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7/17/2012

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PENINSULA PEOPLE OPINIONS

Chloramine causes collateral health damage

CHLORAMINE IS A TOXIN added to drinking water we receive from the Hetch Hetchy system. Chloramine is ammonia added to chlorine to make chloramine. Listed in the MSDS industrial chemistry book, chloramine is to be used in an emergency and does not have an antidote. Chloramine cannot be boiled out of the water and can kill fish in hobby tanks and as shown from research, can cause canine hysteria.

GUEST OPINION BY WINN PARKER

Hemodialysis patients have a special consideration not to have chlormaine in their blood. They could die in minutes.

Chronic kidney disease causes the organs to slowly lose their ability to filter waste out of the bloodstream. Many of the 20 million people estimated to have kidney disease do not know it. The Public Utility Commission is asking humans to be a human processing plant for the chloramine in the body.

Charcoal filters cannot take out the nitrogen in the ammonia. The PUC's requested human processing plant - which is us - can bioaccumulate the nitrogen-toxins from an impaired kidney, liver or impaired immune system. The bioaccumulation of amine toxins and secondary cancer products are going to accumulate even in various dosages of ammonia to chlorine in the drinking water.

Chloramine in drinking water can enter the digestion and blood stream in another form called a nitrogen balance. Nitrogen balance refers to the difference between nitrogen intake and total nitrogen loss in urine, sweat and bowel elimination. Ammonia, derived mainly from breakdown of amino acids, is toxic to all animals. Human tissues, therefore, initially detoxify ammonia by converting it to glutamine for transport to the liver. Collateral health damage from ammonia upsets the pH balance of the body. If the liver is functioning properly, it releases ammonia converted into the non-toxic nitrogen-



Winn Parker of Millbrae is campaigning against the use of chloramine in Bay Area water supplies.

DOUG OAKLEY

rich compound urea in the urine. If the amine of the liver is compromised, ammonia accumulates in the blood and generates serious consequences.

N-nitrosodimethylamine (NDMA), a probably carcinogen, is a likely by-product of chloramination of drinking water. Collateral health damage from this secondary cancer by-product, NDMA, will probably decrease immunity in the

human body. Journal AWWA, Feb. 2001, Vol. 93, No. 2, pp. 92-99.

There are other examples of possible collateral health damage from chloramine explained in other scientific journals, one affecting thyroid metabolism in healthy men and another affecting white blood cells that are needed for a healthy immune system.

Research shows there is also collateral health damage when

chloramine interacts with certain medicines. For example, chloramine can change the interaction in the body from taking antidepressants with the drinking water. Statins, which reduce cholesterol levels, are influenced by chloramine drinking water entering the cells of the body. Propecia, for male pattern baldness, is interactive with chloramine. Chloramine has been known to cause corrosive pipe deterioration releasing lead and other toxins from pipes eaten away by chloramine. This could cost consumers billions of dollars a years and adversely impact public health.

For a short-term solution, consumers should have filters to remove lead from the water. The long-term solution is to eventually replace all significant lead-bearing materials that are used in the water system. This will take generations to implement. Rather, we must NOW remove chloramine, which is a toxin and produces secondary cancer by-products, and has uncertainties and risks. Since chloramine is a toxin added to

the water, water qualifies to be labeled as a toxin under Proposition 65.

If it costs close to \$400 million to have alternative technologies for our water to be chemically free, it is a small price to pay compared to the \$3.5 billion 13-year build-out of the Hetch Hetchy water system.

After the installation of alternative technologies, we will not have to worry about setting caps on tort damage lawsuits resulting from wrongful death suits against the state, county, and city councils.

Winn Parker is a global medical and bioscience clinical intellectual property venture capital licensing agreement analyst. He is a licensed clinical medical scientist and an expert witness in medical science and biomedical cases, in addition to being a former consultant to the World Health Organization. Parker lives in Millbrae.

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Contaminated Water a Problem

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toxic heavy metal.

The *Washington Post* reported in October 2004 that the D.C. Water and Sewer Authority knew in 2001 that its water contained unsafe lead levels, but "withheld six high test results and said the water was fine."

While the *Post* article did not mention chloramines, it did say that other cities have similar problems dealing with unacceptably high levels of lead in their water:

"Cities across the country are manipulating the results of tests used to detect lead in water, violating federal law and putting millions of Americans at risk," the *Post* reported. "Some cities, including Philadelphia and Boston, have thrown out tests that show high readings or have avoided testing homes most likely to have lead."

"In New York City," the *Post* wrote, "the nation's largest water provider has for the past three years assured its 9.3 million customers that its water was safe because the lead content fell below federal limits. But the city has withheld from regulators hundreds of test results that would have raised lead levels above the safety standard in two of those years."

The American Water Works Association (AWWA), an international nonprofit scientific society dedicated to the improvement of drinking water quality, reported that samples of Washington water collected after flushing were as high as 48,000 parts per billion (ppb). Some of the highest lead concentrations came from taps after one minute of flushing.

The EPA's "action level" for lead in drinking water is 15

ppb, while the UN's World Health Organization recommends that lead not exceed 10 ppb.

According to the EPA, "If the lead concentration of the drinking water at the tap is above the action level, the water supplier may be required to install corrosion-control equipment, monitor the water source, and replace lead service lines, as well as undertake a public education program."

After switching to chloraminated water, children in Washington ingested more than 60 times the EPA's maximum level of lead with one glass of water.

"Cities across the country are manipulating the results of tests used to detect lead in water. . . . Some cities . . . have thrown out tests that show high readings."

"[Lead] contaminated water is a greater risk to youth," the EPA notes. A 2-year-old's estimated daily intake of lead from all sources should not exceed 190 ppb per day, according to EPA guidelines.

In March 2004, after a number of 2-year-olds in Washington were found to have high levels of lead in their blood, D.C. City Administrator Robert Bobb said that 23,000 homes with lead service lines would receive filters within 30 days.

Lead in the drinking water was a problem that plagued ancient Rome.

Vitruvius, Roman architect and engineer, warned of lead in his 1st Century B.C. opus *De Architectura*: "Water from clay pipes is much more wholesome than that which is con-

ducted through lead pipes, because lead is found to be harmful . . . hurtful to the human system.

"Hence, water ought by no means to be conducted in lead pipes, if we want to have it wholesome," Vitruvius wrote.

TOXIC BYPRODUCTS

The chlorination of water also creates a host of known and unknown organic byproducts, which experts say are "the chemicals of greatest concern" due to their toxicity and carcinogenic potential.

To reduce the level of harmful DBPs and the odor in the water, the EPA began promoting chloramination of water in 1994.

While the chloramines reduce the level of known DBPs, they create a host of unknown DBPs, some of which are extremely toxic.

In Corpus Christi, Texas, for example, where the water is treated only with chloramines, the reaction with the bromide and iodide laden source water creates some of the "most toxic and genotoxic DBPs" ever found.

Although chlorine has been used to disinfect water for over 100 years, less than 50 percent of the DBPs in chlorinated drinking water are known. With chloramines, only 17 percent of the DBPs have been identified.

"The unintended generation of DBPs poses a chronic health risk," Dr. Michael J. Plewa, a genetic toxicology expert at the University of Illinois, wrote. Plewa authored a 2004 EPA-funded study of the effects of chloramines in the water of Corpus Christi.

In the chloramine-treated water of Corpus Christi, Plewa's study discovered a number of new and extremely toxic DBPs: iodoacids.

"The iodoacetic acid is the most toxic and genotoxic DBP in mammalian cells reported in the literature," Plewa wrote. Of the known DBPs, the iodoacetic acid found in the drinking water of Corpus Christi was "the most toxic and DNA-



American Free Press

Volume V #7

February 14, 2005

americanfre

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By Dr. Mercola

It's no secret that cardiovascular disease is the leading cause of death worldwide. But how many people realize that fluoride—which is still added to many municipal water supplies in the U.S.—is linked to heart disease?

In a new study published in the journal *Nuclear Medicine Communications*,¹ researchers found that fluoride may be associated with an increased cardiovascular risk as it causes hardening of your arteries.

Reviewing the imaging data and cardiovascular history of patients who received whole-body sodium fluoride PET scans, the researchers found a significant correlation between a history of cardiovascular events and presence of fluoride uptake in coronary arteries.

While there are certainly many factors contributing to the rise in heart disease—poor diet likely being the most important—it certainly doesn't help to add a chemical to water supplies that will be consumed by *everyone* in the area regardless of health status, from toddlers to seniors, that might contribute to the problem.

The primary issue here is that there's a lack of evidence supporting the use of fluoride, and an awful lot of evidence stacked against the indiscriminate use of it, including these latest findings.

The practice of adding fluoride to tap water began in 1945. With more than 70 percent of U.S. public water supplies currently fluoridated, chances are you're one of the 170 million Americans who drink and bathe in fluoride on a daily basis.²

Most likely, your dentist—along with countless government and public health officials—has praised and promoted the use of fluoride, both in toothpaste and drinking water, as one of your must-do regimens to promote strong and healthy teeth.

But let's make this point clear right from the start: fluoride is *not* an essential nutrient needed for your health—dental or otherwise. There is not one single process in your body that requires fluoride.

Fluoride is a Cumulative Poison

It's important to realize that fluoride is a cumulative poison. Approximately 98 percent of the fluoride you ingest in water is absorbed into your blood through your gastrointestinal tract. From there, it enters your body's cellular tissues. On average, about 50 percent of the fluoride you ingest each day gets excreted through your kidneys.

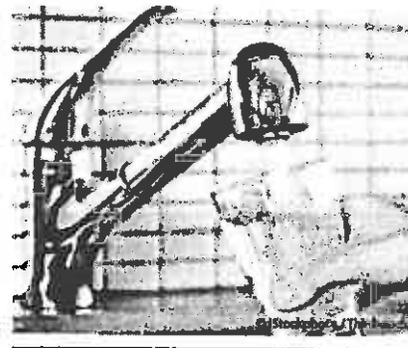
Whether this happens or not is highly dependent on the presence of calcium, magnesium, Vitamin C, and selenium in your bloodstream, to which the fluoride will bind so that it no longer is seeking calcium-rich tissues that make up so much of your body. The remainder accumulates in your teeth and bones,³ pineal gland,⁴ and other tissues, including your blood vessels.

According to the featured study:

"Fluoride uptake in vascular walls was demonstrated in 361 sites of 54 (96%) patients, whereas calcification was observed in 317 sites of 49 (88%) patients. Significant correlation between fluoride uptake and calcification was observed in most of the arterial walls, except in those of the abdominal aorta. Fluoride

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Story at-a-glance

Recent research shows that fluoride may be associated with an increased risk of heart disease as it causes hardening of your arteries

Fluoride is a cumulative poison—approximately 98 percent of the fluoride you ingest in water is absorbed into your blood through your gastrointestinal tract, from where it then enters and accumulates in your body's cellular tissues, including your kidneys, teeth and bones, pineal gland, and the walls of your blood vessels

Common health hazards of fluoride include reduced IQ, increased lead absorption, dementia, bone fractures, dental and skeletal fluorosis, immune system disruptions, and many other health problems

It's important to understand that the "fluoride" added to your drinking water is not the natural mineral, nor a pharmaceutical grade fluoride. Instead, the fluoride compound most commonly used is the toxic waste product from phosphate fertilizer plants

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uptake in coronary arteries was demonstrated in 28 (46%) patients and coronary calcifications were observed in 34 (56%) patients."

The amount deposited into your bones and teeth varies depending on your age. In children, more than 50 percent of an ingested dose of fluoride is deposited in bone, but in adults only about 10 percent is stored there. As the number of research studies into the toxic effects of fluoride has increased, there is now support for a rather long list of potential health problems related to fluoride accumulation in your body.

Here's a list of 20 of the most commonly mentioned health hazards and diseases associated with fluoride exposure:^{2,3}

Lowers IQ	Hyperactivity and/or lethargy ^{2a}	Increases lead absorption ^{2b}	Disrupts synthesis of collagen
Brain damage	Dementia	Muscle disorders	Arthritis
Bone fractures ^{2a}	Bone cancer (osteosarcoma)	Dental fluorosis (staining and pitting of teeth)	Lowers thyroid function
Disrupts immune system	Inhibits formation of antibodies	Genetic damage and cell death ^{2c}	Inactivates 62 enzymes ^{2d}
Increases tumor and cancer rate	Increases aging process	Reduces melatonin production and leads to earlier onset of puberty ^{2e}	Damages sperm, increases infertility

Fluoride—the Toxic Drug in Your Water Supply

Prior to 1945 when communal water fluoridation took effect, fluoride was a known toxin. For example, a 1936 issue of the *Journal of the American Dental Association* stated that fluoride at the 1 ppm (part per million) concentration is as toxic as arsenic and lead. The *Journal of the American Medical Association* stated in their September 18, 1943 issue, that fluorides are general protoplasmic poisons that change the permeability of the cell membrane by certain enzymes.^{2a} And, an editorial published in the *Journal of the American Dental Association*, October 1, 1944, stated:

"Drinking water containing as little as 1.2 ppm fluoride will cause developmental disturbances. We cannot run the risk of producing such serious systemic disturbances. The potentialities for harm outweigh those for good."

How community water fluoridation ended up being so widely implemented, and eventually even became heralded as one of the 10 great public health achievements of the 20th century, is explained in-depth in Christopher Bryson's book *The Fluoride Deception*.^{2b} In it, he describes the intertwined interests that existed in the 1940's and 50's between the aluminum industry, the U.S. nuclear weapons program, and the dental industry, which resulted in fluoride being declared not only safe, but beneficial to human health. Once you understand the historical context, it becomes easier to grasp *why* anyone would ever promote water fluoridation as "a good idea."

Due to the massive amounts of fluoride required to produce bomb-grade uranium and plutonium for nuclear weapons, the Manhattan Project conducted various experiments to determine its toxic effects in 1946.

There were already several instances on record of fluoride being toxic to crops, livestock and people living downwind from the polluters, so the public concern over fluoride emissions needed to be quelled in order to avoid potentially crippling lawsuits.

Within the now declassified files of the Manhattan Project and the Atomic Energy Commission, Christopher Bryson found that the toxicology department at the University of Rochester, under the direction of Harold Hodge, was asked to produce medical information about fluoride that could help defend the government against lawsuits where they were charged with fluoride pollution. Back in 1957, Harold Hodge was the nation's leading, most trusted scientist, and when he declared that fluoride was "absolutely safe" at 1 ppm, everyone believed him.

So, the endorsement of fluoride as a nutrient that will grace you with brilliant pearly whites, rather than the poison it really is, was born from the need to address increasingly debilitating political and industrial problems relating to fluoride pollution. The rest, as they say, is history.

What's Really Added to Your Water Supply?

It's important to understand that the "fluoride" added to your drinking water is NOT the natural mineral, nor a pharmaceutical grade fluoride. Instead, the product most commonly used is another chemical fluoride compound—a toxic waste product from phosphate fertilizer plants.

There are three basic compounds that can be used for fluoridating water supplies:³²

1. Sodium fluoride (NaF)
2. Sodium silicofluoride
3. Hydrofluorosilicic acid

The first one of these, sodium fluoride, was the first of the fluoride waste materials to be used for fluoridation, but now is rarely used. It's the most well known, as this is the compound used as pharmaceutical grade in toxicology studies and other research into the potential health dangers of fluoride. The other two, sodium silicofluoride and hydrofluorosilicic acid, are the compounds actually used for water fluoridation, with hydrofluorosilicic acid being the most commonly used additive, according to the CDC.³³ Sodium silicofluoride and hydrofluorosilicic acid are the waste products from the wet scrubbing systems of the fertilizer industry, and are classified as hazardous wastes. Contamination with various impurities such as arsenic is also common in these products.

Hydrofluorosilicic acid is one of the most reactive chemicals known to man. Its toxicity is well known in chemical circles. It will eat through metal and plastic pipes, and corrode stainless steel and other materials. It will dissolve rubber tires and melt concrete³⁴. This is what is added to your water—all in the name of saving children from cavities! But even the less reactive sodium fluoride is a deadly poison, even in small quantities, and in the form used for fluoridation also contains additional impurities. Other common uses for sodium fluoride include:

- Rat and cockroach poisons
- Anesthetics
- Hypnotics and psychiatric drugs

The Way Forward: Shifting the Burden of Proof

Still despite all the evidence, getting fluoride out of American water supplies has been exceedingly difficult. And it's no wonder, really, when you factor in the considerable liability the U.S. government could face were they to suddenly admit that water fluoridation was a way to hide toxic pollution, and there are detrimental health effects associated with drinking these pollutants...

Fortunately, there *is* a way forward.

According to Jeff Green, National Director of Citizens for Safe Drinking Water, a repeated theme in some of the recent cases where communities successfully removed fluoride from their water supply is the *shifting of the burden of proof*. Rather than citizens taking on the burden of proving that fluoride is harmful and shouldn't be added, a more successful strategy has been to hold those making claims and the elected officials who rely on them, accountable for delivering proof that the specific fluoridation chemical being used fulfills their health and safety claims, and is in compliance with all regulations, laws, and risk assessments *already* required for safe drinking water.

For example, a couple of years ago, a Tennessee town stopped adding the hydrofluosilicic acid fluoride product they had been using, while still keeping its resolution to fluoridate its water supplies intact (meaning they didn't make a decision on whether it might be harmful). They just haven't been able to find a replacement product that is compliant with existing laws, regulations and safe-water requirements, and they will not add any fluoride product that is not in compliance. To learn more, please see this [previous article](#), which discusses these strategies more in-depth.

Join the Fight to Get Fluoride Out of Drinking Water

In summary it would seem like most rational people would conclude you should avoid using fluoride for its "preventive" benefits. You can easily choose not to take fluoride supplements or buy fluoride-free toothpaste and mouthwash. You can also dramatically reduce your fluoride exposure by opting for organic foods, on which fluoride-based pesticides are not permitted to be used. However, you're still going to be stuck with whatever your community puts in the water, and as discussed, it's very difficult to filter out of your water once it's added. Many do not have the resources or the knowledge to do so.

It's really time to stop the archaic practice of water fluoridation.

Earlier this year I joined forces with Dr. Paul Connett to help put an END to water fluoridation in the U.S and Canada. The [Fluoride Action Network](#) has a game plan to do just that. Our fluoride initiative will primarily focus on Canada since 60 percent of Canada is already non-fluoridated. If we can get Calgary and the rest of Canada to stop fluoridating their water, we believe the U.S. will be forced to follow. I urge you to join the anti-fluoride movement in Canada and the United States by contacting the representative for your area below.

Contact Information for Canadian Communities:

- If you live in Ontario, Canada, please join the ongoing effort by contacting Diane Sprules at diane.sprules@cogeco.ca.

- The point-of-contact for Toronto, Canada is Aliss Terpstra. You may email her at aliss@nutrimom.ca.
- The point-of-contact for the Peel region in Ontario, Canada is Rob Brewer. You may email him at FluorideFreePeel@ymail.com. Also see Fluoride Free Peel's Facebook page.

Contact Information for American Communities:

We're also going to address three US communities: New York City, Austin, and San Diego:

- **New York City, NY:** The anti-fluoridation movement has a great champion in New York City councilor Peter Vallone, Jr. who introduced legislation on January 18 "prohibiting the addition of fluoride to the water supply."

A victory there could signal the beginning of the end of fluoridation in the U.S. If you live in the New York area I beg you to participate in this effort as your contribution could have a MAJOR difference. Remember that one person can make a difference.

The point person for this area is Carol Kopf, at the New York Coalition Opposed to Fluoridation (NYSCOF). Email her at NYSCOF@aol.com. Please contact her if you're interested in helping with this effort.

- **Austin, Texas:** Join the effort by contacting Rae Nadler-Olenick at either: info@fluoridefreeaustin.com or fluoride.info@yahoo.com, or by regular mail or telephone:

POB 7486
Austin, Texas 78713
Phone: (512) 371-3786

- **San Diego, California:** Contact Patty Ducey-Brooks, publisher of the Presidio Sentinel at pbrooks936@aol.com.

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What the #?@! Are They Spraying On Us?

By Rahasya Poe

I'm writing this article for a few reasons. First is the fact that our traditional media outlets are not covering this subject, for reasons I won't go into here. Second is that this is something that directly affects the air we breathe, the water we drink, and the food we eat, so we see this as a health issue. And possibly most important of all is the fact that there is so much misinformation out there that it makes it all but impossible to find out what's really going on without knowing where to search.

Something I have noticed through the years is our tendency to prematurely come up with answers before we've even thought out the questions to any extent. I think Francis Krick, who was a physicist and discovered the DNA molecules that transmit the genetic codes from one generation to the next, put it best: "The fact that the very nature of our brains, evolved to guess at the most plausible interpretation of the limited evidence available, makes it almost inevitable that without the discipline of scientific research we shall often jump to the wrong conclusions." In today's world of corporate-controlled media that

spew out a mixture of misinformation and entertainment with scattered bits and pieces of truth, the words "plausible interpretation" become a ridiculous foundation for forming any kind of opinion without open and transparent research to come up with the right questions at least, let alone the right answers.

So let's start with finding the right questions and try to avoid coming up with answers and conclusions that go beyond the scope of what we know for sure. This way we will avoid clouding the issue with the many and varied conspiracy theories out there about chemtrails; note that I did not say "contrails." Contrails are the commonly seen condensation trails left behind large jets that quickly dissipate within a few minutes and that can last longer than normal in certain atmospheric conditions. Atmospheric physicists say that contrails last only 60-90 seconds normally. Chemtrails get their name from "chemical trails" and they last much longer and spread out.

It's important to note that most government agencies deny that they are spraying chemicals on unsuspecting populations. However, and this is my first question: *If it were spraying chemicals on*

us, would the same government that has a long history of denial and secrecy admit it was spraying us with dangerous chemicals? The answer is of course not, so in an honest inquiry we really can't put too much faith in what we are being told by the very agencies that would be covering it up. But they do openly admit to "geoengineering" and wanting to control the weather, and certain agencies, such as the National Aeronautics and Space Administration (NASA), say that the increase of "global cloud cover" will have an adverse effect on global warming. NASA and the National Oceanic and Atmospheric Administration (NOAA) have both admitted they are performing stratospheric aerosol spraying for scientific research to combat global warming. This seems to be a mixed message, which is a popular technique to cloud the issue, no pun intended. If you visit our website on this issue you will see that "chemtrails" information is even in our 8th grade science textbooks.

Even though this seems to be a global situation throughout Europe, let's take a look at the local situation from Mount Shasta down through the North Valley and specifically Chico and Lake Almanor. It's no secret that PG&E has

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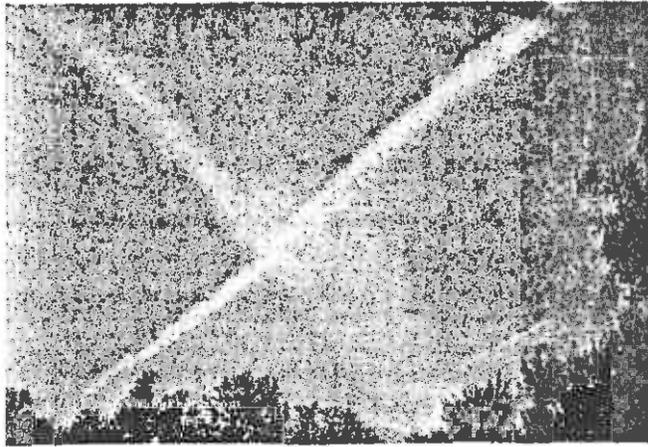
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been seeding clouds for more than 50 years to increase rainfall and snowpack. As of April 2011, our water resources are up 165 percent, which helps PGE's hydro dam profits by selling our water to other areas. It should also be noted that Lake Almanor is losing oxygen and now has a toxic blue algae growing in it. So here's my second question: *Where do all the chemicals they spray into our atmosphere end up and who is paying for this?* This should be easy to answer. It should also be noted that there are no local, state, or federal laws or regulations looking out for us in this area.

✧ Let's look at Mount Shasta for a moment—you know, the place where a lot of our drinking water comes from. According to tests done at Basic Labs, a state-certified lab in Redding, a sample taken from the Pit River Arm tributary tested at 4,610 times the maximum contaminant level for aluminum in drinking water for the state of California. A snowpack sample taken from the Ski Bowl on Mount

Shasta tested at 61 times the maximum contaminant level for aluminum in drinking water. Levels of barium and



strontium are also high. These tests are being done by concerned citizens at a cost of less than \$25 per test, so *why does the Shasta County Air Quality staff say that testing is cost prohibitive because it could cost up to \$1 million.*

✧ High concentrations of aluminum have been found even in California Park Lake and Pond in Chico and in other locations such as Horseshoe

Lake. I will give you some websites to look up exact details so you can do your own research. Anyone who stays in touch with the environmental issues in California knows that there are high concentrations of aluminum oxide in the soil, so high in fact that its presence is raising the Ph to a point where some plants and trees can no longer grow. So here is another question: *Why is Monsanto applying for and getting seed patents for seeds that grow in soil with high concentrations of aluminum oxide at the same time that the evidence is mounting that our atmosphere is being sprayed with aluminum oxide?* Is there a connection? I don't know but it seems strangely coincidental.

As a final thought on this matter, I watched a documentary called *What In the World Are They Spraying On Us?* In it the documenter went to Washington, DC, to ask several congressmen and congresswomen about chemtrails; only one or two seemed to have any idea what he was even talking about and most simply left him in the hallway without even answering

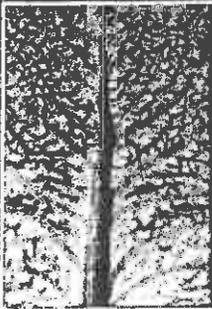
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him. This leaves me with two conclusions: One is they are simply uninformed and out of touch with the very reality they are supposed to represent, or they are part of a, and I'm sorry but I need to use this word, conspiracy. I say this because there are weather modification bills in Congress waiting to get passed. U.S. Senate Bill 1807 and U.S. House Bill 3445 are two of the many bills being put forth through what is called a "Fast Track." There's always the possibility that these programs may be being carried out under the secrecy of military programs but that makes me even more nervous.

It's time we start waking up and realizing, especially after the recent financial disaster, that our elected officials are not the smartest people in the room and most of what they do at high levels does not stem from compassion for their fellow man—it comes from that age-old motivating factor called greed, greed for money and ultimately, power and control. Unfortunately the gap between well-informed citizens and citizens who simply believe what they are told by the



media exists because of mental laziness and indoctrination, usually at an early age. I have yet to meet one person who has looked into this honestly and come out of it with no questions and believing the "story" we are being told. So before you start emailing me, telling me that the government says this is a hoax; please, do your due diligence and research it for yourself first.

I urge you to watch the documentary *What Are They Spraying On Us?* If you want, you can visit www.LotusGuide.com to watch the entire

documentary online and to read more information on whom you can contact to find out more and sign petitions to stop experimental upper-atmospheric weather modification and geoengineering programs. I also have a page totally dedicated to ways of dealing with this. And after doing all your research, if you still think it's a hoax, look up and explain why there are condensation trails one day and on another day similar in weather and atmospheric conditions there are none whatsoever. The only answer would

be that all national and international flights that day were cancelled. It's time we open our eyes and think about what we are seeing.

Here are some websites for further research:

www.ChicoSkyWatch.org
www.CaliforniaSkyWatch.com
www.AgricultureDefenseCoalition.org

Search Terms for Google:
 "geoengineering" and "stratospheric aerosol geoengineering"

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Chlorine, Cancer, And Heart Disease

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"We are quite convinced, based on this study, that there is an association between cancer and chlorinated water." - Medical College Of Wisconsin research team

The addition of chlorine to our drinking water began in the late 1800s and by 1904 was the standard in water treatment, and for the most part remains so today. We don't use chlorine because it's the safest or even the most effective means of disinfection, we use it because it is the cheapest. In spite of all our technological advances, we essentially still pour bleach in our water before we drink it. The long term effects of chlorinated drinking water have just recently been recognized. According to the U.S. Council Of Environmental Quality, "Cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine."

Dr. Joseph Price wrote a highly controversial book in the late sixties titled *Coronaries/Cholesterol/Chlorine* and concluded that nothing can negate the incontrovertible fact, the basic cause of atherosclerosis and resulting entities such as heart attacks and stroke, is chlorine." Dr. Price later headed up a study using chickens as test subjects, where two groups of several hundred birds were observed throughout their span to maturity. One group was given water with chlorine and the other without. The group raised with chlorine, when autopsied, showed some level of heart or circulatory disease in every specimen, the group without had no incidence of disease. The group with chlorine under winter conditions, showed outward signs of poor circulation, shivering, drooped feathers and a reduced level of activity. The group without chlorine grew faster, larger and displayed vigorous health. This study was well received in the poultry industry and is still used as a reference today. As a result, most large poultry producers use dechlorinated water. It would be a common sense conclusion that if regular chlorinated tap water is not good enough for the chickens, then it probably is not good enough for us humans!

There is a lot of well founded concern about chlorine. When chlorine is added to our water, it combines with other natural compounds to form Trihalomethanes (chlorination byproducts), or THMs. These chlorine byproducts trigger the production of free radicals in the body, causing cell damage, and are highly carcinogenic. "Although concentrations of these carcinogens (THMs) are low, it is precisely these low levels that cancer scientists believe are responsible for the majority of human cancers in the United States". The Environmental Defense Fund

Simply stated chlorine is a pesticide, as defined by the U.S. EPA, who's sole purpose is to kill living organisms. When we consume water containing chlorine, it kills some part of us, destroying cells and tissue inside our body. Dr. Robert Carlson, a highly respected University of Minnesota researcher who's work is sponsored by the Federal Environmental Protection Agency, sums it up by claiming, "the chlorine problem is similar to that of air pollution", and adds that "chlorine is the greatest crippler and killer of modern times!"

Breast cancer, which now effects one in every eight women in North America, has recently been linked to the accumulation of chlorine compounds in the breast tissue. A study carried out in Hartford Connecticut, the first of it's kind in North America, found that, "women with breast cancer have 50% to 60% higher levels of organochlorines (chlorination byproducts) in their breast tissue than women without breast cancer."

One of the most shocking components to all of these studies is that up to 2/3s of our harmful exposure to chlorine is due to inhalation of steam and skin absorption while showering. A warm shower opens up the pores of the skin and allows for accelerated absorption of chlorine and other chemicals in water. The steam we inhale while showering can contain up to 50 times the level of chemicals than tap water due to the fact that chlorine and most other contaminants vaporize much faster and at a lower temperature than water. Inhalation is a much more harmful means of exposure since the chlorine gas (chloroform) we inhale goes directly into our blood stream. When we drink contaminated water the toxins are partially filtered out by our kidneys and digestive system. Chlorine vapors are known to be a strong irritant to the sensitive tissue and bronchial passages inside our lungs, it was used as a chemical weapon in World War II. The inhalation of chlorine is a suspected cause of asthma and bronchitis, especially in children... which has increased 300% in the last two decades. "Showering is suspected as the primary cause of elevated levels of chloroform in nearly every home because of chlorine in the water." Dr Lance Wallace, U.S. Environmental Protection Agency.

Chlorine in shower water also has a very negative cosmetic effect, robbing our skin and hair of moisture and elasticity, resulting in a less vibrant and youthful appearance. Anyone who has ever swam in a chlorinated pool can relate to the harsh effects that chlorine has on the skin and hair. What's surprising is that we commonly find higher levels of chlorine in our tap water than is recommended safe for swimming pools.

Aside from all the health risks related to chlorine in our water, it is the primary cause of bad taste and odor in drinking water. The objectionable taste causes many people to turn to other less healthful beverages like soft drinks, tea or other sweetened drinks. A decreased intake of water, for any reason, can only result in a lower degree of health.

The good news is that chlorine is one of the easiest substances to remove from our water. For that reason it logically should serve it's purpose of keeping our water free from harmful bacteria and water borne diseases right up to the time of consumption, where it should then be removed by quality home water filtration.

No one will argue that chlorine serves an important purpose, and that the hazards of doing away with chlorine are greater than or equal to the related health risks. The simple truth is that chlorine is likely here to stay. The idea that we could do away with chlorine any time in the near future is just not realistic. It is also clear that chlorine represents a very real and

USD's Labor-Management Partnership

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USD works with doctors, dentists and medical facilities in the Tri-City area to reduce mercury in wastewater. Mercury cannot be completely removed by treatment processes. Keeping mercury and other toxic metals out of San Francisco Bay is an important component of our stewardship of the environment.

If you have questions, please call us at: (510) 477-7500.

Lockouts and walkouts - that's what the public often hears about when unions and utilities negotiate. At USD, the old model of labor and management clashing until one side wins and the other loses doesn't apply. "We have a positive and cooperative relationship," says General Manager Richard Currie. "We collaborate to take actions that are for the betterment of the District as a whole."

This partnership recently resulted in the ratification of a new 5½ year contract. A non-traditional, non-confrontational process called "Interest-based

bargaining" was used to reach agreements.

"Some great strategies have come out of working jointly to solve problems," says Rich Czapkay, SEIU Local 1021 Chapter President.

"One very successful example is our exchange of ideas to improve our safety record, which contributed to an award-winning program that we've been asked to share with other agencies."

A joint task force also tackled the issue of

planning for the retirements of key employees. "We created a program to bring replacements in well before retirees left the District," Currie explains. "Many ideas about how to transfer their years of knowledge to their successor came from the union, and our selection panels are always a mix of union and management employees."



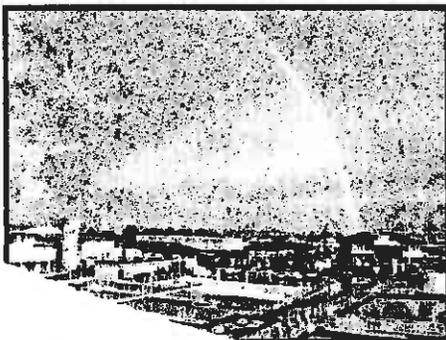
USD plans to continue using joint task forces to improve operations and efficiency. "These collaborative groups are constantly coming up with new, cost-saving ideas that are implemented by the District," continues Currie.

"The difference is that we don't have the thought process of "us" and "them," says Czapkay.

"We have good communication and respect for each other, and these things allow us to discuss concerns and come up with solutions that work for both sides. Knowing that labor and management can sit down, talk about issues and resolve them together makes USD a better place to work."

We've Got What It Takes To Treat 30 Million Gallons Per Day

It takes a lot of things to treat the 30 million gallons of wastewater USD receives every day! Here are some highlights of what we use at our treatment plant during our 24/7 operations:



1,100,000 gallons of water - 97% of which is recycled.

53,000 kilowatt hours of electricity - about 2,120 times what is used in a typical home. We produce 30% of our electricity ourselves, decreasing our daily bill from \$4,745 to \$3,650.

1,200 gallons of chlorine bleach solution to disinfect the treated wastewater. Our bleach is about 2.5 times stronger than Clorox.

764 miles of pipeline to get the wastewater from all the homes and businesses to USD.

450 gallons of polymer chemicals to improve treatment efficiency.

1,500 gallons of Ferrous Chloride - a purplish-brown liquid containing lots of iron - to reduce corrosion and improve treatment.