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CHLORINE IN YOUR SHOWER

If you are one of the millions of health-conscious Americans who have taken steps to guard against contaminants in your drinking water, congratulations! That's a very good idea.

But did you know your daily bath or shower could actually be MORE dangerous to you than drinking tap water?

Amazing as it may sound, tests show that more deadly toxins are released in your daily bath or shower than in two gallons of tap water. Here's why:

A lot of the contaminants in your water are inhaled when you shower. During one 10-minute shower, you can actually breathe in more toxic chemicals than if you drank EIGHT glasses of water.

But it's not just what you inhale. A warm shower opens up your pores and turns your entire skin into a giant sponge, making it easier for the chemicals in water to enter your body.

If you bathe instead of shower, you avoid most of the vaporized toxins. But treated water also contains chloramines — irritating, smelly chemicals made up of chlorine and ammonia. In a shower, exposure time to these chemicals is limited. But in a bath, you're actually soaking your body in them!

You probably know that a frightening number of man-made poisons are found in every municipal water supply. Some of them, like pesticides, get in there from rainwater run-off. Others, such as lead, can be leached from the pipes themselves. And most shocking of all, some of them — like chlorine — are added deliberately, in a mistaken effort by public health officials to "protect" our water supplies.

While it's true that chlorine can kill harmful bacteria in our water... it (may do) more harm than good. Chlorine can irritate your skin, dry out your hair, and cause dangerous respiratory problems. It also destroys proteins in your body and can cause hardening of the arteries.

Worst of all, three of the by-products of chlorine — chloroform, dichloro acetic acid, and MX (another chlorinated acid) — are known carcinogens. So it's possible that something added to our water in a mistaken effort to protect us can actually cause cancer.

And if all of that weren't harmful enough, chlorine also strips your body of valuable moisture. So if your skin or hair feels dry or worn out, chances are it's because of the chemicals in your water.

Happily, there is an easy, inexpensive solution to these problems - the patented Rainshow'r filter.

The secret to the Rainshow'r shower filter is KDF-55 - a proprietary blend of copper and zinc. This "golden sand" doesn't just trap particles in your water, like carbon filters do. No, thanks to a unique electrochemical process, it actually dissolves chlorine and other pollutants and flushes them down the drain. The Rainshow'r Crystal Ball for the bath (is) the first product that removes chlorine from bathwater. Both the Rainshow'r shower filter and Crystal Ball also contain specially washed, sun-dried quartz crystals that help your soap and shampoo lather more easily. (For more information or to order call Advanced Bionutritionals at 1-800-791-3395.)

Like a refreshing spring rain ... only better!

Reference: Women's Health Letter by Dr. Nan Kathryn Fuchs, PhD and Advanced Bionutritionals