the opportunity to observe a "pool man" servicing a swimming pool, we would see that he will test the PH balance to ensure that the chlorine level is correctly adjusted, so that the pool water remains free of waterborne

diseases. Chlorine is then added as needed to maintain PH balance in the form of tables, in order to also prevent algae blooms and reduce bacteria. That method of distribution of chlorine makes dosage uneven, so that we are often exposed to too much chlorine when we go swimming in that pool and we end up contaminated and smelling of chlorine all day long.

Salt water pools on the other hand, use brine block, the salt used for soft-water systems or even non-iodized salt, to balance PH levels. Salt water pools require the addition of a chlorine generator that creates and dispenses its own chlorine. This allows the chlorine dosage to be distributed more evenly and effectively. Thus the salt water pool reduces our potential exposure to chlorine contamination, that we can feel and smell on our skin all day following a dip in a chlorinated pool. The PH balance is also more effectively realized and balanced, creating a healthier option for swimmers using the pool, who would therefore, not otherwise be compromised.

II. USE OF FLUORIDE

Another halide and highly toxic element that has been added to our water and toothpaste is fluoride. Fluoride was added to our water and toothpaste in order to reduce cavities in our teeth and was highly effective in doing so especially in developing countries where childhood tooth decay causes numerous illnesses.

Again, like chlorine, one of the consequences of fluoride in our water is that fluoride will interfere with iodine assimilation in our thyroid gland. This will not only cause us to become hypo-thyroid, but also has the potential to cause us to be hypo calcemic, reducing the calcium in our body. In this case reduced calcium would in effect cause us to have more cavities.

I believe that the use of fluoride should be banned entirely. It is a highly toxic element. I actually remember having sleep problems for 33 years. It was only when I understood what damage halides in general can cause, that I was able to finally regulate my own sleep patterns and also all other aspects of my health as well.

The moral of this story is that we deceive ourselves when we believe "This is what is best for you," without personally learning to understand the reasons and

potential negative consequences. All actions have consequences and therefore must be weighed carefully. We have become a highly educated population in the United States, so that we must take control of weighing our options personally, as opposed to the olden days, where the doctor held the almighty knowledge over the uneducated population.

III. HALIDES.

The interference of iodine assimilation into our thyroid due to halides contamination into our thyroid, may cause any or all of our organs to become overloaded. This effect would make our heart rate increase, as well as compromising our liver and kidneys.

Chlorination has been a cost-effective disinfectant for water treatment facilities for many years throughout the world; however, management personnel there, need to continuously look into alternative and healthier options for sanitizing water.

Apparently, countries in Europe such as the Netherlands, Germany, Denmark, Switzerland and Austria have successfully operated water systems without chlorine for some time now. This was done by upgrading or replacing water treatment facilities and distribution pipelines and introducing alternatives of multiple filtration steps such as sand, ozone, carbon, membrane filtration and UV treatment.

Chlorine and fluorine affect our health and causes imbalance in our body by compromising our digestive system. This occurs due to ingestion and assimilation of contaminated water, as well as due to dietary elements we ingested or assimilate, that are filled with numerous additives and preservatives that work to destroy our small intestinal lining.

EXAMPLE YOU CAN CHECK FOR YOURSELF: Take 10 hygiene products in your home including packaged foods from your pantry and you will see how chloride is in almost all of them.

V. ADVOCACY

The above-mentioned issues are but some part of the battle towards better health. Hopefully, when this information is read, along with some or all of my other articles, one may recognize the importance of checking ingredient labels of food products we buy showcased on market shelves.

We must also advocate for investment and funding of renewal and modernization of municipal water treatment facilities and pipelines. The importance of ensuring that corrosive and aging lead pipelines are replaced on a timely basis, would help us avoid another water disaster such as the one that occurred in Flint, Michigan in 2014. In that case, major lead contamination was found to be due to aging and corrosive lead pipelines which caused Legionnaire Disease and discovery of major lead contamination in the public water supply and Flint population.

Newer modern pipelines made of less corrosive materials such as PVC, would then allow water delivery systems that could drastically reduce the use of caustic halides like chlorine and ensure safe potable water quality.

At that point, I would propose the implementation of sodium bi-carbonate instead of chlorine should be seriously considered, in order to achieve PH balance in potable water.

Until that time, we can rely on a home system of de-chlorination or set a filter to dechlorinate any faucet or bottle in our homes, until such time as public water supply meets a greater standard of excellence than simply meeting SFC (Safe for Consumption) minimum standards. For Example, this would be especially important for vulnerable populations such as diabetics undergoing dialysis.

Those individuals who are institutionalized or cannot afford to purchase home dichlorination systems will continue to be exposed and vulnerable to public water supply in drastic need of an overhaul.

VI. CONCLUSION

I propose that chlorine should seriously be considered for removal or reduction as a water sanitation product and that the use of sodium bi-carbonate be used instead in order to improve our health, since it would help our internal digestive

system. This change of sanitation method would also ensure that our thyroid function and general health would not be compromised in the process of providing the distribution of a sanitary public water supply.

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