

Rainwater Collection Technique

My favorite way to drink water without fluoride is from a water distillery. Unfortunately, I lost this device when I lost my electricity. More information is available at www.DeathbyElectricMeter.com. The short answer? The electric company refused to allow me use an Analog Electric Meter. (The electric meter with clock-type dials.) They said, "You can have the Smart Meter or you have have no meter." I heard, you can have illness or you can have health.) I chose health and traveled back in time to using candles.

I began trying different ways to collect rainwater and had a lot of water I spit out of my mouth. If it tasted okay, then it made me feel bad. Here is the favorite water collection I use. Yes, you can have fresh rainwater using some of the items you all ready own.

Supplies I used:

- 1) A 6-foot chain-link fence
- 2) ¼" glass with three ½ inch holes.
- 3) ½ inch down from the top and sides. Three holes – one in the middle and two at the ends a ½ inch down from the top and ½ inch from the sides. 48 inches wide by 40 inches tall. Three holes are on the 48 inch side.
- 4) Heavy duty zip ties to attach the glass to the fence
- 5) A table to put the glass on an angle.
- 6) Three or four food grade buckets
- 7) Three bungee cords to hold on cotton sheets cut in squares to cover the tops of the buckets. (This will save the lives of lizards who want to swim in the rain water. Unfortunately, they cannot swim forever and drown because the sides of the bucket are too steep to escape.)
- 8) A white sheet you want to cut up for covering each Food Grade bucket.
- 9) A stainless steel funnel.
- 10) A stainless steel strainer.
- 11) Coffee filter

See the pictures for a better understanding of what I did in case the description isn't as clear as you would like. Review:



I bought three white, BPA free, food grade buckets for the rainwater collection. I use a white, double rinsed with no soap sheet cut in two foot by two foot squares for the top of each bucket. (colored sheets make colored rainwater - Yuck.) A few bungee cords daisy chained together around the top will hold the sheet to each bucket. The sheet prevents critters from swimming in the water.



Next, I bought a 1/4 inch piece of glass that is 48 inch wide and 40 inch long. I had the glass shop drill three holes on the top so I can attach it to the chain link fence with heavy duty zip ties.

I put a table close to the fence so the glass is on an angle. The bucket sits on the one side to collect the water. I don't have the glass completely level along the fence.

That means that one side of the glass must be dipping lower. You'll have to play with leveling. I found that one bucket always had lots of water and the other buckets had next to nothing. Soon, I knew which buckets to eliminate and kept the buckets that collected water. Just using one bucket is much less work than more buckets.



During the rainy season here in Florida, this glass system supplies me with most of my drinking and cooking water. I also have a water delivery service that sells me water from the Ocala Springs (no fluoride) in BPA free plastic bottles.

Drinking & Cooking Water

When you live off grid, water is a basic necessity to life that doesn't need to have a second thought. All apartments have water, every house you can buy will have water, BUT, when you are off grid it is a whole new issue to address.

In my situation, I have City Water, BUT it is contaminated water because the City of Altamonte Springs adds fluoride to all of the water. I always thought my water filter removed fluoride, but – I ARE A mistaken. I learned the hard way that I was wrong and corrected it by harvesting rain water for drinking and cooking.

I still use ZAP water for showering, washing clothes and dishes. Yes, I complained to the Water Department, but I do NOT have the right to stop being medicated with fluoride – found in many prescription medications. Like what? “Flonase” and “Lipitor” to name two.

Americans call it, “tap water.” but a much better description would be, “ZAP water,” because it ZAPS health. Why is tap water a rip-off? Because around 1945 there was a study done that demonstrated that adding fluoride to water reduced cavities in children by 20 percent.

Fluoridation Rip Off:

The Mellon Institute was hired to find the benefits of fluoride. By the way, the Mellon Institute was also hired to find research that supported asbestos. For many years Mellon's research pointed to asbestos being safe and would not cause cancer. Of course, today we know that is incorrect.

Harold Hodge, was a scientist at Mellon Institute, supported favorable findings that fluoride was good for the Public Water Departments to add to America's water. It was later revealed that Mr. Hodge was not a reputable person because he had been part of the Human Radiation Experiment that injected human subjects with plutonium and uranium during this same time period. (1945 to 1946)

The aluminum industry denies that it sells their aluminum waste as fluoride. They insist that fluoride is used to smelt the aluminum and they use it in production. My research points to the opposite as true. They are just twisting information to make themselves innocent. But, isn't that normal because all advertisers do that every day.

In 1996, I had my own fight for my health going on because I was doing research to find out why I was having migraine headaches. I found a big controversy about MSG. Some information said that it was a migraine trigger. However, other information said that MSG was NOT a trigger. Which was true? I wanted my life back and this was a pivotal question I needed to know. My personal pain experiences said that MSG was a trigger.

Let me share the one research study that opened my eyes to completely change my attitude towards trusting any research.

Do I Trust Research?

When I was in graduate school, I was told that I should only trust research that was a double-blind study. That simply means that all the participants in the study take a pill, but one group takes a fake pill or placebo. The part that makes the study "blind" is that no one knows which group receives the empty pill.

In the landmark study I read, one group was given a pill with MSG inside it. The second group was given a pill with nothing inside it. Of course, no one nor the medical staff administering the pills knew who had the empty pill and who had the pill that contained MSG. Both groups lived as they normally did without any other environmental or dietary changes.

Now the part that forever changed me. Both groups had close to the same number of migraines as they had before taking the pill. No one's migraines were improved or became much worse. That meant that this study showed conclusively that MSG or monosodium glutamate did NOT trigger migraines.

I was very confused because my personal research had a different outcome. I decided to read the entire study and not just the synopsis of their study.

What did my bulging eyes see? The pill casings in the study for the pill without MSG were made from modified food starch. Sounds innocent? Yes, but I know that modified food starch is an alias name for – the envelop please – MSG!

WHAT!?! I almost dropped my teeth. That explained how the findings in the synopsis said information that was completely opposite from my personal experience. No wonder no one had less migraines with the empty pill group because **ALL** the participants ate MSG!

My point of view? Paid research is a giant swindle in the holy name of health! Now the bad news gets worse because most research is paid.

The company doing the research is employed by the company asking for the study about their product. They will pay for favorable information. No one wants the truth when you are a company? It would be like putting down an enemy in your resume for a referral. That would be sheer stupidity!

If you have read any of the books, then you know that they are all from my personal experiences. I don't have to buy any lab rats, because I am the lab rat. I'm not guessing, searching for information to quote in this book. No, what you read here is straight from the horses mouth. Neigh.

Please know that all research companies need to work. They need to put food on the table, pay their mortgage and I understand that. But, you need to understand that as well. Biased information is bad information.

This is a world full people who need to live. Don't fault them, but follow the money so you, too, can find the truth to the information that you read when it comes to your health.

Besides the truth was in the study if you read ALL of the information. You didn't read ALL of it? Ahhh, then the guilt is on your own head and not theirs. Right?

All of a sudden, I realized that I am being medicated without my permission. I have ZERO choice to remain drug free every time I drink a glass of water. Shouldn't I have a right to choose if we want to abstain from taking fluoride? It's a drug? Answer: Nope, not in America.

Most people know that all drugs have side effects. Listen to any of the television, radio or magazine article commercials' disclaimer of side effects. They include more harm than the actual disease.

Fluoride Side Effects? It Destroys the Thyroid

The effects of reducing cavities by 20 percent seems small when compared to taking the risk of damaging anyone's thyroid.

- The thyroid regulates energy.
- The thyroid enables the body to heat itself in order to kill germs. No heat – no activation of the immune system.
- The thyroid controls metabolism.

Too many Americans are already suffering from an injured thyroid that is easily seen by the size of their waist. 21.5 million Americans take Synthroid – a prescription thyroid medication. Another 7 million for Armour thyroid. The side effects of fluoride that injure the thyroid seems to be a money maker for pharmaceutical companies, aluminum manufacturers and medical doctors.

David Kennedy, DDS testifies that fluoride does NOT reduce cavities and most adults lose their teeth because of gum disease that is caused by a “bug” or “infection” in the mouth and NOT cavities.

Cavities are a rip off says Dr. Kennedy. The most effective way to remove the “streptococcus mutan bugs” is with iodine. Not much profit there for pharmaceutical companies - so it is NOT popular with dentists in America. (medical schools don't tell them the truth in school.) Go to his website and hear Dr. Kennedy explain this scam in full. (<http://fluoridegate.org>)

Fluoride Side effects: teeth stains in young children are common when they consume too much fluoride during their enamel formation period. The greatest risk for Dental Fluorosis is from birth to eight years old. .

Note: Store-bought orange juice has fluoride water added to it. If the drink is from concentrate, then you are drinking water with fluoride. Any food label that says, “water” contains fluoride. Limit these drinks in your diet.

What do you do to fix the Water Rip Off?

You must drink water without fluoride for both drinking and cooking. Here are a few options:



#1 - Well Water is great water. Have it checked every so often to insure good quality.

#2 -Distilled water – NOT bought or stored in plastic containers. Never drink out of plastic. I have my doubts about the complete safety of BPA free plastic.. Glass is best! When I had electricity, I used a counter-top distillery

like the one in the picture. (Makes one gallon in about seven hours. This stainless steel appliance has a glass, one-gallon pitcher and costs about \$250.)

#3 - Reverse Osmosis water filter – a filtration system that removes most of the fluoride when the filters are in good working order from regular maintenance. All other water filters will **NOT** remove any fluoride. Most people will need to hire a plumber to install the reverse osmosis filter.



May need a plumber to install.

#4 - Call water delivery services and ask for: “Fluoride-free water that is delivered in glass.” Yes, I found one near Orlando. You can, too.

Be warned, it is expensive. I do not trust the “BPA free” plastic bottles.

#5 – Go to Whole Foods (a grocery chain in Orlando, Florida) and buy their reverse osmosis water. I used to bring my own glass bottles before I had the reverse osmosis filter installed. I also collect rainwater for myself.

#6 – See the video link on www.TwoLeftFeetDanceLessons.com. Please scroll to the bottom of the page for a link to the video, and a PDF of this information.

According to Fereydoon Batmanghelidj, M.D., author of “Your Body’s Many Cries for Water” the human body requires that you drink 50 percent of your body weight every day to maintain good health. That means a 100 pound person needs to drink 50 ounces of water without fluoride each day.

For every 32 ounces (one quart,) Dr. Batmanghelidj suggests adding 1/4 teaspoon of unrefined salt. I suggest: Himalayan Pink Salt or Celtic Sea Salt as my preferences.

If you drink caffeine or drink alcohol, the daily water requirement increases by 24 ounces for every 8 ounces of caffeine or alcohol you drink.

In-Home Rainwater Processing

I use a stainless steel funnel, then a stainless steel strainer and lastly a coffee filter (not shown in the picture.)



I pour the water through the three layers and into each quart jar. Then, I add one drop of Lugol's Solution. Finally, I put on the lid and store in my pantry. That's it.

Unfortunately, I still shower with ZAP water, and wash veggies with it. A well is a nice option, but I do not have one.

Rainwater Collection Tips:

- Wash the white sheet in a washing machine before cutting them for the top of the food-grade buckets. I use a half cup of my old table salt instead of detergent.
- Attach the white sheet with a bungee cord to save the lives of lizards falling into the buckets.
- When possible, move the buckets and water falls right from heaven instead of hitting a tree on its way down to the bucket.
- Wash each jar before storing the water. (If I don't use a handled sponge on the insides of each jar, then slime sometimes grows on the walls of the jar.)
- Add one or two drops of Lugol's Solution to each quart jar of water. I can taste the rainwater before the Lugol's and it tastes great. Afterwards – not as tasty to me.
- Clean the bucket after each harvest. I wipe it down with a clean dish cloth to remove the ZAP water. Then I replace the old sheet with a fresh one.