

DRINKING WATER GUIDE

The Quick-Reference Manual to Choosing Clean & Healthy Water



DRINKING WATER GUIDE REMINDS YOU

- 🌐 **This World Has Been Changing Rapidly!**
- 🌐 **Protect Your Health From Water-Borne Diseases!**
- 🌐 **Tap Water, Well Water & Bottled Water Are Filled With Contaminants!**
- 🌐 **Spring Water, RO Water & Distilled Water Have Their Own Issues!**
- 🌐 **Be Aware & Beware: Drinking Water Causes Strange Diseases!**

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?**
- 🌐 **All Kinds of Drinking Water Available And Their Defects & Dangers!**
- 🌐 **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!








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



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CHAPTER 1 THE ORIGIN OF THE EARTH'S WATER

EARTH GOT ITS WATER EVEN BEFORE IT WAS BORN

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AMAZING FACTS ABOUT OUR UNIVERSE! Did You Know The Following Scientific Facts?

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

- Our Universe is about 13.8 billion years old. ^[1, 2, 3]
The NASA's Wilkinson Microwave Anisotropy Probe (WMAP) mission precisely determined the age of our Universe.
- Our Universe has at least 10 billion trillion stars. There are 10^{22} to 10^{24} stars. ^[4]
There are many other stars in our Universe, undetected and undocumented.
- Our Universe is embedded with 2 trillion galaxies (2×10^{12}).
The spiral-shaped Milky Way Galaxy is one of them upon which we all live. ^[2, 5]
- Our Milky Way Galaxy was born about 13.6 billion years ago. ^[2]
- Our Milky Way Galaxy has 100 billion stars on the lower end and 400 billion stars on the upper end. ^[6]
- Did you know every star represents a Solar System with planets orbiting around it?
- That means our Milky Way Galaxy has 100 billion to 400 billion Solar Systems.
Our Solar System is one of them. ^[7, 8, 9]
- Our Solar System (our Sun, our planet Earth & other 7 planets) formed on one of the spiral arms of our Milky Way Galaxy about 4.54 billion years ago. ^[10, 48, 49]
- The age of our planet Earth and our Solar System was determined by radiometric dating, which is the most accurate and reliable method to date rocks. ^[10, 18, 19]
- Did you know stars manufacture planets like factories do?
When you look up at night, you are seeing factories called stars!
- Our Sun manufactured 8 orbiting planets, including our planet Earth! Our Sun is being orbited by 8 planets named "Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune".
- Stars also manufactured all 117 heavier elements of our periodic table. The SIX essential elements "carbon, hydrogen, nitrogen, oxygen, phosphorus and sulfur (CHNOPS)" are desperately needed for the formation and survival of every human being, animal & plant. ^[32]
- The size of our Sun is enormous: Our Sun is 864,400 miles (1,391,000 kilometers) across, 109 times the Earth's diameter, weighs about 333,000 times more than Earth, and our Sun is so humongous that even 1,300,000 Earths could fit inside of it. ^[10b]
- Our Sun has a total lifespan of 9 to 10 billion years. Which means our Sun will run out of nuclear fuel, extinguish or die after 5 billion years. When our Sun dies, our planet Earth and other 7 planets will be engulfed with it. Out of the debris of the supernova explosion of our collapsing and exploding Sun, in the interstellar space, a new star will born. ^[10]
- The water we drink today is 4.54 billion years old, which is also the age of our planet Earth, the age of our Sun, and the age of our Solar System. Our planet Earth inherited up to 50% of its water (which is called primordial water) from the interstellar medium, and the remaining water came to our planet Earth by the bombardment of Asteroids (not Comets) during our Solar System formation. Our ancestors' belief that Comets brought water to our planet Earth was later proved by our scientists to be a myth! ^[80-166]

FOREWORD: 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. Every reader would enthusiastically experience at his or her forefront the formation of our Universe, our Milky Way Galaxy, our Solar System, our Sun, our planet Earth and our Moon.

I was really amazed by reading through the "amazing scientific facts about our Universe". It made me feel proud about the human intelligence and the sensational scientific progress that took place in our generation, and how far our astronomers, space researchers and scientists have come in discovering the identity of our planet Earth, our solar system, our Milky Way Galaxy and our Universe.

I did not know and nobody ever told me until I read this book that stars manufacture planets like factories do. I am so proud to be aware of the fact that our powerful and enormously supersized Sun manufactured our planet Earth upon which all of us now live.

I was more than astonished and openmouthed to learn that all those heavier elements of our periodic table, including the most important carbon & oxygen, were all manufactured in the burning cores of stars, and were dispersed into the interstellar space! It is astounding to know the fact that our solar system was created from a gigantic cloud of interstellar space dust and gas, which was already enriched by all kinds of heavier elements by other stars. When you look up at night, you are seeing "factories" called stars, without which the constituents for our entire natural world would not exist, including all those 118 elements of our periodic table needed for the survival of every human being living on our planet Earth.

Even though our planet Earth doesn't hold a birth certificate, the Drinking Water Guide unveils the most accurate age of our planet Earth (4.54 billion years old) based on the brilliant scientific research investigations by our highly intelligent physicists and scientists. Now we can celebrate the Earth day (April 22nd every year) more meaningfully.

The author's approach is meticulous in providing the great scientific details on the origin of the Earth's liquid water, without which human beings would have not been existed. The subject matter is lucid and self-explanatory.

Drinking Water Guide Teaches:

- In a nutshell, the book Drinking Water Guide teaches that we should avoid tap water, well water and bottled water, and drink only "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.
- The book teaches how to neutralize the body by consuming purified water with lemon juice or by simply eating a lemon, and shows how to slightly alkalize or fully alkalize the purified water by adding a tiny bit of baking soda or ConcenTrace mineral drops.
- The book also shows how to remineralize the purified water by adding a tiny pinch of Himalayan pink salt, Celtic sea salt, or by adding a few ConcenTrace mineral drops to purified water.
- The book recommends installing a faucet filter to the kitchen sink to produce purified water for non-drinking and non-cooking purposes.
- The book also teaches how and where a person can research and purchase Water Ionizers, Kangen water machines, Hydrogen water machines and RO water machines that produce alkalized and remineralized water at home. Atmospheric water generators is a major highlight.
- The book describes about 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.

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 purify tap water, alkalize it and remineralize it to the desired level.

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 elegant 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: If you want to learn the basic principle behind the water ionizers, Kangen water machines and hydrogen water machines, and the selection of the right kind of machine for your home use, this book Drinking Water Guide will teach you everything you ever need in 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 and UK markets. After vitamin-fortified water, health buffs are now switching to hydrogen-enriched water with much-touted benefits such as reducing inflammation, wrinkles, bone loss and help metabolise fat and glucose faster.

All contents of 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 at the end of each chapter.

Drinking Water Guide is ultimately 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.

-- Prime Publishing Co.

About the Author



Rao Konduru, PhD (also called Dr. RK) is a Chemical Engineer, and holds a doctorate in chemical engineering (currently retired). He 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.drinkingwaterguide.com

(The Most Important Book)

www.mydiabetescontrol.com

www.reversingsleepapnea.com

www.reversingsleepapnea.com/ebook2.html

(Reversing Obesity Book)

www.reversinginsomnia.com

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

Other Publications of Rao Konduru, PhD

RE: Permanent Diabetes Control (book) <https://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

Other Publications of Rao Konduru, PhD

Reversing Sleep Apnea (book) <https://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) <https://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

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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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 ISBN #: ISBN 978-0-9731120-4-7

This book "Drinking Water Guide" has been registered under ISBN Number "ISBN 978-0-9731120-4-7" with the National Library of Canada Cataloguing in Publication, Ottawa, Ontario, Canada. The original manuscript has been submitted to the Legal Deposits, Library and Archives Canada, Ottawa, Ontario, Canada.

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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.

There are 3 books:

1. Drinking Water Guide: The Quick-Reference Manual to Choosing Clean & Healthy Water (Complete book with all 20 chapters).
 2. Drinking Water Guide-II: How to Remineralize and Alkalize the Purified Water at Home! (Chapter 1, Chapter 2, Chapter 3, Chapter 4, Chapter 17, Chapter 18 & Chapter 19).
 3. The Origin of the Earth's Water: Formation of Our Universe, Stars, Milky Way Galaxy, Solar System, Sun, Earth & Moon! (Chapter 1, Chapter 2, Chapter 3, Chapter 4 & Chapter 20).
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