

DRINKING WATER GUIDE

The Quick-Reference Manual to Choosing Clean & Healthy Water!



DRINKING WATER GUIDE REMINDS YOU

- 🌐 **Protect Your Health From Strange Water-Borne Diseases!**
- 🌐 **Tap Water, Well Water & Bottled Water Are Filled With Contaminants!**
- 🌐 **Spring Water Is Collected From Depleted Aquifers & Is Not Purified!**
- 🌐 **Please Always Drink Purified Water: RO Water, Or Distilled Water!**
- 🌐 **Learn How to Remineralize & Alkalize the Purified Water at Home!**

DRINKING WATER GUIDE TEACHES YOU

- 🌐 **Formation Of Our Universe, Our Milky Way Galaxy, Our Sun, Our Earth & Our Moon!**
- 🌐 **How In Our Universe Our Earth Possessed That Much Liquid Water?**
- 🌐 **How To Remineralize & Alkalize: Experiments Conducted At Home!**
- 🌐 **How To Obtain Alkaline Water: There Are 10 Methods Discussed!**
- 🌐 **Water Ionizers | Kangen Water | Hydrogen Water | Atmospheric Water**
- 🌐 **How To Make Your Own Nutritious Alkaline & Mineral Water At Home!**
- 🌐 **How To Adjust the Drinking Water pH and TDS to Any Desired Level!**

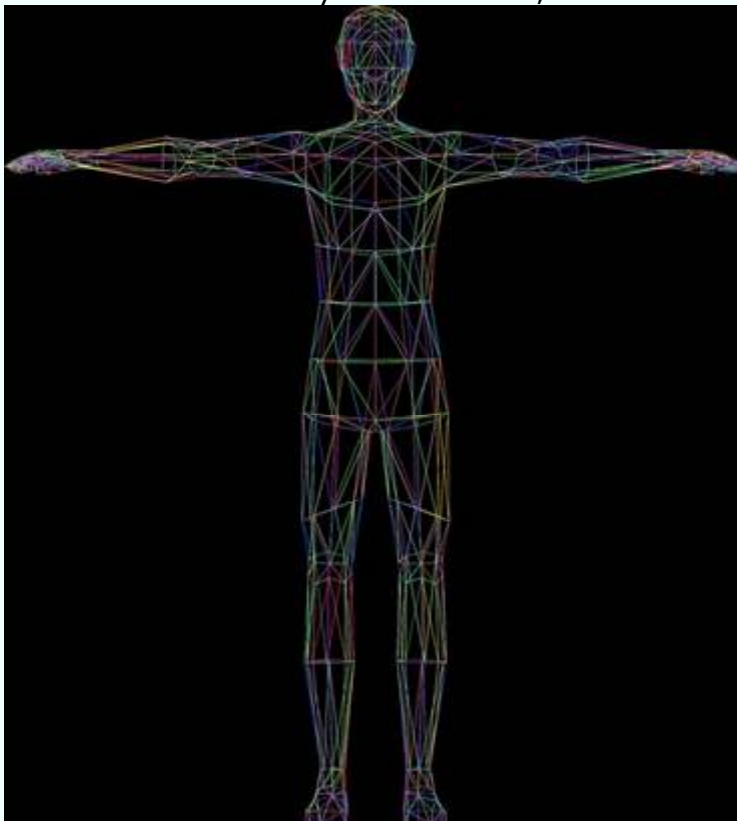
This Guide Will Help You Become A Drinking Water Expert!

Author: Rao Konduru, PhD

DRINKING WATER GUIDE

The Quick-Reference Manual to Choosing Clean & Healthy Water

Authored by Rao Konduru, PhD



THE AMAZING HUMAN BODY

• Did you know more than 99% of your amazing body's molecules are water molecules, and 55% to 60% of your body weight is water? You therefore should make sure that the water in your body is clean, healthy and nutritious, and more importantly one 100% free of contaminants. This book is designed to help you achieve that goal!

Drinking Water Guide's Message

- Please do not drink tap water, well water, or bottled water of any kind without knowing how pure it is. Please always drink purified water (RO water or distilled water). And learn how to remineralize and alkalize the purified water at home.
- And Always Remember: Purified water that is either neutralized (pH=7) or slightly alkalized (pH=7 to 7.25), and remineralized up to a TDS (Total Dissolved Solids) level of 200 ppm is the healthy drinking water!
- This book teaches how to purchase or make your own purified water, and how to remineralize and alkalize the purified water at home to any desired level! There are more than 10 EXPERIMENTS CONDUCTED AT HOME in Chapter 17 & Chapter 18! Any reasonable person with minimal scientific background will be able to understand these experiments, and will be able to remineralize and alkalize the purified water at home.

PREFACE: DRINKING WATER GUIDE

Our Universe, our Stars, our Milky Way Galaxy, our Solar System, our Sun, our Planet Earth & our Moon: How were they created? The author answers this question demonstrably through providing trustworthy scientific findings of astronomers, cosmologists, space researchers and scientists.

Drinking Water Guide Unveiled the Origin of the Earth's Water in Chapter 1 & Chapter 20:

- The primary element "hydrogen" was first created 380,000 years after the Big Bang, and thereafter it was abundantly available throughout our Universe. Stars formation commenced 400 million years after the Big Bang, and since then stars have been manufacturing heavier elements, including the very important oxygen, like factories in their burning cores, and have been dumping them in the interstellar medium via supernova explosions. More than 6 billion years ago, even before our Solar System and our Earth were created, the heavier element "oxygen" was created in the burning cores of collapsing stars in the interstellar medium.
- The abundantly available hydrogen and oxygen then commingled together under the appropriate climate conditions and formed ice-cold water molecules by the chemical reaction:

$$2 \text{H}_2 + \text{O}_2 = 2 \text{H}_2\text{O}.$$
- Those ice-cold water molecules then entered into the space dust (also known as stardust) and interstellar gas in the interstellar medium, from a gigantic cloud of which our Solar System was created 6 billion years ago. The formation of our Solar System completed 4.54 billion years ago.
- And that is how our planet Earth inherited liquid water even before it was born. Our planet Earth was thus born with water. The water we drink today is at least 4.54 billion years old, older than our planet Earth, older than our Sun and older than our Solar System.

▶ **The Big Bang Theory** explained in Chapter 1 of this book "Drinking Water Guide" is the most relevant, most essential, and most important part. This book teaches that all those heavier elements of our periodic table, including all those minerals that we use today to remineralize and alkalize the purified water, were originally manufactured in the burning cores of collapsing stars by a process known as "stellar nucleosynthesis," even before our Solar System and our planet Earth were created. Stars are responsible for all the constituents of our planet Earth (Carbon, Hydrogen, Nitrogen, Oxygen, Phosphorus and Sulfur are the most important elements) that are needed for the formation and survival of every human being, animal and plant.

● It is therefore of utmost importance to understand, as explained in Chapter 1, the formation of our Universe, the formation of Stars, and the formation our Solar System.

Drinking Water Guide Is a 524-Page Thick Book, and Teaches:

- All kinds of drinking water available for human consumption, their defects, and appropriate "RECOMMENDATIONS" on how to rectify those defects, and how to drink clean and healthy water in order to protect your health in the current day circumstances.
- How to purchase purified water in supermarkets at Refill Yourself Stations, or from local vendors, or how to make your own purified water by purchasing the appropriate units.
- How to remineralize and alkalize the purified water at home. In Chapter 17 & Chapter 18, there are many **Experiments Conducted at Home** with easy-to-follow instructions on how to correctly and precisely remineralize the purified water (RO water or distilled water) up to a TDS level of 200 ppm by adding Himalayan pink salt, Celtic sea salt, or ConcenTrace mineral drops. All you need are: TDS meter, digital kitchen scale, digital pH meter, and measuring spoons.
- Any reasonable person with minimal scientific background would be able to read and understand these experiments, and would be able to remineralize and alkalize the purified water.
- In Chapter 18, the book details how to make your own alkaline water at home using baking soda or ConcenTrace mineral drops, and how to purchase appropriate machines that make alkaline water.
- How to purchase and use Water Ionizers, Kangen water machines, Hydrogen water machines and RO water machines that produce alkalized and remineralized water at home. The topic about Atmospheric Water Generators is another highlight.
- This book also teaches how to purchase and use the TDS meter, digital pH meter, digital kitchen scale.
- This book also teaches how to adjust the purified water pH & TDS to any desired level.

Tap Water: The tap water disaster story (with regards to lead contamination) of Flint, Michigan, USA (during 2014-2015) teaches everybody a lesson, and the Drinking Water Guide insists that tap water is untrustworthy and warns everybody not to drink it under any circumstances (even if someone guarantees that the tap water there is safe).

Spring Water: Dr. RK shows through his experimental findings and scientific calculations that the mineral composition of spring water being sold in the supermarkets is not significant enough due to the depletion of the aquifer from which the spring water is being collected by distributors. But consumers never observed this scientific fact, and this tradition of selling and drinking spring water in supermarkets has been going on for decades.

Mineral Water/Bottled Water: Drinking Water Guide unmasks the deception of mineral water being sold as bottled water. Many people do not know that bottled water is made from contaminated tap water by adding artificial vitamins, minerals, artificial flavors, additives, and contains unknown dangerous contaminants. There is documented evidence revealing that bottled water is untrustworthy and unreliable, and purchasing it at a highly inflated price is a waste of money and it poses health hazards.

Remineralization of Purified Water: Instead of drinking unpurified spring water with extremely low mineral concentrations, extracted from depleted aquifers, and instead of purchasing the contaminated mineral water in bottles at a highly inflated price, Drinking Water Guide teaches how to remineralize and alkalize the purified water to any desired level (Please see Chapter 17 & Chapter 18).

RO Water & Distilled Water: Drinking Water Guide contains a wealth of information about RO water and distilled water. Everything you ever want to know about distilled water can be found in this highly-researched and well-documented book. After reading this book, any intelligent reader can choose to drink RO water or distilled water because of its purity and avoid spring water because of its lack of purity and lack of real minerals in it, and will certainly stay away from the tap water, well water and bottled water.

Alkaline Water: Many people, mostly Kangen water fans, drink alkaline water every day which is not a healthy habit. Drinking Water Guide cautions that drinking too much alkaline water on a daily basis could shift the normal blood pH (between 7.35 and 7.45), and could develop alkalosis (presence of excess base), and this condition could affect the proper functioning of lungs, kidneys & liver. At the same time, Drinking Water Guide recommends that drinking limited alkaline water periodically every now and then is healthy.

Ionized Water, Kangen Water & Hydrogen Water: This book teaches the basic principle behind the water ionizers, Kangen water machines and hydrogen water machines, and describes how these machines function. You can select and use the right kind of machine for your home use. This book Drinking Water Guide teaches you everything you ever need with great scientific details.

Atmospheric Water Generators: The demand for Atmospheric Water Generators has been growing fast in the Middle East where drinking water scarcity is a major concern due to growing environmental issues, developed by oil reserves. This book provides the details on how to understand the atmospheric water, and how to research, find and get a water generator installed if need arises.

Hydrogen Water: Hydrogen water is the latest wellness trend to hit the US, UK and Asian markets. After vitamin-fortified water, health and fitness gurus are now switching to hydrogen-enriched water with much-touted benefits such as reducing inflammation, wrinkles, and bone loss, and some people believe that hydrogen water also helps metabolise fat and glucose faster than the regular water.

All contents of the book "Drinking Water Guide" are intriguing. Every reader (it doesn't matter what kind of educational background he or she has) would be delighted to read and learn the extremely useful information, and update his/her water-drinking habits in no time by reading through the RECOMMENDATIONS provided at the end of each chapter. It should be called Health & Safety Guide.



Drinking Water Guide is a must-have book by every household and every library of any community, school, college or university of every village, town or city around the world.

-- The Author

CHAPTER 1 THE ORIGIN OF THE EARTH'S WATER

EARTH GOT ITS WATER EVEN BEFORE IT WAS BORN

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Did you know?

The oxygen we breathe today was originally created in the Stars
even before our Solar System was created!

The water we drink today was originally created in the stars-forming clouds
even before our Solar System was created!

When you look up at night, you are seeing factories called Stars!

ATTENTION READERS!
CHAPTER 1 CONTAINS THE PRECIOUS INFORMATION
Drinking Water Guide Unveiled "The Origin of the Earth's Water"
In Chapter 1 & Chapter 20.

- The primary element "hydrogen" was first created 380,000 years after the Big Bang, and thereafter it was abundantly available throughout our Universe. Stars formation commenced 400 million years after the Big Bang, and since then stars have been manufacturing heavier elements, including the very important oxygen, like factories in their burning cores, and have been dumping them in the interstellar medium via supernova explosions. More than 6 billion years ago, even before our Solar System and our Earth were created, the heavier element "oxygen" was created in the burning cores of collapsing stars in the interstellar medium.
- The abundantly available hydrogen and oxygen then commingled together under the appropriate climate conditions and formed ice-cold water molecules by the chemical reaction: $2 \text{H}_2 + \text{O}_2 = 2 \text{H}_2\text{O}$. Those ice-cold water molecules then entered into the space dust (also known as stardust) and interstellar gas in the interstellar medium, from a gigantic cloud of which our Solar System was created 6 billion years ago. The formation of our Solar System completed 4.54 billion years ago. And that is how our Earth inherited liquid water even before it was born. Our Earth was thus born with water, and the water we drink today is at least 4.54 billion years old, older than our Solar System.
- In order to understand "The Origin of the Earth's Water," a reader must understand, as explained in Chapter 1, the formation of our Universe, the formation of Stars, and the formation of our Solar System with a clear concept.
- This book also revealed, based on brilliant scientific findings, the age of our Earth's water, the age of our planet Earth, the age of our Sun, the age of our Solar System, the age of our Milky Way Galaxy, and the age of our Universe.
- **The Big Bang Theory Explained in Chapter 1** is the most relevant, the most essential, and the most intriguing part of this book. Stars are responsible for all the constituents of our planet Earth that are needed for the formation and survival of every human being, animal and plant. Did you know "the oxygen we breathe today was originally created in the Stars even before our Solar System was created, and the water we drink today was originally created in the stars-forming clouds even before our Solar System was created?" This book teaches that all those heavier elements of our periodic table, including the most important carbon, nitrogen, oxygen, phosphorus, sulfur, and other elements, and including all those minerals that we use today to remineralize and alkalize the purified water, were originally manufactured in the burning cores of collapsing stars by a process known as "stellar nucleosynthesis," even before our Solar System and our Earth were created. When you look up at night, you are seeing factories called stars.
- It is therefore of utmost importance to understand, as explained in Chapter 1, the formation of our Universe, the formation of Stars, and the formation our Solar System.

Please read and understand CHAPTER 1 with keen observation. You will enjoy it!

CHAPTER 1

AMAZING FACTS ABOUT OUR UNIVERSE, OUR STARS, OUR MILKY WAY GALAXY, OUR SOLAR SYSTEM, OUR SUN & OUR EARTH!

The following scientific facts were endorsed by NASA (National Aeronautics and Space Administration) and many other space agencies around the world:

- Our Universe is approximately 13.8 billion years old. ^[1, 2, 3, 4, 5]
The NASA's spacecraft known as Wilkinson Microwave Anisotropy Probe (WMAP) mission has precisely determined the age of our Universe.
- Our Universe has trillion trillion stars. ^[6, 7]
There are 1,000,000,000,000,000,000,000 stars. There are 10^{24} stars. ^[6, 7]
That's is a 1 followed by twenty-four zeros.
This is a grossly rough estimate. The exact number of stars is unknown.
- Our Universe is embedded with at least 2 trillion Galaxies. There are 2×10^{12} Galaxies. ^[8, 9, 10]
The Spiral-Shaped Milky Way Galaxy is one of them upon which we all live.
- Our Milky Way Galaxy was born about 13.6 billion years ago. ^[11, 12, 13]
- Our Milky Way Galaxy has 100 billion stars on the lower end, and 400 billion stars on the upper end. More stars are being discovered every year. ^[14]
- Did you know every star represents a Solar System with planets orbiting around it?
- That means our Milky Way Galaxy so far has at least 500 billion Solar Systems. ^[14, 15, 16]
Our Solar System is one of them.
- Our Solar System (our Sun, our Earth & 7 other planets) began its formation on our Milky Way Galaxy 6 billion years ago, and completed its formation 4.54 billion years ago. ^[55-60]
- The age of our planet Earth, our Sun & our Solar System was determined by radiometric dating, which is the most accurate and reliable technique to date older rocks. ^[65-71]
- Did you know stars manufacture heavier elements like factories do? When you look up at night, you are seeing factories called stars equipped with nuclear-fusion reactors! ^[39, 40, 41]
- Early stars were massive, short-lived and exploded into supernovae while manufacturing and dumping all those 117 heavier elements of our periodic table into the interstellar space from a gigantic cloud of which our Solar System was created! The SIX essential elements "Carbon, Hydrogen, Nitrogen, Oxygen, Phosphorus and Sulfur (CHNOPS)" are absolutely needed for the formation and survival of every human being, animal & plant. ^[40-45]
- Did you know stars also manufacture planets? Our Sun (which is a star) manufactured 8 orbiting planets "Mercury, Venus, our Earth, Mars, Jupiter, Saturn, Uranus and Neptune" while in a spinning and swirling motion under gravity for one and half billion years. ^[55-60]
- The size of our Sun is enormous: Our Sun is 864,400 miles (1,391,000 km) across, 109 times our Earth's diameter, weighs about 333,000 times more than our Earth, 93 million miles (149.5 million km) away from our Earth, and our Sun is so humongous that even 1,300,000 Earths could fit inside of it. ^[61]
- Our Sun has a lifespan of 9 to 10 billion years. Which means our Sun will run out of nuclear fuel, extinguish or die after 4 to 5 billion years. When our Sun dies, our planet Earth, our Moon & 7 other planets will be engulfed with it and possibly vaporized. Afterwards our Sun will either become a white dwarf or explode into a supernova in which case a new star will born out of the debris. ^[62]
- The water we drink today is at least 4.54 billion years old, older than our planet Earth, older than our Sun, and older than our Solar System. Our planet Earth inherited up to 50% of its water (primordial water) from the interstellar medium even before it was born, and the remaining water came to our planet Earth by the bombardment of Asteroid (not Comets) during and after the early stages of our Solar System formation. Our ancestors' belief that Comets brought water to our planet Earth was later proved by our recent scientists to be a myth! ^[80-166]

OUR UNIVERSE, OUR STARS, OUR MILKY WAY GALAXY, OUR SOLAR SYSTEM, OUR SUN, OUR PLANET EARTH & OUR MOON: How Were They Created?

FORMATION OF OUR UNIVERSE

BIG-BANG THEORY: A THEORY BASED ON THE SCIENTIFIC FACTS

1. Big Bang Theory: Can We Trust It?

No one knows for sure what triggered the Big Bang. But the discovery of Cosmic Microwave Background radiation in 1965 made the Big Bang theory the best theory of describing the origin and evolution of our Universe. With the aid of the NASA's highly sophisticated spacecraft known as the Wilkinson Microwave Anisotropy Probe (WMAP), ground-based telescopes, and brilliant scientific calculations, our astronomers, cosmologists, space researchers and scientists understood what exactly happened in the beginning stages of our Universe. ^[22]

- The most important finding was the afterglow of creation, light and radiation leftover from the Big Bang. This relic of the Big Bang pervades our Universe and is visible to microwave detectors as a birthmark, which allowed our scientists to piece together clues of our early Universe. ^[23, 24, 25]

- This "afterglow of creation" commonly known as the Cosmic Microwave Background radiation is the leftover heat from the fireball of the Big Bang in which our Universe was born 13.8 billion years ago. It provides a unique insight into our Universe's infancy as the world-renowned theoretical physicist and cosmologist late Dr. Stephen Hawking described it as our Universe's "baby photo," and said that it is the discovery of the century if not of all time. And another cosmologist, astrophysicist and Nobel Prize winner Dr. George Smoot said that "it is like seeing the face of the God—the Creator." ^[26]

After this discovery of the afterglow of creation of our Universe, surrounding light and radiation leftover from the Big Bang, more and more scientists and very many common people around the world started accepting and entrusting the Big Bang theory.

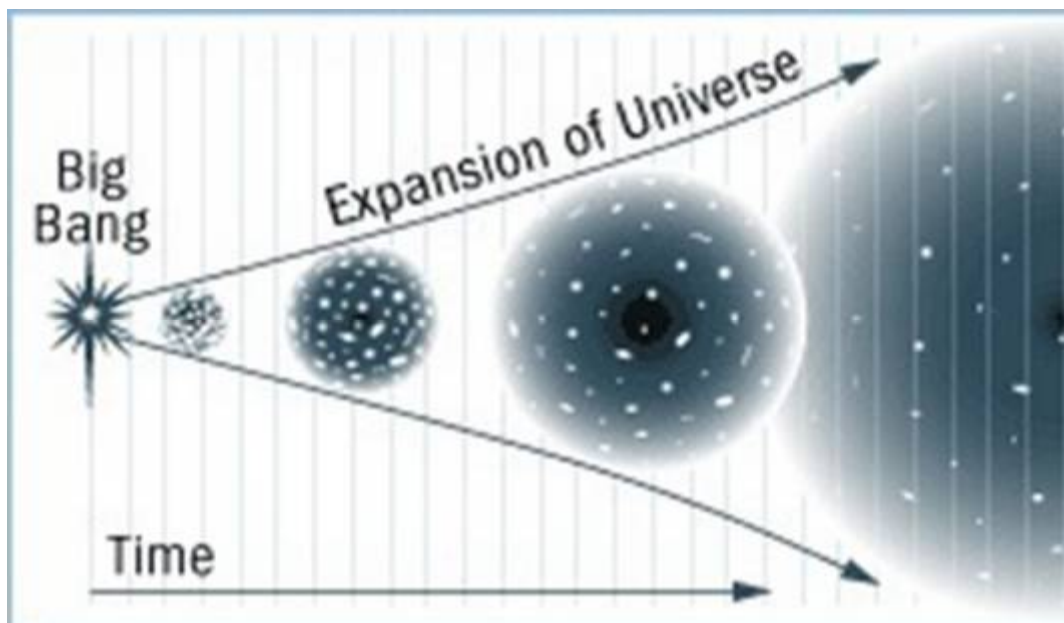


Figure 1.3 Our Universe has begun expanding like a magical balloon immediately after its birth.

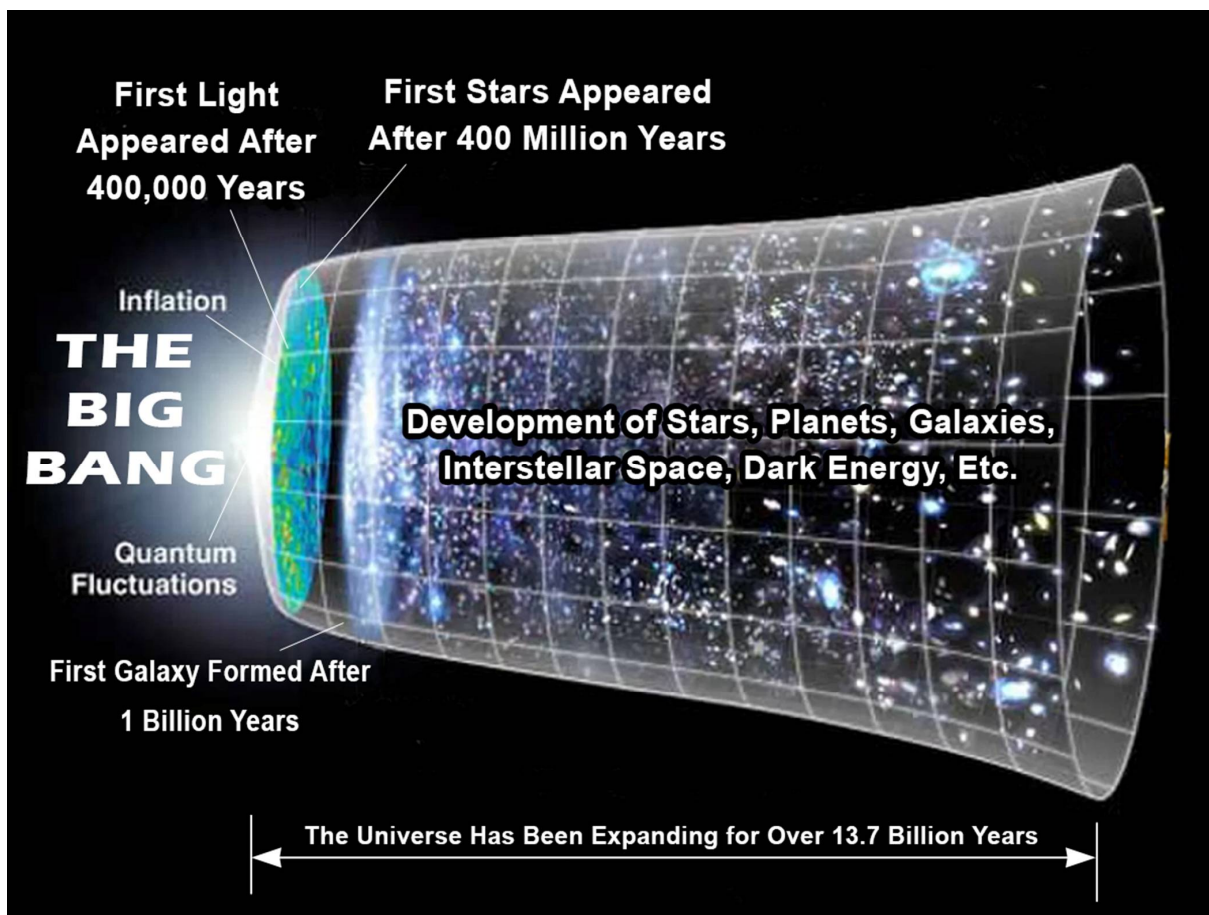


Figure 1.1 The formation of our Universe after the Big Bang.



Figure 1.2 Location of our planet Earth on the spiral-shaped Milky Way Galaxy.

Our spiral-shaped Milky Way Galaxy has 100 billion stars (Solar Systems) on the lower end, and 400 billion stars (Solar Systems) on the upper end. Our Solar System (our Sun, our planet Earth, and 7 other planets) formed on one of the spiral arms of our Milky Way Galaxy 4.54 billion years ago!

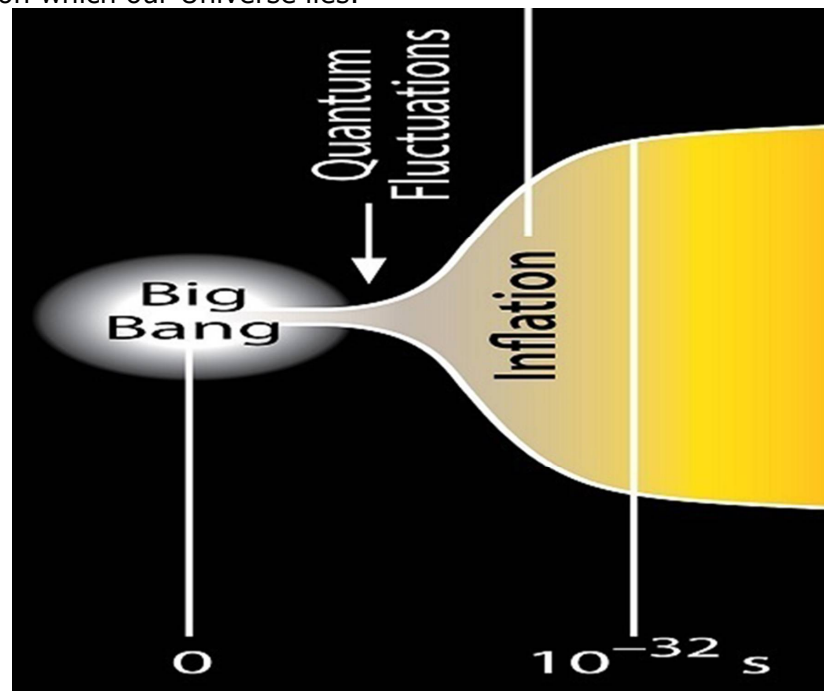
2. Big Bang Theory: What Does It Say?

Big Bang theory states that our Universe has begun its formation from an unimaginably hot and dense point of Singularity some 13.8 billion years ago, and has started expanding unstoppably since then. The original temperature at the time of birth was infinite or at least 100 Nonillion degrees or 10^{32} degrees Kelvin. ^[27] When our just-born Universe was unimaginably so young, that is to say when it was only 10^{-34} second young — that is to say, when it was only a hundredth of a billionth of a trillionth of a trillionth of a second in age — Whew!— it underwent an incredible growth spurt or burst of expansion known as inflation in which period the space itself expanded exponentially faster than the speed of light, breaking the laws of physics. *The Big Bang was not a violent explosion, but it was a rapid and peaceful expansion.* During that period of a tiniest fraction of a second, our Universe doubled in size at least 90 or 100 consecutive times, going from a subatomic-sized to the golf-ball-sized instantaneously, and blew up the space like a giant magical balloon into several kilometers, and never stopped expanding thereafter. ^[23, 27]

3. Big Bang Theory: Singularity, Inflation & Primordial Soup

a. Singularity: A singularity means a point where some property is infinite. If you extrapolate the properties of our Universe to the very instant of the Big Bang, you will find that both the density and the temperature go to infinity. That compacted tiny point with infinite density from which our Universe expanded might have contained all the clues (all the mass, space and time that ever needed), from which the whole Universe emerged. This decision came from the observations of the NASA's WMAP's cosmic microwave background, which contained the afterglow of light and radiation leftover from the Big Bang. ^[23, 25]

b. Inflation: The initial stage of the Big Bang called "Cosmic Inflation" was so quick, as it lasted only 10^{-34} second. All the energy and heat from that explosion was shot out. And wherever that expansion of that peaceful explosion travelled with time, it automatically created space upon which our Universe lies. ^[25]



Courtesy of Steemit

Figure 1.4 The inflation ends when time = 10^{-32} second ^[25]

Formation of Our Solar System

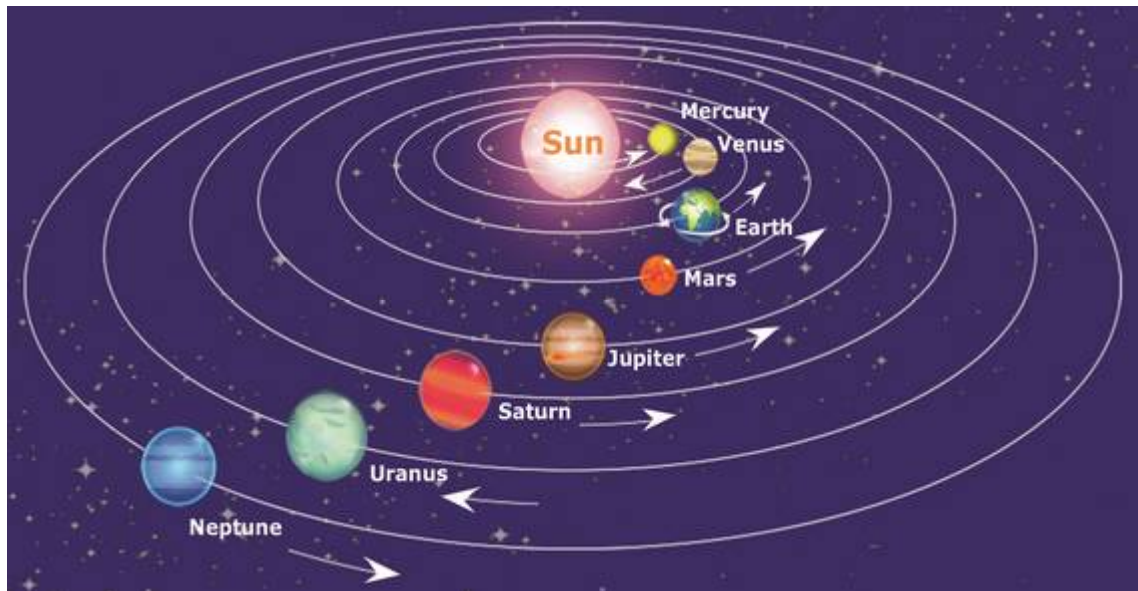


Figure 1.15 Formation of our solar system along with 8 planets, including the Earth. Our Sun manufactured 8 planets, including our planet Earth 4.54 billion years ago.



Figure 1.19 Our Planet Earth was manufactured by our Sun 4.54 billion years ago, and was getting ready to harbor life. Our planet Earth, our Sun and our Solar System were all formed at the same time, 4.54 billion years ago.

Drinking Water Guide unveiled the scientific truth: The water we drink today is at least 4.54 billion years old, older than our planet Earth, older than our Sun, and older than our Solar System.

CHAPTER 13 DISTILLED WATER

NUTRITEAM'S MEGAHOME COUNTERTOP WATER DISTILLER ^[16]

Nutriteam's Megahome Countertop Water Distiller distills 1 gallon of tap water in 5.5 hours a breeze. The distiller will automatically shut-off after the completion of the distillation process. It distills at the proper speed, removing unwanted toxins and contaminants from tap water. The interior surface of this home distiller was made with 304 stainless steel. You simply pour 4 liters of tap water into the stainless steel vessel, plug into the power outlet on your countertop, and press the button. The water quickly reaches its boiling point, 100 °C or 212 °F, at which temperature the heat kills bacteria, viruses, parasites, microorganisms, E. coli, etc. It will start producing pure steam. As steam rises, it leaves behind impurities in the stainless steel vessel, and enters the stainless steel cooling coils where the steam is cooled and condensed, producing pure distilled water. The purified water drips into your glass jug and never touches any plastic surface during the operation.

It was also incorporated with an activated carbon filter, which sits in a glass compartment, and filters the dangerous chemicals, mostly VOCs, if they are present and escaped into the condensate. This water distiller was approved by Underwriters Laboratory of UK. Every Megahome unit is built and tested to ensure safety and longevity. Included also is a high temperature thermostat to prevent overheating and ensure automatic shut-off. A thermal fuse is also included to provide ultimate protection. In just 5.5 hours, you will have a gallon (1 gallon = 3.78 liters = 15 cups) of pure distilled water.

RECOMMENDATIONS ON DISTILLED WATER (by Dr. RK)

a. Drinking distilled water is far better than drinking any water that is not purified. If you like distilled water, you can drink it without any hesitation. Don't invest too much time in finding out the scientific truth about consuming distilled water, and don't pay too much attention to the negative comments swirling around about distilled water.

b. Do not try to make your own distilled water on your stove. It is time consuming and frustrating, and you will be tied up with your stove for 6 hours to produce 1 gallon of distilled water. You better purchase a Countertop Water Distiller, plug into your power outlet, and make your own distilled water from tap water for best results.

c. **TEST IT:** If you purchased distilled water in a store or pharmacy, make sure that the water you purchased is indeed "distilled water" by dipping the TDS meter probe into a cup of distilled water. You can purchase TDS meter on Amazon. The TDS level of distilled water is precisely zero.

d. If you purchase distilled water in bottles, it is again considered "bottled water". Bottled water is untrustworthy so boil it and refrigerate it before drinking. When you boil the water, no matter what kind of water it is, pathogens (all kinds of bacteria, viruses, fungi, parasites), microorganisms and E. coli would be destroyed, and so you can drink the purified water worry-free.

e. Stop eating all those greasy foods in restaurants. Eat at home well-balanced meals throughout the day. Make sure that every meal you consume (either small meal or big meal), there is some protein in it. Consume whole foods only, and avoid processed foods and refined foods. Consume well-balanced meals with oven-baked skinless & boneless chicken, turkey or fish, a variety of organic vegetables and dark-leafy greens, legumes, a variety of organic fruits, grains, nuts and seeds so that your body would get sufficient amount of protein, fat and carbs, all kinds of vitamins, minerals and fiber. Consume plenty of organic egg whites to boost your protein consumption (Avoid processed meat products). Did you know egg-white is one 100% protein?

f. **IMPORTANT!** Take high-quality multivitamins and minerals (calcium, magnesium, potassium and others) so that your body would not suffer from any mineral deficiency. Take routine blood tests for iron deficiency, minerals deficiency, and make sure that the mineral levels in your blood are within the optimal ranges, or at least normal. And make sure from a kidney test that your kidneys are functioning properly.

CHAPTER 7 BOTTLED WATER

BOTTLED WATER IS UNTRUSTWORTHY: HERE IS WHY! [1, 2, 3, 4, 5]

🌐 Posting of Joe Sommerlad

The World Health Organisation (WHO) conducted a study to investigate the mineral water of almost all brand, being sold in bottled waters, and announced the following alarming news: Scientists found an average of 10 plastic particles (microplastics), each particle is larger than a human hair, per litre in mineral water of almost all brands being sold in plastic bottles. This study analysed more than 250 bottles from 27 lots and 11 different brands of bottled water from around the world. Microplastics are small plastic particles derived from a variety of sources such as cosmetics, clothing, industrial processes, packaging materials and the degradation of larger plastic items. [1]

🌐 NEW RESEARCH has found that 90 per cent of the world's bottled water is contaminated with dangerous microplastics. Researchers tested 250 bottles of bottled water in Brazil, China, India, Indonesia, Kenya, Lebanon, Mexico, Thailand and the United States. Plastic particles were identified in 93 per cent of the samples, which included major name brands such as Aqua, Aquafina, Dasani, Evian, Nestle Pure Life and San Pellegrino. The plastic debris included nylon, polythene terephthalate (PET) and polypropylene, which is used to make bottle caps. Experts say that the plastics are likely seeping in during the packaging process. These microplastics could increase certain kinds of cancer to lower sperm count and to increase the conditions like ADHD (Attention Deficit Hyperactivity Disorder) and autism. [2]







Figure 7.1 Drinking bottled water is harmful to your health.

You never know what contaminants are present in bottled water so stay away from it! **THIS BOOK TEACHES THAT:** Please do not drink tap water, well water, or bottled water of any kind without knowing how pure it is. Please always drink purified water (RO water or distilled water). And learn how to remineralize and alkalize the purified water at home.

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About the Author



Rao Konduru, PhD (also called Dr. RK) published a book in the past titled "Permanent Diabetes Control", which earned immense respect and appreciation. Many people said it was a wonderful book. After suffering from a sudden heart attack, even though his left artery was 75% clogged and he could not walk a block due to severe angina pain, Dr. RK said "NO" to bypass surgery. He did what none of us would even think of doing. He simply relied on his natural self-prevention diet and exercise, and with it he "reversed his critical diabetic heart disease in a matter of months", and developed a method to accomplish Permanent Diabetes Control. He proved to the medical community that a bypass surgery is unnecessary in most cases. He also came up with a trial and error procedure to determine the optimal insulin dose that would tightly control diabetes in 90 days, and would allow a diabetic person to live like a normal person for the rest of his/her life.

Please visit www.mydiabetescontrol.com, and read through the testimonials. Click on "Diabetic Research" button to see the Official Blood Test Results of Dr. RK. Notice the fact that he maintained his hemoglobin A1c level under 6.0% consistently. His personal best hemoglobin A1c level of 5.0% is an extraordinary result any diabetic person would hope to accomplish in a lifetime. Perhaps he is the only diabetic person living in this world now with "Permanent Diabetes Control".

Once again, quite recently health demons, such as uncontrollable weight gain, sleep apnea and chronic insomnia, came his way. Dr. RK did not give up, but persisted on discovering new, natural and effortless treatments of his own in reversing these most difficult disorders, through extensive reading, research, commitment, self-discipline and the strong desire to succeed. His extensive scientific research experience and his powerful knowledge helped him battle and combat these life challenges. He figured out their root causes, and developed natural yet powerful techniques to cure these health disorders. After losing 40 pounds of weight and 12 inches around the waist, Dr. RK successfully reversed his obesity, obstructive sleep apnea and chronic insomnia. He has carefully outlined and illustrated the methods he developed in three excellent books "Reversing Obesity, Reversing Sleep Apnea and Reversing Insomnia", so that others can benefit and be inspired to achieve similar results. His most recent book "Drinking Water Guide" is a 522-page wealth of information on drinking water for the rest of us.

- Prime Publishing Co.

www.mydiabetescontrol.com

www.reversinginsomnia.com

www.reversingsleepapnea.com

www.reversingsleepapnea.com/ebook2.html

www.drinkingwaterguide.com

(Reversing Obesity Book)

(The Most Important Book)

TESTIMONIALS

RE: Dr. Rao Konduru's Publications

1. Permanent Diabetes Control
2. The Secret to Controlling Type 2 Diabetes
3. Reversing Obesity
4. Reversing Sleep Apnea
5. Reversing Insomnia
6. Drinking Water Guide

TO WHOM IT MAY CONCERN

Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life; He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 6 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,
 Dr. Ali Ghahary, MD
 Brentwood Medical Clinic
 4567 Lougheed Hwy
 Burnaby, British Columbia, Canada

Author's Other Publications

RE: Permanent Diabetes Control (book) www.mydiabetescontrol.com

Dr. Konduru is an intelligent and committed scientist who has learned to manage his diabetes and cardiovascular risk factors. This book represents a comprehensive and readable review that could help many people with diabetes.

Dr. Marshall Dahl
 BSc, MD, PhD, FRCPC, Certified Endocrinologist
 Faculty of Medicine
 University of British Columbia
 Vancouver, British Columbia, Canada

Author's Other Publications

Reversing Sleep Apnea (book)

www.reversingsleepapnea.com

Dear Rao,

I read your book this weekend and it is an impressively comprehensive and extremely well-documented review of the broad spectrum of therapies available to treat and help relieve sleep apnea. You are to be heartily congratulated on a finely-researched and very practical work that will be accessible and useful to a wide audience of readers. I wish you every success.

Best regards,

Mr. Martin R. Hoke
President
RhinoSystems, Inc.
Brooklyn Heights, OH-44131
USA

Reversing Insomnia (book)

www.reversinginsomnia.com

This book "Reversing Insomnia" is the simplest, and perhaps the safest way to cure chronic insomnia. Dr. RK has done all the spadework and leaves the rest of us to reap the benefits. All one has to do is read and follow the simple do-it-yourself instructions.

Hats off to Dr. RK and his impressive research. He figured how the master biological clock embedded in the brain works, and came up with an effortless and natural method to permanently cure chronic insomnia. He applied and tested his discovery on himself. It took him just 3 days to reverse his chronic insomnia after suffering from it for over 3 years.

After reading the entire book, I wholeheartedly believe it is the best cure for the sleep disorder. One, because it hardly takes time to cure the insomnia; two, because it has no side effects; and three, because sleeping pills are a complete waste of money.

It really works. So, just give it a try!

- Ms. Muriel D'Souza, Advertising Copywriter, Vancouver, British Columbia, Canada

MOST IMPORTANT REVIEWS ARE LISTED BELOW

When this book was advertised, many readers downloaded and posted the following REVIEWS on Amazon. But the Amazon’s automatic clean-up program later removed many reviews. Amazon removes millions of reviews every year.

REVIEWS

• Very satisfied with my purchase, everything is explained in a clear way.
-- Lori P. Kove

• This book fascinated me every single page.
– Galaxy

• This is an excellent read! Entertaining from start to finish. – Tirado

• I cherish this book. I truly worth examining this book. I would prescribe this book to anybody. Finally I can say that this book has contemplated Drinking Water Guide.
-- Suzanne Gonzalez

• This book is amazing. I inclined such colossal amounts of viable things from this book. I love this book. I genuinely value scrutinizing this book. I would recommend this book to anybody. Whatever, on account of writer and must, suggested for this book. -- Nusirat Ishola

• Very interesting book for understanding the very complex ways of drinking water.
-- Ralph Torres

• This book is extremely extraordinary, in the wake of perusing this book, I am so intrigued.
-- King \$

• Great content guide forever. I'm fully satisfied with this guide. I was really amazed by reading through the amazing scientific facts about our universe. I'm going to give best rating for this good content book. Thankful!
-- Jeson Roy

• This book is essential book for all people. Every year many people are affected by diseases by dirty water. I think this book helped me a lot to maintain the rules. Also guided me to drink pure water.
-- Jemmy Parker

• This is really very helpful book, which is written about how to select drinking water in perfect way. In this book discuss about 8 Methods of purifying water, I truly realize this book has given all methods are very useful and effective. I think everyone shall read this book, that's why I highly recommend this book for all people to read this book and know about that all kinds of methods. -
- ZRP_FETE

• At first, I specially thank the author for writing this book, which is really very informative about several methods of water purifying. I am very glad to purchase and read this book.
-- Alejandra Moreno

• This is a decent book in the event that you are at all need to find out about water filtration. Everybody needs the data in this book. We as a whole drink and use water and not every last bit of it is sheltered. Heaps of information that set aside much effort to get. Profoundly prescribe!
-- Grace

• This book is an important guide for drinking pure water. Because today's world there have many germs in the water which cause various water diseases. From the information of this book, we can be free from any contaminants of water.
-- Fatema Din@

• This book is different. It's well-written, fully of interesting facts and anecdotes, well-organized, and pulls together a compelling story. -- Betty Martinez

• One would say there is no need for a guide to drinking water but that is a big lie. This book is a must read for everyone as a consumer.
-- Praise Jumboo

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Jack mckeeper

5.0 out of 5 stars **Formidable Book & Reliable Source to Live Healthy!**

Reviewed in the United Kingdom on April 30, 2020

Verified Purchase

I was amazed, intrigued, excited, blown away, inspired and honored when I read this amazing book titled "Drinking Water Guide."

The Creation and Formation of Our Universe > First Stars > Eventually Millions of Stars > Eventually Billions of Star > Eventually Trillions of Stars and Star Clusters > Formation of our Milky Way Galaxy > Our Solar System > Our Sun > Our Planet Earth Along With 7 Other Planets > Our Wonderful Moon.

Oh my goodness! I can't believe this has been what happening in the skies. All those stars have been manufacturing the heavier elements like factories and when they run out of fuel extinguish into supernovae explosions, and dump those heavier elements into the interstellar medium. The Solar Systems form in the interstellar medium from the stardust and interstellar gas in a spinning swirling motion. This is how our planet Earth formed orbiting around the Sun while containing all those 117 heavier elements that we see in our periodic table today. Amazing information !

The water formation occurred in the interstellar medium some 6 billion years ago, even before the formation of our Solar System. Our Solar System formation completed some 4.54 billion years ago. Scientists believe that up to 50% of our Earth's water formed in the interstellar medium and remained hidden in the stardust and interstellar gas from which our Solar System was created. And the remaining 50% of our Earth's water formed from the bombardment of Asteroids. Comets however were not responsible for the water formation.

The water we drink today is 4.54 billion years old. We must learn how to purify the raw water before drinking. We must drink purified water only (RO water or distilled water). And we must also learn how to precisely and carefully remineralize and slightly alkalize the purified water before drinking. I love this book and recommend it to everybody!

Helpful

[Comment](#) [Report abuse](#)

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Deanna Maio

5.0 out of 5 stars [Comprehensive Drinking Water Guide](#)

Reviewed in the United States on February 17, 2020

Verified Purchase

NIKOLA TESLA said it all: "only a lunatic will drink unsterilized water". Very many people are still drinking unsterilized tap water and contaminated bottled water, jeopardizing their health, and developing strange diseases, and making many trips to hospitals and board-certified doctors. The tap water disaster incident that occurred in Flint, Michigan, USA in 2014 is a typical example of lead contamination that affected more than 100,000 residents.

This book describes about all kinds of drinking water available for human consumption, their defects, and appropriate "recommendations" in order to rectify those defects, and how to drink clean and healthy water in order to protect your health in the current day circumstances. This book Drinking Water Guide teaches many drinking water strategies:

- (i) I must be wise and cautious all the time and should not take chances. I must not drink tap water, well water or bottled water of any kind, and make my own distilled water by purchasing and using a home distiller. Or, I must purchase RO water from a nearby supermarket, and I must always drink only purified water.
- (ii) I would add very little Himalayan pink salt, Celtic sea salt or a few drops of ConcenTrace mineral drops to remineralize the purified water before drinking.
- (iii) I would add a tiny bit of baking soda or a few drops of ConcenTrace mineral drops in order to improve the alkalinity and the presence of minerals in the purified water.
- (iv) I would use pH strips or digital pH meter, monitor my drinking water pH, every now and then, and make sure that the purified water I drink is either neutralized (pH=7) or slightly alkalized (pH=7 to 7.5).
- (v) I would use a TSD meter, and monitor the TDS level of my drinking water, and make sure that TDS level is always below 200 ppm. I will also research and find out the ideal TDS level that suits my body. I can do that by adjusting the tiny amount of Himalayan pink salt.

I am very grateful that I learned all the above-mentioned valuable information from this book "Drinking Water Guide". What an impressive book! I urge you to get this book without any hesitation.

Helpful

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This book Drinking Water Guide is revised and rewritten in 2020.

Book Title: Drinking Water Guide
Sub-Title: The Quick-Reference Manual to Choosing Clean & Healthy Water
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DISCLAIMER:

The author of this book titled "Drinking Water Guide" assumes no liability or responsibility including, without limitation, incidental and consequential damages, personal injury or wrongful death resulting from the use of any treatment method presented in this book. A person should have a thorough understanding on the potential risks of choosing and drinking purified water, alkaline water, hydrogen water, atmospheric water, or use of any filtration unit or water pitcher. Misusing the drinking water strategies without a clear concept on how to control pH and TDS (Total Dissolved Solids) could lead to adverse and serious side effects. More specifically, adding baking soda, pH booster drops, ConcenTrace drops, and/or any other mineral drops to purified water for remineralization in an attempt to prepare alkaline water requires experience and a thorough understanding on how to do it correctly. A reader should seek appropriate medical advice when using the methods illustrated in this book. All contents in this book are for educational purpose only, and do not in any way represent the professional medical advice.

ATTENTION READERS: There are 3 books:

1. Drinking Water Guide: The Quick-Reference Manual to Choosing Clean & Healthy Water! (Complete book with all 20 chapters, 524 pages).
 2. Drinking Water Guide-II: How to Remineralize and Alkalize the Purified Water at Home! Compiled with 7 Chapters (Chapter 1, Chapter 2, Chapter 3, Chapter 4, Chapter 17, Chapter 18 & Chapter 19).
 3. The Origin of the Earth's Water: The Formation of Universe Until the Earth Was Created! Compiled with 5 Chapters (Chapter 1, Chapter 2, Chapter 3, Chapter 4 & Chapter 20).
-

ATTENTION READERS: There Are 3 Books

1. Drinking Water Guide is a 524-page thick book loaded with 20 chapters. This book describes about all kinds of drinking water available for human consumption (Tap Water, Boiled Water, Bottled Water, Spring Water, Well Water, Demineralized Water, Reverse Osmosis Water, Desalinated Water, Distilled Water, Water from Brita & ZeroWater pitchers & Water from Atmospheric Water Generators), their defects, and appropriate "RECOMMENDATIONS" on how to rectify those defects, and how to drink clean and healthy water in order to protect your health. In the 2nd part of the book, in Chapter 17, Chapter 18 & Chapter 19, this book teaches "How to Remineralize and Alkalize the Purified Water at Home Correctly and Precisely." There are more than 10 Experiments Conducted at Home. Any reasonable person with minimal scientific background will be able to read and understand these experiments, and will be able to remineralize and alkalize the purified water to any desired level. You can do it if you know how to use the TDS meter, digital kitchen scale & digital pH meter. In Chapter 18, this book teaches how to make your own alkaline water and/or mineral water precisely, and also provides all kinds of options available on how to purchase and use Alkaline Water Machines, and how do they function to produce alkaline water.

2. Drinking Water Guide-II is 230-page compacted version, compiled with the most important 7 chapters of Drinking Water Guide (Chapter 1, Chapter 2, Chapter 3, Chapter 4, Chapter 17, Chapter 18 & Chapter 19). Drinking Water Guide-II (Paperback) is created for those people who cannot afford to purchase the complete book Drinking Water Guide (Paperback). In Chapter 17, Chapter 18 & Chapter 19, this book teaches "How to Remineralize and Alkalize the Purified Water at Home Correctly and Precisely." There are more than 10 Experiments Conducted at Home. Any reasonable person with minimal scientific background will be able to read and understand these experiments, and will be able to remineralize and alkalize the purified water to any desired level. You can do it if you know how to use the TDS meter, digital kitchen scale & digital pH meter. In Chapter 18, this book teaches how to make your own alkaline water and/or mineral water precisely, and also provides all kinds of options available on how to purchase and use Alkaline Water Machines, and how do they function to produce alkaline water.

3. The Origin of the Earth's Water is 138-page compacted version, compiled with the important 5 chapters (Chapter 1, Chapter 2, Chapter 3, Chapter 4 & Chapter 20). This book is created for those people who are interested on reading the scientific findings about how the planet Earth possessed that much liquid water. The origin of the Earth's water is unveiled in this book. More than 6 billion years ago, even before our Solar System and our Earth were created, the element oxygen was created in the burning cores of collapsing stars by a process known as "stellar nucleosynthesis." Hydrogen was first created 400,000 years after the Big Bang. The abundantly available hydrogen and oxygen then combined together to form water molecules by the chemical reaction: $2 \text{H}_2 + \text{O}_2 = 2 \text{H}_2\text{O}$. Those water molecules then entered into the space dust and interstellar gas in the interstellar medium, from a gigantic cloud of which our Solar System was created, and that is how our planet Earth possessed liquid water even before it was born.

The Big Bang Theory explained in Chapter 1 of all the above-mentioned 3 books is the most relevant, most essential, and most important part. All 3 books teach in Chapter 1 that all those heavier elements of our periodic table, including all those minerals that we use today to remineralize and alkalize the purified water, were originally manufactured in the burning cores of collapsing stars by a process known as "stellar nucleosynthesis," even before our Solar System and our planet Earth were created. It is therefore of utmost importance to understand, as explained in Chapter 1, the formation of our Universe, the formation of stars, and the formation our Solar System. All 3 books unveiled, based on scientific findings, the origin of our drinking water, the origin of our Earth's water, the age of our Earth's water, the age of our planet Earth, the age of our Sun, and the age of our Solar System.

Please visit the author's website (<http://www.drinkingwaterguide.com>) for more information.

The End of Free Info About “Drinking Water Guide!”

**Drinking Water Guide is 524 pages long.
You have just read 31 pages of free info.**