

**Chlorine Kills. That's a fact. Chlorine and its derivatives are known carcinogens. It is in the water that you and your family drink and shower in every day and it is especially harmful to women and children.**

**Take a few minutes to read the content of this website. Everyone should be aware about how much Chlorine harms our body cells and the environment ... luckily, there are some solutions ...**

Note: We have tried to make this website as easy to read and digest as possible, including highlights wherever possible, which may not have appeared in the original article or quote.

Welcome to [www.ChlorineKills.com](http://www.ChlorineKills.com)...

Please excuse the bluntness of our domain name but Chlorine is indeed a Killer. Everyone knows that. It kills all the bugs and germs in our water so it's safe for us to drink, right?

Well, that's partially true. It does kill the bugs, but does it really leave the water safe? Certainly without chlorine (or something that has the same effect) in the water, it would either be unsafe to drink or a (most likely much more expensive) alternative must be found to do the same job. It kills nasties in our public drinking water and it's relatively cheap, so it's probably here to stay for a while.

**However, the tragic truth is that it's killing us too.**

That's right. KILLING us too. Causing all kinds of cancers and other severe health problems and that's just what the professors, doctors, researchers, surgeon generals and many others say, let alone the growing body of public and wider opinion.

"No level of exposure to a chemical carcinogen should be considered toxicologically insignificant to humans."

**- Surgeon General, National Cancer Institute.**

**Now read the 40+ more selected quotes from such prominent scientists over here ...**

**... if you dare >>>**

*Chlorine is dangerous to us to ingest (in our drinking water) and even more so in our showers, in our baths and when cooking (through inhalation, and through the skin). The dangers of chlorine are magnified significantly when the water is hot, so having long hot showers might feel good, but it is definitely not the way to improve your health.*

**See the many quotes over here >>>**

## Chlorine is known to increase the chances of causing all these major problems:

(and you can find all the sources for this information on this website, so that you don't think we're making it up):

- ✘ *Breast cancer*
- ✘ *Bladder cancer*
- ✘ *Rectal cancer*
- ✘ *Cancer of the larynx*
- ✘ *Liver cancer*
- ✘ *Stomach cancer*
- ✘ *Colon cancer*
- ✘ *Cancer of the oesophagus*
- ✘ *Genetic mutations*
- ✘ *Heart disease*
- ✘ *Atherosclerosis (hardening of arteries)*
- ✘ *Anaemia*
- ✘ *High blood pressure*
- ✘ *Allergic reactions (many and varied)*
- ✘ *Protein destruction*
- ✘ *Adverse effects on skin*
- ✘ *Adverse effect on hair (becomes dry, brittle)*
- ✘ *Respiratory problems*
- ✘ *Irritation of nose, throat, lungs, sinuses*
- ✘ *Asthma*
- ✘ *Bronchitis*
- ✘ *Dry, flaky, itching skin*
- ✘ *Eye conditions*
- ✘ *Hodgkins disease*
- ✘

"Chlorine is so dangerous, that it should be banned. Putting chlorine in the water is like starting a time bomb. Cancer, heart trouble, premature senility, both mental and physical are conditions attributable to chlorine, used in treated water supplies. It is making us grow old before our time by producing symptoms of ageing such as hardening of the arteries. I believe if chlorine were now proposed for the first time to be used in drinking water it would be banned by the Food and Drug Administration."

**- Biologist/chemist Dr. Herbert Schwartz**

### **Why are renowned scientists getting so hot under the collar about chlorine??**

### **Here's what just a few studies on chlorine have shown:**

- ✘ *Bladder cancer risks are doubled*
- ✘ *Cancer risk is 93% higher among those using chlorinated water*
- ✘ *Using swimming pools increases risks of bladder cancer 57%*
- ✘ *Those taking long hot showers/baths also had higher risks than just drinking*
- ✘ *At least 2 cancer-causing chemicals evaporate into the air when we shower and are*

- likely to be inhaled*
- ✖️ *Chloroform (a known carcinogen) increases 100 times during a 10-minute shower*
- ✖️ *1 in 5 Americans drink contaminated water*
- ✖️ *By 2015, more people will die from water and food related cancers than from lung cancer*
- ✖️ *Exposure to chlorine can be through inhalation and skin, not only ingestion*
- ✖️ *Heart attacks and strokes are caused by chlorine in the drinking water*

Starting to see the scale of the problem?

And then there is the environmental damage caused by such water flowing out of our homes into the general waste-water systems – do you think that's helping the environment? Do you think that's very "green"?

**There are products offering solutions like the Chlorine Free USA. Go to [www.chlorinefreeusa.com](http://www.chlorinefreeusa.com)**

If, after reading all of the above and the 40+ quotations to the right from such notables as:

- ***The US EPA (Environmental Protection Agency)***
- ***A Nobel Prize Winner***
- ***Surgeon General, National Cancer Institute***
- ***US Council of Environmental Quality***
- ***Municipal Environmental Research Laboratory***
- ***World Health Organization***
- ***National Academy of Sciences***
- ***University of Pittsburgh***
- ***University of Iowa***
- ***University of Boston***
- ***University of Maryland***
- ***Medical College of Wisconsin***
- ***American Journal of Public Health***
- ***BreastCancerFund.org***
- ***Lawrence Berkeley (California) Laboratory***
- ***Boston University of Public Health***
- ***Natural Resources Defense Council***
- ***Municipal Institute of Medical Research, Barcelona***
- ***Science News***
- ***New Scientist***
- ***Doctors, Hospitals and Scientists***
- ***and many more reputable sources,***

and you're still not sure about how harmful chlorine is, then please do carry on reading.

There's lots more information but we're afraid the news doesn't get any more cheerful.

And it seems it's **worse for children**. Who says so? The World Health Organization, that's WHO! Dr Terri Damstra of the WHO says that children are especially vulnerable and that their lung maturation may be altered by air pollutants that induce acute respiratory effects and may be the origin of chronic respiratory disease later in life.

## Chlorinated Water and Unknown Hazards of the Shower

When we return from a gym workout or a jogging session or after playing a sport, not only are we thirsty but we usually shower or bathe. We have been taught that cleanliness and health go together, and indeed they do, when chemical-free water is used.

When chlorinated water is used, however, bathing may be much less healthy than we ever supposed. Gases are as a rule less soluble in hot water, and when water is heated or the free chlorine content in water is greatly reduced, the chlorine escaping into the air. When we have a hot shower or run a bath we can sometimes smell the chlorine released as it escapes from the hot water. In a confined shower recess, however, especially one with poor ventilation, the chlorine escapes from the water as we continue the hot shower and steadily increases in concentration in the air we breathe. The olfactory threshold for chlorine is about 3.5 PPM (parts per million) so when we can smell chlorine the concentration is already above this level. The lethal concentration for ten-minute exposure is about 600 PPM and **we suggest that regularly taking hot showers with chlorinated water could pose a health risk.**

**Chlorine causes pulmonary edema, and it would seem likely that regular exposure to chlorine gas even at low levels such as in normal showering may reduce the oxygen transfer capacity of the lungs. This could be a critical factor for athletes and for others prone to heart failure.**

Another aspect to be considered is our skin. Our skin is an important protective barrier for our bodies. When we shower with chlorinated water we are essentially exposing our skin to a relatively large volume of a dilute chlorine solution. Some of this chlorine reacts with the oils in the skin to form chlorinated compounds and it is these compounds which may then be absorbed by the body. It seems very likely, considering strong oxidizing power of chlorine, that regular exposure to chlorinated water serves also to promote the aging process of the skin, not unlike extended exposure to sunlight. Moreover, chlorine may actually enhance the aging effects of ultraviolet radiation by reinforcing the process of cell deterioration.

Another skin factor to be considered with the destruction by chlorine is the natural bacteria balance on our skin. Our skin has an ecology, all of its own, which needs to be preserved in order to maintain healthy skin and its associated beauty.

## Skin Absorption as a route of Exposure For Volatile Organic Compounds

By the American Journal of Public Health 1984 74:479-484

**HYDRATION** - The more hydrated the skin, the greater the absorption. If the skin is hydrated (through perspiration or immersion in water) or if the contaminant compounds are in solution, diffusion and penetration will be enhanced.

**TEMPERATURE** - Increased skin or water temperature will enhance skin absorption capacity proportionately. During swimming and bathing, it may be expected that greater hydration of skin surfaces will take place.

**SKIN CONDITION** - Any insult (i.e. sunburn) or injury (i.e. cuts, wounds, abrasions) to the outer layer of skin will lower its ability to act as a barrier against foreign substances. A history of skin disease such as psoriasis or eczema acts to lower the natural barrier of the outer skin layer, as do rashes, dermatitis, or

any chronic skin condition.

**REGIONAL VARIABILITY** - Skin absorption rates vary with the different regions of the body. Underestimated is the case of whole body immersion during swimming or bathing. The epidermis of the hand represents a relatively greater barrier to penetration than many other parts of the body, including the scalp, forehead, abdomen, area in and around the ears, underarms, and genital area. Penetration through the genital area, in fact, is estimated to be 100% as compared to 8.56% for the forearm.

**OTHER ROUTES OF ENTRY** - Other significant routes of absorption include oral, nasal, cheeks, and mouth cavity, and eye and ear areas. These routes have been underestimated in their ability to absorb contaminants during immersion in water. Inhalation serves as yet another route. In the case of swimming or bathing, the volatilized chemicals are likely to gather near the surface of the water and are readily inhalable. In addition, water may be swallowed in these situations.

**INDIVIDUAL VARIABILITY** - Absorption rates obtained from healthy adults will again tend to underestimate absorption for children or populations that are more sensitive.

#### **Why filter Your Shower Water?**

Chlorine is a toxic chemical. It is used in water treatment to reduce and kill forms of biological agents, such as bacteria and viruses found in water systems.

**Chlorine is harmful to you when you drink it and when it is absorbed into our skin and inhaled into your lungs when you shower. It has been estimated that the "shower steam" in your bathroom can contain up to 100 times the amount of chlorine than chlorinated water, because chlorine evaporates out of water at a relatively low temperature. If you bathe or shower in unfiltered tap water you are inhaling and absorbing chlorine into your body.**

Conditions contributed to or aggravated by chlorine exposure:

- **Respiratory Conditions** (nose, throat, lungs, sinuses): Asthma, bronchitis
- **Hair:** Dry, brittle
- **Skin:** Dry, flaking, dandruff, itching, rashes (especially infants and children)
- **Eye conditions**

Chlorine is universally used to chemically disinfect water. It kills germs, bacteria and other living organisms. Chlorine readily passes through the cell wall and attaches to the fatty acids of the cell, disrupting the life sustaining functions. The human body is composed of billions of cells.

Most people are aware that the quality of their drinking water can be improved by filtering their tap water or buying bottled water. However, many do not realize that they are addressing only a part of the problem.

**One half of our daily chlorine exposure is from showering.** Chlorine is not only absorbed through the skin, but also re-vaporized in the shower, inhaled into the lungs, and transferred directly into the blood system. **In fact, the chlorine exposure from one shower is equal to an entire day's amount of drinking the same water.** Drinking filtered or bottled water only does half the job. For people who are concerned about their health and are willing to take the responsibility to do something about it, the

Chlorine Free USA Water Products are an affordable solution to the problem.

## Increased Risks of Bladder Cancer by Drinking, Bathing or Swimming in Chlorinated Water

By The American Journal of Epidemiology, January 2007

The findings are the first to suggest that these chemicals can be harmful when they are inhaled or absorbed through the skin, as well as when they are ingested, Dr. Cristina M. Villanueva of the Municipal Institute of Medical Research in Barcelona, and colleagues note.

Chemicals, most commonly **chlorine, used to disinfect water can produce by-products that have been tied to increased cancer risks**, Villanueva and her team point out.

The most prevalent chlorination by-products, chemicals called trihalomethanes (THM), can be absorbed into the body through the skin or by inhalation, they add.

To investigate lifetime trihalomethanes (THM) exposure and bladder cancer risks, the researchers matched 1,219 men and women with bladder cancer to 1,271 control individuals who did not have the disease, surveying them about their exposure to chlorinated water via drinking water, swimming pools, showering and bathing. The researchers also analyzed the average water trihalomethanes (THM) levels in the 123 municipalities included in the study.

People living in households with an average household water trihalomethanes (THM) level of more than 49 micrograms per liter had **double the bladder cancer risks** of those living in households where water trihalomethanes (THM) concentration was below 8 micrograms per liter, the researchers found. trihalomethanes (THM) levels of about 50 micrograms per liter are common in industrialized societies, they note.

Study participants who drank chlorinated water were at **35% greater risks of bladder** cancer than those who didn't, while **use of swimming pools boosted bladder cancer risks by 57%**. And those who took longer showers or baths and lived in municipalities with higher trihalomethanes (THM) levels were also at increased cancer risks.

When trihalomethanes (THM) is absorbed through the skin or lungs, Villanueva and her team note, it may have a more powerful carcinogenic effect because it does not undergo detoxification via the liver.

## Cancer & Chlorine

Is the chlorine in our drinking water acting as catalyst triggering tumor development both in atherosclerosis and cancer? The addition of chlorine to our drinking water started in the late 1890's and had wide acceptance in the United States by 1920. Joseph Price, M. D, wrote a fascinating yet largely ignored book in the late 1960's, entitled Coronaries, Cholesterol. Chlorine, Dr Price believes, is the primary and essential cause of atherosclerosis is chlorine.

**"Nothing can negate the incontrovertible fact the basic cause of atherosclerosis and resulting entities, such as heart attacks and most common forms of strokes is chlorine. The chlorine contained in processed drinking water." (1)**

**This conclusion is based on experiments using chlorine in the drinking water of chickens. The results: 95% of the chickens given chlorine added to**

## **distilled water developed atherosclerosis within a few months.**

Atherosclerosis, heart attacks and the resulting problems of hardening of the arteries and plaque formation is really the last step in a series of biochemical malfunctions. Dr Price points out it takes ten to twenty years before symptoms in humans become evident in many ways, this is reminiscent of cancer which can take twenty to thirty years to develop.

Can chlorine be linked to cancer too? In the chlorination process itself, chlorine combines with natural organic matter decaying vegetation to form potent cancer causing trihalomethanes (THM's) or haloforms. Trihalomethanes collectively include such carcinogens as chloroforms, bromoforms carbon tetrachloride, dichloroethane and others.

The amount of THM's in our drinking water is theoretically regulated by the EPA. Although the maximum amount allowed by law is 100 ppb, a 1976 study showed 31 of 112 municipal water systems exceeded this limit. (2)

According to some studies by 1975, the number of chemical contaminants found in finished drinking water exceeded 300. (3) In 1984 over 700 chemicals had been found in our drinking water. The EPA has targeted 129 as posing the greatest threat to our health. Currently the EPA enforces federal standards for 34 drinking water contaminants. In July, 1990 they proposed adding 23 new ones and expects this list increasing to 85 in 1992. (4)

Another report claims the picture is much worse. **According to "Troubled Waters on Tap" over 2,100 contaminants have been detected in U. S. drinking water since 1974 with 190 known or suspected to cause adverse health effects at certain concentration levels. In total, 97 carcinogens and suspected carcinogens, 82 mutagens and suspected mutagens, 28 acute and chronic toxic contaminants and 23 tumor promoters have been detected in U. S. drinking water since 1974.** The remaining 90% of the organic matter present in drinking water has not been identified by testing to-date.

Compounds in these concentrations could pose serious toxic effects, either alone or in combination with other chemicals found in drinking water. Overall, available scientific evidence continues to substantiate the link between consumption of toxins in drinking water and serious public health concerns, **Studies have strengthened the association between ingestion of toxins and elevated cancer mortality risks"**(5)

Studies in New Orleans, Louisiana; Erie County, New York, Washington County Maryland, Ohio County, Ohio reveal high levels of haloforms or THM 's in drinking water The result – higher levels of cancer. (6) (7) (8) (9)

'The continued use of chlorine as the main drinking water disinfectant in the United States only adds to the organic chemical contamination of drinking water supplies. The current federal standard regulation of trihalomethanes do not adequately protect water consumers from the multitude of other organic chlorination by-products that have been shown in many studies to be mutagenic and toxic'(5)

**"Chlorine is so dangerous" according to biologist/chemist Dr. Herbert Schwartz, "that it should be banned. Putting chlorine in the water is like starting a time bomb. Cancer heart trouble, premature senility, both mental and physical are conditions attributable to chlorine, used in treated water supplies. It is making us grow old before our time by producing symptoms of ageing such as hardening of the arteries. I believe if chlorine were now proposed for the first time to be used in drinking water it would be banned by the Food and Drug Administration."**(10)

Many municipalities are experimenting with a variety of disinfectants to either take the place of chlorine or to be used in addition, as a way of cutting down on the amount of chlorine added to the water However

these alternatives such as chlorine dioxide, bromine chloride, chloramines, etc., are just as dangerous as chlorine. We're replacing one toxic chemical with another.

On the positive side, some cities are starting to use aeration carbon filtration, ultraviolet light and ozone as safe alternatives to chemical disinfectants. But the number of cities and the number of people getting water from these methods is minimal.

How can chlorination be linked to heart disease and cancer? In *Super Nutrition for Healthy Hearts* Dr Richard Passwater shows how "the origin of heart disease is akin to the origin of cancer" Chlorination could very well be a key factor linking these two major diseases Chlorine creates THM's and haloforms. These potent chemical pollutants can trigger the production of excess free radicals in our bodies. Free radicals cause cell damage. Excess free radicals can cause normal smooth muscle cells in the arterial wall to go haywire, to mutate. The fibrous plaque consequently formed is essentially a benign tumor. (11) Unfortunately, this tumor is linked with the origin of heart disease.

If your drinking water is chlorinated, don't drink it You can purchase very effective water systems from Chlorine Free USA which will remove 99% of the THM's. Just this simple safeguard may save thousands from heart disease and cancer - the two major degenerative killers in the United States.

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Source: - Healthy Water, Martin Fox, PhD