

Pure Water Can Revitalise You!

“Distilled water acts as a solvent in the body. It dissolves food substances so they can be assimilated and taken into every cell. It dissolves inorganic mineral substances lodged in tissues of the body so that such substances can be eliminated in the process of purifying the body...By its continued use, it is possible to dissolve inorganic minerals, acid crystals and all the other waste products of the body without injuring tissues.”

- The Choice is Clear by Dr Allen E Banik, OD

“Distilled water...acting almost like a magnet, it picks up rejected, discarded and unusable minerals and, assisted by the blood and lymph, carries these to the lungs and kidneys for elimination from the body. Referring to the elimination of these damaging minerals as a leaching out of minerals is erroneous...It doesn't leach out minerals that have become part of the cell structure...It collects and removes only minerals that have already been rejected or excreted by the cells.”

- Fit for Life II: Living Health by Harvey & Marilyn Diamond

Drinking pure water and eating lots of fruits, vegetables and nuts are what you need for vibrant good health. Even bodies polluted by years of mineral deposits can be restored to vibrant good health!

References:

- ¹ Study by Medical College of Wisconsin, Milwaukee, USA as reported in the *American Journal of Public Health*, July 1992
- ² *Encyclopaedia of Pure Materia Medica*, Vol. IX, p. 333
- ³ *U.S. Dispensatory*, 24th Edition, p. 1456
- ⁴ Study by Australian Institute for Biomedical Research, Sydney as reported in *The West Australian*, 28 March 1995
- ⁵ *EPA Fact Sheet: National Primary Drinking Water Regulations for Lead & Copper*, May 1991
- ⁶ *Water Filters*, Environmental Health Service, Health Dept of Western Australia, May 1998
- ⁷ *Choice*, Australian Consumer Association, September 1995

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DRINKING WATER

We spend heaps of money to keep ourselves healthy. Yet many of us do not see the need to take care of the most important driving force behind us - water. Two-thirds of an adult's body is made up of water. But with so many types of water available, what should we drink? The choice is clear - pure water by steam distillation.

What's In Tap Water?

Chlorine is added to kill bacteria. Studies show that people who drink chlorinated water run a 21 per cent greater risk of developing bladder cancer and a 38 per cent greater risk of developing rectal cancer compared with people who drink little or no chlorine. ¹

Sodium fluoride is added to prevent tooth decay. Known for mind and behaviour changing potential. ²

“Fluorides are violent poisons to all living tissues, because of the precipitation of calcium.” ³

“Fluoride causes more human cancer death, and causes it faster than any other chemical.”

- Dean Burk, Chief Chemist Emeritus, US National Cancer Institute

Aluminium sulphate is added to stabilise sediments. Studies have linked aluminium to Alzheimer's disease. Dissolved aluminium in drinking water may enter the brain from as little as a single glass of water. ⁴

Pipeline pollutants - copper, iron, zinc, lead and others cause unpleasant odour, unpalatable taste and discoloration. The Environmental Protection Agency, U.S.A. has found that lead in drinking water is one of the main sources of lead in the bloodstream, contributing 20% of total lead exposure for an average person. ⁵ Lead can cause severe neurological damage, particularly in children.

Radon is a tasteless, odourless, colourless radioactive gas that is produced by the natural breakdown of uranium found in many soils and rocks. Ingestion of radon in drinking water is linked to increased risk of stomach cancer.

“Even tap water invariably contains a variety of poisons such as chlorine, chloramine, asbestos, pesticides, fluoride, copper, mercury, and lead. The best way to remove all these contaminants is by distilling.”

- How to Save Your Teeth: Toxic-Free Preventive Dentistry
by Dr David Kennedy, DDS

What About Minerals in Water?

There are two types of minerals - organic and inorganic. Organic minerals are found in plant food and are essential for healthy living. Inorganic minerals, or mineral salts, are found in water. Hardness in water is mainly due to inorganic minerals.

“The body’s need for minerals is largely met through foods, not drinking water.”
- American Medical Journal

“If you are eating a broad selection of fruits, vegetables, etc., it is extremely improbable that you would be deficient in any of the essential minerals.”
- Live Longer Now by Jon H Leonard, JL Hofer & N Pritlkin

“The only minerals that the body can utilize are the organic minerals. All other types of minerals are foreign substances to the body and must be eliminated. Distilled water is the only water that can be taken into the body without damage to the tissues.”

- The Choice is Clear by Dr Allen E Banik, OD

“The body can use only organic minerals. It is physiologically impossible for your body to use an inorganic mineral.....When you drink water containing minerals, they are inorganic...They have no more virtue in the human body than if the soil or rock itself were eaten.”

- Fit for Life II: Living Health by Harvey & Marilyn Diamond

“The greatest damage done by inorganic minerals - plus waxy cholesterol and salt (sodium chloride) - is in the small arteries and other blood vessels of the brain.....Let us state emphatically that, in our opinion, the misery of arthritis is caused by ingestion of hard water saturated with inorganic minerals and toxins and an unbalanced diet. These factors combined with inactivity can form acid crystals in the moveable joints.”

- Water - The Shocking Truth That Can Save Your Life
by Dr Paul C Bragg, ND PhD & Dr Patricia Bragg, ND PhD

“Water hardness (inorganic minerals in solution) is the underlying cause of many, if not all, of the diseases resulting from poisons in the intestinal tract. These (hard minerals) pass from the intestinal walls and get into the lymphatic system, which delivers all of its products to the blood, which in turn, distributes to all parts of the body. This is the cause of much human disease.”

- Dr Charles Mayo of the Mayo Clinic

Is Filtered Water Good Enough?

Filters - Polypropylene and ceramic filters are packed tightly together to form a fine mesh screen that physically traps and removes foreign particles from the water. However, as these filters become clogged, it is necessary to dispose of the filter or cartridge and replace it with a new one. Activated carbon filters “are most effective in removing chemicals such as iron, manganese, chlorine, hydrogen sulphide, etc., objectionable tastes, colouration and odours ... Neither the polypropylene, ceramic, or activated carbon filters should be relied upon to remove micro-organisms from water.”⁶

Reverse osmosis is generally suitable for removing “most chemicals including metals, chlorine, fluoride, nitrates and pesticides”.⁷ “However, reverse osmosis filters will not remove the rotten egg smell of hydrogen sulphide from the water.”⁶ The purity of water depends on water pressure, age and quality of the membrane. It is at its peak efficiency when the membrane is new. It uses a large amount of water and requires regular service, monitoring and replacement of the membrane.

Distillation

“Distillation involves the process of vaporizing water by boiling it. The steam rises, leaving behind most bacteria, viruses, chemicals, minerals, and pollutants from the water. The steam is then moved into a condensing chamber where it is cooled and condensed to become distilled water...We believe that only steam-distilled water should be consumed”

- Prescription for Nutritional Healing
by Dr James F Balch, MD & Phyllis A Balch, CNC

“The only type of water that seems to be fit for consumption is distilled water, which is water that is absolutely free of any minerals or chemicals. Distilled water is made pure by first being heated to the point of vaporization, so that all of the ‘impurities’ are left behind. Then the water vapor is condensed. The process results in water that is in its purest form. Distillation is the single most effective method of water purification.”

- A Diabetic Doctor Looks at Diabetes by Dr Peter A Ludewick, MD

“If you decide on bottled water, make sure it’s distilled.....The ‘gold standard’ for purifying your water is a system that distills your water and filters it. You have the comfort of knowing there is no chlorine, fluoride, bacteria, viruses, pesticides or lead. You get nothing but H₂O.”

- Maximum Health by Dr Robert D Willis Jr, MD