

SACRED CURRENTS

feng shui



What Are You Drinking?

Last month I taught 2 day long seminars on Feng Shui for architects and interior designers in Dallas & Houston, for *Design Arts Seminars*. Teaching was great fun (I even hauled out my cowboy boots for the occasion) and I was thrilled the material was so well received. One of the requirements of the course (to receive the Continuing Education Credits these professionals require for maintaining their license), was to include a portion of the day on



sustainability.



Creating healthy environments is the aim of Feng Shui. The words themselves (meaning Wind & Water) define what's needed for the very existence of life on our planet. Nothing can survive without clean air and water.

I discussed the properties of each of the 5 Elements (Water, Wood, Fire, Earth and Metal) and how to use them effectively for Feng Shui adjustments, with any design scheme. Then on a less sexy note, we turned our attention to the toxins present our environment and the healthy, sustainable choices we can make. This is the first of 5 newsletters I will dedicate to our personal & planetary health.

We start with **WATER**

Simple Water Conservation We Can All Practice:

- Turning off the water while brushing our teeth saves 25 gallons of water a month per person.
- If building or renovating install low flush toilets.
- Recycle gray water - dish, shower, sink & laundry water comprise 50-80% of residential 'waste' water.
- While grey water may look "dirty," it is a safe, beneficial source of irrigation in a yard. However, remember that it is essential to use "plant friendly" products, those without salts, boron, or chlorine bleach.



7 Toxins in Most of Our Drinking Water:

An adult human body is 55-60% water - the brain is 70% & the lungs are 90% water.

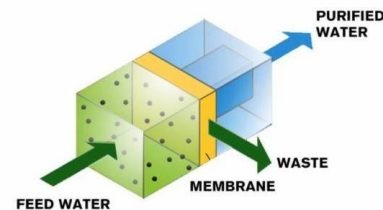
- **Fluoride** - Research has shown that fluoride actually damages tooth enamel, suppresses immune and thyroid function & increases cancer.
- **Chlorine** - Chlorine has been identified as a leading cause of bladder cancer and has been associated with rectal and breast cancers, asthma, birth defects and premature aging of skin

- **Radioactive Contaminants** - Since Fukushima, radioactive fallout from Japan has been detected in drinking water supplies throughout the US.
- **Pharmaceutical Drugs** - Anything from antibiotics and birth control pills to painkillers, antidepressants and other psychiatric medications are in our drinking water.
- **Hexavalent Chromium** - Made famous by the movie, Erin Brockovich, this chemical poisoned thousands of people yet there are still no regulations for it in drinking water.
- **Lead, Aluminum & Heavy Metals** - Corrosion of pipes in our plumbing systems leads to lead consumption which is linked to severe developmental delays and learning disorders in children. Aluminum and other heavy metals have been linked to nerve, brain and kidney damage.
- **Arsenic** is a poisonous element known to be extremely carcinogenic. 56 million Americans drink water containing unsafe levels of arsenic.



What Can We Do? For the best filtering, there must be a filter at the point of entry but even one attached to your sink will make a difference. Do your own research!

- **Carbon/Activated Carbon:** Activated carbon chemically bonds with and removes some contaminants in water filtered through it. Carbon filters vary greatly in effectiveness: some just remove chlorine and improve taste and odor, while others remove a wide range of contaminants including asbestos, lead, mercury and Volatile Organic Compounds or VOCs.
- **Reverse Osmosis:** This process relies on a semi-permeable membrane that retains particles larger than water molecules. Reverse osmosis can remove many contaminants not removed by carbon, including arsenic, fluoride, hexavalent chromium.



I hope this Spring inspires each of us to live in more sustainable and healthy ways (that is sexy!). Next month I'll write about Wood & specifically the surfaces we walk on.

À votre santé - to Your Health!

Judith Wendell / Sacred Currents