

FREQUENTLY ASKED QUESTIONS

What is "PURE" water? There are a lot of loose interpretations about what "pure" water is, but to put it simply, "pure" water is H₂O – two parts hydrogen, one part oxygen. That's it. Nothing else...Not H₂O plus minerals, plus chemicals or plus anything else. Pure water should be absolutely free of foreign particles, chemicals, minerals, bacteria or other contaminants. Today you may find water that has been purified to some extent, but the real question should be "to what extent?" Steam distillation is widely recognized as the single most effective method of purification. At Le Bleu, not only do we steam distill our water but we perform a 5 step purification process through our patent-pending purification process. Le Bleu ultra pure water is just that-ULTRA PURE.

What is so important about drinking PURE water? The human body is approximately 70% water. Water regulates your temperature, dissolves the body's waste products and flushes out toxins. Common sense reasoning tells you that the quality of water, which is up to 70% of your body, can radically affect your health and well-being. That is why it is vitally important that you drink only pure water!

Is Distilled Water Dangerous? "Is drinking distilled water dangerous? I've read that it's harmful because distilled water easily becomes acidic and supposedly robs the body of important minerals. True?" **Dr. Andrew Weil's Answer (Published 12/19/2001)** First of all, let me review for the record what distilled water is—it's water that has been turned into steam so its impurities are left behind. The steam is then condensed to make pure water. The process of distillation kills and removes virtually all bacteria, viruses, heavy metals, and other organic and inorganic contaminants. Once distilled, the water is as pure as water can reasonably be. For reasons I don't understand, any number of myths, some quite extreme, have grown up over the years about distilled water. A quick Internet search today will take you to sites that put forth such views as "distilled water leads to early death." Nonsense. One claim holds that distillation removes all of water's beneficial minerals. While it's true that distillation removes minerals as well as various contaminants from water, we don't know that the human body can readily absorb minerals from water. We get our minerals from food, not water. By one manufacturer's estimate, you would have to drink 676 eight-ounce glasses of tap water in Boston to reach the RDA for calcium. The question as to whether distilled water leaches minerals out of the body reflects another persistent myth. While pure water helps to remove minerals from the body that cells have eliminated or not used, it does not "leach" out minerals that have become part of your body's cell structure. Neither does distilled water cause your teeth to deteriorate, a false claim made by a filter manufacturer looking to boost sales. As far as acidity goes, distilled water is close to a neutral pH and has no effect on the body's acid/base balance. Distilled water not only isn't dangerous, it's the purest form of water. It's also the kind of water I drink.

Can the water I shower with every day affect my health? "Studies indicate the suspect chemicals can also be inhaled and absorbed through the skin during showering and bathing." **U.S. News & World Report – Is Your Water Safe – The Dangerous State of Your Water**

A long, hot shower can be dangerous. The toxic chemicals are inhaled in high concentrations. **Bottom Line – Dr. John Andelman, Ph.D.**

Skin absorption of contaminants has been underestimated and ingestion may not constitute the sole or even primary route of exposure. **American Journal of Public Health – Dr. Halina Brown**

A Professor of Water Chemistry at the University of Pittsburgh claims that exposure to vaporized chemicals in the water supplies through showering, bathing and inhalation is 100 times greater than through drinking the water. **The Nader Report – Troubled Waters on Tap – Center for Study of Responsive Law**

How can I reduce these problems?

Feel healthier when you use Le Bleu's Shower Filtration System! Say good-bye to that swimming pool smell. Breathe a lot easier. Reduce stinging, burning eyes and itchy, dry skin. Help prevent unmanageable hair. Enjoy Dechlorinated Showers...Smoother, Softer Skin, Healthier Hair, Decrease Stinging, Burning Eyes, Respiratory Problems, Sinus Irritation and Skin Rashes. Enjoy the benefits of a virtually Chlorine-free shower and save precious water and energy. The energy saving Massage Showerhead can save a family of four up to 20,000 gallons of water and about \$200.00 a year in lower utility bills.

Is Le Bleu water safe for babies? Yes! Le Bleu water is not only safe, but is doctor recommended. Babies are born free from pollutants, and just the smallest amount of pollutants to a newborn baby could be very serious. Doctors only recommend using distilled water for baby formula. Le Bleu bottled water is also recommended for intravenous feeding, inhalation therapy and liquid drug prescriptions.

Do we need minerals in our water? Absolutely not! We get our organic minerals from the foods we eat. Fruits, grains, nuts, vegetables and meats supply all the minerals we need on a daily basis.

Do home water softeners purify water? No. Water softeners do not eliminate inorganic minerals, but merely hold them in suspension in an ionized state. The method for softening water is to add 2 parts sodium which then extracts 1 part calcium and 1 part magnesium from the water supply. This results in softer water which is higher in sodium.

How much water should I drink every day? It is recommended that you drink half of your body weight in ounces of water each day. For example, if you weigh 140 pounds, it is recommended that you consume 70 oz. of water per day. This intake should be increased by 15-20 oz if adding moderate exercise to your daily routine.

What is Spring Water? Bottled water derived from an underground formation from which water flows naturally to the surface of the earth. Spring water is not necessarily filtered and is not distilled, unless otherwise noted. Spring water could contain chemicals, minerals and impurities.