

Water Matters

How Water Quality Shapes Your Brain,
Your Energy, and Your Future



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IF YOU DO NOT HAVE A FILTER.
YOUR BODY AND MIND ARE THE FILTER.



Blessings. I am Heather Ann Ferri — speaker, singer, and prophetic healer. I share my testimony because lived experience matters. In these pages, you'll explore the science of American tap water, what truly defines clean water, and how structured waters support the body, mind, and spirit.

My healing journey began when I was very sick and praying for answers. I survived severe, life-threatening conditions that reshaped my entire understanding of the human body. What I never imagined was how God would use that healing to bring people from every walk of life to my door from doctors, lawyers, construction workers, teachers, and many other professionals quietly suffering and searching for water education. My healing became the bridge for theirs.

I walked through the fire of severe childhood abuse and rose beyond every system that failed to explain my pain. Over-medicated and mislabeled as a child, no Western medicine could reach the wounds I carried. After my show-business career, including a Guinness World Record, my path led me home to face generational trauma and rebuild my body from the inside out. Through mastering eight ancient sciences, I reversed genetic blood disorders, CPTSD, cancer, and chronic fatigue. Even my bone structure shifted as my trauma-healing blueprint awakened. Each tool revealed how the human body, spirit, and water communicate and why water education is essential for anyone ready to upgrade their mental and physical health.



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My training as a professional dancer led me to want to be the best. My family judged me early on about investing in these water systems. But when they were all faced with serious illnesses, my protocols healed them. Did you know Japan is number one in healthcare, wound care, and longevity? These Japan devices nurture the mother in the kitchen in so many ways.

My first tool working in a private trauma practice was water education. Humans are roughly 45-75% water. A baby develops in the water of a mother's belly for nine months before entering the earth. The planet called "Mother Earth" is a water planet. Where did my trauma begin?

My dad worked in a family construction business where he felt no one heard or respected him. He often was quiet at home to avoid fights with my mom. I do recall him voicing to her a couple times in the kitchen how the water pipes had toxins in them on the job.

My mother hid her drug of choice in the kitchen drawers. It was cane sugar. The sugar would numb her frontal cortex allowing her brain to forget her childhood trauma and her violations with me. In the morning after she took her hands as weapons and almost choked me to death, I would see her at the kitchen table eating chocolate cake and drinking tap water. I mirrored what I learned in the kitchen and became a sugar addict.



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Clean Water Matters

Clean water changes everything and is a bridge to...

Electrolyzed Reduced Water – a vehicle I used to get me in the game of healing my pain.

Depending on your family traditions a kitchen could be the room everyone gathers in to play games, eat dinner, a workstation, or talk the other side of that script is...

A kitchen could represent a room where your parents or caregiver are at war with themselves or each other. Whichever energy you grow up with as a child has had an influence on how you feel in the kitchen. Those feelings shape how you value clean water and food.

What if you.... yes you.... designed a kitchen that assisted more healing for you, your family, animals, or employees? Not just picking wood for the counters or the color for the floors.... but a kitchen water system of a filter number one in consumer reports in 2026...and an ionization machine number one in Japan hospitals?



Are we in denial of what is in our tap water?

Most people have no idea what is actually flowing out of their tap. We assume that because water is “treated,” it must be safe but the data tells a very different story. Are we in denial about what’s really in our drinking water?

Across the United States, tap water can contain a cocktail of contaminants, many of which are invisible, odorless, and unregulated. According to national water quality reports and NSF/ANSI standards, common contaminants include:

- Forever Chemicals (PFAS, PFOA, PFOS) — over 12,000 synthetic chemicals linked to hormone disruption, immune dysfunction, and developmental issues.
- Microplastics — now found in tap water, bottled water, and even human blood.
- Lead — still present in older pipes and plumbing systems.
- Pesticides & Herbicides — agricultural runoff that enters rivers and groundwater.
- Arsenic — a naturally occurring but toxic element found in many regions.
- Pharmaceutical Residues — antidepressants, antibiotics, hormones, and more.
- Bacteria & Viruses — especially after storms, pipe breaks, or treatment failures.
- Disinfection Byproducts (DBPs) — created when chlorine reacts with organic matter.

And the list goes on.



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Are we in denial of what is in our tap water?

The Environmental Working Group (EWG) and EPA have documented serious water violations in all 50 states. This means millions of Americans are drinking water that does not meet even the minimum federal standards and those standards haven't been updated in decades.

This is why NSF-certified filtration matters. Not all filters are created equal. Some remove chlorine taste. Some remove sediment. But very few remove PFAS, microplastics, pharmaceuticals, VOCs, and heavy metals.

Why Americans Need Both a Multipure Filter and a Japanese Medical Ionizer

Over time, with lectures, I realized there is too much misinformation online. Consumers do not know the difference between clean and medical-based waters. Multipure Clean Filters and Japanese ionizers were invented for different water realities.

Multipure was engineered for modern American contamination. The Japan ionizer for transforming already-clean water into therapeutic, functional water. Understanding this difference is essential, especially for anyone healing their nervous system.



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Japan's Water Philosophy vs. America's Water Reality

Enagic International, for over 5 decades, has led in manufacturing water ionization systems. Handmade in a medical facility, these devices started in Japan hospitals. They transform regular tap water into pure, healthy, electrolytically-reduced, and hydrogen-rich drinking water. If you ever visit Japan, you might notice the respect they have for land and people. You can still experience sacred healing pools of mineral waters. Japan's baseline water quality is different from what flows through American pipes.

What Multipure Does That Ionizers Cannot

Multipure Creates CLEAN Water for your foundation.

NSF-certified for 80+ contaminants, including:

- PFAS ("forever chemicals")
- Pharmaceuticals
- Microplastics
- Pesticides and herbicides
- VOCs and industrial solvents
- Chlorine and chloramine byproducts
- Heavy metals from aging infrastructure

Ionizers, including Enagic, do something entirely different:

1. They change pH and ORP
2. They create functional, therapeutic waters
3. They rely completely on the quality of the water entering the machine



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Why Americans Need a Filter First

When Americans ask:

“Why do I need a Multipure filter if I already have a Japanese medical device?”

The answer is simple:

Your ionizer was designed to transform clean water not to fight the chemical burden in American tap water.

Without proper filtration, the device is forced to work on unstable, chemically stressed water. This affects performance, taste, and the therapeutic value of the water it produced.

The Trauma-Informed Perspective

As someone who healed and works with trauma, I understand that the nervous system is constantly scanning for safety.

Water plays a role in that.

1. Contaminants create internal stress signals.
2. Clean water creates stability.
3. Functional water supports healing.

So the sequence matters:

1. Stabilize the water (Multipure)
2. Optimize the water (Japanese ionizer)

One clears the noise. The other amplifies the healing.

Together, they create the environment the body needs to repair, regulate, and return to itself.



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If you are what you drink and you are mostly made of water- what if your water has parasites in it? Oh, not in the United States. No trauma in this kitchen.

The United States found 3 Parasites in our Tap water?

- 1.Cryptosporidium= Microscopic chlorine resistant parasite. Chronic or severe illness and life-threatening systems to immune system.
- 2.Giardia=Tiny Chlorine resistant parasite lives in intestines of people and animals. Most common cause of waterborne diseases in USA.
- 3.Legionelle=This form of pneumonia caused by “primarily” bacteria in water systems.

Protect Mother Earth and Invest in Yourself and Save Money!

91,000,000,000 Trillion Plastic Water Bottles old per year.

17 Million Barrels of oil used to produce these bottles . 340 Million Gallons of Gasoline per year Only 1 out of 5 Bottles Recycle

Watch PBS Documentary *“We’re all plastic people now?”*



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**The combination of Multipure and Enagic saved me money
and helped me heal.**

My journey to proper filtration was many years of trial and error yet worth it. I was a water bottle snob and loved drinking all the fancy bottled water. I wasted money and hurt my health without knowing it. Then I switched to one of those pitcher filters that you fill up with tap water and put in your fridge. After a while I got sick of filling up the pitcher, so I “upgraded” to the one that attaches to your faucet.

Did you know at least 70% of bottled water is tap?

One of my clients passed away with cancer. I write about him in my book series. I was angry at Western medicine and yelled at a higher power. That led me down the path of filtration and ionization. Cancer was growing and no one was talking about these water issues. Like trauma, they were being swept under the rug. I am not claiming healing. I do have Western doctors on my team.

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Many people call me the healer version of Erin Brockovich. I take that as a compliment because I admire her real-life experiences. Here's the truth: even if a website claims its filter "removes everything," double-check. You must check the NSF website yourself. Multipure makes this easy because their certifications are right on the first page. And direct you to that website. Most companies don't offer that transparency.

A PubMed study on pitcher filters opened my eyes. It showed that in 4 of 6 filters tested in the laboratory, bacterial counts were higher than in tap water. In some cases, colony counts in the filtered water were 10,000 times those in tap water. This would explain why I did not see a great improvement in my health.

Do you already have a filter at home, and do you think your water is good? I would encourage you to go to **NSF.org** and look it up.

Here is a link to review our Contaminant Reduction Claims Guide
<https://www.multipure.com/purely-social/science/nsf-water-filtration-certifications/>

If you want to know what's in your local water, go to **[ewg.org](https://www.epa.gov/ewg)** and type in your zip code. This site provides a short sample of contaminants, not the whole picture. You can run a more detailed test but that would cost you close to the Aquaperform filter.

Multipure offers a 90-day MBG on your buy and a lifetime warranty on the housing unit.



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Not all water is the same

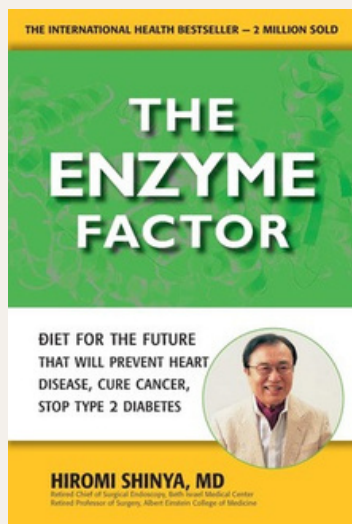
1. Distilled water
2. Reverse Osmosis
3. Filtered water
4. Alkaline Water
5. Ionized water
6. Alkaline Ionized water
7. And more....

Then there is Electrolyzed Reduced Water.



Famous surgeon and gastroenterologist who pioneered colonoscopy surgery without incisions.

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\$18.00 USA

Lifestyle / Diet / Health

Enzymes are the key to your health. Find out why.

He changed the world with the Shinya Technique for removing polyps through an endoscopy instead of invasive major abdominal surgery. Now Dr. Shinya's discovery of the body's own "miracle" enzyme could once again revolutionize health care in America. Glowing, vital health is within your grasp, once you understand the key to life's code — the enzyme factor. This first English-language publication of Dr. Shinya's groundbreaking theory will convince the skeptical and add to the growing debate about the state of nutrition and health care. Dr. Shinya shows why—

- Drinking kangen water can help cure obesity.
- Antacids will make your stomach worse.
- Medication often makes you sicker.
- A fever can make you well.
- Medical specialization can lead to poor health care.
- Heredity does not dictate cancer, heart disease, high blood pressure, high cholesterol, or type 2 diabetes.
- Calcium supplements and dairy products might actually cause osteoporosis.
- Your body is designed to heal itself.
- Ignorance is making us sick.

"In *The Enzyme Factor* . . . Dr. Shinya identifies a precursor enzyme that the body converts to specific types of enzymes as they are needed to support, maintain or repair the body and its functions."

— PUBLISHERS WEEKLY

What makes ERW or Kangen Unique?

1. Antioxidants
2. Hydrogen
3. Stem cell replication
4. Cleaning of the red blood cells



What can Molecular Hydrogen do for me?

Molecular Hydrogen can cross the cellular membrane and the blood-brain barrier. Which allows access to DNA and mitochondria within our cells. Molecular Hydrogen is an efficient antioxidant that can protect and reduce free radicals. It suppresses the oxidative stress that often leads to the progression of diseases.

1. Improved digestion
2. Increase energy.
3. Boost immune system.
4. Reduce cancer risk.
5. Cleanse kidneys
6. Detoxification from over exposure to chemicals
7. Heart health
8. Bone health
9. Weight loss
10. Clearer skin
11. Reduce brain fog

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Why Enagic?

1. The only company with an ISO 13485 certification (Medical Grade)
2. Gold Seal Award from WQA (Water Quality Association)
3. The only ionizer endorsed by over 7,000 Japanese Doctors.
4. Competitors' electrolysis plates are open, and they have a smaller surface area
5. They have Medical-grade solid plates (99% purity) which avoid metal poisoning and leaching.
6. Company track records for over 60 years.
7. Direct from Japanese Manufacturer (OEM company builds everything in-house. This supports quality control.)
8. Does not overheat within an hour of non-stop ionization.
9. Biggest and fastest water flow (6 liter/ min)
10. Only ionizers producing up to 11.5pH and 2.5pH
11. Only ionizer with an E-cleaning System

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Why Enagic?

- 12. Not affected by hard water
- 13. 230 Watts ensures adequate power to power the electrolysis process and prevents overheating.
- 14. Long machine Lifespan 25+ when taken care of at home.
- 15. 5-year warranty on most of the selected Enagic Machines (covers parts and labor)

7 Different Types of Water

1. Kangen Drinking Water (8.5, 9.0, 9.5 pH)

Note: The plastic pH water bottles are different from our pH water. The process of electrolysis is very different. Ask questions and trust the difference between chemistry and electrical science.

2. Not ionized Water 7.0 pH

(Clean and Neutral) Time released medications, baby formula, CPAP machines.

3. Beauty Water (6.0 pH)

Anti-aging skincare, wound care, bug bites, lotion, detangler, eczema, or face toner. Great for watering plants and cleaning floors with no soap.



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4. Strong Acidic Water (2.5 Bottom hose only)

Many hospitals use it as a disinfectant outside the USA. Here are a few examples from Pub Med research under Electrolysis Reduced Water: Kills bacteria and germs, strep throat, and food poisoning from Salmonella, MRSA, and E. Coli. Great for mouthwash, athletes' feet, skin issues and acne, cuts and burns, and pink eyes.

5. Strong Alkaline Water (11.5 - Top Hose.)

Cleans chemicals off fruits and vegetables. Used as a degreaser, cleans floors and replace laundry soap. I decided to use my complex PTSD and release trauma and emotions from my body. Studies do show positive results with migraine headaches and stroke clients. (Traumatic brain injuries.)

Learn from my team with water webinar and product explanation. How many Americans are adding another income and tax write off while drinking Japan's fountain of youth.

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How to Invest in a Multipure and Kangen

1. Email Heather-Ann at youmatter108@gmail.com and set up a free 30-minute consultation to get your questions answered.

2. Log onto <https://www.multipure.com/>

Pick out your filter and check out with my 5% coupon code: **436409**

3. Save 15% on your replacement filters

Sign up for one year subscriptions.

4. I will send you a private link to order your Kangen machine. Enagic will review the order and send you a private payment link. The machines are hand-made in a medical facility in Japan. If you decide to order the Anespa you will need a separate order form for that.



45 years old



54 years old

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The opinions in this eBook do not represent any of the direct sales companies mentioned. If you feel there is false scientific information, I request you email me the page and note the sentence(s). I request backup factual references that my team can review. Once we have reviewed your documentation, we will respond back our findings.