



# Water, health & your body

What the experts have to say. **The research and the opinions of some of the world's leading authorities on water, health and disease is overwhelmingly in favor of distilled water.**

## **Dr. Robert D. Willix, Jr., M.D.**

*"If you decide on bottled water, make sure it's distilled. You have the comfort of knowing there is no chlorine, fluoride, bacteria, viruses, pesticides, or lead. You get nothing but H<sub>2</sub>O."*

**Maximum Health.**

## **Dr. Allen E. Banik**

*"Let me classify the nine kinds of water. They are hard water, raw water, boiled water, soft water, rain water, snow water, filtered water, de-ionized water, and distilled water. All are kinds of water - but remember this: only one of these nine kinds of water is good for you."*

*Distilled water is water which has been turned into vapor, so that all its impurities are left behind. Then, by condensing, it is turned back to pure water. It is the only water which is pure - the only water free from all impurities".*

## **Harvey & Marilyn Diamond**

*"Distillation provides us with the purest water obtainable . . . by all means make the smart choice in the type of water you drink. There should only be one choice - PURE! And pure means distilled."*

**Fit For Life II: Living Health**

## **Dr. David Kennedy, D.D.S.**

*"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**

## **Dr. John Yiamoyiannis, Ph.D.**

*"The home distiller is the best method and also the best way to get distilled water. It is the only reliable home water purification for taking fluoride out of the water."*

**Fluoride: The Aging Factor**

## **Dr. Charles Mayo of the Mayo Clinic**

*"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."

**The American Medical Association reported,**

***"The body's need for minerals is largely met through foods, not drinking water.***

**Dr. Paul Bragg, N.D., Ph.D.**

*"The greatest damage done by inorganic minerals - plus waxy cholesterol and salt - is to the small arteries and other blood vessels of the brain (75% water). Hardening of the arteries and calcification of blood vessels starts on the day you start taking inorganic chemicals and minerals from the tap water into your bodies."*

***The Shocking Truth About Water***

**James F. Balch, M.D. & Phyllis A. Balch, C.N.C.**

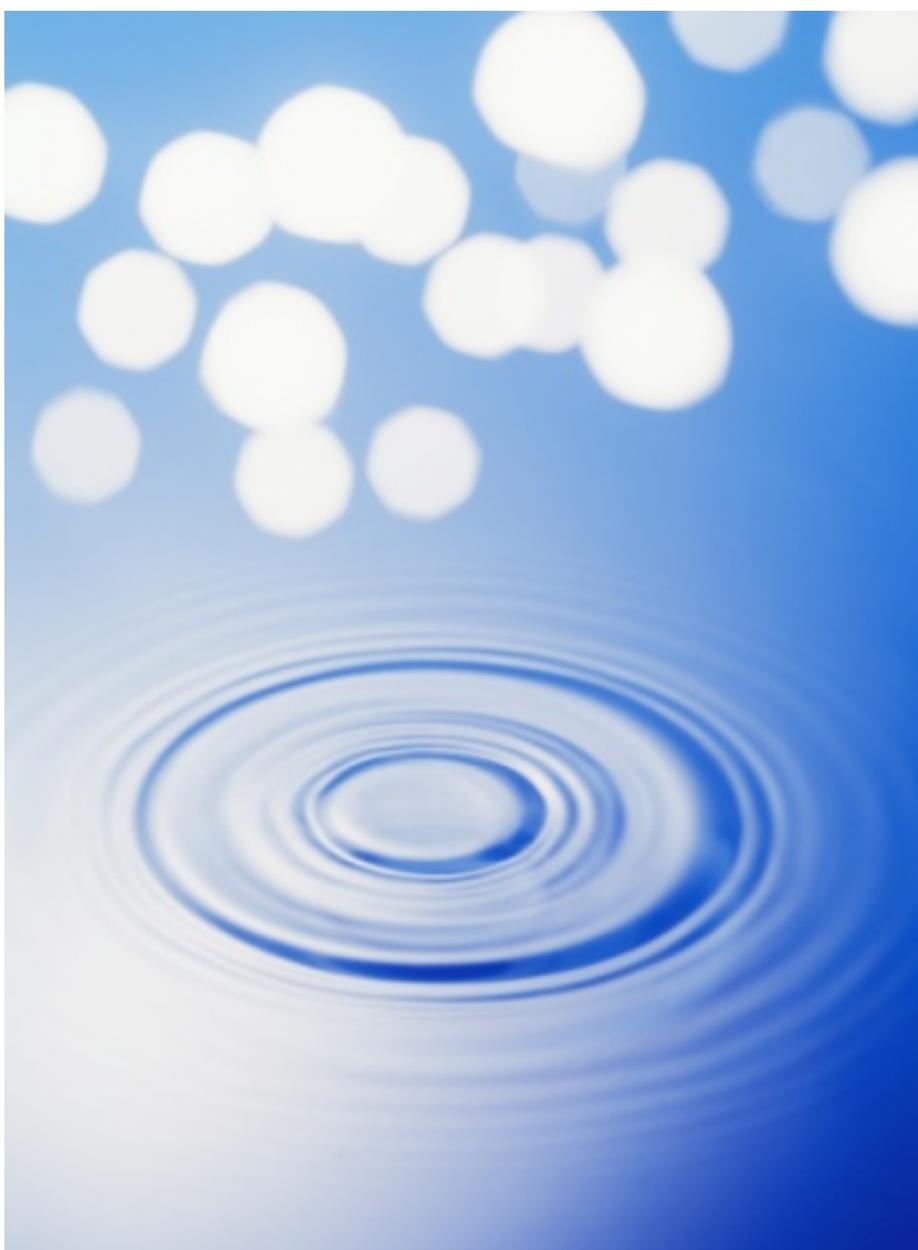
*"Distillation involves the process of vaporizing water by boiling it. The steam rises, leaving behind bacteria, viruses, chemicals, minerals, and pollutants from the water. Steam is then ...cooled and condensed to become distilled water. We believe only steam-distilled water should be consumed."*

***Prescription for Nutritional Healing***

**Peter A. Lodewick, M.D.**

*"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***



**"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."**

**Dr. Allen E Banik MD**