



Fatal Convenience: Filtered Water

[00:00:00] Fatal Convenience

Darin: Water is extremely important. It's one of the most important elements on the planet. I wouldn't have to have this conversation if we didn't have chemicals that we created in our atmosphere, in our environment, in our soil, and permeated into our water. We have toxins, we have chemicals, we have drugs, all kinds of things, even the advancements, obviously, of tap water, the convenience of that is incredible. But as we now know, that water is not ideal, that water is dead. We need to build the water back. We need to give it the elementals that are required. So, we're going to dive into what are electrolytes and why do we need them, and how do we put them back in our water.

[00:00:59] Fatal Convenience Intro

Darin: Welcome to fatal conveniences where we address the things we may be doing in our daily lives that are actually harming us, and in some cases, slowly killing us. Tap water, Teflon, caffeine, blue light, food additives, you name it, we dive into it. We take a critical look at everyday products that really are affecting us and our bodies and the environment and how we can avoid them and find a solution. So, let's dive in.

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Darin: This is a big topic, but this comes up so often and that is about water. So, this specific fatal convenience is on filtered water. That's also a very big topic because it depends on the filter. Then you're going to go wait a minute, Darin, you've told us to filter the water. Yes, but I've also said we need to remineralize it. So that specifically is understanding remineralization, electrolytes, and how to create actively electrically charged water again. Bottom line is this fatal convenience is filtered water.

[00:02:30] The history of filtered water

Darin: A little fun history, early forms of water filtration, that goes back obviously big forms of filtration weren't necessarily needed because you would go to rivers and streams and easily get the water, but the filter systems really went back about 4000 years. Later in the 5th century BC, Hippocrates was one of the first to develop the concept of passing water through a cloth to remove some of the bigger forms of silt and other sediments. His invention continued to be used along with boiling the water because they realize germs, bacteria, and all of those things in the 1600s were detrimental to human health. In the 1700s, Joseph Amy obtained the first patent for water filter. His design incorporated wool, sponge, and also charcoal layers, it goes all the way back there to help purify drinking water. The first home water filter was made available for sale in 1750. This is the first filtration system to bear resemblance to the at-home, Brita pitchers, which are basically the same thing. They're getting out just a little bit over the bigger sediments. It was not until 1854 when a major cholera infection spread through London. The major cities started to take water filtration and



treatment very seriously because the filtration system wasn't small enough to stop the cholera from spreading through water. Shortly after the chlorine and ozone then was used because chlorine kills all bacteria, and that's not necessarily a good thing but in this instance, it was good. Also, ozone is a free radical scavenger of all those things. In the 1940s, desalination equipment was invented and of course, that is taking the salt out of ocean water. So that was a huge advancement. Now the energy consumption on some of those systems nowadays are even infinitely better. In 1974, the Safe Drinking Water Act was passed significantly paving the way for continued improvements in water filtration and treatment processes. Again, that was improved in the '80s and the '90s, but yet, we still have all of these contaminants showing up in our water. Fun fact anywhere from 60 to 70% of our bodies are water. Our lungs, our 83% water, as well as our muscles and kidneys, which are 79% water. Brain is 73% water and bones are 31% water. There you go, humans need to drink water. If we don't drink water, we die on a cellular level, and all of these things continue to add up. According to the NIH, roughly 75% of the Americans are chronically dehydrated. And that the research that I dug into in 2015 was that 7% of all Americans of the 330 million people living here, 7% don't even drink an ounce of water a day. They reach for their stimulants, their coffees, etc. Obviously, we turn on the tap, and we have water, that's an amazing convenience. Now, we have a filter, it cleans out the BPAs, PFOAs, the pesticides, the herbicides, it cleans that stuff out that is showing up in our tap water.

[00:06:23] So what's so bad about filtered water?

Darin: So this is the next level, the convenience of filtering water is great, so we have to use it to get out these things, but the other side of it is we've just erased it. We've just stripped it of the essential electrolytes, and that's really where we're gonna dive into. Yes, you filtered it with an RO system, a reverse osmosis system, which pulls out virtually everything, and that's called total dissolved solids, so TDs. You need that TDs number very, very low or it's going to be gunk that surrounds your cells. Yes, you can have TDs high and minerals but you're also from tap water, you're turning this on and it's the overall total number. So most of that is junk in this scenario. We need to lower that number. Reverse osmosis to purify or distillation, you evaporate that water and that doesn't allow those total dissolved solids to reassemble when it's vaporized. Distillation or RO system. That's a fatal convenience. We actually need to mineralize it again. Now, let me be clear, if you have natural water spring water, okay, drinking out a glass bottle, or you have access to it, that's your go-to. This is for the 99.9% of the people in the modern-day world, we have stuff coming out of the tap water. Most of us need to clean our water. We need to purify our water. I just need to be very clear. The best source of water is natural spring water or from a well or an aquifer or a river that's not polluted. Good luck trying to find any of that river that's not polluted. I just need to be clear. Now most of us need to purify that water. But in so doing, we're cleaning it and getting it free of, of course, the chemicals that we do not want, but we are also eliminating the electrolytes and trace minerals, so we need to do that. Now listen, this is a big topic.

[00:08:40] What about my Brita filter?

Darin: Brita and all of these other things are not good enough. They're not getting out all of the very small memory and chemicals that are found in the water. But yes, they're getting out bigger constituents in those water, so we need to purify it. When we purify that water, it also reduces the electrolytes that are required for the body, that's what we're going to be diving



into, creates a polarity. I don't want to nerd out too much, but the osmosis to transfer of water going in and out of the cell is intimately connected to the level of electrolytes and the correct electrolytes that you have.

[00:09:30] The need for electrolytes in the body

Darin: So if you don't have that, if you don't have the electrolytes and you're just drinking reverse osmosis or distilling water, then that can create an imbalance of electrolytes and pull it from other systems of the body. Therefore, that will lead to deficits and problems. So the cells, the tissues, the organs, they require electrolytes. Your cells require electrolytes. They require a slightly alkaline water, that's what it prefers. Also, that's electrical. I will always go back to that. Electrolytes allow for conduction. We are electrical beings. Every cell is an electrical cell. Keep that in mind. So when you take in acidic forming water or beverages, which most of the tap water is just slightly acidic because I've tested hundreds and hundreds of these, and also beverages like coffees, sodas, teas are all acidic forming. That is also affecting your overall electricity, your conduction of your body. Keep in mind now, hydration is such a massive topic, and when you're hydrated and you have the electrolytes, it helps out the most fundamental things and that is flush toxins. It also helps to carry oxygen to the brain and provides essential elements and nutrients to all of the cells of the body, as well as when you're hydrated, inflammation goes down. There are so many different aspects of this that are so important. The total body water is tightly controlled with sensitive mechanisms that respond to changes in consumption and losses. The regulation of both the total water content and the electrolyte content of the body is achieved primarily by the kidney via mechanisms capable of sensing 1% or 2% changes of this tonicity. Anytime there's a change in hydration or dehydration at the cellular level, your kidneys are always going back and forth to keep things balanced doing the very best it can. So what are electrolytes? Electrolytes are sodium, potassium, calcium, magnesium, and phosphate. These are the main types of electrolytes. They carry the electrical charge that is responsible for stimulating muscles, nerves, the brain, the whole central nervous system. They also regulate the amount of fluids throughout your entire body, which affects cellular function, affects blood volume, it also affects blood pressure. Sodium plays a primary role in water regulation, especially when you're active, your sodium-potassium pump off your cells. So when you sweat a lot and you're active a lot, you do need to be aware of your salt intake. If you take in too much dietary sodium, that causes a lot of stress and changes that hypertonicity between the cells and the regulation of its water. So sodium is extremely important and an incredible electrolyte that the body needs to keep itself in balance. Bear with me, this is a little hard to explain, easier to show. A water deficit or dehydration produces an increase in the ionic concentration of the extracellular compartment, which takes water from intracellular compartment.

[00:13:30] What happens to your body when you're dehydrated?

Darin: So when you're dehydrated, what it does is it takes the water from in the cell and forces it out of the cell, that's intracellular to extracellular. The shrinkage, so when you're dehydrated, your body detects the shrinkage of the cell because it just forced more water from inside the cell to out of the cell. The brain has sensors to this very thing. That's how it controls this very delicate water use and the kidneys between the amount of urine that's used and the hormones, the vasopressin that's used to to help regulate the volumes. It's so



complex and so incredible. I could nerd out about this for weeks and weeks and weeks. I go down just reviewing all of the research and studying all the research just for this small little aspect of water. It took me two days. It's just incredible the amount of information about the science of water. One study was the participants were required not to drink for up to 36 hours, and the conclusion was dehydration had negative effects on short-term memory, and attention. Rehydration after water supplementation alleviated fatigue, improved the total mood disturbance change, and affected short-term memory almost immediately, as well as attention and reaction times. So fascinating. It's a massive topic, not to mention all of the contaminants that are in public water in the United States. That's why we need to filter, but we need to build the water again. Again, water pH, total dissolved solids, hydrogen concentration, oxygen concentration in water, it goes on and on and on. Keep in mind the number one key of dehydration is fatigue. If you're tired, you suffer from headaches, and can't quite get the energy, chances are if you stick with hydrating and drinking about half an ounce per pound of body weight and do that for a week, your energy levels will change and your body will move from thinking it's in a desert to understanding that you are getting enough water and that will change a lot. Now, you can also add lemon and fruits and eat a lot of fruit and vegetables, whole fresh stuff that has structured elemental water in there as well. Avoid bottled waters that are full of plastics and all of this other crap. Let's get into these electrolytes, calcium, magnesium, phosphorus, zinc, all of these things. I've always said you need to work on getting your plant-derived elements. Listen, you can't just grind granite and take it in your body. Through many processes, granite for example breaks down into soil. The plant is then able to uptake the mineral in a size that it can utilize. Therefore, when we eat plants, we get plant-derived minerals. Those are some of the best that you can do. Now, natural fulvic minerals contain about 70 trace elements, trace minerals, most of them occur in the ionic form. This means that the fulvic acids conduct electricity. Fulvic acids are also chemically reactive because of the presence of many other compounds. Due to the low molecular weights, they can transport minerals to plant cells to human cells efficiently. Let me reiterate that again. Plant-derived minerals are what was once rock-derived minerals that have been broken down and digested. And from a humic and fulvic perspective, they were digested by prehistoric plants and locked for millions of years in this humic shale. So when we access those, these are prehistoric plant-derived ionic vibrant minerals that our body needs on a cellular level. These plants lived at a time when the soils were rich, we didn't have all of these chemicals and everything else. So from that perspective, it's not contaminated. The mineral source has potency of these prehistoric plants, so when we are able to access these fulvic compounds, those are from the most potent and chemically-free times from our planet. So plant-derived minerals are essentially these colloidal minerals. That basically means the size of the mineral matters, especially to the cell. It's an angstrom size, that's 10^{-9} . That means it's small enough to go in and out of the cell to open up that cell membrane for the water to go in and out, the minerals to go in and out. This is very very important, especially as it relates to electrical signals and maintaining the true body's activity levels. Also with those small ionic minerals, this helps remove heavy metals and other mineral deficiencies that can build up in the body. Deficiencies can affect cells, enzymatic function, nerve system function and reduce actually the electrical impulses, as well as the hormone activities and vitamin utilization. Now keep in mind, most people don't know this that vitamins are useless if you don't have the electrolytes, if you don't have the correct minerals. Unless you're getting your minerals from plants, you are not getting the correct size. So fulvic minerals are the most incredible form of plant-derived minerals. So



these solutions, easy. My favorite and what I've been using like crazy in my food, in my water, in Chaga's water, in his food is fulvic minerals from BLK. So you can get BLK fulvic minerals easy to use. They have a tincture, you can add it to your water. These things are from a pure source up in Canada. These are the easiest forms. Now, if you're sweating a lot, if you're active a lot, it is also very beneficial to grab, I don't always use it, it's usually just BLK on a consistent basis but when it's hot, and I'm active, every so often I'll grab a pinch of Himalayan crystal salt to add it to the water, and I'll go with that. That is another form of the ionic form, the small form of the electrolytes that you require. That was a big episode. I hope that makes sense. I know I nerded out a little bit, but just understand that here's the remedy, you have to purify your water, you have to distill it or use reverse osmosis but you also have to add the electrolytes and the minerals back. Easy. This whole episode comes down to get a reverse osmosis or distill your water and now add fulvic minerals. Use BLK's fulvic minerals, some of the best I found. You can also have Himalayan crystal salt right next to it. I do that maybe once a week, or if I'm active or sweating a lot. That's the simple answer to this whole episode. You have to filter your water and you have to build it back even better, and fulvic minerals are the way to go. Okay, everybody, remember, knowledge is power. When you apply that knowledge, things just keep getting better. I love you.

[00:22:06] Podcast Outro

Darin: That's it for today's fatal conveniences. Thank you so much for tuning in. If you want this valuable information in email form, you can sign up for my fatal conveniences newsletter at fatalconveniences.com. I send out an in-depth breakdown of what we covered in each episode every Monday after an episode airs. If you make any changes in your life or home from these episodes, I want to see them. Tag me in your Instagram posts and show me how you're avoiding these harmful products and making better choices. It's awesome to see the impacts these episodes have, and I love seeing how creative my audience is. Remember, small changes can have a big impact. Oh, and if you haven't had a chance to check out the interview I released earlier in the week, here's what you missed.