

SAFE

EATING

*A Practical Four-Point Program to Lower
Your Intake of Toxins and Increase Your
Tolerance of Toxins You Can't Avoid*

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from the use of lead.¹⁴ In the nineteenth century, scientists had unequivocal findings showing lead toxicity in humans. Yet we continued to mine it: lead can stop bullets and X rays, makes a nice paint base, and is useful in batteries.

Water from lead pipes, lead solder to join pipes, lead contaminated water supplies, and lead lined water coolers accounts for 15 to 40 percent of the lead that Americans ingest. A million drinking fountains in schools across this country are lead-lined and contain forty times the upper limit of acceptable lead levels in water.¹⁵ The EPA plans to lower allowable lead levels in water from the current 50 parts per billion to a safer 10 ppb. At the new safer level, forty million Americans are drinking water with toxic amounts of lead.¹⁶

Soft water, which is low in magnesium or calcium; high-acid water, which is mostly from acid rain in the eastern U.S.; and warm water will carry the most lead. Some states have mysteriously high levels of lead in the tap water. Illinois water, for instance, has four times the acceptable levels of lead in it, or 200 ppb.

What to do? Your city may be willing to test your tap water for lead. If not, contact one of the following companies who provide testing services to the public for a fee: WaterTest (1-800-426-8378); Suburban Water Testing (1-800-433-6595).

Bottled water and home filtration systems are viable alternatives to the mysterious toxic stew that spews forth from many water taps. This subject is thoroughly discussed in chapter 9.

WASTING OF WATER

How can we expect our cities to provide us with healthy purified water when 40 to 90 percent of our water supply is used to irrigate crops, cool turbines, and flush toilets? One reason for our water pollution dilemma is waste. In addition to jealously guarding the purity of our precious water reserves, we need to either conserve water or have dual water systems, with one pipe-

SAFE EATING

Here is the first reliable, thoroughly documented book about how we can protect ourselves from the ubiquitous twentieth-century pollution of our food supply.

It is no secret that nearly everything we eat has been affected in one way or another by chemical fertilizers, preservatives, growth hormones—toxins that are potentially very **dangerous, and in some cases life-threatening.** *Safe Eating*, though, is not a 'scare' book; it is a book which explains how we can avoid these toxins and how we can increase our body's natural tolerance to them.

The author answers the questions: How unsafe is our food and water supply? How did it get that way? What can we do about it? Can we get all the nutrients we need from a typical diet?

Although many people are justifiably concerned about a tainted food supply, few know what to do about it. This book does more than identify the problem; it provides a practical **game plan for minimizing the risk.** For instance it ranks fresh produce from the best to the worst in terms of their relative degree of chemical contamination and it examines the pros and cons of bottled water and having a home filtration unit. It lists those foods that can protect us from pollution, and some nutritional supplements that act in a prophylactic manner.

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to Rick & Sub. Water Test folks,
keep up the good work.
Patrick Quillie