JUNE 2009

U.T.O.L UPDATE

Universal Touch of Life Medical Institution

2009 Issue 5

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Ephesians 3:16-19 (NIV)

Are you drinking what you think you are drinking?

People spend billions of dollars every year on bottled water. People choose bottled water for a variety of reasons including aesthetics (e.g., taste), health concerns, or as a substitute to other beverages. If you have questions about bottled water, make sure you are informed about where your bottled water comes from and how it has been treated.

All bottled water types are sometimes referred to as "spring water" but that's not really accurate. The origin and processing of different types of bottled water actually make them quite different in content and taste. BFAD (Bureau of Food and Drugs) is the agency that regulates all types of bottled water and it established guidelines called standards of identity that classify bottled water into several different water types:

Spring Water: The ever-popular "spring water" is defined as *bottled water derived from an underground formation from which water flows naturally to the surface of the earth*. To qualify as spring water, it must be collected only at the spring or through a borehole tapping the underground formation feeding the spring. If the collection process uses some type of an external force, the water must be from the same stratum as the spring and must retain the quality and all of the same physical properties of water that flows naturally from a spring to the surface.

Purified Water: This is a type of drinking water that has been treated with processes such as distillation, deionization or reverse osmosis. Basically, this just means that the bacteria and dissolved solids have been removed from the water by some process, making it "purified." This type of bottled water is usually labeled as *purified drinking water* but can also be labeled for the specific process used to produce it, for example, reverse osmosis drinking water or distilled drinking water. Many bottled water brands are actually purified drinking water.

Mineral Water: Okay, ready for some science? Mineral water contains not less than 250 parts per million total dissolved solids and is defined by its *constant level and relative proportions of mineral and trace elements at the point of emergence from the source*. No minerals can be added to the water.

Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

Psalms 143:10
(NIV)

UTOL U.S.A

31 Musik, Irvine
92618 CA USA
Phone: 1 (213) 261-6139

UTOL PHILIPPINES

46-A Melchor Street
Loyola Heights, Quezon City
Philippines 1108

Phone: (632) 433-6934
Mobile: 0917-8042482
E-mail: utol2007@skydsl.com.ph
www.utolmedicalfoundation.org

from page 1... **Are you drinking what you think you are drinking?**

Sparkling Bottled Water: This type of water contains the same amount of carbon dioxide that it had when it emerged from its source. Sparkling bottled waters may be labeled as *sparkling drinking water, sparkling mineral water, sparkling spring water,* etc.

Artesian Water/Artesian Well Water: Artesian water comes from a well that taps a *confined aquifer*-a water-bearing underground layer of rock or sand-in which the water level is above the top of the aquifer.

Well Water: Well water is exactly what it sounds like- water from a hole made in the ground that taps the water source.

DENGUE FEVER

Dengue fever is a disease caused by a family of viruses that are transmitted by mosquitoes. It is an acute illness of sudden onset that usually follows a benign course with headache, fever, exhaustion, severe joint and muscle pain, swollen glands, and rash. The presence of fever, rash, and headache is particularly characteristic of dengue.

Dengue strikes people with low levels of immunity. Because it is caused by one of four serotypes of virus, it is possible to get dengue fever multiple times. However, an attack of dengue produces immunity for a lifetime to that particular serotype to which the patient was exposed.

Dengue goes by other names, including "breakbone" or "dandy fever." Victims of dengue often have contortions due to the intense joint and muscle pain, hence the name breakbone fever.

How is dengue contracted?

The virus is contracted from the bite of a striped *Aedes aegypti* mosquito that has previously bitten an infected person. The mosquito flourishes during rainy seasons but can breed in water-filled flower pots, plastic bags, and cans year-round. One mosquito bite can inflict the disease. The virus is not contagious and cannot be spread directly from person to person. There must be a person-to-mosquito-to-another-person pathway.

http://www.medicinenet.com

Signs and symptoms of dengue

After being bitten by a mosquito carrying the virus, the incubation period ranges from three to 15 (usually five to eight) days before the signs and symptoms of dengue appear. Dengue starts with chills, headache, pain upon moving the eyes, and low backache. Painful aching in the legs and joints occurs during the first hours of illness. The temperature rises quickly as high as 104° F (40° C), with relative low heart rate (bradycardia) and low blood pressure (hypotension). The eyes become reddened. A flushing or pale pink rash comes over the face and then disappears. The glands (lymph nodes) in the neck and groin are often swollen.

Fever and other signs of dengue last for two to four days, followed by rapid drop in temperature (defervescence) with profuse sweating. This precedes a period with normal temperature and a sense of well-being that lasts about a day. A second rapid rise in temperature follows. A characteristic rash appears along with the fever and spreads from the extremities to cover the entire body except the face. The palms and soles may be bright red and swollen.