

INSIDE: HOW TO REMOVE MERCURY FROM YOUR BODY WITH ANTI-HEAVY-METAL FOODS

# NATURAL SCIENCE JOURNAL

A PUBLICATION OF THE NON-PROFIT CONSUMER WELLNESS CENTER | ISSUE #1

SPECIAL REPORT

## HEAVY METALS ON TAP?

WE REVEAL THE CONCENTRATIONS OF HEAVY METALS  
FOUND IN OUR FIRST-EVER CROWDSOURCED  
MUNICIPAL WATER LAB TEST

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# Welcome to the Natural Science Journal

**W**elcome to the inaugural issue of the Natural Science Journal, a truly independent journal of record for cutting-edge science conducted in the public interest.

At least half of what gets published as “science” in the mainstream science journals today is pure fiction. Much of it is actually ghost written by pharmaceutical companies and their fake science P.R. firms. Every science journal that carries pharmaceutical industry advertising is little more than an industry mouthpiece, publishing drug and vaccine propaganda under the false label of “science.”

The Natural Science Journal was launched to counter “institutionalized scientific malpractice” with real, independent science conducted in the public interest. Here, we publish peer-reviewed science papers authored by myself and others who conduct cutting-edge investigations that benefit the public.

All the papers published in the Natural Science Journal are peer reviewed by other scientists. All advertising for the journal is in-house advertising, meaning we accept no money from outside parties to fund the journal. We are 100% self-funded, which means you can trust that what you read here isn’t influenced by outside interests.

Through this independent journal we aim to bring you eye-opening scientific findings that empower you with knowledge that has either been ignored or suppressed by the corrupt scientific establishment. Here, we’ll tackle the big questions that concern modern-day citizens on topics like vaccine composition, lead contamination of municipal water systems, the application of toxic biosludge on farms, and even the problem with heavy metals found in food and dietary supplements made in China.

Using state-of-the-art scientific instrumentation in our

internationally accredited (ISO 17025) laboratory facility, we will test off-the-shelf foods, spices, beverages and dietary supplements for pesticides, heavy metals, fluoride and more. Our laboratory, by the way, was recently awarded a “Certificate of Excellence” by the ERA proficiency testing science group, which congratulated us for “100% data acceptance” and for our “demonstration of the superior quality of the laboratory.”\*

It’s time that science be set free from the corrupt influences of government and corporate money, and it is through citizen-based initiatives like this one that we can accomplish the real goal of scientific discovery: the expansion of human knowledge that benefits all life on our planet.

All of us here at the Natural Science Journal look forward to bringing you cutting-edge, high-integrity science conducted in the interests of the People.

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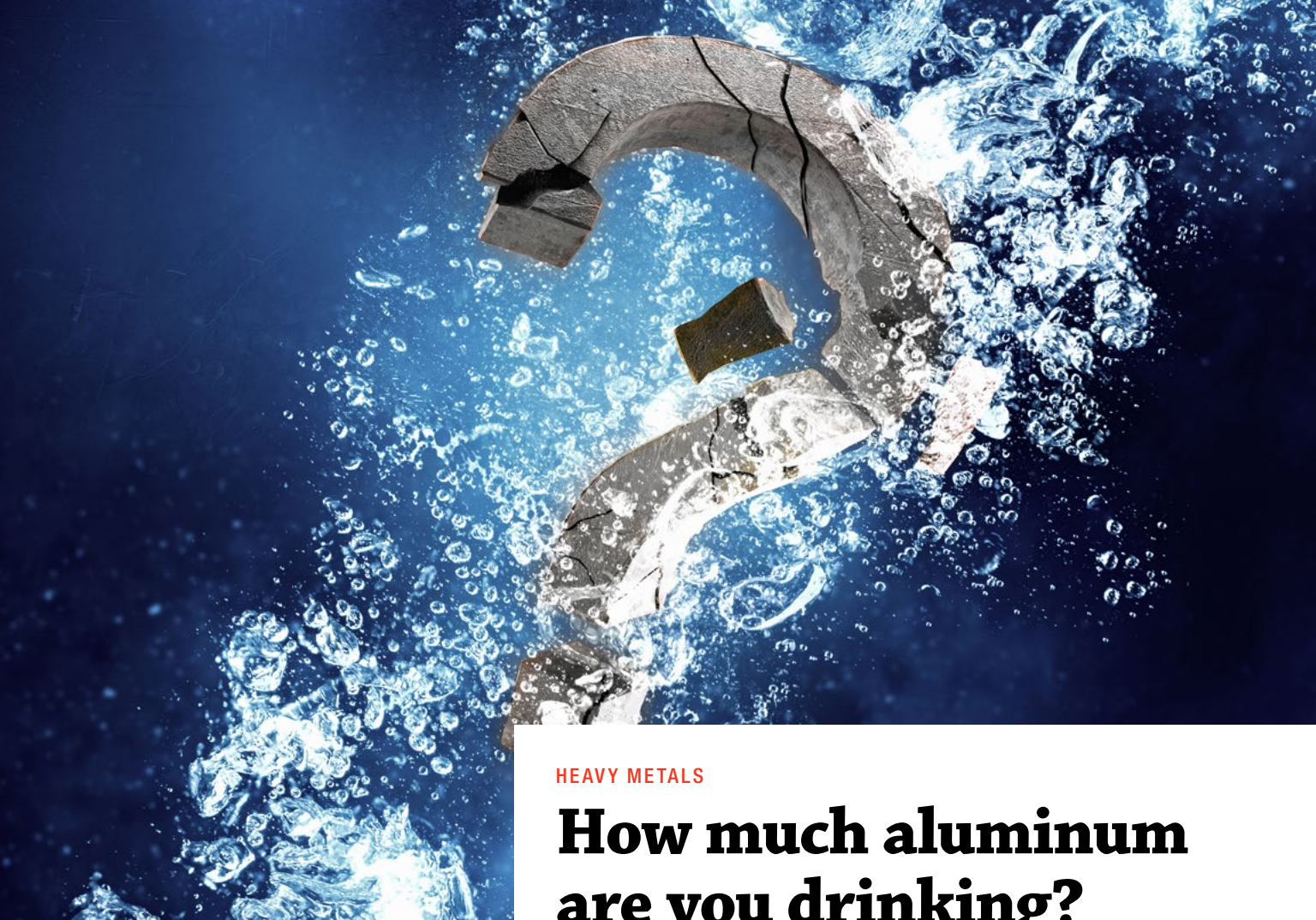


## - Mike Adams, the Health Ranger

Founder and Editor of the Natural Science Journal  
Lab science director of CWC Labs ([CWClabs.com](http://CWClabs.com))  
Author, Food Forensics ([FoodForensics.com](http://FoodForensics.com))  
Editor, Natural News ([NaturalNews.com](http://NaturalNews.com))  
Executive director, Consumer Wellness Center

\* View the Certificate of Excellence at: [http://www.naturalnews.com/053735\\_CWC\\_Labs\\_Health\\_Ranger\\_certificate\\_of\\_excellence.html](http://www.naturalnews.com/053735_CWC_Labs_Health_Ranger_certificate_of_excellence.html)





## HEAVY METALS

# How much aluminum are you drinking?



Aluminum overexposure, particularly through drinking water, has been implicated in neurological disorders like Alzheimer's disease.

**A**luminum is the most widely used metal on the planet. The element is responsible for some of the most simple and intricate products ever made, from soda cans to airplanes. For all the material purposes attached to aluminum, the heavy metal isn't without its share of risks. Overexposure to aluminum, particularly through drinking water, has been implicated in neurological disorders like Alzheimer's disease.

Given that aluminum lurks around every corner and can be found under any stone, the risk of overexposure to the metal is greater than it has ever been before. Unlike to vitamins and minerals, the human body does not need aluminum to function. It accumulates in the brain and other bodily organs where it competes with calcium and other minerals for absorption, which can adversely impact bone mineralization. Multiple animal models have associated aluminum exposure with cognitive deficiencies.

Drinking water usually has anywhere from 0.01 to 0.15 mg per liter of aluminum; however, some potable water contains 0.40 mg per liter or more. Although this accounts for only a fraction of total dietary aluminum, its continued consumption through the water supply may contribute largely to the total aluminum absorbed. Other problematic sources of aluminum include tea, antacids, various food additives, cans, cookware and certain antiperspirants.

## The Aluminumnati

In the same way that overexposure to cigarette smoke damages the lungs, overexposure to aluminum damages the central nervous system. Studies have demonstrated that toxic heavy metals can cause oxidative stress, which can impair brain health. Aluminum is a neurotoxin, so it should come as no surprise that it's been linked to degenerative brain disorders like Alzheimer's disease.

Alzheimer's disease is a neurological disorder where connections between brain cells are destroyed, leading to a gradual decline in memory and other cognitive functions. Plaques and tangles in the brain are regarded as the hallmark features of Alzheimer's disease. While estimates vary, experts believe that more than 5 million Americans suffer from Alzheimer's disease.

Arguably the most powerful piece of evidence linking aluminum to dementia stems from an Ontario study consisting of 668 autopsy-verified Alzheimer's disease brains. The study found that the odds of developing Alzheimer's disease are approximately 2.5 times greater for communities with drinking water containing more than 100 mg per liter of aluminum than communities below this level.

Similar findings held true for a separate 15-year study published in the *American Journal of Epidemiology*. The researchers reviewed the aluminum intake levels of 1,925 elderly patients between 1988 and 2003. The participants were chosen from 91 different municipalities with varying water sources. Among the nearly 2,000 elderly patients studied, none of them exhibited symptoms of dementia in 1988.

Over the course of the study, aluminum consumption greater than or equal to 0.1 mg per day from drinking water was associated with a decline in cognitive functioning. The build up of the aluminum ensued an onslaught of cognitive issues in participants who were healthy at the beginning of the study.

## How to reduce your aluminum exposure

In an effort to help the elderly participants, the team analyzed the impact of silica intake due to its ability to remove aluminum from the body. The researchers found that symptoms of dementia significantly subsided when participants increased their daily silica intake to 10 mg per day.

Fortunately, silica isn't limited to mineral water. Other sources of silica include oats, millet, barley, potatoes and whole wheat grains, to name just a few. To reduce your daily aluminum intake, consider using storage containers instead of aluminum, avoid processed edibles and opt for whole organic foods with safe packaging. ■

### SOURCES INCLUDE:

<http://www.orthomolecular.org/library/jom/2000/articles/2000-v15n01-p021.shtml>  
<http://blogs.naturalnews.com/aluminum-toxicity-symptoms-solutions>  
[http://www.naturalnews.com/043594\\_aluminum\\_dementia\\_silica.html](http://www.naturalnews.com/043594_aluminum_dementia_silica.html)  
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<http://www.alz.org/facts>



## CWC Labs Announces Commercial Testing Services

CWC Labs now offers commercial testing services for heavy metals, pesticides, hemp extract validation, identity testing and nutritive minerals analysis.

See [CWClabs.com](http://CWClabs.com) for details.



# Corroding pipe leads to spike in copper concentrations and toxicity



**C**opper has been long treasured by humanity. So much so that we made it into pennies and, more recently, household plumbing. Unfortunately, these pipes are not immune to the corrosion of time, leading to elevated concentrations of copper in the water supply.

Copper isn't intrinsically bad. It is an essential trace mineral, meaning our bodies require it in small quantities to function properly. Like many nutrients, however, copper is a double-edged sword and can be toxic in high concentrations. Copper poisoning, or acute toxicity, can occur when large amounts of copper are consumed in a short amount of time.

On the other side of the copper coin, research has shown that low levels of copper consumed over time can lead to a host of long-term health problems. According to Lawrence Wilson, MD, who runs the nonprofit Center for Development, the body requires a proper copper-zinc balance to function properly. As a result, too much copper can cause many of the same symptoms as zinc deficiency.

## How copper leaches to the water supply

The human body has a self-regulating system that maintains proper copper levels. Unfortunately, babies don't develop this system until they are at least one year old and, consequently, are more susceptible to the adverse effects of copper. People with Wilson's disease also have trouble maintaining proper copper levels.

Although copper primarily enters our bodies through water, it mostly only occurs naturally in water in small concentrations. Most copper contamination in drinking water is a corollary of the corrosion of copper pipes and fittings. Other sources of copper include copper mining runoff in some areas, as well as copper fallout in the air from

mining and industrial operations.

Since the chemical and physical constitution of water varies depending on its source, so do the corrosive characteristics of water. There a wide range of variables that can cause corrosion, including acidity, heat and levels of dissolved oxygen.

At high concentrations, copper can give water a metallic taste. Blue-green stains on plumbing fixtures are hallmarks sign that copper has leached into the water. Testing at an approved water laboratory is necessary to determine concentrations of heavy elements present in water.

## Testing for copper

The Environmental Protection Agency (EPA) has published a maximum contaminant limit for copper in public drinking water. If copper concentrations exceed an action level of 1.300 parts per billion

(ppb) in more than 10 percent of water samples collected from a water system, then the system is required to undergo a number of provisions to control the corrosion.

Nevertheless, the EPA's maximum contaminant limit does not mitigate acute copper toxicity in people. Some members of the population are more sensitive to copper poisoning than others. Too much copper can induce adverse health effects like diarrhea, stomach cramps and nausea. It's also been linked to liver damage and kidney disease.

Since private water suppliers are not required to keep copper concentrations in check, users of private wells may want to have their water tested. If you decide to have your household water tested for copper, don't sample water from a particular faucet until it has been inactive for at least six hours. Make sure the water collected is the first water to spring

forth from the faucet. This is known as a first-draw or first-flush sample.

If the lab results reveal the water sample has copper concentrations exceeding the maximum contaminant limit, then you will have to locate the source of copper and eliminate it if possible. If the copper is stemming from home plumbing, you may be able to flush the copper from the system before using the water for whatever purpose. If flushing your water distribution doesn't lower copper concentrations, you may want to seek an alternative drinking water source. ■

### SOURCES INCLUDE:

[http://www.naturalnews.com/043876\\_copper\\_toxicity\\_zinc\\_deficiency\\_heavy\\_metals.html](http://www.naturalnews.com/043876_copper_toxicity_zinc_deficiency_heavy_metals.html)

<http://www.health.state.mn.us/divs/eh/water/factsheet/com/copper.html>

[http://www.problemwater.com/c\\_copperDW.htm#dw](http://www.problemwater.com/c_copperDW.htm#dw)

<http://soiltesting.tamu.edu/publications/L-5472.pdf>

<https://www.epa.gov/dwreginfo/lead-and-copper-rule>

*The EPA is immensely corrupt, proving so on countless occasions including the Flint water poisoning... It's time to hold them accountable once and for all.*



# EPA cover-up of elevated lead water crisis exposed by new revelations

**A**mong all the scandals involving the Environmental Protection Agency (EPA), the agency's cover-up of the Animas River spill and the Flint, Michigan, debacle are arguably the most reprehensible.

On August 5, 2015, the EPA caused one of the worst environmental disasters to plague American history. Ignoring advanced warnings, an EPA contractor intentionally broke a dam at the Gold King Mine, flooding the Animas River with more than 3 millions gallons of toxic elements like lead, arsenic and cadmium.

Predictably, the EPA attempted to cover up the spill. They tried to keep local landowners silent about what was happening to the water and land. Once the river took on a mustard-orange color because of environment toxins, however, the reverberations of the spill became manifestly apparent.

The EPA has been monitoring rivers affected by the spill for nearly a year, but the agency hasn't detailed how they plan to protect the public and wildlife from the environmental catastrophe. On the one hand, the agency has claimed that the Animas River is safe for humans, arguing that metal concentrations fluctuate overtime due to heavy rains and changes in water flow. On the other hand, agency officials recently suggested making Gold King and 47 other mines a superfund site, which is designed to clean up highly contaminated areas.

## From one lead cover-up to the next

To add insult to injury, just a few months following the Animas River spill, the EPA was involved in another massive cover-up of lead poisoning of the water supply in Flint, Michigan. The scandal dates back to April 2014 when the city of Flint decided to draw its water from the Flint

River instead of the Detroit system in order to save money. However, the river's water was high in salt, which caused the city's aging pipes to corrode and lead to leach contaminants into the water supply.

Anyone who drank the city's tap water was exposed to lead. Children under the age of six are particularly susceptible to lead poisoning, which can cause irreversible brain damage. It's been linked to lower intelligence and behavior problems. After the city started drawing water from the Flint River in 2014, the incidence of elevated blood

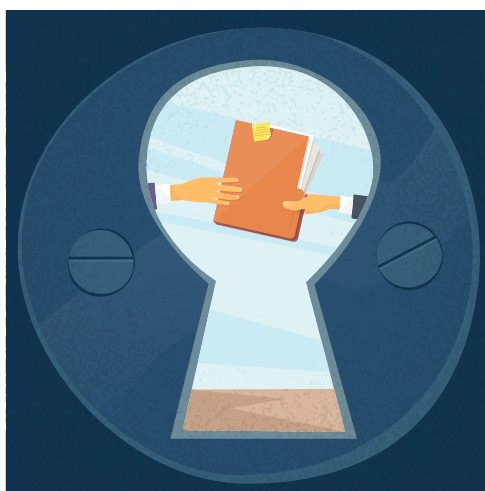
lead levels among Flint children under the age of 5 jumped from 2.1 percent to 4 percent. The long-term consequences of elevated blood levels among Flint children won't be known for years.

According to a 16-page report about how officials let public drinking water become contaminated with high levels of lead, it is unlikely the federal EPA would have enforced clean drinking water regulations in Flint if "widespread public outrage" hadn't ensued.

## Exposing the problem

It took the efforts of doctor-turned-campaigner Mona Hanna-Attisha, MD, to expose Flint's lead water crisis. Hanna-Attisha discovered that the lead levels in samples taken after the city switched the water supply had doubled, and in some cases tripled, in some neighborhoods. Her findings went against mainstream science, which showed lead levels were on the decline nationally, and was chastised as an "unfortunate researcher" for provoking mass hysteria. Without the work of independent scientist like Hanna-Attisha, Flint residents might still be unaware of the elevated lead levels.

Even more troubling, the report noted that EPA officials responsible for overseeing drinking water quality were aware of lead problems in Flint since at least April 2015 but failed





to notify the public. In addition, the agency didn't make any enforcement actions against Michigan regulators until January 2016.

## Holding the EPA accountable with citizen science research

For these reasons, the EPA needs to be held accountable by citizen scientists conducting private scientific testing. That is why the work conducted at the CWC Labs is so important, which tests for toxic heavy metals with the same methodology and instrumentation as the EPA. Otherwise, government institutions will corrupt the very scientific enterprise that they are intended to support. As former EPA scientist, Dr. Richard Lewis, explains in his book *Science for Sale*:

"The greatest threat of all is the purposeful corruption of the scientific enterprise by the institutions themselves. The science they create is often only an illusion, designed to deceive; and the scientists they destroy to protect that illusion are often our best." ■

### SOURCES INCLUDE:

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<http://www.thedailybeast.com/articles/2016/01/14/what-will-happen-to-flint-s-lead-poisoned-children.html>

<https://smartmeterharm.org/2016/02/04/science-for-sale-by-david-lewis>

**SOURCES FOR HEAVY METALS IN YOUR KITCHEN**

- Calcium Pills:** Lead
- Cacao Powder:** Cadmium
- Coffee:** Cadmium
- Herbal Supplements:** Lead
- Fish:** Mercury
- Rice Grain:** Arsenic
- Baking Powder:** Aluminum
- Dog Treats:** Lead
- Tea Bags:** Lead
- Grass Juice Powders:** Lead
- Rice Protein:** Lead, Cadmium and Tungsten
- Cabinet Handles:** Lead and Nickel (in brass)
- Sea Vegetables:** Lead and cadmium
- Flatware:** Lead and Cadmium
- Tap Water:** Lead and Copper
- Cooking Pans:** Aluminum
- Cooking Spices:** Lead
- Clams:** Lead
- Fluorescent Lights:** Mercury

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**[www.CWCLabs.com](http://www.CWCLabs.com)**

## LAB RESULTS

# ICP-MS analysis of toxic elements (heavy metals) in 100 municipal water samples from across the United States

Mike Adams<sup>[1]</sup>

[1] Science lab director, Consumer Wellness Center Labs (CWClabs.com), an ISO 17025 accredited laboratory with validated proficiency in EPA 200.8 and AOAC 2013.06.

## ABSTRACT

One hundred crowdsourced samples from municipal water supplies were acquired and tested via ICP-MS for concentrations of Al, Cu, As, Cd, Hg and Pb. Analysis was conducted via ICP-MS using an element-expanded variant of EPA methodology 200.8.<sup>[1]</sup> Resulting data reveal some samples exceeded current EPA limits for elements in public water. All samples showed zero detectable Hg. The data show that over 90 per cent of municipal water samples collected for this analysis were within EPA standards for toxic elements. This analysis did not test water for fluoride, pesticides or organic compounds.

## INTRODUCTION

Concerned by the 2016 revelations of excessive Pb in the municipal water supply of Flint, Michigan, this author launched EPAwatch.org and announced a nationwide call for water samples from municipal water supplies from across the United States. This effort was part of a non-profit public interest program to document the concentration of toxic elements in public water systems.<sup>[2]</sup> Over the subsequent weeks, hundreds of water samples were collected by the public and sent to the Consumer Wellness Center Laboratories for analysis.

In order to confirm the water samples' origins, CWC Labs instituted a rigorous sample verification process. Sample origin and collection forms are kept on file at CWC Labs and include the date of the sample, zip code, name of the individual taking the sample and their contact information (phone number and email).

Most samples were submitted to CWC Labs using recommended 50mL polycarbonate vials. The first 100 samples accepted by the CWC Labs verification process were selected for this study.

All water samples were screened using pH strips, then



One hundred crowdsourced samples from municipal water supplies.

checked for harmful radiation using a hand-held radiation meter. Additional steps, which shall be kept private for security reasons, were taken to assure the safety of CWC Labs personnel. No abnormal radiation was detected in the samples, and no pH results were outside expected ranges for municipal water. All samples were visually inspected, and none showed particulate matter, discoloration or other signs that might indicate tampering or attempted crowdsourcing hoaxes.

Volumes of received samples ranged from approximately 10mL to 100mL. Approximately 90 per cent samples were in the 40 - 50mL range. All original water samples have been archived for future analysis or verification.

## METHODOLOGY

Five (5.0) mL of each water sample was volumetrically transferred into a 50 mL digestion vial using a calibrated pipette. All samples were visually determined to have turbidity well below 1 NTU. As described in EPA method 200.8 under "direct analysis," each water sample was stabilized and diluted by adding 45 mL of a diluent consisting of 3% HNO<sub>3</sub> and 0.5% HCl.

Once diluted to 50 mL, samples were loaded into an Agilent ASX-500 Series autosampler in preparation for ICP-MS analysis. The ICP-MS instrument used was an Agilent 7700X, running in He mode with the following tune parameters:

RF Power = 1550  
 RF Matching = 1.70  
 Sample Depth = 9.0  
 Carrier Gas = 1.03 L/min  
 Option Gas = 0.0  
 Nebulizer Pump = 0.10 rps  
 S/C Temp = 2C  
 Gas Switch = Makeup gas  
 Makeup Gas = 0.0  
 He Gas Flow = 3.50 mL/min  
 Coolant Water Flow = 1.35 L/min  
 OctP Bias = -18.0  
 OctP RF = 200  
 Energy Discrimination = 4.0  
 QP Bias = -14.0

The ICP-MS analysis was initiated with a five-point

external standards calibration curve. All analytes except Hg were calibrated on a concentration curve as follows:

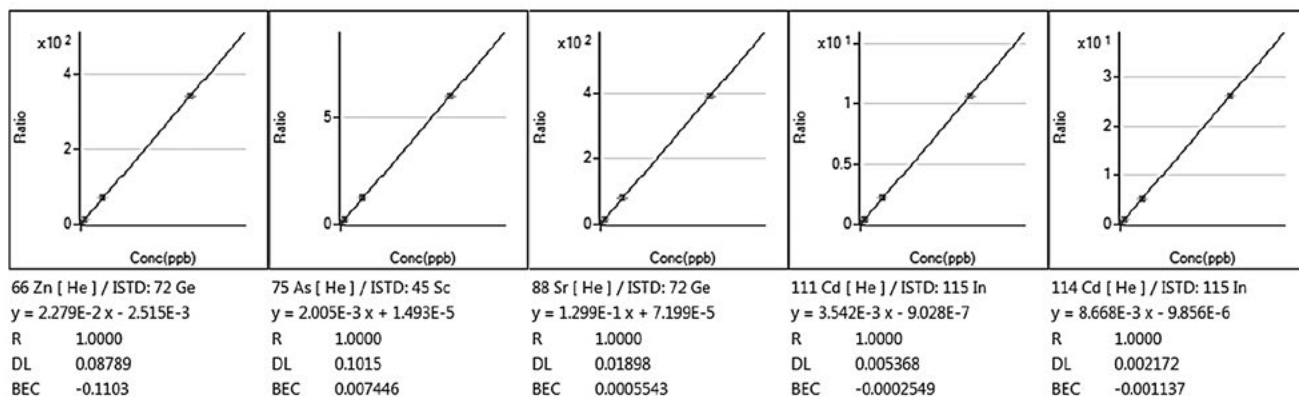
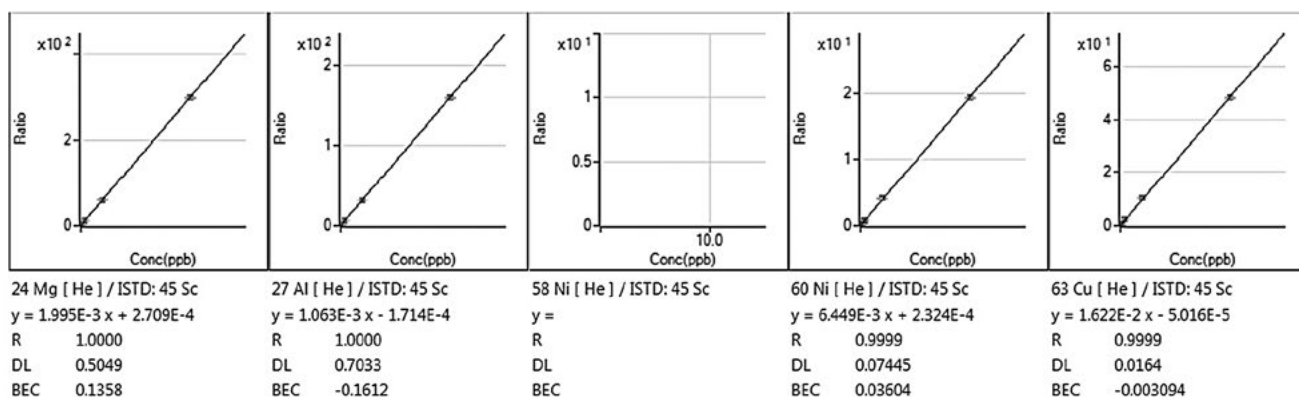
Level 0: 0 ppb	Level 3: 120 ppb
Level 1: 4.8 ppb	Level 4: 600 ppb
Level 2: 24 ppb	Level 5: 3000 ppb

The resulting calibration curve correlation coefficient was calculated by Agilent MassHunter software to be 1.0000.

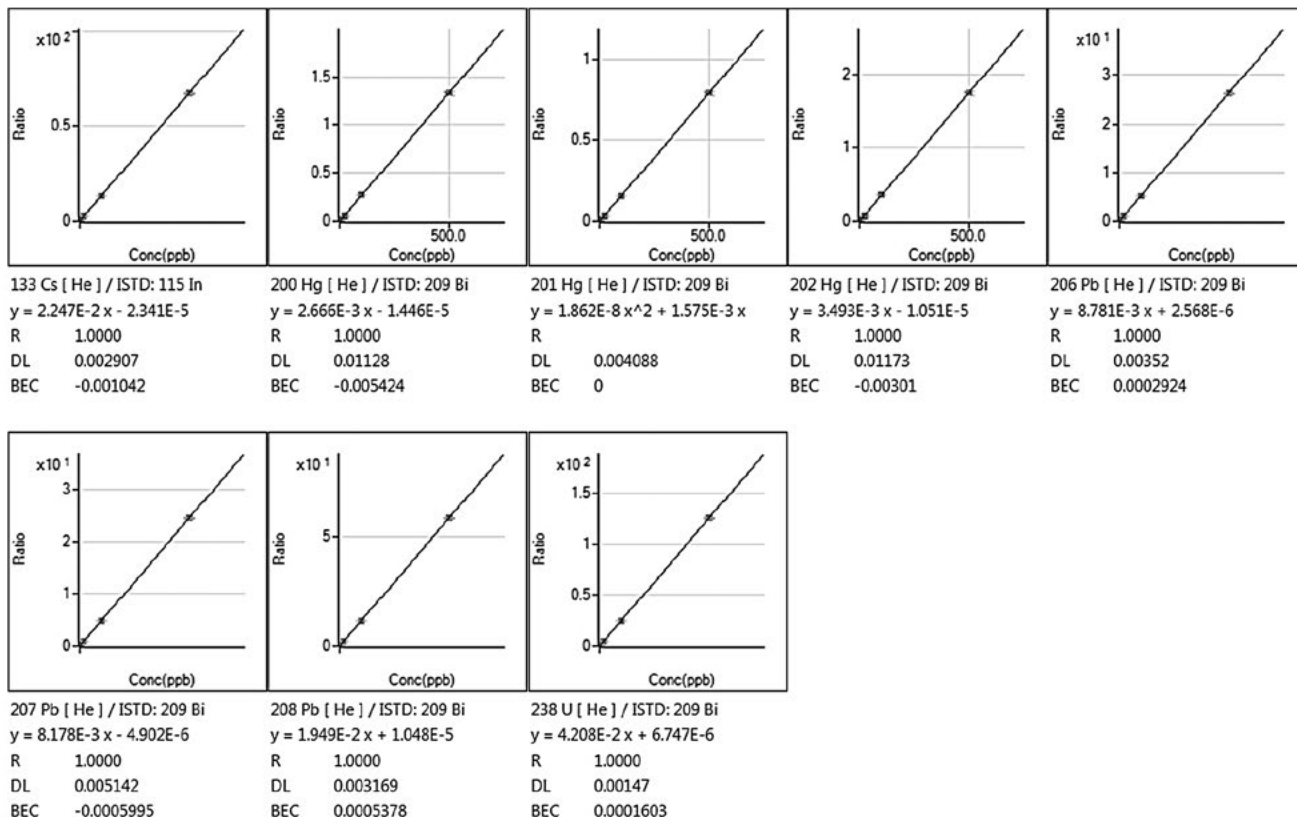
External Hg calibration curve concentrations were set as follows:

Level 0: 0 ppb	Level 8: 24 ppb
Level 6: 0.8 ppb	Level 9: 120 ppb
Level 7: 4.8 ppb	Level 10: 600 ppb

The detection limit (LOD) for Hg was calculated by the MassHunter software to be 0.03 ppb. The correlation coefficient of the calibration curve for Hg was calculated by the Mass Hunter software to be 1.0000.





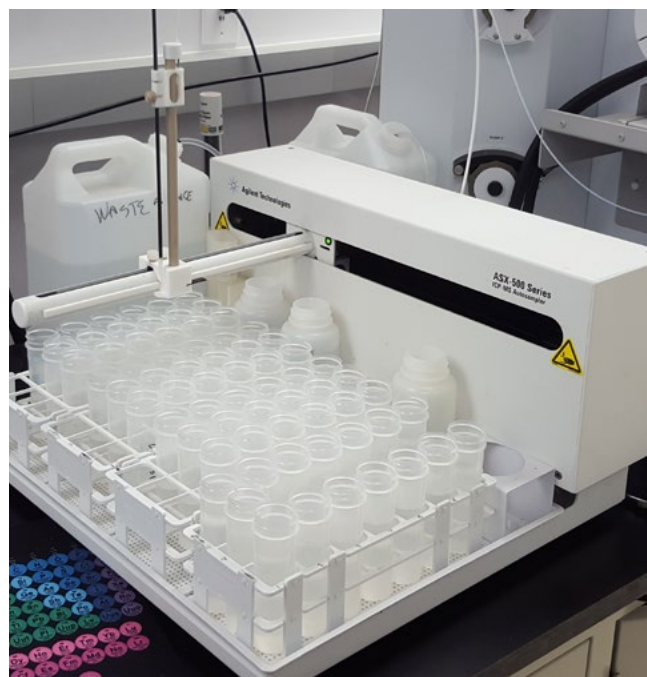


Prior to the analysis of samples, a “blank” vial of the dilution solution was first analyzed and categorized as a Full Quant Blank to subtract its elemental composition from the final results. Analyte Counts Per Second (CPS) were extremely low across all scanned elements due to the laboratory grade DI water used in the dilution solution. This lab notes that very small concentrations of Al are typically found in HNO<sub>3</sub>, and very small concentrations of As are found in the HCl. These were all subtracted from final results.

During the ICP-MS run, multi-element calibration checks were conducted after every 10th unknown sample. Each calibration check showed all elements to be within acceptable ranges of accuracy. No element “drift” was detected.

Analyte data acquisition was carefully monitored during the run to watch for polyatomic interferences. Due to the addition of a small volume of HCl to the dilution solution, possible interferences at +35 and +37 were specifically monitored. No such interferences were detected.

The ICP-MS analysis was completed and data were recorded in the MassHunter software and archived for study.



Agilent Technologies ASX-500 Series Autosampler.

# Method Table: FullQuant

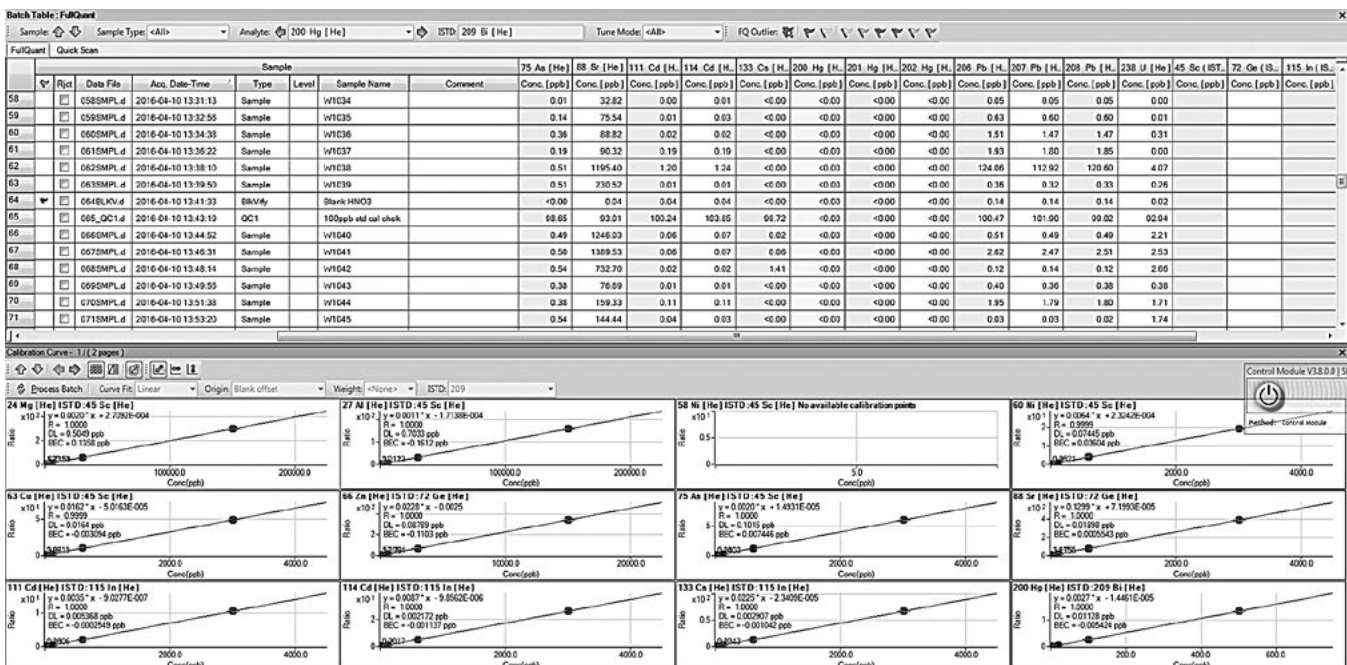
DA Method Task:

Basic Calibration Parameters					
Calibration Title	Calibration Method	Edit STD Conc	Weighing	Virtual STD Correction	VIS Interpolation Fit
External Calibration		<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Linear

	Analyte									Level											QC	Blank
	Tune Mode	Mass	Name	Curve Fit	Origin	Weight	ISTD	Min Conc	Units	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10	Level 11	QC1	Blank
1	1: He	24	Mg	Linear	Blank offset	<None>	45	0	ppb	0	240	1200	6000	30000	150000						100	1
2	1: He	27	Al	Linear	Blank offset	<None>	45	0	ppb	0	240	1200	6000	30000	150000						100	1
3	1: He	58	Ni	Linear	Blank offset	<None>	45	0	ppb	0	4.8	24	120	600	3000						100	1
4	1: He	60	Ni	Linear	Blank offset	<None>	45	0	ppb	0	4.8	24	120	600	3000						100	1
5	1: He	63	Cu	Linear	Blank offset	<None>	45	0	ppb	0	4.8	24	120	600	3000						100	1
6	1: He	66	Zn	Linear	Blank offset	<None>	72	0	ppb	0	24	120	600	3000	15000						100	1
7	1: He	75	As	Linear	Blank offset	<None>	45	0	ppb	0	4.8	24	120	600	3000						100	1
8	1: He	88	Sr	Linear	Blank offset	<None>	72	0	ppb	0	4.8	24	120	600	3000						100	1
9	1: He	111	Cd	Linear	Blank offset	<None>	115	0	ppb	0	4.8	24	120	600	3000						100	1
10	1: He	114	Cd	Linear	Blank offset	<None>	115	0	ppb	0	4.8	24	120	600	3000						100	1
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13	1: He	201	Hg	Linear	Blank offset	<None>	209	0	ppb	0						0.8	4	20	100	500		1
14	1: He	202	Hg	Linear	Blank offset	<None>	209	0	ppb	0						0.8	4	20	100	500		1
15	1: He	206	Pb	Linear	Blank offset	<None>	209	0	ppb	0	4.8	24	120	600	3000						100	1
16	1: He	207	Pb	Linear	Blank offset	<None>	209	0	ppb	0	4.8	24	120	600	3000						100	1
17	1: He	208	Pb	Linear	Blank offset	<None>	209	0	ppb	0	4.8	24	120	600	3000						100	1
18	1: He	238	U	Linear	Blank offset	<None>	209	0	ppb	0	4.8	24	120	600	3000						100	1

ISTD				
Tune Mode	Mass	Name	VIS Flag	Units
1	1: He	45	Sc	ppb
2	1: He	72	Ge	ppb
3	1: He	115	In	ppb
4	1: He	125	Te	ppb
5	1: He	159	Tb	ppb
6	1: He	209	Bi	ppb

Water Method - Full Quant.



Water Data Sample.

## RESULTS

Zip Code	Aluminum <sup>ppb</sup>	Copper <sup>ppb</sup>	Arsenic <sup>ppb</sup>	Cadmium <sup>ppb</sup>	Mercury <sup>ppb</sup>	Lead <sup>ppb</sup>
01001	0.00	18.78	0.00	0.02	0.00	0.22
01080	0.00	272.49	0.00	0.00	0.00	0.30
04742	0.00	342.05	0.21	0.01	0.00	0.16
05734	34.37	5.97	0.12	0.01	0.00	0.03
05734	0.00	7.48	0.06	0.08	0.00	0.35
06010	0.00	8.20	0.22	0.01	0.00	0.43
06032	27.08	82.37	0.48	0.71	0.00	0.79
06516	23.55	145.87	0.32	0.41	0.00	0.44
07030	0.00	193.09	0.14	0.03	0.00	0.60
10701	0.00	96.82	0.20	0.01	0.00	0.19
12550	24.12	17.52	0.44	0.05	0.00	0.21
17109	0.00	25.95	0.00	0.03	0.00	0.19
19504	0.00	76.12	0.00	0.03	0.00	0.97
22508	8.52	3.82	0.00	0.02	0.00	0.03
23462	55.62	17.18	0.71	0.99	0.00	0.91
28277	0.00	0.94	0.00	0.02	0.00	0.01
28277	13.07	9.78	0.01	0.01	0.00	0.05
29577	21.35	88.97	0.37	0.09	0.00	0.47
30114	0.00	15.78	0.37	0.03	0.00	0.10
32224	0.00	4.97	0.00	0.02	0.00	0.62
32250	34.80	154.14	0.59	0.91	0.00	1.65
33029	9.90	19.00	0.87	0.02	0.00	0.37
33137	0.00	19.09	0.60	0.03	0.00	7.29
33442	1.91	4.11	0.04	0.02	0.00	0.01
33442	9.89	3.77	0.24	0.02	0.00	0.17
34957	0.00	23.43	0.01	0.01	0.00	0.59
37221	0.00	64.63	0.03	0.04	0.00	0.19
45342	0.00	67.10	0.17	0.03	0.00	0.42
48506	0.00	20.67	0.23	0.05	0.00	0.06
48616	0.00	51.75	0.19	0.02	0.00	0.00
51025	0.00	23.43	0.54	0.02	0.00	0.12
51025	0.00	1117.12	0.49	0.07	0.00	0.49
51025	0.00	170.37	0.50	0.07	0.00	2.51
53210	0.79	49.46	0.17	0.16	0.00	0.85
53215	12.15	28.93	0.31	0.20	0.00	0.02
55331	0.00	8.86	0.20	0.06	0.00	0.13
55341	34.29	87.70	0.80	0.88	0.00	1.38
55345	0.00	23.11	0.58	0.01	0.00	0.02
57103	93.08	87.07	0.34	0.20	0.00	0.23
62034	0.00	312.60	0.09	0.00	0.00	0.31
62208	50.09	141.36	0.39	0.04	0.00	0.07
62225	11.55	584.73	0.50	0.05	0.00	0.10
62226	20.55	61.84	0.45	0.04	0.00	0.05
62226	21.55	1057.86	0.38	0.11	0.00	1.80
62232	3.33	2.49	0.54	0.03	0.00	0.02
62234	0.00	0.88	0.00	0.00	0.00	0.01
64024	0.00	447.85	0.51	0.01	0.00	0.33
65804	19.07	3.23	0.05	0.00	0.00	0.21
68104	2.51	2.00	3.94	0.04	0.00	0.28



Zip Code	Aluminum <sup>ppb</sup>	Copper <sup>ppb</sup>	Arsenic <sup>ppb</sup>	Cadmium <sup>ppb</sup>	Mercury <sup>ppb</sup>	Lead <sup>ppb</sup>
68105	40.28	0.98	0.56	0.01	0.00	0.09
68862	0.00	53.72	6.06	0.03	0.00	0.19
75110	5.31	33.60	0.69	0.03	0.00	0.28
75137	4.07	171.76	0.22	0.01	0.00	0.02
75260	0.00	36.48	0.10	0.00	0.00	0.02
75260	0.00	361.21	0.07	0.01	0.00	0.00
76904	67.34	69.67	1.45	1.17	0.00	5.66
77057	0.00	0.32	1.43	0.02	0.00	4.57
77072	0.00	23.91	1.78	0.01	0.00	0.13
78629	13.59	28.81	0.22	0.02	0.00	0.97
80525	32.45	206.86	0.27	0.55	0.00	3.75
80542	0.00	84.11	0.00	0.02	0.00	0.11
80903	95.67	128.89	0.51	0.82	0.00	0.94
81301	0.00	12.60	0.23	0.02	0.00	0.13
82082	0.00	296.44	3.05	0.07	0.00	2.65
83617	32.28	8.56	0.67	0.77	0.00	0.82
83702	0.00	96.97	1.11	0.02	0.00	0.25
83706	0.00	6.30	2.75	0.01	0.00	0.19
83714	0.00	200.09	3.87	0.02	0.00	0.69
85086	19.27	178.08	0.51	1.24	0.00	120.60
85301	0.00	231.13	0.94	0.12	0.00	0.29
87144	0.00	74.78	1.27	0.03	0.00	0.34
90027	32.68	84.02	2.22	0.49	0.00	0.55
90064	0.00	125.39	1.19	0.16	0.00	0.19
90066	198.40	39.88	4.63	0.20	0.00	8.12
90291	0.00	74.47	2.20	0.02	0.00	0.08
91360	5.22	4.78	3.07	0.08	0.00	0.23
91403	1.87	299.15	2.16	0.06	0.00	1.17
92011	0.00	286.12	1.16	0.05	0.00	0.24
92501	106.02	2.33	3.14	0.82	0.00	0.89
92545	0.00	49.89	1.15	0.01	0.00	0.11
92592	0.00	45.37	1.81	0.01	0.00	0.02
92656	130.95	31.34	1.49	0.02	0.00	1.43
92663	0.00	34.64	2.25	1.22	0.00	0.35
94062	2.78	7.66	0.38	0.01	0.00	0.38
94110	0.00	28.64	0.36	0.02	0.00	1.47
94121	3.26	10.38	0.37	0.02	0.00	0.04
94566	0.00	57.51	0.37	0.01	0.00	0.47
94566	0.00	120.11	0.42	0.07	0.00	16.03
94566	0.00	296.03	0.40	0.02	0.00	0.43
94566	0.00	106.41	0.33	0.02	0.00	4.00
94901	103.27	23.15	0.19	0.19	0.00	1.85
94923	0.00	52.07	1.30	0.01	0.00	0.04
95066	14.36	81.53	4.91	0.02	0.00	0.08
97365	0.00	9.14	0.00	0.03	0.00	0.14
97391	0.00	1.98	0.00	0.03	0.00	0.04
97702	30.84	8.58	3.52	0.85	0.00	1.09
98027	0.00	391.71	2.72	0.01	0.00	0.87
98031	0.00	4.14	0.26	0.01	0.00	0.06
98368	0.00	100.80	0.52	0.01	0.00	0.14
99352	11.82	58.22	0.65	0.29	0.00	0.83

## DISCUSSION

EPA regulatory limits for toxic elements in potable water are as follows: <sup>[3]</sup>

As = 10 ppb

Cd = 5 ppb

Cu = 1300 ppb ("Action Level" designation by EPA)

Hg (inorganic) = 2 ppb

Pb = 15 ppb ("Action Level" designation by EPA)

The EPA notes on its "Table of Regulated Drinking Water Contaminants" <sup>[2]</sup> that excessive concentrations of toxic elements can cause serious damage to humans:

- Arsenic has been shown to cause "Skin damage or problems with circulatory systems, and may have increased risk of getting cancer"
- Cadmium has been linked to "kidney damage"
- Copper: "Short term exposure to Copper has been shown as a possible cause of gastrointestinal distress; Long term exposure to Copper has been linked to "Liver or kidney damage"
- Lead poisoning in Infants and children has been shown to cause "Delays in physical or mental development; children could show slight deficits in attention span and learning abilities." In adults lead poisoning has been linked to kidney problems and/or high blood pressure."
- High Mercury concentrations in drinking water can lead to "kidney damage"

For the purpose of reporting results, Pb 208 is cited here, although three isotopes of Pb were acquired during analysis (206, 207, 208). Hg was scanned at 200, 201 and 202.

All samples showed zero results across all three mercury isotopes. Cd was scanned at 111 and 114.

## ALUMINUM RESULTS

The EPA does not consider Al to be a contaminant of concern in municipal water systems. However, because high Al may be indicative of poor overall water quality or industrial contaminants, we include the two highest Al results from this group as areas that may merit further study:

Zip code 90066: 198.40 ppb

Zip code 92656: 130.95 ppb

## COPPER RESULTS

All water samples analyzed were below the EPA limit of 1300 parts per billion (ppb).

The EPA limit for Cu in drinking water is 1300 ppb. Two samples were detected that exceed 90% of that limit, but do not exceed it:

Zip code 51025: 1241.24 ppb

Zip code 62226: 1175.40 ppb

One additional sample was found at 50% of the EPA concentration limit for Cu:

Zip code 62225: 649.70 ppb

## ARSENIC RESULTS

The EPA limit for As in municipal water is 10 ppb. The three highest concentration samples found in this data set are shown below. None of the analyzed samples exceeded the current EPA limit of 10 ppb.

Zip code 90066: 4.63 ppb

Zip code 95066: 4.91 ppb

Zip code 68862: 6.06 ppb

## CADMIUM RESULTS

The EPA limit for Cd in municipal water is 5 ppb. All 100 samples exhibited Cd concentrations well within the EPA limit.

## MERCURY RESULTS

The EPA limit for inorganic Hg in municipal water is 2 ppb. All 100 samples showed 0.00 ppb for all three of the scanned isotopes of Hg (200, 201, 202). No mercury speciation was conducted.

## LEAD RESULTS

The EPA limit for Pb in municipal water is 15 ppb. Two of the 100 samples exhibited Pb concentrations that exceed the EPA limit. One sample, from zip code 85086 (North of Phoenix, AZ) measured 120.60 ppb of lead, exceeding the EPA limit of lead in water by 700%.

Another sample from zip code 94566 (Pleasanton, CA) revealed lead at 16.03 ppb, slightly exceeding EPA limits.

One additional sample showed Pb exceeding 50% of the EPA's Pb limit:

Zip code 90066: 8.12 ppb

## SUMMARY AND CONCLUSION

One hundred drinking water samples from municipal water supplies around the United States were analyzed for toxic heavy metal contamination. All but two of the 100 potable water samples exhibited toxic heavy metal concentrations below EPA limits. One sample from the Phoenix, AZ area and one from the Pleasanton, CA area exceeded the EPA limit for Lead. These households have been notified of the test results of their water samples.

## FURTHER STUDY

The Consumer Wellness Center Laboratories (CWClabs.com) will continue to study the concentrations of heavy metals in potable water around the United States. As more data become available this paper will be updated.

## REFERENCES

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- [2] <http://epawatch.org/2016-03-10-health-ranger-mike-adams-calls-on-general-public-to-submit-water-samples-from-public-schools-to-be-tested-for-lead-and-other-toxic-heavy-metals-for-free.html>
- [3] <https://www.epa.gov/your-drinking-water/table-regulated-drinking-water-contaminants>

## ACKNOWLEDGEMENTS

The author wishes to acknowledge Agilent for its robust analytical instrumentation that made this study possible.

## ADDITIONAL INFORMATION

The author has no financial ties to the EPA or government funding sources. This study was funded by the non-profit Consumer Wellness Center (ConsumerWellness.org), where the author serves as the executive director in an unpaid position. The author donated his time to conduct this analysis in the public interest. ■



## Commercial Testing Services for Heavy Metals and other Contaminants

The Consumer Wellness Center Lab now offers commercial testing for food companies across the globe, specializing in the scientific analysis of food composition. Our scientific analysis services include heavy metals quantitation, pesticide analysis, hemp extract chemical quantitation, identity testing, label compliance and nutritive analysis of supplements.



For more information, please visit  
[www.CWCLabs.com](http://www.CWCLabs.com)



# Which water filters remove the most heavy metals?

**A**s the Flint, Michigan, water crisis continues to unfold, the need for water filters that remove heavy metals from water has never been greater. To help stop Flint incidences from happening elsewhere in the country, CWC Labs is conducting tests to determine which filters perform the best in terms of removing toxic heavy metals.

The test are being conducted to gauge the ability of water filters to remove not just toxic heavy metals like lead, cadmium, arsenic and mercury from the water, but also elements pertinent to nuclear accidents too, like uranium, strontium and cesium isotopes. The results of the tests, obtained through ICP-MS instrumentation with parts-per-billion sensitivity, are available for public viewing at [WaterFilterLabs.com](http://WaterFilterLabs.com).

The results of the tests are truly shocking, revealing most water filters fail to remove most heavy metals. A common water filter sold at Wal-Mart, for example, was

shown to remove around 15 percent of lead in contaminated water, allowing 85 percent of the lead to make its way into “filtered” water intended for drinking. Incidentally, the same water filter failed to remove nearly 25 percent of mercury from the water.

## Testing the water

The Consumer Wellness Center does not receive any compensation from these manufactures to test their products. All filters tested are purchased “off the shelf” at Amazon.com and none of the manufacturers are made aware that the efficacy of their products is being tested. The tests are a public service made available to the world free of charge. This lab is in the process of achieving ISO 17025 certification and uses EPA-derived methodologies to test all water samples.

Among these tests conducted, the Big Berkey water filter removed significantly more contaminants than PropPur. For example, the ProPur water filter removed a mere 20.2 percent of cesium, whereas the Big Berkey water filter removed approximately 96.8 percent of cesium. In addition, the PropPur “All-in-One” filter removed 61.6 percent of arsenic, while the Berkey filter removed 100 percent of arsenic.

It should be noted that these tests were conducted for heavy metals only. The concentrations of other contaminants, such as fluoride and glyphosate, were not measured in the tests. Other water filters tested included Zen Water Systems, Crystal Drop and Doulton. Full results of the removal results across all tested elements are available now at [WaterFilterLabs.com](http://WaterFilterLabs.com).



## Significant findings

One of the most interesting findings at CWC Labs is that ProPur's standard filters, which have been sold for years, consistently performed poorly in these studies. Tests were stymied so that the lab could acquire the company's "All-in-One" filter. Although the All-in-One filter performed significantly better than its water filter predecessors, they were still not as effective as the Big Berkey filters tested.

The top performing filters in these tests included Big Berkey, Zen Water Systems and ZeroWater. "With this effort, we are using the scientific instrumentation of our laboratory to help provide information to consumers that may help them choose the appropriate water filter for their preparedness needs," said Mike Adams, director of the laboratory that conducted the tests, as reported by *Natural News*. "These tests reveals that consumers have several choices in water filters which remove nearly one hundred percent of tested elements. That's good news for consumers who need to know whether they can rely on these filters for emergency use," he added.

Based upon these results of these tests, CWC Labs can only recommend consumers purchase water filters made by Big Berkey and Zen Water Systems at this time. ■



## Quality Assurance at CWC Labs

All water filter tests were conducted by Mike Adams, the Health Ranger using ICP-MS instrumentation with parts per billion sensitivity using methodologies based on EPA 200.8, using nitric acid digestion, sample normalization, five-point external standards calibration and in-run calibration checks.

Learn more on page 20.

### SOURCES INCLUDE:

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## DETOXING

# How to remove mercury from your body with anti-heavy-metal foods

**T**oxic heavy metals lurk around every corner and can be found under, and in, any stone. Many people, for instance, want to reap the health benefits of fish but are afraid of mercury toxicity. Fortunately, Mike Adams, director of the Consumer Wellness Center (CWC) Labs, has unearthed anti-heavy-metal foods that can remove mercury from the body.

Eating contaminated fish is the foremost source of mercury exposure in the United States. It is also released into the air by coal-burning power plants and factories. Mercury passes through the gastrointestinal wall and is disseminated throughout the human body in just 30 hours. Doctors have long recognized the toxic effects of mercury, which can damage the kidneys and the central nervous system. High mercury intake during pregnancy can spur irreversible damage to the fetus too.

A dearth of research has been conducted by the scientific community on foods that can counteract toxic heavy metals. As a result, many of the findings at CWC Labs will likely not be embraced by the scientific community for years.

## The power of fibers

Mercury is one of the easiest heavy metals to capture in a laboratory. It sticks to instrument tubes, vials and even

certain dietary fibers. Research at CWC Labs has shown that insoluble fruit fibers are excellent at capturing mercury during digestion. Mercury is special in this respect, as these fibers have a difficult time binding with other heavy metals like lead, cadmium and arsenic.

Among all the fruits tested, strawberries were shown to capture more than 95 percent of all the mercury added to the gastric acid solution in a human digestion simulator. These findings held true for freeze-dried strawberries but not strawberry juice, since pure juice is devoid of fibers. The reason strawberries were effective at removing mercury is because they are the only common fruit that has seeds on the outside. These tiny seeds are attached to a dense bundle of plant fibers at the heart of strawberries, which are strong and difficult to digest by people. Strawberry fibers pass through the body more or less intact in the same way insoluble vegetable fibers pass through the body.

Interestingly, CWC lab tests revealed that strawberries were better at binding to mercury than green grasses like barley grass and wheat grass. This is exciting news for anyone trying to make informed health decisions. Simply eat more strawberries with every meal, especially when consuming fish like salmon, sushi and tuna. If you are not a fan of strawberries, you can substitute them with citrus fruits eaten whole with the fibers intact.

## Other anti-heavy-metal foods

Strawberries aren't the only anti-heavy metal food in town. Remarkably, peanut butter was better at binding with mercury than strawberries, capturing more than 96 percent of dietary mercury. The stickiness of peanut butter makes it act like a glue which binds with the stickiness of mercury.

Trumping strawberries and aching peanut butter, hemp protein was shown to have an even more powerful anti-mercury effect. This captured approximately 98 percent of dietary mercury.

Finally, Clean Chlorella, an in-house chlorella brand devoid of heavy metals, was more effective at removing mercury from the body than strawberries, peanut butter and hemp protein. All chlorella products tested at CWC Labs were excellent at attracting having metals, capturing 93 to 99 percent of dietary mercury.

It should be noted that these anti-heavy metal foods only protect against mercury consumed through food. They will not protect the body from mercury that is inhaled through the air. Consuming these foods will not stop mercury toxicity caused by dental fillings. The list below reveals the reduction achieved of each substance tested at CWC Labs using ICP-MS analytical

instrumentation. The list was originally published on *Natural News* by Mike Adams in 2015. ■

### DIETARY MERCURY BINDING TEST RESULTS:

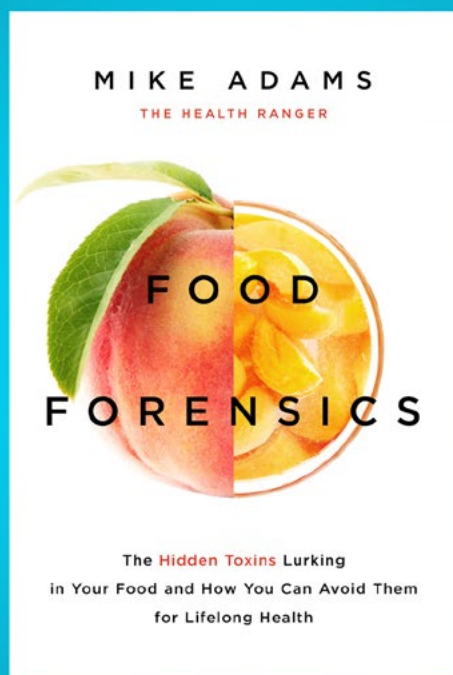
Clean Chlorella: 99%	Barley Grass: 89%	Corn Pops Cereal: 53%
Hemp Protein: 98%	Acai Berries: 88%	Brown Rice: 53%
Peanut Butter: 96%	Wheat Flour: 86%	Suja Carrot Orange Juice: 34%
Strawberries: 95%	Nori Powder: 85%	Beets: 20%
Cilantro Leaf: 95%	Hawaiian Spirulina: 83%	Sunny D: 20%
Raspberries: 92%	Blueberries: 83%	Suja Apple Cucumber Juice: 10%
Cacao Powder: 91%	Mangos: 73%	Zeolites: 9%
Wheat Grass: 90%	Ground Mustard: 72%	Sucralose: 3%
Coconut Granola Cereal: 89%	Tropicana Orange Juice: 54%	Red Bull: 0%

### SOURCES INCLUDE:

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<https://www.nrdc.org/stories/mercury-guide>

[http://www.naturalnews.com/044339\\_dietary\\_mercury\\_heavy\\_metals\\_removal.html](http://www.naturalnews.com/044339_dietary_mercury_heavy_metals_removal.html)



**"Mike Adams has done a real public service by exposing the deceit and arming consumers with the knowledge to make informed decisions about the food they eat. Food Forensics is a must read for anyone wanting not only to avoid disease, but to achieve optimal health and wellbeing."**

- Gretchen DuBeau, Alliance for Natural Health

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**[www.FoodForensics.com](http://www.FoodForensics.com)**





## LAB TESTING

# CWC Labs announces commercial testing services for heavy metals and other contaminants

**C**onsumer Wellness Center (CWC) Labs, formerly known as the *Natural News* Forensic Lab, is pleased to announce that we now offer commercial testing to help companies produce clean foods safe for human consumption.

CWC Labs is a project two years in the making which is backed by ISO 17025 international accreditation. The lab is 100 percent privately funded and receives no grant money from the government. The USDA and FDA do not regulate levels for heavy metals present in food and supplements. Because of this, CWC Lab Director Mike Adams has decided to begin testing for arsenic and other heavy metals with his own state of the art forensic food lab.

CWC Labs can conduct commercial testing for food companies across the globe, specializing in the scientific analysis of food composition. The areas that we test for include

heavy metals, like lead, cadmium and aluminum, as well as nutritive minerals like zinc, manganese and chromium. In addition, CWC Labs has an entire organic chemistry section with Time of Flight Mass Spec instrumentation capable of detecting pesticides and herbicides. CWC Labs also detects fluoride using ion-chromatography.

## Why test with CWC Labs?

If you want to use our services, please contact [CWCLabs.com](http://CWCLabs.com). The reason that food companies will want to use CWC Labs is because we set a standard of clean food for which other laboratories fall short. Using an Inductively Coupled Plasma Mass Spectrometry instrumentation, we can help reduce heavy metals concentrations in food while boosting some of the nutritional minerals in those products.

When it comes to detecting heavy metals at parts per billion (ppb) concentrations, no other laboratory is better equipped than CWC Labs.

One reason you should consider commercial testing with CWC Labs is because other labs intentionally distort their numbers by using outdated instruments with low sensitivity. These labs are tailored for food companies who want to see low numbers in the tests in advance. If you use CWC Labs, we will break food down to its fundamental parts using the most up-to-date government-approved methodologies and technologies.

Another reason you should consider commercial testing with CWC Labs is because the FDA is going to start shutting down small companies that are not GMP-compliant. One way they are going to do this is by asking companies to provide batch records for each production plot, which highlights all the testing for heavy metals, pesticides and other contaminants. With CWC Labs, we will help you understand the composition of what is in your food, maintain compliance with GMP and keep the FDA off your back.

CWC Labs does not receive any compensation from these manufacturers to test their products. The tests are a public service free of charge. Many of the foods tested are purchased off the shelf as many food companies cannot be

relied upon to test their own products. We purchase food items at the grocery store and then test them at the lab ourselves. That way we know the items tested are public products that anyone else might be consuming. Unlike other labs, we are here to help get cleaner raw materials and make cleaner products.

It's an exciting time at CWC Labs. Keep checking CWCLabs.com for updates. Nobody is testing more off-the-shelf foods and supplements than CWC Labs. ■

#### SOURCES INCLUDE:

<http://www.ConsumerWellness.org/Mission.html>

[http://www.naturalnews.com/052994\\_EPA\\_watch\\_lead\\_contaminated\\_water\\_citizen\\_science.html](http://www.naturalnews.com/052994_EPA_watch_lead_contaminated_water_citizen_science.html)



## Lab Videos & Interviews with the Health Ranger

Join CWCLabs science director Mike Adams for equipment tours, experiment recaps, interviews and more.

[www.CWCLabs.com](http://www.CWCLabs.com)





# Commercial Testing Services for Heavy Metals and Other Contaminants

The Consumer Wellness Center Lab now offers commercial testing for food companies across the globe, specializing in the scientific analysis of food composition. Our scientific analysis services include heavy metals quantitation, pesticide analysis, hemp extract chemical quantitation, identity testing, label compliance and nutritive analysis of supplements.



## CWC LABS

For more information, please visit [www.CWCLabs.com](http://www.CWCLabs.com)