



Contact Us

If you would like to become an AONH Member, upgrade to the Elite Membership, or register for our Annual Natural Health Care Conference, please email:

info@aonh.org or call
202-505-AONH (2664)

Upcoming Events

• AONH Monthly Webinars

Wed, July 20, 2016 at 8 pm EST/7 pm CST

Nutritional Therapist and Educator, Reed Davis, speaks on “Mastering Metabolic Chaos™: The Glue that Binds us Together” AONH members will receive an email invitation to join us for the AONH monthly webinar.

• SPECIAL COURSES

Fri/Sat, August 26-27, 2016, Bremen, GA

“Vital System Auto-Immune Advanced Testing Seminar” taught by Jeffrey Essen, NMD
To register: make a phone appointment on www.wholelifeclinic.com

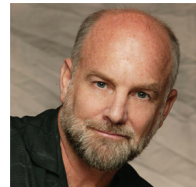
Sun, August 28, 2016, Bremen, GA

“The NATALiA. Method of Emotional Releasing” taught by Natalia Nanette Brown, CVP.
To register: natalianannette@charter.net

• SPECIAL EVENTS

AONH Annual Natural Health Care Conference, “Achieving Balance & Restoring Health,” October 13-15, 2016

The AONH Annual Conference joins health care advocates and providers for an enlightening program geared to keep natural health care practitioners up to date. You may register for either the full 3 day conference or the Thursday night seminar (public) by contacting us at info@aonh.org, or calling 202-505-AONH. Visit www.aonh.org for more information.



Reed Davis, NT



Natalia N. Brown



“Amazon John” Easterling will be opening the AONH annual conference

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NATURAL HEALTH

AONH NEWS



this issue

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The Mission of Your Association

AONH is dedicated to public education and the professional development of natural health care around the world. Our aim is to unite our like minded members and speak as one voice and with one purpose.

Getting Involved

Associate, Select, and Elite Memberships are available.

For further information on benefits you or your company can receive, please register for membership by visiting: www.aonh.org

Is our water making us sick?

Without clean, healthy water, in adequate amounts, our bodies cannot function properly. But what if this life sustaining liquid is actually toxic to our health?

The Flint, Michigan water crisis made headlines because of the dangerous levels of lead in the water. It generated a political firestorm of finger-pointing. But, what about people who live outside the Flint area? We assume there are intelligent people in charge of our local water and all we have to do is turn the handle to get clean water, right? If we had a water problem in the U.S., surely someone in authority would be tackling that basic human need, right?

After all, we have laws passed by Congress to assure our access to clean water. The Federal Water Pollution Control Act of 1948 was the first major U.S. law to



address water pollution. Growing public awareness and concern led to sweeping amendments in 1972 ending in what is commonly known as the Clean Water Act (CWA). Any first world country with a Clean Water Act will have clean water for its citizens. Or, so we thought.

One thing the Flint water crisis revealed is that the state of our water systems is quite alarming. While the Environmental Protection Agency (EPA) stresses that there is no safe level of lead exposure note what



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DO YOU
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ship is yearly and
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many benefits.

PRINCIPALS

Sam Abukittah
Founder &
President

James Hawver,
Co-Founder

USA Today reported “An analysis of U.S Environmental Protection Agency data showed approximately 350 schools and day-care centers failed LEAD tests a total of around 470 times from 2012 to 2015.” That figure represents nearly 20% of the water systems that are nationally testing above the FDA’s ‘action level.’ Additionally, a USA Today Network investigation discovered that nearly 2000 water systems across all 50 states not only FAILED lead testing, but included excessive and harmful levels of lead in the water.

How does lead get into our drinking water?

In rare instances lead gets into water as a result of pesticides that were used decades ago or due to industrial contamination of the soil and groundwater. However, lead is much more likely to enter water from household plumbing.



What does having even small amounts of lead in our water mean to the health of our families? Lead can damage growing brains and caused seizures, reduced IQ’s, learning disabilities, attention disorders, and many other problem behaviors. Infants fed formula made with contaminated tap water face significant risks. For adults, evidence links lead exposure to cancer, stroke, kidney problems, high blood pressure and increased risks of cardiovascular deaths. For pregnant women, lead exposure can result in premature

births, reduced birth weight and seizures.

Steps to Take to Reduce Your Lead Exposure in Water

#1-Test your water

Because lead is colorless, odorless, and tasteless in water, the only sure way to determine if your water contains lead is to have the water tested by a lab. Collect two water samples. The “first-draw” is first thing in the morning from cold water that has sat in the plumbing system overnight. The second sample is the “running sample” which is drawn after allowing the cold water to run for one minute. Comparing the results helps you determine the source of a lead problem. A lead concentration that remains above 15 µg/L after the water has run for one to two minutes indicates that lead is probably present in the water before it enters the household plumbing.

If your test result is reported in µg/L or ppb, then you should compare it with the safe drinking water standard of 15 µg/L. If your result is reported in mg/L or ppm, then the comparable drinking water standard is 0.015 mg/.

For a quick do-it-yourself solution to test for lead in your water, local retailers carry premium lead self-test test kits beginning at around \$10 per kit. Popular brands include First Alert and PRO-LAB. Alternatively, you can find a lab to test for lead for between \$14-\$100. It is best to have your water tested for “total lead” which includes particles rather than just “dissolved lead” which will ignore particulate lead in the water.

Water Filtration Solutions

It isn’t enough just to eliminate lead

from your water. There are also pathogens, other heavy metals, pharmaceuti-



cal byproducts, etc. that are important to remove, as well. Water filtration is an important part of a healthy lifestyle.

One interesting option is for a reasonable monthly fee, water filtration services will provide you with a stand-alone complete filtration system that uses a multi-step process to ensure alkaline, mineral enhanced pure water. One that we use and can recommend is the Wellsys System.

Detoxing Heavy Metals

If you have ingested, or been exposed to, heavy metals, whether environmentally or via food or water, a heavy metal cleanse is imperative to get you back on the path to true health.

A heavy metal detox should be done in an intentional, gentle way under the care of a health practitioner, so as not to create a health crisis or diminish stamina. Clean, alkaline water is integral to the health and continuity of the human race. Without it, we will never achieve optimum health, while constant exposure to toxic water can compromise our health for generations. Ensure your health and the health of your loved ones by determining and mitigating lead exposure, ensuring a clean water supply and detoxing from heavy metals using healthy, naturopathic methods.

Sources

- <http://www.usatoday.com/story/news/nation/2016/03/17/drinking-water-lead-schools-day-cares/81220916/>
- <http://www.usatoday.com/story/news/2016/03/11/nearly-2000-water-systems-fail-lead-tests/81220466/>
- <http://extension.psu.edu/natural-resources/water/drinking-water/water-testing/pollutants/lead-in-drinking-water>
- <http://healthywildandfree.com/remove-fluoride-drinking-water/>
- http://www.naturalnews.com/046536_water_filters_heavy_metals_lab_results.html

AONH Annual Natural Healthcare Conference Opening Night
Achieving Balance & Restoring Health, October 13, 2016

Learn how potent rainforest herbs truly are with the latest in the fascinating research of Rainforest Educator “Amazon John” Easterling. You will appreciate how you can use rainforest herbs to help you restore:

- Mental clarity
- Vital energy
- Digestive health
- Lymphatic system well being
- Health to virtually every system of the body

Join us for this very special night!



Douglasville Conference Center
6700 Church St., Douglasville, GA

Registration is required.
Cost: Register for only \$10
Students register for \$5

Please contact us: info@aonh.org
www.aonh.org