



What the Experts Say

As some of you know, I've been researching water purification systems since 1999. I evaluated the options available on the market today such as various carbon filters, gravity systems, reverse osmosis, expensive whole house multiple-step systems, and distillation. There is a lot to be confused about when it comes to this seemingly simple topic. After all, water is more than a 200 billion dollar industry. But the bottom line is simple: we just want to make sure that we are drinking the safest and purest water possible.

The Problem:

Today, in your tap water as well as in the expensive bottled water that you purchase, you will find literally thousands of chemicals that can wreak havoc on your health. These include psychiatric drugs as well as other pharmaceuticals, heavy metals, hexavalent chromium, perchlorate (rocket fuel), endocrine disruptors, fluoride, chlorine, chloramine, and this list can go on to include the close to 2000 new chemicals that are added yearly to our water supply, as well as the potential viruses that even expensive whole home water filtration systems, including reverse osmosis, cannot remove.

The Solution:

After having gone through all the information, sorting fact from fiction and science from advertising, and looking through laboratory results, as well as reports from true experts, I can tell you that the safest water you can drink is distilled water from a glass container. Period. No other water will come close to being 100% pure H₂O as distilled water.

Even Dr. Clement recommends this countertop distiller over the extremely expensive 16-step water purification system set up at the Hippocrates Health Institute, and this is due to the distiller's effectiveness, reliability, cost and simplicity. Drinking distilled water is like drinking pure rain water but without the pollution! If you want to ensure that you are drinking 99.9% pure water, the only other alternative you have is to buy distilled water. But if you do the math you will see how investing in your own distiller is the most cost-effective and practical solution.

Very briefly, here are the 2 top myths about distilled water:

1. Distilled water will "pull" minerals from your body. This is a funny one! It is based on a poor study from 30 years ago that is often cited by manufacturers of competing water purification systems. But rest assured that thousands of people, including the Navy, have been consuming distilled water for decades and have nothing but strong bones and health benefits to report, and science has validated the great health benefits of drinking distilled water time and time again.

2. "But won't I be lacking minerals if I drink distilled water?" Simply put, if you are relying on water to get your nutrients you have bigger problems! Hard water, such as what you get from your tap, has inorganic minerals that do not get utilized by the human body. Quite the contrary, they cause a series of health problems such as kidney and gallstone formation, hardening of the arteries, arthritis, heart trouble, ossification of the brain and other serious diseases. Organic nutrients are what our body needs, and this comes from drinking our vegetable juices (the highest quality water) and consuming a plant based diet. What you want and need from your water is pure H₂O minus all the chemicals that can wreak havoc on your health and endocrine system. Removing toxins is the top priority, so go get your calcium and salts elsewhere! In fact, simply adding one sliced lemon to a gallon of distilled water will remineralize your water in a healthy way.

Below you will find a list of scientists and doctors that strongly recommend distilled water, including an interesting quote from Alexander Graham Bell, of all people! I encourage you to read the information below, do your research, and make smart water decisions.

— Sam Maalouf, Director of Sales and Marketing, Pure & Secure, the makers of AquaNui™

Here's what Dr. Brian Clement, from the video, "Why Choose Distilled Water?"

"Distilled Water is pure water. A lot of people have been misled into believing that it robs minerals out of the body. Well, in my life I've been drinking Distilled Water for 35 years. University of California Los Angeles, several years ago, told me I had the bone density of a 22 year old athlete. So, if in fact Distilled Water robbed the body of minerals, I would probably be crippled by now, because if I haven't consumed hundreds of thousands of gallons of Distilled Water, my name is not Doctor Clement."

Here is what Dr. Allen Banik (Optometrist) says:

"Distilled water is the greatest solvent on earth. (It is) the only water that can be taken into the body without damage to the tissues. What we as scientists and the public have never realized is that minerals collected in the body from water are all inorganic minerals, which cannot be assimilated (digested) by the body. The only minerals that the body can utilize are the organic minerals (from fruits and vegetables). All other types of minerals are foreign substances to the body and must be disposed of or eliminated. Today, many progressive doctors prescribe distilled water to their patients.

All kidney machines operate on distilled water." Allen E. Banik, M.D. Author, "The Choice is clear".

Here is what Dr. Paul Bragg says

"The greatest damage done by inorganic minerals (hard water) 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 tap water) into our bodies".

"When distilled water enters the body, it leaves no residue of any kind. It is free of salts and sodium. It is the most perfect water for the healthy functioning of the kidneys (83% water). It is the perfect liquid for the blood (83% water), the ideal liquid for the efficient functioning of the lungs (86% water), stomach, liver (85% water) and other vital organs. Why? Because it is free of all inorganic minerals. It is so pure that all liquid drug prescriptions are formulated with distilled water. Dr. Paul Bragg, N.D. Ph.D., from his book: "The Shocking Truth about Water".

Here is what Dr. James Balch says

"There is only one water, and that is clean, steam distilled water. No other substance on our planet does so much to keep us healthy and get us well as water does. "Dietary Wellness; 1993 Dr. James Balch, M.D.

Here is what Dr. C.W. DeLacy Evans says

"Used as a drink, distilled water is absorbed directly into the blood, the solvent properties of which it increases to such an extent that it will keep in solution salts already existing in the blood, prevent their undue deposit in various organs and structures, favor their elimination by the various excreta, and tend to remove these earthy compounds which have already accumulated in the body . . . There is no doubt as to the high value of distilled water used freely as a retarder of the ossifying conditions which appear to constitute the condition of old age." C.W. DeLacy Evans, M.D., in his book, How to Prolong Life.

Here is what Dr. Teofilio de la Torre says

"Instead of drinking the hard water of springs or the chlorinated water of the cities, it will be to our advantage to drink distilled water . . . to prevent calcification of the body."

Here is what Dr. Charles McFerrin says

"Distilled water is 'empty' water - a hungry water, a water capable of absorbing body poisons. You have had the experience of trying to use an old post office blotter on the desk. Everybody had used it and it is so full of ink that it will not suck up any more. So it is with 'full' water, water full of chlorine,

aluminum, etc. Such water does not have the capacity of absorbing body impurities." Dr. Charles McFerrin, writing in the July 1955 issue of Nature's Path.

Here is what Dr. Alexander Graham Bell says

Dr. Alexander Graham Bell, inventor of the telephone, recognized the health value of distilled water, and claimed that its daily use prolonged his life. Afflicted and bed-ridden with sciatica, Dr. Bell could find no relief for the pain. The attack came just as he was investigating the deposit of salts in the human system. A well-known scientist had written a book in which he said that old age came from such deposits, and that the ills of advanced years were due to the lack of their elimination. He believed that when such deposits went to the joints, man had rheumatism. When they went to the kidneys, he had kidney trouble and stones in the urinary organs; and when they lodged in the arteries, they produced what is called hardening of the arteries. In the same way when such deposits coated the nerves, they caused sciatica. Dr. Bell wrote: "I knew that distilled water was pure. I thought that if I drank plenty of it, I could get rid of some of the salts that were covering my sciatic nerves. I tried drinking it and it worked like a charm. I have kept up my drinking of distilled water and I attribute my almost perfect health largely to it." Dr. Alexander Graham Bell.

Here is what Dr. Robert W. Flinchbaught says

"The evidence that distilled water acts as a solvent within the body, dissolving the inorganic mineral deposits, is very important. A growing body of evidence suggests that distilled water dissolves and removes these diseases - causing minerals and flushes out the hundreds of dangerous chemicals that have been taken into the body as well. Distilled water is not only free from pollutants, but it apparently helps remove them as well from the cells of the body, thus purifying the body so that it can function as it should. Dr. Robert W. Flinchbaught, from "Pure Water is Life".

Here is what Dr. David C. Kennedy says

"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." David C. Kennedy, D.D.S.: 'How to Save Your Teeth: Toxic-Free Preventative Dentistry'.

Here is what Dr. Robert D. Willix, Jr. says

"If you decide on bottled water, make sure it's distilled, (however), in the long run you'll save money if you clean your water at home. It's more convenient than hauling gallon jugs from the store. 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." Robert D. Willix, Jr., M.D.: 'Maximum Health'.

Here is what Dr. John Yiamoyuiannis says

"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." John Yiamoyuiannis, PhD: 'Fluoride: The Aging Factor'.

Here is what Dr. Charles Mayo says

"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.

Here is what Dr. Peter A. Lodewick says

"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." Peter A. Lodewick, M.D.: 'A Diabetic Doctor Looks at Diabetes'.

Here is what Dr. Norman W. Walker says

People who say that Distilled Water leaches minerals out of the body are, therefore, correct only in this respect. This is only 50% of the truth. It is virtually impossible for Distilled Water to separate minerals, which have become an integral part of the cells and tissues of the body. Distilled water collects ONLY the minerals which remain in the body, minerals discarded from natural water AND from the cells, the minerals which the natural water originally collected from its contact with the earth and the rocks. Such minerals, having been rejected by the cells of the body are of no constructive value. On the contrary, they are debris which distilled water is capable of picking up and eliminating from the system. Dr. Norman W. Walker, from "Water Can Undermine Your Health".

Here is what Dr. John Christopher says

"Water is so valuable to the entire system of the human body that it is wise to use only the BEST. Use pure steam distilled water for health and well-being." Dr. John Christopher, from "Regenerative Diet".

Here is what Dr. Paul Conn says

"When one drinks impure, dirty water, the body acts as a filter, trapping a percentage of the solids suspended in the water. A filter eventually becomes clogged and useless – fit only to be thrown away. The human body might well face the same fate.

But the basic point – that only distilled water avoids mineral buildups in the body – is an inarguable one. The deposits, which build up in a teakettle from repeated use, are traces of minerals left behind as the water evaporates. Distilled water leaves no such traces – in a teakettle or in the human body. It is true that in most hospitals distilled water is used for newborn infants; distilled water is prescribed for heart patients in many cardiac wards. And it is true that kidney stones and other mineral-like buildups in the body are much more common in the areas where the drinking water has high levels in inorganic minerals – and distilled water has none of those at all.

It is without doubt the best water available to man- and the only truly pure water available in our waste-laden society." Dr. Paul Conn, from "Not a Drop to Drink".

Here is what Dr. Michael Colgan says

"The only water likely to be clean is distilled water." Dr. Michael Colgan, from "The New Nutrition: Medicine for the Millenium."

Here is what Dr. Raymond H. Bishop, Jr. says

"Distilled water is safe to drink and should have no adverse effects on your health. Distillation merely removes most of the dissolved materials, which are found in all natural waters." Raymond H. Bishop, Jr. M.D. Major General, Commander - Medical Corps. Department of the Army, U.S. Army Health Services Command.

Here is what Frank N. Hepburn, USDA, says

"There is nothing about distilled water that would make it harmful for the body. It may be helpful to remember that distilled water is the only water available for crews of naval vessels at sea." ---Frank N. Hepburn, Chief, Nutrient Data Research Branch, United States Department of Agriculture, Consumer Nutrition Division.

Here is what Louis Pasteur says

"We drink 90 percent of our illnesses." Louis Pasteur.

Here is what Nick Pavlica says

"I have been drinking distilled water since 1981, almost half of my life, and given the choice, would not drink any other type of water. I recommend distilled water to all my friends and relatives and would not do so if I didn't think it is one of the very healthiest things a person can do. After a full body scan, the doctor told me that I have the cleanest arteries of anyone he has examined of my age. And I have never had a broken bone in my body. (Contrary to quack assertions that calcium and other minerals are "leached" from the body!)" Nick Pavlica, Director, H2o Labs, Ltd.

Here is what Dr. Edward M. Wagner says

"Chronic Fatigue Syndrome sufferers are instructed to drink distilled water." ---Dr. Edward M. Wagner, from "How to Stay Out of the Doctor's Office".

Here is what author Vicki Glassburn says

"Distilled water is the purest form available. Distilled water helps to excrete excessive heavy metals from the body." Vicki Glassburn, from "Who Killed Candida?" 1991.

Here is what author Jonathan King says

"If properly maintained, distillers provide a constant supply of high-quality water. Filters and reverse osmosis units, on the other hand, are at their best when first installed, and efficiency invariably declines with use." Jonathon King, author of "Troubled Water".

Here what Jack Bell, American Medical Association says

"To the best of our knowledge, there would not be any adverse health effects from the continued ingestion of distilled water." Jack A. Bell - Assistant Director, May 17 1985; American Medical Association; Division of Personal and Public Health Policy.

Here is what Dr. Clifford C. Dennison says

"There's no absolute medical proof that drinking DISTILLED WATER will cure arthritis, heart disease, high blood pressure, hardening of the arteries, or any other dozens of infirmities that humans suffer. There's no absolute proof that drinking DISTILLED WATER will remove kidney and gall stones, reduce cataracts or cure emphysema. But, there are hundreds of case histories of people who have enjoyed success in alleviating or overcoming these health problems when they began drinking DISTILLED WATER exclusively." Dr. Clifford C. Dennison, Ed. D., an Associate Professor at Lee College in Cleveland, Tennessee, and a lifelong water researcher and expert.

Here is what Dr. Ron Kennedy says

"Now as to the argument that distilled water leaches out minerals. This is true, and this is exactly what we want it to do. The minerals it leaches out are of the unusable, ionic form and we want these to leave the body rather than be deposited and cause disease. Distilled water does not leach out significant amounts of biologically available minerals because these are quickly taken up by the body on an as needed basis. If they are present in excess then they are filtered through the kidneys and this is exactly what needs to happen with all things which are in excess in the circulation. Distilled water cleanses the body through promoting healthy kidney function." Ron Kennedy, M.D.

For those who follow **Dr. Andrew Weil**, who has been drinking distilled water for years, here is a quote of his: "You can try drinking bottled distilled water if you like. It's water that has been turned into steam so its impurities are left behind. The steam is then condensed to make pure water. The process of distillation kills and removes virtually all bacteria, viruses, heavy metals, and other organic and inorganic contaminants. Once distilled, the water is as pure as water can reasonably be. While it's true that distillation removes minerals as it eliminates various other contaminants from water, I don't feel this is a problem. We get our minerals from food, not water.

As far as acidity goes, distilled water is close to a neutral pH and has no effect on the body's acid/base balance. Distilled water is safe to drink, and the kind of water I use myself."

Here is Dr. Handley's article about distilled water... The Importance of Distilled Water in Aging by Dr. Chester Handley

As our body begins to age, there are several things that happen. Cells don't produce as well, the body doesn't digest as well, the body does not absorb as well and the body does not eliminate as well. And areas of the body begin to feel pain and have sore spots that we never had before. One of the major causes of pain is the over consumption of grain in older people. It is softer, easier to eat and appears to be more easily digested. Well the true reality is that it is no benefit to the aging body at all and leaves an acidic residue that gets deposited in the joints which is the number one reason for arthritic pain. Many years ago when I was doing research on distilled water, I discovered that contrary to all the stories out there, distilled water does not take a single thing out of the body that the body needs. It never takes anything out of a cell. Everything that is cellularly locked remains within the body, but it is the greatest tool in the world for cleaning out the bloodstream, which is the only function water really has to wash out, cleanse and purify the bloodstream. Remember that the bloodstream is primarily an organ of transport. People think of it as a liquid rather than an organ, but it is an organ. It transports nutrients, oxygen and red blood cells throughout the body and carries away waste products and carbon dioxide.

Distilled water has been evaporated into a vapor, split apart into a molecule of hydrogen and oxygen, turning them into a gas that rises up in to the atmosphere, then cooled back down and condensed back in to water. The same process happens in a distillery when it distills water. It heats up the water in to a gas, all the impurities are left behind, all the waste products are left behind, then it is condensed and turned back into pure water and becomes the ultimate pure water because of one very important factor that is not present in any other water...it is molecularly unstable. It means that when it goes in your bloodstream it breaks apart easier and latches on to debris, waste products and unwanted materials that are floating round in your bloodstream.

It is also one of the best ways there is for reducing blood pressure. I made up two charts years ago when I was doing my studies on body detoxification with distilled water, from 1865 to 1965. In 1865, diseases that ranked in the high 30's and low 40's became the first four killers in 1965...and they were all cardiovascular. I then made another chart from 1865 to 1965 to show the reduction in the use of drinking rainwater. The two charts were virtually biometrically opposite. As people quit drinking rainwater, cardiovascular diseases went up. When the blood vascular system is clean you have fewer headaches, you have less pain, you have more oxygen and nutrients available for the body and more healing capacity for the body.

It has been almost twenty years ago now that a man came down to my office that had arthritis so bad he could hardly get out of a straight backed chair. His pain was excruciating. We put him on the detoxification program, took him off of all grain in his diet, instructed him to eat only fruit, vegetables, protein and meat products, and put him on distilled water every half hour while he was awake. It is hard to believe a month later this same man was out working in his garden having the time of his life. I cannot emphasize enough the importance of drinking distilled water for cleansing the blood stream, for reducing arthritic pain and lowering blood pressure. It has also been known to reduce cholesterol and triglycerides. In fact, the only effect on the body is health.

There are rules of thumb on how much water to drink. The rule of thumb on a normal day is one half your body weights in ounces per day. If you are sweating and exerting yourself you should drink more, not less. We have a tendency to grab pop, coffee, Kool-Aid and juices, but we need to get back to the habit of grabbing distilled water. To give you an example of what this means, if you are a man and you weigh 200 pounds, you should be drinking a minimum of 100 ounces of distilled water throughout the day.

There is an interesting side note for people that like to study. Job, which is the oldest book of the bible, I believe it is in the 36th chapter, said God took up the water, distilled it, and poured it out abundantly on man. The logical argument is who knows better what we need than the creator, and he gave us distilled water.

For those that follow the Bible...The water God chooses to pour abundantly upon man is distilled water. JOB 36:27: "For he draws up the drops of water, he distills his mist in the rain which the skies pour down, and drop upon man abundantly."

Harvey and Marilyn Diamond; from their book "Fit for Life", Warner Books - pp. 35, 1985

"If you wish to drink water, you should drink distilled water if it is available. Mountain spring water is not ideal for the human body because it contains inorganic minerals that the human body can neither

use nor precipitate out. These inorganic minerals tend to hook up with cholesterol in the body and form a thick plaque in the arteries. Distilled water does not have this effect."

"When you eat a piece of fruit or a vegetable, you are consuming distilled water. The minerals are taken from the soil, the plant distills them, and then you consume them."

"You may have heard that distilled water "leaches" minerals from the body. That is partially true. The minerals that are leached(removed) by distilled water are the inorganic minerals that the body cannot use. The effect, therefore, is healthful.

"Distilled water will not leach (organic) minerals that have become part of the structure of the body cell system. Once a mineral has become part of the cell structure, it cannot be leached."

United States Military

"Distilled water is safe to drink and should have no adverse effects on your health. Distillation merely removes most of the dissolved materials, which are found in all natural waters."

Department of the Army

U.S. Army Health Services Command; Raymond H. Bishop, Jr. M.D.

Major General, Commander - Medical Corps. May 23, 1983

"There is nothing about distilled water that would make it harmful for the body. It may be helpful to remember that distilled water is the only water available for crews of naval vessels at sea."

May 26, 1983, United States Department of Agriculture

Consumer Nutrition Division

Frank N. Hepburn; Chief, Nutrient Data Research Branch

FROM BODY BUILDING LEGEND KELLIE EVERTS

"I often use my water distiller - absolutely pure distilled water is the best thing you can drink. I also employ juicing - all the roots as well - and use the blender. In the blender I cut up oranges and grapefruits into small pieces, add water, and blend until liquid. The white parts of these fruits contain valuable bioflavonoids.

I also pick a lot of herbs and seeds in the fields and woods, including the hops of wild roses (for juicing), milk thistle for a liver tincture, St Johns Wort to support calm nerves and to support sound sleep, burdock (the whole plant) for a skin lotion, and plantain (a flat-leafed grass) off my lawns.

I also eat red clover taken from my lawns (I have about three acres of lawns) from spring to autumn for health (10 to 30 blossoms at a time). I eat anything in the wild that is edible including blackberries, raspberries, wild cherries, and wild apples." Kellie Everts, from "Campaign for Women's Bodybuilding: Interview with the True Champion of Women's Bodybuilding."

DRINK A GALLON OF DISTILLED WATER EVERY DAY!

"You should drink at least one gallon of purified water a day. Most of us drink only at mealtime and when we're noticeably thirsty. Wrong. You can develop a habit of NOT drinking water and walk around being 66 or 67 percent water, instead of 74 percent, which is what your body needs.

When you don't have the water in you, you won't ever have the energy you need. The very first thing I do to get people's energy up is to increase the amount of water in their diet. Immediately, their energy goes up.

When someone has dementia, the first thing I do is give them lots of cold water all day, every day. About three weeks later, I start to see their dementia dissipate because they have rehydrated their brains. Unfortunately, your brain actually shrinks as you dehydrate. By drinking lots of pure water, you get better neuron activity and better cellular chemistry, and you're able to detoxify the cells with water.

Water has to be pure, free from fluoride, chlorine, and chemicals, which is why I recommend distilled water. To achieve optimum health, I recommend that you drink a half gallon to one full gallon per day." **"Gary Null's Ultimate Anti-Aging Program" by Gary Null, Ph.D., Kensington Publishing Corp., 1999.** Based on the PBS Documentary, "How to Live Forever"