



Why distilled water?

Throughout our lives we exist mostly as water; it has the leading role in the routine of events that take place in the human body. Next to oxygen, water is the most important substance in the body.

Water is so valuable to our health that it is wise to use only the best. We are probably all aware that much of our water today is polluted; this applies to water from rivers, lakes, streams and even wells. Most people drink tap water which can begin its life as dirty contaminated water. It is then filtered and “cleaned” with harmful disinfectants, including chlorine which is a well-documented health hazard. It is for this reason that many of us decide to drink bottled water only.

However, even bottled water has the power to undermine our health. The water from springs, wells, rivers and lakes is packed with inorganic mineral elements (as opposed to organic mineral elements) which it has collected from being in contact with earth, soil and rock; yet we need only hydrogen and oxygen as a natural solvent in our body chemistry.

All of the inorganic mineral elements (including minerals such as calcium, iron, magnesium and sodium) are incompatible with our cells. The cells resist these minerals, which interferes with their function, leaving an accumulation of debris in the tissues of our bodies. These inorganic minerals can choke our cells to death!

In his book, “The shocking truth about water”, Paul Braggs relates a story from his childhood that illustrates well the consequences of drinking hard water (loaded with inorganic minerals).



“When I was a small boy, my father used to take me to the circus. The most fascinating “freak” was a woman who had turned to stone. Here was a woman on a bed, and they could actually drive spikes and nails into her body. She was so full of arthritis and acid crystals that she had no feeling left in her body. She lay helpless and rigid, she could move only her eyes, and there was no joint in her body that could make a simple movement. She was born in Hot Springs, Arkansas.

The lady who had “turned to stone” was a complete mystery to me as a child. But not today! The water in Hot Springs is some of the heaviest water in the United States. The poor lady was a victim of this inorganic water.”

Calcium carbonate, or lime, is the most important ingredient involved in the making of cement. This agent, when ingested with our water throughout our life, becomes responsible for hardening of the arteries. Many people have grown accustomed to considering this a natural condition of later life. Premature ageing and senility are first and foremost a sign that the brain has “turned into stone”. Calcification of the small arteries of the brain starts on the day we are born because we take inorganic minerals into our bodies without thinking twice. This simple fact may also explain why so many people in later life begin to lose their hearing and need a hearing aid.

A common cause of stone formation in the body, be it in the kidneys or the gall bladder, is heavy, hard, chemically treated water, saturated with calcium carbonate and other inorganic minerals.

Even in early civilisations excessive mineral intake with water seems to have been a problem: mummies of ancient Egypt often have skeletons indicating that the people of the time were plagued with arthritis despite the most natural lifestyle.

“ Inorganically mineralised water is surely the universal drink of disease and death”, warns Paul Bragg.

As mentioned before, there are two kinds of minerals; organic and inorganic. Even though our bodies need many of the minerals found naturally in the soil, we cannot absorb them efficiently in the inorganic



form. Only the living plant, by photosynthesis, has the power to extract these inorganic minerals from the earth and convert them into organic, live, vitalised minerals, which the body can then put to use.

As inorganic minerals are absorbed by the plant, they undergo many transformations and are then able to become part of the many organic compounds of the plant.

“You could suck an iron bar for years and never extract any organic iron for building your blood. When you eat blackberries, you are getting organic iron that can be used by the blood”, explains Paul Bragg.

In other words, we can only get our minerals in organic form from live, enzyme rich foods, such as raw vegetables, fruits, herbs, grains, nuts and seeds.

Most people do well when one-half to two-thirds of the total fluid consumed comes from fruits and vegetables and the remainder from water that is as close to 100% pure hydrogen and oxygen as possible.

So, how can we get pure, unpolluted, mineral-free water?

In today’s polluted world, where rain or snow water are no longer healthy choices, steam produced distilled water is perhaps the purest liquid we can get. Tap water is brought to a high temperature to produce steam, that steam is then condensed back into water again in another chamber of the system, often passing through a carbon filter at the end of the process.



The distillation process

There is virtually nothing left in the condensed water except 99% pure, sterile water: it is made solely of the two gases, hydrogen and oxygen, there are no minerals in it, organic or inorganic. Distilled water is odourless, tasteless and colourless; it can be used as a drinking water, for cooking, for electric irons and batteries, and is pure enough to be used for intravenous feeding, inhalation therapy, herbal prescriptions and baby formulas.

Distillation also kills viruses and bacteria and removes many complex chemicals, heavy inorganic substances as well as pesticides, chlorine and fluoride.

Portable water distillers produce four litres in four hours and are an environment-friendly alternative to plastic bottles. They can be found on the Internet.

According to Paul Pitchford in his book “Healing with whole foods”, “distilled water, chemically similar to the rain water in earlier times, before pollution surrounded the earth, will still not have the life-



energy of rain water. To improve it, leave the purified water in an open glass container for a day or so, exposed to sunlight if possible.”

When distilled water enters the body it leaves no residue of any kind and acts like a magnet, picking up the mineral deposits accumulated in the joints, artery walls or other areas, and begins to carry them out. Gallstones and kidney stones can literally decrease in size until they can safely pass through their ducts.

It is this kind of mineral elimination that has erroneously been referred to as “leaching”. However pure water can only draw out inorganic minerals and will not take out the organic ones.

Since it assists in the elimination of many harmful substances, pure water is often recommended for detoxification and fasting programmes because of its ability to help clean out the cells, organs and fluids of the body.

People afflicted with gout, rheumatism and arthritis may particularly benefit from distilled water, since it will help dissolve toxins and foreign deposits in the body.

In conclusion it is essential to drink the right kind of water, free of pollutants and inorganic minerals. To do so is to make a very important step towards improving and maintaining our health.

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References:

The shocking truth about water by Paul Braggs.

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