**DISTILLED WATER**

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**THE CHOICE IS CLEAR**

by Dr. Allen E. Banik

The amazing discovery I am about to unfold to you had its beginning some 40 years ago. Just why I did not receive the impact then I will never know. A few short months ago the truth finally revealed itself to me. At first I found it difficult be comprehend, but little by little the facts began to blend until I saw it all in its entirety, and The Choice Was Clear.

**Only One Possible Cause For All Aging Diseases?** Imagine one common possible cause for nearly all diseases! Can it be that arthritis, kidney stones, gall stones, arteriosclerosis (hardening of the arteries), enlarged hearts, emphysema, obesity, constipation, cataracts, glaucoma, diabetes, all stem from one common cause? Unbelievable! But possibly very true!

**Can This Be True?**We all use it every day-from the baby's first cry to the old man's last breath. Water! The one element you need the most and suspect the least. If this shocks you, do not be surprised, as millions of Americans are still unaware of this "aging process," and indulge in it freely. Multitudes suffer from all the above diseases, and unknowingly contribute to this cause daily. Somehow the shots, pills, vitamin capsules and balanced diets add only brief spurts to wellbeing.

The arthritis can get a little worse, the arteries a little harder, the gall stones and kidney stones a little larger, the eyes a little dimmer, the hearing more complex, sugar starts to appear in the urine, digestion slows down, constipation calls for stronger laxatives-and waist lines get a little larger. It's a never-ending cycle of feeling just a little worse than the day before.

**There Is Hope Ahead**Let me cheer you up-there is good news in store for youhappy years are now ahead of youfar into your nineties-even more. Your stiff joints may begin to loosen, arteries become more elastic, blood pressures can become more normal, heart action firmer and more powerful. Your lungs can expand with fresh air-kidney and gall stones can gradually dissolve, never to appear again. That lost appetite can also reappear, and those aggravating stomach painssomehow can vanish.

**Dr. Brown Landone And Captain Diamond Proved It**Let me quote a few authenticated case histories-just to prove what has already taken place in the lives of two famous individuals. One was an associate named Dr. Brown Landone who lived to the splendid age of 98. His patient, a Captain Diamond, lived vigorously to the fantastic age of 120 years.

 Dr. Landone had a heart condition at the age of 17. Today it would have meant a heart transplant or other dangerous surgery. His doctor allotted him three months to live at most. His heart chambers and valves were coated with mineral deposits much like his mother's teakettle. Dr. Landone was determined to live. After devising a special treatment (I will go into details later), he returned for his second heart examination two years later. His doctor pronounced his heart perfect. All aglow with life, young Landone enrolled in a medical college and received the degree of Doctor of Neurology. He practiced this profession for 50 years, then turned his talents to writing. His average working day was from 18 to 20 hours. At the age of 98, he could have been mistaken for a man of 50!

**The Amazing Age of Captain Diamond**During Dr. Landone's years in practice, he met Captain Diamond, who was bed-ridden with arthritis and hardening of his arteries at the age of 70.

Dr. Landone suggested his treatment. Five years later he was teaching classes in physical culture. At the age of 103 he walked from Sacramento to New York. At the age of 110 he danced an night with a 16-year-old. He died at the fantastic age of 120!

**The Secret of Longevity** 'Water" is what I will be writing about, from the very first page to the last word. I will attempt to show facts about water that will startle you. And from now on, until the day you draw your last breath, you will remember what I have written on these pages.

**AR Water Is Not The Same**There are at least nine different kinds of water. Some kinds can harden your arteries, form gall stones and kidney stones, bring on early senility, and all the diseases I mentioned earlier. Other kinds of water works in reverse. What one type of water carries into the system, the other carries out. Let me classify these 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. Let me describe them briefly.

Hard water is water containing excessive lime salts, that is, carbonates and sulfates of calcium and magnesium. Sodium, iron, copper, silicon, nitrates, chlorides, viruses, bacteria, chemicals, and many other harmful inorganic minerals and chemicals may also be present. Most all the water we drink comes from public water systems or private wells. These are hard waters. Any water that has run through, or over, ground is hard water to some degree. The longer it filters through the soil, the harder it gets and the more harmful it may become for you.

Some cities take water from rivers and lakes or mountain reservoirs. They call it soft water. But soft water from such sources is soft only in comparison to water which is harder. I recall that each year the earth's rivers carry to the sea five billion tons of dissolved minerals and other unnumbered millions of tons of carbon compounds and factory pollutants. "And ocean life is on the decrease," according to Jacques Cousteau.

**A False Type Of Water**There are also the hard waters which are called "mineral waters"- that is, waters from certain mineral springs-well known for their medicinal effects. Practically all kinds of "bottled" water is hard water.

The reason mineral waters have this so-called medicinal effect is because the body tries to throw off the excess minerals which invade it as intruding foreign deposits. Actually, a form of dysentery exists, as the organism tries to eliminate and expel this unusual condition. To subsist on this type of water could be detrimental.

Raw water is water which has not been treated in any way. It may be hard or soft-as hard as lime water, or as soft as rain water. Raw water contains millions of viruses and bacteria, and is densely inhabited in every drop. Chemicals dumped into our rivers may cause cancer, according to the Environmental Protection Agency.

True, properly chlorinated water kills most germs and viruses, but it can also kill the cells in our bodies. The only safe rule to follow individually is to distil drinking water, which will eliminate both chlorine and pathogenic organisms.

**Boiled Water Is Not The Answer** Boiled water is advised by some health authorities. Boiling removes none of the inorganic minerals, although it does kill the bacteria in raw water if boiled at least 20 minutes.

But the dead bodies of these germs are carried into the system when the boiled water is used. Such dead materials furnish a fertilized soil for rapid and lusty propagation of germs already in the body. By drinking boiled water one may avoid live disease germs, but still takes on bacterial soil for the growth of other bacteria.

While raw water is an aquarium filled with deadly microorganisms, boiled water is a graveyard of dead germs.

**The Impurity Of Rain Water** Rain water, which has been distilled by the heat of the sun, should contain no mineral matter and no germs. But when it falls from the clouds as rain, it falls through air filled with bacteria, dust, smoke, chemicals, mud and minerals. By the time it reaches the earth as rain water it is so saturated with decaying matter, dirt and chemicals that its color becomes a yellowish-white.

If rain water is allowed to stand it becomes filthy because of the rotting animal matter in it. I discuss it only because some "nature faddists" are so ignorant that they advise the use of rain water on the basis that it is "natural."

**Snow Is Unclean** Snow water is melted snow. It, too, picks up minerals, chemicals and radioactive fallout such as Strontium 90. Snow is frozen rain. Freezing does not destroy bacteria. Snow looks white and clean but it contains as many germs, minerals and pollutants as rain water. Remember the dirt left from melting snow in the spring? How the dirt of what has melted forms on top of the snow which is not yet melted! Try melting the cleanest snow, then note the filth in the water. Each snowflake contains some form of air pollution.

**Filtered Water Can Be Dangerous**Filtered water is water which has passed through a very fine strainer, activated carbon or some other mechanical barrier. The use of filtered water is still rather popular. Some people think that water which has passed through a filter is purified. They believe that the filter keeps the waste substances and disease germs of the water in the filter. While it is true that chlorine, some suspended substances and many synthetic chemicals are removed in the filter by filtering, there is no filter made which can prevent bacteria or viruses from passing through its fine meshes. Each pore of the finest filter is large enough for millions of germs to pass through, even those containing silver!

Moreover, decaying matter collects on the bottom of every filter. This forms an excellent breeding ground for bacteria. After a filter has been used for a few days, the filtered water often contains more disease germs than the water which is put into the filter. Bacteria are multiplied by the millions by the collected wastes at the base of some filters, and washed through with filtered water, according to Dr. Brown Landone.

**De-ionized Water Can Cause Virus Infections** Water processed by the de-ionized method effectively removes minerals, and compares to distilled water in this respect. However, it does become a breeding ground for bacteria, pyrogenic matter and viruses. The fault in this system lies in the resin beds which can become notorious breeding grounds. Therefore it is not wise to have this possibility exist in your drinking water.

Furthermore, deionization does not remove synthetic chemicals such as herbicides, pesticides, insecticides or industrial solvents.

**The Miracle Of All Water-Distilled Water!** Distilled water is water which has been turned into vapor, so that virtually all its impurities are left behind. Then, by condensing, it is turned back to "pure" water. Distillation is the single most effective method of water purification. It is God's water for the human race. In a manner of speaking, distillation is nature's way. The weather of the world is created in the tropics, where half the heat reaching the earth falls on land and water masses. Here heat energy is stored within water vapor through the process of evaporation, nature's distillery. When the jet streams return ocean water to inland areas, they do so without sea salts and minerals, all of which have been left behind.

Nowadays you will hear a lot about reverse osmosis. In this process, water is purified by forcing a portion of the raw water through a semi-permeable membrane. Reverse osmosis removes a high percentage of the dissolved solids as well as other contaminants, and when new the result often approaches the purity of distilled water. The degree of purity in any case varies widely, depending on the types and conditions of the equipment used, much as with filter equipment, and the effectiveness lessens with use. Sometimes drastically!

**Nature's Natural Distilling Plant**Distilling water turns it into vapor, and then through condensation, back again into pure water. Rising vapor cannot carry minerals and other dissolved solids-it will not carry disease germs, dead or alive. The secret is that the vapor rises between all the suspended particles and chemicals in the air. When this condensation occurs as falling rain, it picks up airborne pollutants! Not so in a vented distiller where most of them are eliminated.

If pure distilled water is boiled in a teakettle, no calcium or minerals of any kind will collect to coat the inside of the kettle, even though you used the same kettle for ten years.

**The World's Greatest Secret**Distilled water then is water of the purest kind. It is odorless, colorless and tasteless. The divine purpose of water is to regulate temperature and to act as a solvent. In nature, water in evaporation is so fine that your eye cannot perceive it as it is drawn up into the clouds. Then it falls as rain, keeping the earth from being parched and burned.

As a solvent, it dissolves rocks and soil. It figures in the transport of nutrients into plant life. In the human body, water fills similar functions. It regulates the temperature of the body by helping take off extra heat resulting from an intake of some 3,000 calories of food each day. Water keeps the body from burning up. It carries waste products from the body.

**The Greatest Function Of Distilled Water** 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.

Distilled water is the greatest solvent on earth-the only one that can be taken into the body without damage to the tissues. 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.

**Inorganic Mineral Deposits Must Be Removed** For purification, distilled water is the solvent of choice. After mineral deposits are dissolved, gentle muscular exercise can force the dissolved poisons and wastes from the tissues into the blood so that blood can carry wastes to the excretory organs. Then, these organs can squeeze and pour the wastes out of the body.

Remember that great scientists now not only admit but assert that all old age, and even deathunless by accident-is due to waste poisons not washed out of the body. The legendary Dr. Alexis Carrel made heart tissue apparently immortal by regularly washing away the wastes of the cells.

Now you have learned about the nine different types of water. Let me repeat them again so you will never forget them: hard water, soft water, raw water, boiled water, rain water, snow water, filtered water, de-ionized water and distilled water. It is wise to remember these nine different types of water, but there is only one water you must always remember--distilled water! Dr. Paul Bragg, a life-time advocate of distilled water, lived to age 94, the span of life others only lecture about. He and others with track records say this is your lifeline to a long, happy, carefree span of life.

**Your Secret Enemy At Work** Hard water then is your greatest enemy. It will destroy every fond hope you have by striking you down when you should be enjoying the fruits of your labors. Crippled joints, repeated surgeries, enlarged hearts, hardened arteries, gall stones, kidney stones, hearing problems, forgetful minds, all draw your activities from the great out-of-doors into creaking rocking chairs, and finally into bed-ridden old people's homes. Why all this, when the body and mind was divinely designed to live forever! Dr. Alexis Carrel proved that! Captain Diamond lived a long merry life.

Let us trace the course of hard water, the cause of our ills. It begins in the clouds. As it falls it collects minerals and poisonous chemicals. It is good water, except for what it picks up as it falls. When it reaches the ground it is divinely designed to do one thing, to pick up minerals. These inorganic minerals are wonderful, but only for plants. As the water picks up minerals, it distributes them evenly to plant life. Plants would never grow if these minerals were not supplied to their roots. Water then acts as a carrier of some minerals, namely anion nutrients. But alas, chemicals have now polluted our pure air. To clean the air, and make' t fit to breathe, nature designed water to absorb these poisons.

**The Fault Lies In Inorganic Minerals** We have never realized that these collected minerals from the air and in the ground are all inorganic minerals, which cannot be assimilated by the body unless they are chelated into organic molecules. The only minerals the body can utilize are the organic minerals. All the others are foreign minerals and must be disposed of or eliminated. Herein lies the problem we have never suspected as the possible cause of nearly all our aging diseases.

**Only Plants Need Inorganic Minerals** Water, as a carrier of minerals, is fine for the plant. The plant in turn converts the inorganic to organic minerals. Now, our bodies can assimilate them. We have worked this process in reverse. We consume hard water saturated with calcium, magnesium, iron, copper, silicon, not realizing the body is unable to assimilate these nutrients efficiently. So nature tucks them in the joints as arthritis, in the intestinal walls as constipation, and along the arteries, causing them to harden. The kidneys and liver roll up the mineral deposits into little stones until they get too large for the ducts. Sometimes the "filters" of the kidneys become so mineral clogged that kidney transplants become necessary.

**Heart Conditions Can Result From Mineral Deposits** Calcium deposits in the heart chambers and valves become so cemented into place with mineral deposits that heart surgery becomes necessary. Calcium deposits in the inner ear cause deafness. Skilled surgeons can now remove these deposits and in many cases restore hearing again. Should these deposits occur on the nerve, then total deafness can result. Since water is a carrier of inorganic minerals, harmful to the body functions, we now wisely remove virtually all trace minerals, chemicals and foreign particles through the process of distillation. Then, and only then, is water odorless, colorless, and tasteless and fit for consumption.

I realize that there have been a few university study results that seem to deny these observations. And it may be possible-in rare circumstances-that water can contain organically complexed minerals that are assimilable. But these are rare situations, especially on our now polluted planet. I am also aware of a study that tends to correlate heart health with hard water areas. Full scrutiny of these data, however, poses more questions than it answers. Not answered at all is how people are to get unpolluted water in the first place.

**Pure Water Is Your Lifeline**We have now learned that water is a carrier of inorganic minerals and toxic chemicals of organic synthesis. But through the process of distilling, the water is separated from virtually everything it carries, and is now pure water. As it enters the body, it again picks up mineral deposits accumulated in the joints, artery walls, or wherever such deposits occur, and begins to carry them out. Gall stones and kidney stones get smaller and smaller until they can safely pass through their ducts. Little by little arthritic pains become less as joints become more supple and movable. Arteries gradually become more elastic as blood pressures tend to become more normal. Gradually the outlook on life becomes a little more youthful-ambitions begin to return, while the squeaking rocking chair will give way to the web covered golf clubs.

 The startling fact to remember is that water attracts chiefly inorganic minerals. Organic minerals stay in the tissues, where they belong. This is a marvelous feat of Divine Reasoning. We were not born to die-we were born to live! This fact is easily proved. X-rays of the arteries will never show unless there are calcium deposits along the artery walls. Doesn't this prove that we have mineral deposits even along swift moving blood channels?

So hard water carries inert minerals into the body, and distilled water carries them out-it's just as simple as that.

There is then only one way you can purify your body and help to eliminate your chronic aging diseases and that is through the miracle of distilled water. A sludge-filled motor cannot operate smoothly unless the sludge is removed. Neither can a body be supple and ageless unless the joints, arteries, cells and nerve tracts are free of mineral deposits!

**The Appalling Truth**The average person drinks about a gallon of water per day. Adding up the cups of coffee, tea, soft drinks, food and water, this gallon isn't too much. Many men drink much more. At a gallon a day, the average person drinks up to 450 glasses of solids during a life span. These same solids are found in your humidifier, and in grandmother's teakettle. Think of it-450 glasses of mineral solids in your system during a lifetime.

What does the body do with these foreign materials? Nature does the very same thing you are now thinking. It tries to eliminate them. Do you recall the water spots on your windows from your water sprinkler? Ever try to remove them? It takes lots of vinegar and lots of rubbing to dissolve the deposits.

This same reaction takes place in our bodies. It begins by putting a thin film along our intestinal walls. As soon as one film is laid, it attracts another film much easier, until it begins to build up and one of the first results is constipation, a plague to millions of people. Other deposits occur where blood flows the slowest, such as in the joints as arthritis and gout, along the arteries as hardening, in the veins as varicose, in the lungs as emphysema. It often coats the crystalline lens of the eyes with a fine film possibly resulting in cataracts.

Glaucoma, the dreaded eye disease, can be another result of hard water. The tiny vessels film up with mineral deposits, which result in a build-up of pressure in the eye. There has never been a known cause for glaucoma. It might be the mineral deposits.

In all my years of experience as a practicing optometrist-all my glaucoma patients drank water with extreme hardness. Distilled water as a possible preventative is still the best long-range program to follow.

**Heart Attacks Unknown**Bantu African tribesmen are known to have the cleanest arteries, as well as the most elastic ones. They dig no wells, but catch rain water. Although this water is contaminated with bacteria, it is still almost free of minerals. The air and water pollutions, such as we have here, have not as yet affected them as much. This is a tremendous testimony for mineral-free water. Even the Europeans have far less cholesterol in their arteries than we do. They of course drink more wine than we do. Wine is comprised of distilled water. All water that passes through the roots of plants, converts the inorganic minerals to organic minerals, and distills the water at the same time. When juices contain minerals, they contain them as complexed organic molecules.

**The True Function Of Cholesterol**Cholesterol is very important to our system. We get it in certain foods. The largest part originates in saturated fats, and this type can be harmful. The liver also manufactures its own cholesterol. Cholesterol is an oil or lubricant. It keeps the blood oily so the blood can flow easily through the arteries and veins. If it were not for cholesterol, the friction along our artery walls would soon wear them through. Nature is not so stupid. Everything is planned to work. But as inorganic mineral deposits adhere to the artery walls, cholesterol collects, narrowing the diameter of the arteries, risking possible occlusion. The Bantu Africans did not have this problem. The best time to avoid mineral deposits is at an early age. This reasoning is logical.

**My Personal Experience**About forty years ago I felt the impact of the effects of drinking hard deep well water. I never gave it much thought until recently, perhaps, because I was not concerned about longevity then. This particular farmer had a most distressing health problem. I doubt that he weighed a hundred pounds. At intervals he would be unable to eat. If he did, he would belch, vomit and double up with pain. I thought each day would be his last. Finally his doctor advised him to leave his farm. Upon arriving in California, a kind neighbor suggested he drink distilled water with several small glasses of wine in between. A month later symptoms vanished and he could eat heartily. Today at the age of 88 he is still hale and hearty, an example of good health. It was the iron and magnesium in his well water that could have spelled an early death for him.

**I Followed The Same Path**I still remember how I used to enjoy drinking ice cold water from his deep well, not realizing I was consuming three glasses of solids per year. That I too was a candidate for hardening of the arteries, arthritis, cataracts, gall stones, diabetes, obesity and other aging diseases never crossed my mind.

I then recalled another experience during my teen-age years. I was born and reared in a small South Dakota town. In those days we had a town well to supply our drinking water. It was good cold hard water. (It did a wonderful job in corroding my mother's teakettle.) The city electric plant was located near the well, but I noticed the plant manager drank distilled water. Being curious, I asked him why he drank that filthy water with such good tasting well water nearby. I can still feel the indignation that suddenly swelled up within him. He then softened his words by saying, "Some day when you grow up, you will find out." Somehow this always bothered me. I knew he didn't want to take the time to explain it to a mere kid. All the while I knew he had his reasons. It took me all these years to find out.

The truth of drinking distilled water is not new. It is just that the public has never caught on. Today, many progressive doctors prescribe distilled water for their patients. All the kidney machines operate on the purest distilled water. It is now time to shake our sickly population out of their lethargy and languor. Thousands of American cities have potential health hazards in their drinking water and millions of farm wells should be condemned.

**The Dark Clouds Are Gathering**Not only are we concerned about the minerals in our water, but we must also add the deadly nitrates and anthracenes which are seeping into our lakes, rivers and wells. The sewer wastes, and factory pollutions, detergents included, travel upstream underground at the rate of a half mile every six months.

**Our President Shocked** Our presidents realize that through pollution we could destroy ourselves within the next few decades. Only through the backing of our government and by spending billions of dollars can we even begin to cope with this insurmountable problem.

What our presidents don't realize is that the first step to take is to purify our drinking water. According to government statistics, 10 parts per million of nitrates in water can kill a newborn baby. This is serious! To put filtering plants in our cities would take millions of dollars. The quickest solution to our drinking water problem would be to distill and bottle water for delivery to our homes.

**My Personal Problem Solved**I investigated this product and found distilled water was selling for about fifty cents per gallon a few years ago. It is higher now. I then began a search for a home still. There were many on the market for our laboratories, but the plumbing and the upkeep would be expensive, as well as a cleaning problem. Also most stills were not made for drinking purposes.

As luck would have it, I found an all-electric automatic still which just answered my purpose. The size of the still depends on the number of gallons needed. They are automatic and attractive in appearance, operate on pennies a day, and usually pay for themselves in nine months. It solved my immediate drinking problem for me and my family. I can now enjoy the purest water at its best!

**We Are Our Own Worst Enemies**Now I can fight pollution. I can enter government programs raising my voice at town meetings against pollution in the soil, in the air and in the water. Today, the newborn baby doesn't have a chance if there are nitrates in its first bottle of water. Blue babies are the results of nitrates. How many babies are crying today when the hidden cause lies in the water, food, and the air they consume. Any mother would sacrifice her life for that of her child-yet unknowingly, through pollution-she becomes a hazard to her own child.

**We Must Declare War On Pollution**The fight to end pollution calls for the combined efforts of every man, woman and child. The farmer must watch the insecticides and the toxic chemicals in his soils. The manufacturer must bottle up his waste products and eliminate deadly monoxide gas. The air must be made free and clean of all harmful particles. Pollutants are serious today-very serious.

Although I have solved my own problems so far as polluted and mineral saturated water is concerned, what about the millions of people in our cities who are unknowingly drinking water saturated with toxic chemicals and inorganic minerals? What about our rural people, who consider deep wells the epitome of good drinking water, not realizing the surgeries and aging diseases that may lie ahead?

**Water Is Never The Same**True, our officials inspect and test our city water periodically, but water is never the same at all times, neither are wells in the same locations. Water can vary every day. Sometimes chemicals in water can become excessive; at other times negligible; but at all times the minerals will be there. We are looking for a mineral free and chemical-free water. This is the only kind of water our bodies demand. Only through the process of distillation can we achieve this purity.

**Water: A Carrier Of Disease**I recall a Dr. T. R. Van Dellen, who made the statement that even foul water carries the germs of hepatitis. In one ten-year time frame while I practiced in my profession, there were 1,700 cases of hepatitis due to contaminated water. Life is too precious to victimize so many innocent people.

House Beautiful magazine once made this statement: "You may still be able to drink water from your tap, but chances are it's not as pure as it could-and should-be. The pollutants in much of our water include chemicals from industry, such as lethal chlorinates, obnoxious phenols and tannins, plus commercial chemical fertilizers, weed killers, poison pesticides washed into streams by runoff or put into the water by injudicious overspray.

"Radioactive materials may one day be our most serious pollutant. Should atmospheric testing be resumed, this would be a menace. Also present is radioactive cesium-137 and even benzene-5, a known carcinogen.

"What can we do about it? We can improve our own home water supply. Water from our municipal systems has been treated to kill contagion, but still may not be appetizing. It comes from a sewage-polluted river or lake, it may be cloudy. It may be so hard that soap won't lather, but instead forms curds that puts a dirty ring around our bathtubs and turns our white clothes gray. If our water comes from a well, it may have all these faults and more. If you have a well, you may be floating on a sea of sewage.

"Now the day is coming [for many it is already here] when we, too, must face up to the question of whether we want to drink our water as it runs from the tap. Stopgap measures could correct some of its evils. But only some. The real answer lies in our rivers, our lakes and in our soil-and in what we do to protect them against befoulment. If we do nothing, a scourge of major proportion may be our legacy." So wrote David X. Manners.

This will give you some idea of how serious our water problem is! To clean it will take years. The answer lies in what we do now for our own protection. La Vista, Nebraska, had a severe water problem midway during my practicing career. The tap water collected in jars was rust colored and murky. Mrs. Carol Petersen, a local, said: "We had a lot of other neighbors who wanted to come here this morning, but they couldn't because they had to stay home with their children who had diarrhea from drinking the water."

**Since water is a carrier of minerals and chemicals, let me list some of them found in our water:**

Chlorine, Copper, Sodium, Zinc, Magnesium, Lead, Sulphur, Selenium, Calcium, Cesium, Potassium, Uranium, Bromin, Molybdenum, Carbon, Thorium, Strontium, Cerium, Boron, Silver, Silicon, Vanadium, Fluorine, Lanthanum, Nitrogen, Yttrium, Aluminum, Nicke,l Rubidium, Scandium, Lithium, Mercury, Phosphorus, Gold, Barium, Radium, Iodine, Cadmium, Arsenic, Chrome, Iron, Cobalt, Manganese, Tin

Our bodies need many of the above-mentioned elements, but only in their organic state. They must first pass through the roots of our plants before our bodies can assimilate them. Herein lies the big error. Nature has a tremendous distilling plant. As the vapors rise. all impurities are left behind. Only as the clouds recondense the water does it again pick up the elements left behind. Now it becomes harmful to us, but beneficial to plants. There is a big difference between powdered iron filings and the iron found in plants. It takes no chemist to tell the difference.

**Why Should We Grow Older?**The body is designed to feel younger-at any age. To feel one day older has always plagued the thinking of humanity and added worries to everyday living. New wrinkles add up to deeper lines-gray hair begins to crop out-while deaths occur at younger ages. All this need never be. Youth should remain youth-age is just a postponement-it need never come. The government is planning to educate 10,000 additional doctors to take care of the diseases for which we already have the natural cure. Why not attack the water problem, and prevent the host of diseases, without the need of additional doctors-who will die of the same diseases they attempt to cure! There is no need to have a heart so corroded with calcium deposits that surgery becomes necessary.

**What A Price To Pay**One morning two patients came to my office. One had a ruptured blood vessel due to hardening of the arteries. He also had polar cataracts. The other patient had a severe nosebleed which resulted in the loss of a pint of blood. When he arrived at the hospital the doctor diagnosed his condition as arteriosclerosis, or hardening of the arteries. Had his nosebleed not relieved his pressure, it could have resulted in a stroke. Both patients lived on a farm, drank water excessively from hard water wells. Is it worth the price?

**What Lies In Store For Us?**Could all these aging, crippling diseases have been avoided? What do we have to look forward to? Crippled joints and massive strokes? Do we want medical costs to wipe out our life savings? What lies in store for most of us?

**The Rewards of Prevention**Now is the time to shout the truth from our mountain tops. It's time for the press, radio and television to splash this possible secret to longevity on their front pages, through the air and on our television screens. Let every man, woman and child become alerted to one of the greatest discoveries of mankind. Let our medical schools and practitioners turn their attention to prevention. Vital organs are not meant to be removed, but to function! Prevention, not drugs, is the answer to our aging problems.

**Water Is Deceiving**What is in a sparkling glass of water may look pure, taste pure, smell pure, but you will still have to drink it at your own risk.

**Here are pertinent suggestions:**1. The water must flow from the purest possible source. Adequate safeguards must prevent pollution of this source.
2. Frequent surveys must be made to detect potential health hazards.
3. An enforceable system of rules and regulations must prevent development of health hazards.
4. Proper safeguards must protect water quality from source to house.
5. Only qualified personnel may operate the water supply system.
6. The water source must have enough reserve to meet peak demands.
7. Bacterial monitoring must be continuous.
8. Only specified, scientific tests may determine water quality.
9. Water with bacterial levels above precisely stated limits must be considered unsafe for public consumption.

Consider, for example, Cleveland, which dropped thousands of pounds of nitrates and phosphates into Lake Erie, part of its metabolism. These wastes originated from homes, hotels, laundromats and offices. These wastes included, among other things, phenol, iron, zinc, sulfuric acids, ammonia, and hydrofluoric acid (which incidentally eats through glass). All this created complicated drinking water problems for Cleveland. And for most industrial cities.

**It's Time To Become Alarmed**We do not know from day to day just what pollutions may exist in our own water. There is, however, one way to be sure, and that is to distill your own water. You are then sure that you will get the purest water possible.

**A Twin Cities Problem**I remember reading about a Coon Rapids, Minnesota, housewife who telephoned the state health department to report that water from her home well had a peculiar "foam" on it. That was the first sign of a problem that later became one of concern to several million people in the Twin Cities area.

The "foam" came from surfactants, the active ingredient in detergents. Surfactants do not occur in nature. Thus, when they are found in an underwater supply, their origin can be traced directly to sewage discharge.

Nitrates become hazardous to formula-fed infants. Boiling water does not make the water safer, it only increases the concentration of the nitrates.

**Nitrates-A Nebraska Problem**Nitrates fed to our Nebraska soils-to increase our food supply along the Platte Valley-have become a health hazard to the longest-lived people in the nation. Since the water table is high, nitrates filter into the water supply for drinking purposes. Since 10 parts per million can be fatal to a newborn child, it is time to become concerned. Our luscious valley, with its tall, waving corn, is rapidly becoming a death trap.

Today, mankind has destroyed our soils, our water and our air. The lure for wealth has overshadowed our gift of life. Through our soils we have opened the doorway to hosts of new insects and plant diseases. Through our contaminated waters we are killing our wildlife and our babies in their cribs. The air is unfit to breathe. Life today is not living. It is merely existing. Where will it all end? Is it a problem for one of us, or all of us? "If our soils are sick, our plants are sick. If our plants are sick, our animals are sick and if our animals are sick, we humans become sick," says Paul Brinkman.

**Behind The Curtain**Americans during any year eat millions of pounds of beef from cattle that had "cancer eye," or similar tumorous disorders. Thousands of cattle carcasses checked by federal inspectors are held in meat plants until tumorous parts are whittled out. The remainder of the meat is put on the market.

Millions of cattle carcasses are detained briefly in meat plants while parts are cut out because of other diseases and injuries ranging from adhesions to tuberculosis. The rest is just "fine" for consumption.

In the meantime, federal regulations continue to permit meat processors to carve out infected or damaged portions of animals, condemn the cancerous parts of cattle, and sell the rest of the meat on the market.

Since the meat processors do not want to lose their profits, they would much rather feed this cancer-ridden meat to the unsuspecting public as "U.S. Choice."

**Eco-Agriculture**I am happy to report that a new form of clean agriculture is gaining a toehold in the United States. It is being called eco-agriculture by the publisher of Acres U.S.A.-a journal layman and farmer alike ought to read-and it relies on scientific principles as well as the practical experience of organic growers.

Science has proved that plants with balanced hormone and enzyme systems provide their own protection against insect and fungal crop destroyers. The seat of this balance is soil fertility, starting with a pH managed by keeping calcium, magnesium, potassium, and sodium in proper equilibrium. The trace minerals also figure since they are keys to proper functioning of plant enzymes.

The full package known as eco-agriculture can and does produce more abundant bins and bushels, and does it while improving nutrient quality in food for animal and human consumption. What a boon to agriculture and to the health of our nation.

The people of Hunza do not use toxic chemicals. They grow from two to three crops per year. There are no insects or diseases. Why not channel our research and educational dollars where they will do some good?

**The Wheel Of Health**We live by the law of transformation. Transformation from the soil to the plant-from the plant to the animal or human, then back to the soil again, forming an everlasting cycle of health. The dust of the earth then becomes the cells in our bodies. We live by the law of  interdependence. No soul or body is an island by itself. It is a part of something else always. Therefore, we must first consider the soil, which is the mother of us all. We must become concerned about the air above us, from which we cling to the "breath of life." The water around us must be pure and free of all inorganic minerals and chemicals. Every cell in our bodies must be bathed in the purest water. Life is purity. We cannot live by "bread alone." Air, water and sunshine are responsible for life and growth. Each of these gives something to the other.

Paul Brinkman, a former president of Queen Ann School of Cosmetology, so ably expressed himself in these words: "Water cannot be destroyed, but it can be made sick! Man with his additives has defiled the laws of God. You can always expect something unnatural whenever you violate something natural."

Mr. Brinkman became interested in distilled water especially since he was concerned about his diabetic condition. Imagine his surprise when he checked out sugar free. It likewise surprised his doctor. According to any edition of Merck's Manual, the exact cause of diabetes is not known. The cause lies in the inadequate production of insulin by the beta cells of the islets of Langerhans. The cells are alive; it is just that they do not function. My inspiring teacher, Dr. Landone, stated that the mineral deposits enclose the cells with a mineral film so they are unable to function. I am inclined to believe his conclusions because there has to be a cause. Whether distilled water will cure diabetes is not for me to say. It is not within my field to diagnose; however, with the knowledge derived from my study of distilled water, I feel quite emphatic about its merits.

There is much to learn about water. I have merely touched on a few pertinent facts of water in its relations to vibrant health and longevity. The facts I gathered have proved themselves to me. When men can live to the age of 120, 1 become alert! There has to be some cause. I am convinced that the inorganic minerals and chemicals in water become a hazard to every man, woman and child. The body must be free of sludge to operate efficiently. The eliminating organs cannot expel all the deposits, so nature does the next best thing and tucks them wherever she can. Since water is the greatest solvent known, it becomes the best agent to carry out that which is brought in.

The test is very simple. Place a mirror or glass under a dripping faucet. Let it dry, and observe the water spots. Then place this glass in distilled water. The distilled water will dissolve the water spots. This is what the whole story is about-this is the cause of all our aging diseases. Dr. Landone cured his heart condition. Captain Diamond cured his arthritis and lived to the splendid age of 120 years. Could distilled water be the answer? If it is, how different living in this world could be. Since we live but one, therefore. should. we not live wisely? The choice is clear-it is now up to you, Disease does not exist without cause. It begins where cause begins and persists where cause persists. Chronic disease means chronic provocation. Cure cannot take place until the cause of disease is removed. Symptoms may subside or be palliated and suppressed; a crisis may pass, but disease persists so long as cause is ignored or unrecognized.

**The Importance Of Distilled Water On Aging**

By Chester Handley

As our body begins to age, there are several things that happen. Cell don't produce as well, the body doesn't digest as well, the body does not absorb as well & the body does not eliminate as well.

And areas of the body begin to feel pain & 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 & appears to be more easily digested.

Well the true reality is that it is no benefit to the aging body at all & 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 & 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 & red blood cells throughout the body & carries away waste products & carbon dioxide.

Distilled water has been evaporated into a vapor, split apart into a molecule of hydrogen & oxygen, turning them into a gas that rises up in to the atmosphere, then cooled back down & condensed back in to water.

The same process happens in a distillery when it distils water. It heats up the water into a gas, all the impurities are left behind, all the waste products are left behind, then it is condensed & turned back into pure water & 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 & latches on to debris, waste products & 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...& 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 less headaches, you have less pain, you have more oxygen & nutrients available for the body & 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 & meat products, & 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 & lowering blood pressure. It has also been known to reduce cholesterol & 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 weight in ounces per day. If you are sweating & exerting yourself you should drink more, not less. We have a tendency to grab pop, coffee, Kool-Aid & 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 & 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, & poured it out abundantly on man. The logical argument is who knows better what we need than the creator, & he gave us distilled water'.

"Distilled water is safe to drink & 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

"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

"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.

**An excerpt from 'Distilled Water Cure' by Otoman Hanish MD DD (printed 1964)**

"Often times the blood becomes tainted & needs to be purified. There is only one way of washing the blood and that is by means of dead water, undiluted water, distilled water which contains no life organism, chemicals or similar substances. It has to be dead water, i.e. water condensed from steam. Distilled water, by virtue of its weight: effects a one pound pressure upon the minerals and acids which clog the bloodstream; it presses them right through the system. Even in a short time it eliminates appreciable quantities of impurities from the blood. There is no hard and fast rule as to how to take The Cure; it may be taken quickly or slowly, hot or cold. It is left entirely to the individual to decide according to temperament and physical condition. The main thing is to obtain the necessary pressure and to ensure that two cups are always taken at one time - a total of seven pints per day. This is quite easy of accomplishment if the quantity is systematically regulated as follows:

1. On awakening take two cups.

2. Another two cups shortly before breakfast.

3. Two cups in the middle of the morning.

4. Two more 20 to 30 minutes before the mid-day meal.

5. Two cups in the middle of the afternoon.

6. Another two cups 20 to 30 minutes before dinner.

7. The last two cups in the evening shortly before retiring.

If desired, two more portions may be taken one, two hours after lunch, and the other two hours after dinner. As regards to eating and drinking, it is a matter of individual choice. Nothing is forbidden and there is no need for fasting nor privation. One may eat and drink according to individual needs. One eats only moderately after having taken two cups of distilled water. The principle of The Cure must be maintained, i.e., seven times per day, two cups of water at one time - making sure to take two cups shortly before each meal.

It will soon be discovered that even at breakfast time one eats very moderately after having taken two cups of distilled water. After three days one observes a loss of taste for this and that and quite different desires assert themselves for dishes which one may have previously disliked. Day by day one eats less: soon only half and then only a third of what one normally takes. After three days the complexion becomes clearer and more rosy and a feeling of lightness is experienced. After two to three weeks, the eyes become clearer and more penetrating; one is able to think more clearly and one becomes less easily irritated. After three weeks, the thinner ones become a little stouter and the stouter ones become a little thinner. In case of sufferings of an acute nature, The Cure need last but three weeks; in other cases five weeks. If The Cure be resorted to for from 5 to 12 weeks in succession, 65 percent of all ailments become eliminated, and the other 35 percent will be eliminated if one continues after ward with a correct diet. By the time one has almost completed The Cure, one has become so accustomed to the drinking of distilled water that one likes and takes regularly a couple of cups before each evening meal. The adoption of this habit wards off all disease. The body is already composed of 85 percent water, and by adding thereto two cups of water regularly each evening, all acids and crystals are eliminated there from in a natural way and the bloodstream is not burdened thereby.

Three highly important effects are assured through The Water Cure:

1. The blood becomes washed and made free of all foreign substances.

2. It ejects a proper working of the individual organs and thereby that of the whole organism.

3. It provides a youthful freshness in a measure that often youth does not possess as the whole glandular system becomes normalised, thereby increasing the brain power, and life becomes more joyous.

Always remember, therefore, to resort at interval to The Water Cure. If feeling unwell, start again for a few days or even weeks. Take The Water Cure as a serious treatment for five to seven weeks every three, five, seven, nine years, as it purifies the whole organism, and, becoming thus renewed, continuous progress is assured. Distilled water is therefore of the greatest value for the individual as well as humanity at large. After a few weeks on The Cure, one learns to choose the food that nature requires to build up the system; one begins to live anew. Even after three days the purification and renovation of the bloodstream is noticeable. One does not necessarily gain or lose weight by taking The Cure. The purer the blood, the more normal the cells of the body become. If one gains too much weight one simplifies the diet by discarding butter and oils. The great advantage of The Water Cure is that one need ask no questions; one just takes it, everything comes lay itself so long as one resorts thereto. As a result of The Water Cure, one begins to think for oneself instead of asking questions, one becomes a thinking human being. The Cure is so simple one cannot make a mistake, not even a mistake in diet. The wonderful feature of it is that no efforts are required and yet the maximum of benefit is obtained. Moreover, one is sure of the expected result, whether one resorts to it for a weak stomach, indigestion, dyspepsia, constipation or a liver which does not function normally, or because the kidneys are affected; for the lungs, nerves, heart trouble, change of life or for growths.

"All ailments have to give way to Distilled Water, and in the ordinary way nothing needs to be added thereto."

"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

"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 in veritably declines with use." ---Jonathon King, author of "Troubled Water"

Distilled Water in 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".

**DETOX REACTIONS:**

It's important that you do not confuse these with the idea that the distilled water is making you ill. When you read the different doctors describe how distilled water melts garbage inside of you, make sure you understand that this translates into real world events. As in, garbage will start to pour out of you! It has to come out! But better out than in, so this means, you will have detox symptoms. Everybody is different as to how they detox, where they detox, and what they detox. It all depends on what you have ingested and inhaled your whole life and what routes your body chooses to eject the garbage. It could be...

Rashes , Vomiting , Diarrhoea , Headaches , Flu-like symptoms , Nausea , Heavy sweating , Pimples , Bad breath , Body odour. These are all GOOD things, the garbage is leaving. Know that is only temporary. You can dial in the speed too. If it's too much detox for you, back off on the solvent. Then come back to it again when you feel stronger.

Remember-  when they say this is the greatest solvent known to the human body, they're not joking!

**DOCTORS AND EXPERTS WITH THE COURAGE TO TELL THE TRUTH ABOUT DISTILLED WATER**

Distilled water is the only water which runs through all water-based life forms. Here are the writings of doctors and experts who all support the benefits of Distilled Water. Take note of the STEADY, CONSISTENT VOLUME which is recommended by them…

**DR. ARTHUR R. REYNOLDS:**

“It may safely be taught that THE ONLY ABSOLUTELY PURE WATER IS THAT PURIFIED BY DISTILLATION. Instruct the public how distillation can readily and cheaply be done. It furnishes a fruitful yield for the genius that will devise a small distilling apparatus for the use of every family.

It would be safe to teach that the GENEROUS USE OF PURE WATER both within and without the body has never yet done any harm; that the functional ailments that afFlict the great host of mankind, are in a great part due to the fact of the imperfect elimination of waste matter, and that GENEROUS LIBATIONS OF PURE WATER is a most potent agent TO FLUSH THEM FROM THE BODY, through the skin, the lungs, the kidneys and the bowels. The diseases caused by impure water are numerous and fatal.”

—Dr. Arthur R. Reynolds, M.D., Health Commissioner of Chicago, from “Distilled Water and Longevity” by Elmer Ellsworth Carey, Chicago, in Suggestion magazine, Volume 10, January 1, 1903

**DR. GARY NULL:**

“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.”

— Dr. Gary [Null](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Cc%5Cnull.html), Ph.D., from, “Gary Null’s Ultimate Anti-Aging Program,”  Kensington Publishing Corp., 1999, Based on the PBS Documentary, “How to Live Forever”

**DR. C.W. DELACY EVANS:**

“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.”

— Dr. C.W. DeLacy Evans, M.D., from How To Prolong Lif

**NIKOLA TESLA:**

“…ONLY A LUNATIC WILL DRINK UNSTERILIZED WATER.”

— Nikola Tesla, when asked about his predictions for the next 100 years in an article appearing in Liberty magazine, February 9th, 1935

**BERNARR MACFADDEN:**

” …it is important that we GIVE TO THE BODY A SUFFICIENT QUANTITY OF PURE WATER in order that the blood may be kept in its normal fluid condition, and the disease-producing effete matter eliminated.

THERE IS NO CLEANSING AGENT AS IMPORTANT AS WATER, not only for the exterior of the body, but for the interior from the crown of the head to the soles of the feet. It is a simple matter to drink a glass of water, yet the results of the act are marvelous. A very small portion of it enters the intestines, but by far the larger quantity is absorbed into the blood and enters immediately into the circulation of this life-giving fluid.”

“ONE IS ALMOST DRIVEN, if he be particular as to his water supply, TO THE USE OF DISTILLED WATER.”

— Bernarr Macfadden, from Macfadden’s Encyclopedia of Physical Culture, 1911.

“Baby’s Bath: Have ready also a glass of distilled water, a few spoonfuls of which will prove a refreshing drink to baby after his bath.”

“Baby’s Natural Food: The secretion of the breast, proves all that baby requires, unless it be an occasional spoonful of distilled water.”

— Bernarr and Marguerite MacFadden, from “Physical Culture for Babies” 1904

**DR. ALEXANDER GRAHAM BELL:**

“I thought if I DRANK PLENTY OF IT, I might get rid of some of the salts that were covering my sciatic nerves. I tried drinking it, and it worked like a charm. Within a short time my sciatica left me and I have been free of rheumatism from that day to this. I have KEPT UP MY DRINKING OF DISTILLED WATER and I attribute my almost perfect health largely to it.”

— Dr. Alexander Graham Bell, Inventor of the Telephone

**JACK BELL, AMERICAN MEDICAL ASSOCIATION:**

“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

**DR. BRIAN CLEMENT:**

“Distilled Water is a pure water. A lot of people have been mislead 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”

—Dr. Brian Clement, from the video, “Why Choose Distilled Water?”

**DR. ALLEN E. BANIK:**

“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.”

“Distilled water then is water of the purest kind.  It is odorless, colorless and tasteless.  The divine purpose of water is to act as a solvent.  In nature, water in evaporation is so fine that your eye cannot perceive it as it is drawn up into the clouds.  Then it falls as rain, keeping the earth from being parched and burned.  As a solvent, it dissolves rocks and soil.  It figures in the transport of nutrients into plant life.

In the human body, water fills similar functions.  …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.  Distilled water is the greatest solvent on earth —the only one that can be taken into the body without damage to the tissues.”

“THE AVERAGE PERSON DRINKS ABOUT A GALLON OF WATER PER DAY.  …THIS GALLON ISN’T TOO MUCH.  MANY MEN DRINK MUCH MORE.”

“Today, many progressive doctors prescribe distilled water to their patients.”

— Allen E. Banik, M.D. excerpts from, “The Choice is Clear”

**DOUGLAS HOOVER:**

“I personally have been DRINKING A GALLON OF DISTILLED WATER PER DAY for over 40 years. I fast all food for a minimum of 21 days annually. Over the years I have done three 40-day fasts on just distilled water. I fasted a year ago for 60 days: 40 days, then a break of 6 days eating only vegetables, and then continued another 20 days (for a total of 60 out of 66 days). No “early death” here, just perfect health and longevity.

I guess a man with an experience is not at the mercy of a man with an argument. Change your water and change your health. Drink distilled water purified nature’s way: evaporation and condensation.”

“$10,000 Cash will be paid to anyone who can prove that ‘early death’ comes from drinking distilled water.”

— Douglas Hoover, author of “Distilled Water and Health,”  Founder of Aquamedia Research Group, DistilledWaterAuthourity.com and DistillationStation.com

— For $10,000 Reward: Send your published research paper and blind studies to: Aquamedia Research Group, P.O. Box 710523, San Diego, CA 92171

**DR. RICHARD SCHULZE:**

“Only distilled water, the emptiest water is allowed. Distilled water is so empty, it is like a vacuum, it is the universal solvent especially for unwanted mineral deposits. Just by DRINKING DISTILLED WATER ON A REGULAR BASIS you dissolve stones, and prevent new ones from forming…”

— Dr. [Richard Shulze](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Cc%5Cshulze.html), N.D., M.H.  from his “Kidney Stone Dissolving Routine

**SANFORD BENNET:**

“It is Mr. Bennet’s theory that old age and ill health are caused by the collection in the arteries and about the joints of lime and clay sediments contained in drinking water. This mineral coating, he believes, interrupts the proper circulation of the blood, prevents the necessary irrigation of the skin, produces stiffness of the joints and dulls the action of the brain.”

“Distilled water and olive oil, one used internally, the other used externally, are my elixirs of youth,” declared Mr. Bennett. “They will counteract the decaying conditions in the body. You must DRINK LARGE QUANTITIES OF DISTILLED WATER, rub yourself with pure California olive oil, and take a moderate exercise. That is the secret which my friends have so long wished to learn.”

“Why, ten years ago I could not read without glasses. Today, I can read the smallest print without artificial aid of any kind.”

— Mr. Sanford Bennet, excerpted from The San Francisco Call, September 24, 1900

**DR. HOMER WAKEFIELD:**

” …WATER, FREE FROM IMPURITIES.  Any amount of it may be taken into the system without fear of detrimental results.  Physicians know it is the best solvent of inorganic concretions in the body, …there is NOTHING MORE WHOLESOME THAN PURE DISTILLED WATER, tightly corked in clean bottles, protected from contaminations of even impure air.  PURE WATER, WELL CORKED, NEVER GETS STALE.”

— Dr. Homer Wakefield, M.D., of Bloomington, Ill., from the article, “Pure Water Not a Poison” in The National Druggist, Volumes 29-30, 1899

**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.”

—Kellie Everts, from “Campaign for Women’s Bodybuilding: Interview with the True Champion of Women’s Bodybuilding”

**DR. CLIFFORD C. DENNISON:**

“…there are hundreds of case histories of people who have enjoyed success in alleviating or overcoming these health problems (arthritis, heart disease, high blood pressure, hardening of the arteries, kidney stones, gall stones, cataracts and emphysema) 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

**EDGAR CAYCE:**

“Also highly recommended was an AMPLE FLUID INTAKE.  A general suggestion was SIX TO EIGHT GLASSES OF PURE WATER DAILY to aid in the elimination of toxic wastes from the kidneys.  Cayce also advised drinking half to three-quarters of a glass of lukewarm water each morning on arising to help clear the kidneys.  In general, LARGE AMOUNTS OF WATER are best taken between meals rather than with them.”

— from, “Edgar Cayce Encyclopedia of Healing” by Reba Ann Karp

The following is from “WATER: SYMBOL OF LIFE” an article by Hugh Lynn Cayce  discussing Edgar Cayce’s readings on water…

“Everyone should drink at least five or six glasses of liquid every day. This may be in the form of fruit or vegetable juices, milk, water or other liquids. Keep plenty of water in the system, so that eliminations through the body are good.”  No. 137-101

“There should be more water taken into the system, IN A MORE CONSISTENT MANNER, so that the system — especially in the hepatics and kidneys — may function more normally. Thus the correct manner of elimination of drosses will be produced in the system. For there are many channels of elimination from the system.

Lack of water in the system creates and excess of those drosses which would normally be cleansed through the alimentary canal and the kidneys, and forces these (drosses) back into the capillary circulation. This brings about congestion and a weakened condition, either through mental strain or physical strain for portions of the system; producing ill effects.” No. 257-P-7

“We need more water in the system, systematically taken, so that the acid in the system may be dissolved.” No. 779-P-5

“To relieve these (catarrhal) conditions, we would first of all take more water into the system. Drink quantities of water. Have a specific time, and keep the system flooded with water until eliminations are fully set up throughout the system.” No. 779-P-6

We see then how important it is to establish firmly a fixed habit of drinking plenty of water, regardless of whether we are thirsty. We may not relish the idea, but it can be done. Apparently thirst is not a reliable indicator of the body’s optimum need for water.

In reading No. 257-P-7, the question was asked, “How can desire for more water be created?” This was the answer:

“Desire for water can be created by taking it, so that the body will call for it when the habit has once been started.

—Edgar Cayce, from “WATER: SYMBOL OF LIFE” an article by Hugh Lynn Cayce in THE SEARCHLIGHT, a publication of the Association for Research and Enlightenment, Incorporated, VIRGINIA BEACH, VA, August 1956, Vol. VIII, No. 8

**DR. SUZANNE BENNETT:**

“Purified water comes from two methods of filtration: either distillation or reverse osmosis. Many patients ask me, “Isn’t distilled water — dead water? There are no minerals in it!”

Yes, both distilled and reverse osmosis water are devoid of minerals, but ingesting mineral-free purified water is not harmful to your body.”

“DRINK THE RIGHT AMOUNT OF PURIFIED WATER — Dehydration slows your metabolism down, as well as the natural healing process of the body. When you drink adequate amounts of water, you can reduce allergenic symptoms AND FEEL MORE ALERT AND ENERGETIC.”

— Dr. Suzanne Bennett, D.C., CCSP, from “The Hidden Dangers of Drinking Water” July 19, 2012, in The Huffington Post

**DR. CHESTER HANDLEY**

“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 weight 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.”

— Dr. Chester Handley, D.C., M.D., from his article, “The Importance of Distilled Water in Aging”

**JOB:**

“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.”

— Job, from, The Holy Bible, “JOB 36:27″

**DR. OTOMAN HANISH:**

“Often times the blood becomes tainted and needs to be purified. There is only one way of washing the blood and that is by means of dead water, undiluted water, distilled water which contains no life organism, chemicals or similar substances. It has to be dead water, i.e. water condensed from steam.

Distilled water, by virtue of its weight: effects a one pound pressure upon the minerals and acids which clog the bloodstream; it presses them right through the system. Even in a short time it eliminates appreciable quantities of impurities from the blood.

There is no hard and fast rule as to how to take The Cure; it may be taken quickly or slowly, hot or cold. It is left entirely to the individual to decide according to temperament and physical condition.

THE MAIN THING IS TO OBTAIN THE NECESSARY PRESSURE and to ensure that two cups are always taken at one time – A TOTAL OF SEVEN PINTS PER DAY. This is quite easy of accomplishment if the quantity is systematically regulated as follows:

1. On awakening take two cups.

2. Another two cups shortly before breakfast.

3. Two cups in the middle of the morning.

4. Two more 20 to 30 minutes before the mid-day meal.

5. Two cups in the middle of the afternoon.

6. Another two cups 20 to 30 minutes before dinner.

7. The last two cups in the evening shortly before retiring.

If desired, TWO MORE PORTIONS MAY BE TAKEN one, two hours after lunch, and the other two hours after dinner. As regards to eating and drinking, it is a matter of individual choice. NOTHING IS FORBIDDEN AND THERE IS NO NEED FOR FASTING NOR PRIVATION. One may eat and drink according to individual needs. One eats only moderately after having taken two cups of distilled water. THE PRINCIPLE OF ‘THE CURE’ MUST BE MAINTAINED, I.E., SEVEN TIMES PER DAY, TWO CUPS OF WATER AT ONE TIME making sure to take two cups shortly before each meal.”

— Dr. Otoman Hanish, M.D., D.D., from “The Distilled Water Cure”

**ANN AND PAUL MALKMUS:**

“We CONSUME A SUBSTANTIAL AMOUNT OF DISTILLED WATER.  Not only just from the glass to drink, but believe it or not, ALL OF OUR FRUITS AND VEGETABLES HAVE DISTILLED WATER in them, so when we consume those, WE CONSUME DISTILLED WATER IN THEM.”

“The plant juices really are the purest water, because the roots act as a filtering system, and so it filters out the impurity, it converts the minerals that are in the ground that are difficult for the body to assimilate, into a mineral that the body can assimilate easily.”

— Ann and Paul Malkmus/Hallelujah Acres, Purified vs Distilled Water Q&A — http://www.youtube.com/watch?v=92sEaQofZYU

**DR. NORMAN W. WALKER:**

“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.”

“How much juice can be taken safely? Just as much as one can drink comfortably without forcing oneself. As a general rule, one pint daily is the least that will show any perceptible results, and PREFERABLY FROM TWO TO EIGHT PINTS OR MORE.  We must bear in mind that the more juice we drink the quicker the results.”

—Dr. Norman W. [Walker](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Ca%5Cwalker_h.html), from his books, “Water Can Undermine Your Health” and “Fresh Vegetable and Fruit Juices” respectively

**DR. OLIN IDOL:**

“The DISTILLED WATER helps clean the inorganic minerals from our body that have accumulated over the years.  It helps transport the toxins out of our body.  And we need an ABUNDANCE of this water, initially, as we are trying to help the body FLUSH these toxins out so that we do not have to deal with a lot of symptoms of detoxification from cleansing.”

— Dr. Olin Idol, N.D., C.N.C., from, “Distilled Water” — http://www.youtube.com/watch?v=qrugJVm1bMQ

**DR. MAX GERSON:**

“The Gerson household kitchen supplies: …WATER DISTILLER”

“Gerson PATIENTS NEED PURE WATER, …Most cities have bottled water businesses that DELIVER PURIFIED AND DISTILLED WATER TO HOMES.”

“If your municipal water supply is fluoridated, it is imperative that you USE DISTILLED WATER FOR ALL PATIENT INTAKE”

— Dr. Max [Gerson](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Ccancer%5Cgerson.html), M.D., from, Gerson Therapy Handbook

**DR. CHERYL R. SCOTT:**

“I just completed A 40 DAY DISTILLED WATERS FAST TO HEAL MYSELF from significant degeneration of my knees secondary to osteoarthritis. My fast was fairly simple and straight forward. My goal was to fast on 1 GALLON TO 1.5 GALLONS OF DISTILLED WATER EACH DAY. I would ‘pound a pound’ (drink a pint quickly) at least every 1-2 hours. I was able to obtain a 6 week medical leave of absence and on day one of my medical leave I began fasting on 1.5 GALLONS OF DISTILLED WATER. I am ecstatic with the results. I lost 35 pounds which was very important for my knees. My objective was to remove inorganic mineral deposits throughout my body (like years and years of arterial plaque build-up), however I PRIMARILY DESIRED TO REMOVE ALL THE MINERAL DEPOSITS IN ALL OF MY JOINTS which are greatly impacted by osteoarthritis. 7 weeks ago, I had to order a seated walker to use at work in my role as a nurse consultant. Now that I have finished my 40 day Distilled Waters fast, I can walk and stand for hours with minimal pain

I had my CHEM PANELS AND LIPID PANELS DRAWN at 21 days and 40 days into my Distilled Water fast and MY MAGNESIUM/PHOSPHOROUS AND CALCIUM LEVELS WERE ALWAYS PERFECTLY NORMAL. This proved to me that DRINKING DISTILLED WATER DOES NOT LEACH ORGANIC MINERALS from our tissues. And MY LDL AND TRIGLYCERIDE LEVELS ARE THE BEST THEY HAVE EVER BEEN.

I return to work in 3 days feeling much better and able to do my work without the need for a walker. This 50 something RN is very grateful for Distilled Waters Therapies! Namaste!”

— Dr. Cheryl R. Scott, RN, PhD, IBCLC

**DR. J. H. TILDEN:**

“By using succulent fruits and vegetables in scurvy, or acidosis, MUCH DISTILLED WATER IS FURNISHED THE BODY WITH WHICH TO FLUSH OUT THE ACCUMULATED PUTRESCENCE. Fruit and vegetables contain over ninety per cent water.”

— Dr. J. H. [Tilden](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Cvaccines%5Ctilden.html), M.D., from IMPAIRED HEALTH, ITS CAUSE AND CURE: A Repudiation of the Conventional Treatment of Disease, 1921

**DR. CHARLES MAYO:**

“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.”

“Water Hardness is inorganic minerals in solution(in water). When these minerals enter the intestines in drinking water, there is an immediate reaction between them and the fats, oils and fatty acids present, causing precipitation of inorganic calcium, magnesium, iron and so on – to form new, insoluble compounds.”

—Dr. Charles Mayo of the Mayo Clinic

**LOUIS PASTEUR:**

“We drink 90 percent of our illnesses.”

—Louis Pasteur

**DR. JOHN HARVEY KELLOGG:**

” …from Dr. J. H. Kellogg, the physician-in-Chief of the Battle Creek Sanitarium, …in Good Health Magazine for June, 1899, SAYS OF DISTILLED WATER:

“It is FREE FROM GERMS, FREE FROM INJURIOUS SALTS, FROM LIME and other substances with which they are found in combination, if not always of the same uniform quality.”

—from “Distilled Water and Longevity” by Elmer Ellsworth Carey, Chicago, in Suggestion magazine, Volume 10, January 1, 1903

“Still another use for water is TO DISSOLVE AND WASH OUT of our bodies, through the sweat of the skin, and in other ways, THE WASTE AND WORN-OUT PARTICLES which are no longer of any use.”

“Most waters have more or less substances dissolved in them. Water which has much lime in it is called hard water.  Such water is not so good to drink, or for use in cooking, as soft water.  THAT WATER IS BEST WHICH HOLDS NO SUBSTANCES IN SOLUTION.”

“THE PUREST WATER IS THE BEST.  Impure water causes sickness.”

— Dr. John Harvey Kellogg, from, Dr. John Harvey Kellogg’s Child’s Guide to Health and Hygiene

**ARISTOTLE:**

“Salt water when it turns into vapor becomes sweet and the vapor does not form salt water again, when it condenses.  This I know by experiment.  The same thing is true in every case of this kind: wine and ALL FLUIDS THAT EVAPORATE AND CONDENSE INTO A LIQUID STATE BECOME WATER.  They are all water modified by a certain admixture, the nature of which determines the flavor.”

“If one plunges a watertight vessel of wax into the ocean, it will hold, after 24 hours, a certain quantity of water, that filtered into it through the waxen walls, and THIS WATER WILL BE FOUND TO BE POTABLE, BECAUSE THE EARTHY AND SALTY COMPONENTS HAVE BEEN SIEVED OFF.”

— Aristotle, from Meterologica (II. 3), First published in 350 B.C.

**DR. BROWN LANDONE:**

“ANYONE DRINKING DISTILLED WATER EXCLUSIVELY WOULD EVENTUALLY RETURN TO NORMAL WEIGHT. The reason, hard water film imprisons the cells so tissues become water-logged. Retention of fluid is the chief cause of obesity. Distilled water again breaks the cell barrier and the body weight returns to normal. Weight watchers will lose weight, regardless of present diet if they include 4-6 glasses of distilled water each day taken a half hour before each meal”

— Dr. Brown Landone, neurologist, http://www.viafosa.com/doctors-opinion-distilled-water-health-benefits.html

**DR. RAYMOND H. BISHOP, JR:**

“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

**DR. R.N. TOOKER:**

“DISTILLED WATER IS THE ACME OF PURITY. Nothing can be purer than that which is absolutely pure. For medicinal purposes, the highest authorities are agreed that PURE WATER IS PREFERABLE TO THE SO-CALLED MEDICINAL SPRING WATERS. The latter all contain more or less impurities in the form of earthy salts or organic matter, which is not the case with distilled water. For flushing the kidneys, stimulating the sluggish liver, eliminating waste matter from the system; indeed for all affections in which medical waters are believed to be efficacious, PURE DISTILLED WATER FURNISHES THE LONG SOUGHT DESIDERATUM.”

— Dr. R. N. Tooker, Chicago, from “Distilled Water and Longevity” by Elmer Ellsworth Carey, Chicago, in Suggestion magazine, Volume 10, January 1, 1903

**ELDON C. MUEHLING:**

“LIQUID WATER IS THE BEST KNOWN SOLVENT IN EXISTENCE. In fact, it is commonly referred to as the universal solvent. This means it can dissolve more of the greatest number of substances than any other liquid.”

“WATER MOLECULES, in contact with foreign substances, have been compared to cowboys cutting cattle from a herd — they FORCE THEIR WAY BETWEEN CLUSTERS OF PARTICLES, BREAK THEM APART AND HOLD THEM AT BAY.”

“MERELY FILTERING THE WATER IS LIKE USING A BAND-AID. DISTILLATION, ON THE OTHER HAND, IS MORE LIKE DOING SURGERY ON THE WATER.”

— Eldon C. Muehling, excerpts from “Pure Water Now: It’s Time for Action”

**DR. PAUL CONN:**

“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 al

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”

**DR. DAVID WILLIAMSON:**

“DISTILLATION IS EFFECTIVE BECAUSE IT REMOVES THE WATER FROM THE CONTAMINANTS, RATHER THAN TRYING TO REMOVE THE CONTAMINANTS FROM THE WATER. Distillers have several major advantages over other purification systems. A good distillation system pretty much eliminates the need to ever have your water tested. It’s the only purification system I know that removes every kind of bacteria, virus, parasite, and pathogen, as well as pesticides, herbicides, organic and inorganic chemicals, heavy metals (dissolved or otherwise), AND EVEN RADIOACTIVE CONTAMINANTS.”

— Dr. David Williamson, D.C., from “Why You Should Drink Distilled Water”

**DR. HAROLD D. FOSTER:**

“Interestingly, studies examining the role that cholesterol may play in plaque formation have shown that the 42-amino acid form of beta- amyloid builds up more easily in the brains of rabbits given tap water than it does if these animals drink distilled water.

OBVIOUSLY, THIS SUGGESTS A WATER QUALITY ROLE IN ALZHEIMER’S DISEASE.”

— Dr. Harold D. Foster, from “What Really Causes Alzheimer’s Disease”

**DR. RUSSELL T. TRALL:**

“And the ‘Matchless Sanative’ –who has not known of its marvelous cures? Twenty-five or thirty years ago it was all the rage in some places. I have seen many chronic invalids who had worn out half a dozen regular physicians, and swallowed the whole round of patent nostrums; but nothing ever did them so much good as the ‘Matchless Sanative.’ Well, IT WAS A MATCHLESS MEDICINE. It was the very best remedy, as a universal panacea, ever sold to an afflicted mortal at an extravagant price, for IT WAS PURE WATER, AND NOTHING ELSE”

— Dr. Russell T. [Trall](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Cv%5Ctrall2.html), M.D., from, “THE TRUE HEALING ART: Or, HYGIENIC vs. DRUG MEDICATION,” An Address Delivered at the Smithsonian Institute, Washington, D.C., 1862

“WATER”

“To the days of the aged it addeth length;

To the might of the strong it addeth strength;

It freshens the heart, it brightens the sight;

‘TIS LIKE QUAFFING A GOBLET OF MORNING LIGHT.”

“If children were properly educated, or rather, IF MEDICAL MEN HAD NOT MISEDUCATED THE WORLD, EVERY A-B-C SCHOOL BOY AND GIRL WOULD HAVE KNOWN THAT PURE AIR AND PURE WATER ARE THE BEST”

—Dr. Russell T. Trall, M.D., from, The Month, a column in The Herald of Health, New York, December, 1863.

DR. JOHN R. CHRISTOPHER:

“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 R. [Christopher](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Ca%5Cchristopher.html), from “Regenerative Diet”

**DR. PETER A. LODEWICK:**

“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., from ‘A Diabetic Doctor Looks at Diabetes’

**DR. JOHN YIAMOYUIANNIS:**

“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 [Yiamouyiannis](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Ca%5Cyiamouyiannis_h.html), Ph.D., from ‘Fluoride: The Aging Factor’

**ACTING CHIEF OF BUREAU,  J. F. URIE:**

“I have to state that there can be no two opinions as to the protection distilled water affords to crews of vessels and to stations of the Navy against infection from such diseases as are water-borne. When ONLY DISTILLED WATER IS USED FOR DRINKING and other purposes, diseases of this class, as for example, cholera and typhoid, are little feared. It is conclusively proven that a large number of diseases to which human beings are a prey are introduced into the economy by means of contaminated water used for drinking purposes. Distilled water, as prepared and stored for use in the Navy, is of course free from infectious agents, and ITS GENERAL US IS A SOURCE OF GREAT COMFORT to the Medical Officers who have the maintenance of the health of the many men in their charge. When the water supply is under control, as on board vessels of war, little apprehension is felt of the introduction of cholera, typhoid, etc. The numerous animal parasites that prey upon mankind and that are known to be water-borne find little place in the medical statistics of the Navy.

In conclusion, I would say that THE GENERAL USE OF DISTILLED WATER IN THE NAVY is considered one of the principal factors in ESTABLISHING THE HIGH STANDARD OF HEALTH that is maintained in the Navy of today.”

— J. F. Urie, Acting Chief of Bureau, Department of the Navy, Bureau of Medicine and Surgery, from “Distilled Water and Longevity” by Elmer Ellsworth Carey, Chicago, in Suggestion magazine, Volume 10, 1903

**DR. ROBERT D. WILLIX JR:**

“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 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. from ‘Maximum Health’

**DR. VAN DEN BURG:**

“PURE WATER, WITH AS LITTLE SOLID MATTER AS POSSIBLE, and water that is especially free from lime salts, IS ABOUT THE ONLY DRINK THAT CAN BE SAID TO BE GOOD FOR RHEUMATISM”

— Dr. Van Den Burg, of New York, from, ‘Hygiene’ in Suggestion magazine, Volume 10, January 1, 1903

**DR. ANDREW WEIL:**

“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.”

“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.”

— Dr. Andrew Weil, M.D., <http://www.drweil.com/drw/u/ART00581/water-an-essential-part-of-life.html?print=1>

**DR. EDWARD M. WAGNER:**

“Chronic Fatigue Syndrome sufferers are instructed to DRINK DISTILLED WATER.”

—Dr. Edward M. Wagner, from “How to Stay Out of the Doctor’s Office”

**DR. DAVID C. KENNEDY:**

“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 Preventitive Dentistry’

**DR. ROBERT W. FLINCHBAUGHT:**

“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 DISEASE-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”

**VICKI GLASSBURN:**

“DISTILLED WATER IS THE PUREST FORM AVAILABLE.  DISTILLED WATER HELPS TO EXCRETE EXCESSIVE HEAVY METALS FROM THE BODY.”

—Vicki Glassburn, from “Who Killed Candida?”

DR. CHARLES MCFERRIN:

“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 a ‘full’ water, a 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

**DR. CHARLES W. LITTLEFIELD:**

“EVAPORATION OF WATER, a process universal on sea and land, GENERATES A SUBTLE MAGNETISM WHICH IS THE VITAL FORCE OF PLANTS AND ANIMALS.”

— Dr. Charles W. Littlefield, M.D., from Man, Minerals and Masters, 1937

**DR. WILLIAM LAMBE:**

“The late Dr. Lambe, of London, was so thoroughly convinced of the IMPORTANCE OF THE PUREST WATER in the treatment of Cancers, Scrofula, and Cachexias generally, that HE RESTRICTED HIS PATIENTS TO THE USE OF DISTILLED WATER.  And his success was remarkable.”

—from Herald of Health, Volume 2, in the article, “The Hygiean Home” by  Russell T. Trall, M.D.

**DR. TEOFILIO DE LA TORRE:**

“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.”

— Dr. Teofilio de la Torre

**MAJOR WALTER TOLLE CAW(?):**

“I am directed by the Acting Surgeon General to state that existing orders in the Philippines require ALL DRINKING WATER USED BY UNITED STATES TROOPS TO BE DISTILLED, or at places where this cannot be done, to be boiled twenty minutes. It is not too much to say that THIS PRECAUTION HAS SAVED AN ENORMOUS NUMBER OF LIVES during the prevalence of cholera and has prevented many cases of typhoid fever, dysentery and intestinal parasites. Cases of cholera among troops in the Philippine Islands have been repeatedly traced to drinking impure water in violation of this order.

No deleterious effect of any kind has been attributed to the daily use of distilled or boiled water.”

— Major Walter Tolle Caw(?), Surgeon U. S. Army, from “Distilled Water and Longevity” by Elmer Ellsworth Carey, Chicago, in Suggestion magazine, Volume 10, 1903

**DR. JAMES BALCH:**

“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.”

— Dr. James Balch, M.D., from Dietary Wellness

**NATIONAL CANCER INSTITUTE:**

“Distilled Water: AN ULTRA-PURE FORM OF WATER with potential antineoplastic activity. Derived by boiling impure water and condensing the resultant steam in a sterile container, DISTILLED WATER HAS BEEN SHOWN TO KILL BLADDER CANCER CELLS in vitro through osmotic lysis (cytolysis).”

— National Cancer Institute, <http://www.cancer.gov/drugdictionary?cdrid=632847>

**DR. PAUL BRAGG:**

“The greatest damage done by inorganic minerals (hard)—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.T., from “The Shocking Truth About Water”

**DR. J.G. WEBSTER:**

“Common water can be RENDERED PERFECTLY PURE BY DISTILLATION”

“It is not possible in the very nature of things —in the organization of our bodies and in its relations to external objects— to improve upon pure water, neither as a circulating fluid conveying nourishment to the tissues of our bodies, nor as a quencher of thirst.”

“PURE WATER CIRCULATES THROUGH THE MOST DELICATE TISSUES, WITHOUT THE LEAST PERCEPTIBLE FRICTION OR IRRITATION, without the least perceptible disturbance to the senses, except by its temperature, as it may be warmer or cooler than the tissues; and when applied to an abraded surface, it falls on it AS HARMLESSLY AND BLANDLY AS FALLS THE SNOWFLAKE ON THE RIVER.”

— Dr. J. G. Webster, M.D., from “THE TWO SYSTEMS” an article in The Herald of Health, Vol. 2 – No. 5, New York, November, 1863

**DR. WAYNE PICKERING:**

“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 SUBSTANCE, ACID CRYSTALS AND ALL OTHER WASTE PRODUCTS SO THAT THESE CAN BE ELIMINATED IN THE PROCESS OF PURIFYING THE BODY.”

“Distilled water has the inherent characteristics of a magnet, which picks discarded minerals and with the assistance of the blood and the lymph, transports them to the kidneys for elimination. IT IS THIS KIND OF MINERAL ELIMINATION THAT IS ERRONEOUSLY REFERRED TO AS LEACHING.THE NOTION THAT DISTILLED WATER LEACHES MINERALS FROM THE BODY IS INACCURATE; IT DOES NOTHING OF THE SORT. Distilled water collects and removes inorganic mineral that have been rejected by the cells and tissues and which, if not evacuated, can cause serious damage.

Odorless, colorless and tasteless, distilled water contains no solid mater of any kind, no minerals, organic or inorganic and is made solely of the two gases, hydrogen and oxygen. It can be used as a drinking water, for cooking, for electric irons and batteries; and it is so pure that it is used for intravenous feeding, inhalation therapy, prescriptions and baby formulas. ENJOY A GUARANTEED CLEAN GLASS OF DISTILLED WATER THE NEXT TIME YOU NEED SOMETHING TO DRINK AND RELAX.”

— Dr. Wayne Pickering, from “The Distilled Water Myth”

**DR. HERBERT M. SHELTON:**

“A frequent development while fasting is a dislike for water. This is particularly true if the water is “hard”. “HARD WATER” that, while one is eating, tastes pleasant enough, IS REJECTED BY THE SHARPENED SENSE OF TASTE. IN SUCH CASES WE FIND THE USE OF DISTILLED WATER, TO BE SATIFACTORY.”

— Dr. Herbert M. [Shelton](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Cvaccines%5Cshelton1.html), N.D., from The Science and Fine Art of Fasting, The Hygienic System: Vol. III

**FEDERAL EMERGENCY MANAGEMENT AGENCY:**

“THERE ARE MANY MATERIALS THAT ELECTRICITY DOESN’T LIKE TO FLOW THROUGH. Air, for example, is one thing that electricity can’t flow through very easily. Air is an insulator. Other insulators include rubber, glass, ceramics, wood, many plastics and, SURPRISINGLY ENOUGH, DISTILLED WATER.”

— Federal Emergency Management Agency (FEMA), http://www.usfa.fema.gov/downloads/pdf/pcm/pcm\_r0255.pdf

**DR. CAREY A. REAMS:**

“One of the most important is THE DISTILLED WATER CLEANSING PROGRAM. Although most people don’t realize it, they have a lot of sugar—including white sugar; sugar from honey; and sugar from fruit—packed into their muscles and fatty tissues. It’s packed in there because their sugar metabolism wasn’t functioning properly. Their body neither burned those sugars for energy nor excreted them. Until these stored sugars are FLUSHED OUT OF THE SYSTEM, the body may release them into the blood at any time, disrupting the blood sugar level. The distilled water cleansing program is designed to rid the body of these sugars —THUS CLEARING THE WAY FOR A STABLE BLOOD SUGAR LEVEL.”

— Dr. Carey A. [Reams](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Ca%5Creams_h.html), in response to the question, “What else do you do to help the hypoglycemics?” from a 1978 interview with ACRES USA

“Drinking distilled water would help alleviate this problem of pectoris heart attack. Extreme fatigue, nervous tension, wrinkles in the forehead …ALL WILL BE ALLEVIATED WITH THE DRINKING OF DISTILLED WATER.”

—Dr. Carey A. Reams, from, “Health Guide for Survival” by Salem Kirban

**FRANK N. HEPBURN, USDA:**

“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

**DR. MICHAEL COLGAN:**

“Distilled water is water which has been heated to the boiling point so that IMPURITIES ARE SEPARATED FROM THE WATER which itself becomes vapor or steam. It is then condensed back into pure liquid form. THE IMPURITIES REMAIN IN THE RESIDUE which is simply thrown away. Distilled water contains no solids, minerals or trace elements, and has no taste. Distillation removes the debris, bacteria, and other contaminants.

DISTILLED WATER HAS BEEN A WATER PURITY STANDARD in analytical labs, pharmaceuticals, cosmetics, and many other industries for many years and more recently A GOLD STANDARD FOR DRINKING. Distillation duplicates nature’s hydrologic cycle. The sun’s heat vaporizes the water and draws it from the earth’s surface into the atmosphere. The impurities remain. As the vapor cools, it falls back to the earth as rain, snow, and other precipitation. As it leaves the clouds, the precipitation is pure but as it makes is descent to the earth it picks up the various forms of pollution found in the air. Then, as it reaches the ground, the water continues to pick-up contaminants on its way back to the various bodies of water on the earth. In mechanized distillation, water is boiled in a distiller, which creates steam that rises and leaves virtually all contaminants behind in the boiling chamber. Steam is then collected and condensed into pure, clean distilled water leaving the impurities behind to eventually flush down the drain. Because of the heat involved in the process of creating steam, all forms of bacteria and all water borne diseases are destroyed. DISTILLED WATER IS THE ONLY FORM OF WATER, WHICH IS FREE FROM ALL CONTAMINANTS AND IMPURITIES. DISTILLED WATER IS THE ONLY CLEAN WATER. VIRTUALLY EVERYTHING IS REMOVED FROM THE WATER BY STEAM DISTILLATION”.

— Dr. Michael Colgan, from, “Optimum Sports Nutrition”

**INTERNATIONAL SPACE STATION COMMANDER CHRIS HADFIELD:**

“Since 2010, we’ve got a system on board that can PURIFY THE WATER in real time, you don’t have to take it out and store it in bags. We have filters and a KEG-SIZED DISTILLER that spins to create artificial gravity and move the waste water along.”

” …keep in mind that the water that we end up with is PURER THAN MOST OF THE WATER THAT YOU DRINK on a daily basis at home,” Hadfield says in the video. “That makes the International Space Station its own self-contained environment. That’s a CRITICAL STEP TOWARDS LIVING FOR LONG PERIODS off of planet Earth.”

— Commander Chris Hadfield, Colonel Royal Canadian Air Force, Commander International Space Station and Canadian Space Agency & National Aeronautics and Space Administration, from the video, “Water Recycling on the International Space Station”

**DR. RON KENNEDY:**

“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.”

— Dr. Ron Kennedy, M.D.

**AMERICAN RED CROSS:**

“While the two methods described above will kill most microbes in water, DISTILLATION WILL REMOVE MICROBES (GERMS) THAT RESIST THESE METHODS, as well as heavy metals, salts, and most other chemicals.

Distillation involves boiling water and then collecting only the vapor that condenses. THE CONDENSED VAPOR WILL NOT INCLUDE SALT OR MOST OTHER IMPURITIES”

— American Red Cross, <http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4440181_Food_and_Water-English.revised_7-09.pdf>

**DR. IAN SHILLINGTON:**

“DON’T TAKE UNNECESSARY RISKS, DRINK HEALTHY, DRINK DISTILLED. To be Sure, several drinks of local tap water will not kill you, but common sense will tell you that YOUR BODY CANNOT FUNCTION AND SURVIVE WITH DAILY INGESTION OF POISON.”

— Dr. Ian Shillington N.D., from, “The Importance of Distilled Water”

**DR. VARAH SIEDLECKI:**

“DISTILLED WATER REMOVES POISONOUS SUBSTANCES and inorganic mineral matter from the human body. This process will be impeded if the water you drink is already contaminated.”

” …only distilled water produces a completely negative ion reaction in the system. Negative ions are alkaline-forming. These negative charged ions draw the positively charged acid waste products, flushing them into the elimination channels of the body for excretion. So even though distilled water tests slightly acidic, because of its negative charge, A MORE ALKALINE INTERNAL SYSTEMIC ENVIRONMENT IS CREATED WHEN DISTILLED WATER IS CONSUMED.”

“Your body is 60-80 % water; water is the chief catalyst and medium for all the energy reactions that take place. Using higher energy, wet, DISTILLED WATER ASSURES THAT THE BODY’S METABOLIC ENVIRONMENT IS AT ITS BEST HYDRATION.”

— from “Why Distilled Water?” by Dr. Varah Siedlecki. DOM, DN, PH.D.

**DR. ALEXANDER F. BEDDOE:**

“First of all DISTILLED WATER IS A HIGH ENERGY WET WATER. In order for it to end up high energy wet water it is going to have to become cationic. Remember, cations can have anywhere from 500 to 999 milhouse units of energy. The closer the distilled water is to 999 the higher energy and wetter it is going to be. Therefore, being highly cationic means it is also going to have a pH on the cationic side of the physiologic “neutral” point of 6.40. In other words, all distilled water is going to test cationic (acid).

This is not a problem, first because water is not to be a source of mineral nutrition — it is to be water and high energy water alone. Second, it has to be converted to the body’s frequency just like food energy. The “electron press” (anions against cations) that causes the resistance for this process to happen is not effected by the pH of the distilled water because there is no mineral base to react .”

— Dr. Alexander F. Beddoe, DDS, Advanced Ideals Institute

**DR. THEODORE A. BAROODY:**

“Tissue acid wastes, which lead to an unwholesome death, are positively charged. DISTILLED WATER, BEING NEGATIVELY CHARGED, DRAWS TO IT THE POSITIVELY CHARGED ACID WASTE PRODUCTS and flushes them into the elimination channels.

Even though most distilled water tests acidic, critics of distilled water must understand that BECAUSE OF ITS NEGATIVE CHARGE, A MORE ALKALINE ENVIRONMENT IS CREATED IN THE BODY when imbibed.”

— from “Alkalize or Die” by Dr Theodore A Baroody

**DR. GEORGE CROMACK:**

“I am often asked about distilled water versus spring water. Distilled water is pure H20. CONTRARY TO POPULAR BELIEF, OUR BODIES DO NOT ASSIMILATE THE INORGANIC MINERALS THAT ARE IN SPRING WATER or any other type of water other than distilled water. Rain water is distilled water also but in a polluted environment may uptake some of the environmental pollution.

The job of fruits and vegetables is to convert the inorganic minerals in the earth to organic minerals which our body can assimilate. IF WE COULD ASSIMILATE INORGANIC MINERALS WE COULD SUCK ON RUSTY NAILS TO GET OUR IRON REQUIREMENTS or eat dolomite and stones to get calcium and magnesium. IN FACT, THE INORGANIC MINERALS IN NON-DISTILLED WATER ARE STONE-LIKE AND LEAD TO DEPOSITS IN THE JOINTS which cause stiffness and plaque in the vascular system which causes arthrosclerosis.

After making 5 gallons of water my distiller has about a tablespoon of stone like material left behind…better in the distiller than in my body. THE AVERAGE PERSON CAN EASILY TAKE IN SEVERAL POUNDS OF STONE-LIKE MATERIAL IN A TWENTY TO THIRTY YEAR PERIOD OF TIME.

THE MYTH THAT DISTILLED WATER LEACHES MINERALS OUT OF THE BODY IS SIMPLY THAT, A MYTH.”

— Dr. George Cromack,  from, “Distilled Water vs. Spring Water” — <http://renewyourselfblog.wordpress.com/tag/dr-george-cromack/page/2/>

**DR. LEE T. ROZELLE AND DR. RONALD L. WATHEN:**

“CONSUMPTION OF LOW TDS WATER”

(NOTE: DISTILLED WATER falls under the category of “LOW TDS WATER.”  The term “LOW TDS WATER” means water with a low Total Dissolved Solids count. Distilled Water is in the category of “LOW TDS WATER” because it generally has a count of zero parts per million of dissolved solids.)

A COMMITTEE REPORT BY THE WATER QUALITY ASSOCIATION, SCIENCE ADVISORY COMMITTEE 1991-1993 With Review By Dr. Lee T. Rozelle and Dr. Ronald L. Wathen, M.D. MARCH 1993

“The scope of this paper is limited to answering whether low TDS (Total Dissolved Solids) water contributes to the loss of minerals from body tissues, producing associated harmful side effects.”

“evidence is presented to demonstrate that THE CONSUMPTION OF WATER WITH LOW LEVELS OF MINERALS IS SAFE.”

“it is common for submarines TO PROVIDE NOTHING BUT PURIFIED WATER FOR MONTHS AT A TIME, all with no reported ill effects.  This was confirmed with separate sources at the David Taylor Research Center in Annapolis, the Naval Sea Systems Command, the Bureau of Medicine and Surgery, and the Navy Environmental Health Center.  Finally, the Surgeon General directed the Navy to address the subject formally in 1972.  The conclusion was that DRINKING DISTILLED WATER IS NOT HARMFUL.”

“IN SHORT, THE HUMAN BODY IS NOT A LEAD OR COPPER PIPE WHICH “LEACHES” IN THE PRESENCE OF PURIFIED WATER.”

“There are NO KNOWN DOCUMENTED EXPERIENCES WHICH SHOW that consuming low Total Dissolved Solids water will create ANY LONG-TERM HEALTH EFFECTS.”

“thousands of private wells, as well as numerous small municipal systems in the U.S., produce low Total Dissolved Solids water. NO KNOWN HEALTH EFFECTS OR PROBLEMS HAVE BEEN REPORTED as a result of this widespread practice.”

“NASA HAS REPORTED NO ILL EFFECTS from the consumption of approximately .05 mg/L TDS water ( .05 Parts Per Million ) on board space craft.  IT APPEARS THAT THE POSSIBILITY THAT THIS COULD HAVE BEEN A PROBLEM WAS NEVER SERIOUSLY CONSIDERED BY NASA.

In a field test in Boulder, Colorado with about 50 families, an experimental, zero discharge water system provided drinking water containing about .05 parts per million TDS. NO ILL HEALTH EFFECTS WERE CAUSED AS A RESULT OF DRINKING THIS WATER.

In conclusion, the field experiences cited suggest that THERE ARE NO LONG-TERM ILL HEALTH EFFECTS, SPECIFICALLY THE MINERAL LEACHING FROM HUMAN TISSUE, DUE TO THE CONSUMPTION OF LOW TDS WATER.”

— Dr. Lee T. Rozelle and Dr. Ronald L. Wathen, M.D., from “CONSUMPTION OF LOW TDS WATER” by THE  WATER QUALITY ASSOCIATION

**DR. EDWARD V. OHANIAN**

“I am NOT AWARE OF ANY DATA adequate to support the conclusion that water with low levels of minerals is unsafe.”

— Dr. Edward V. Ohanian, Chief of Human Risk Assessment Branch, United States Environmental Protection Agency, from “CONSUMPTION OF LOW TDS WATER” by THE WATER QUALITY ASSOCIATION

**DR. GALAL-GORCHEV:**

“NO INFORMATION THAT SUCH (LOW TOTAL DISSOLVED SOLIDS) WATER WOULD HAVE ANY ADVERSE EFFECT ON MINERAL BALANCE.”

— Dr. Galal-Gorchev, World Health Organization, from “CONSUMPTION OF LOW TDS WATER” by THE WATER QUALITY ASSOCIATION

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**DETOX SYMPTOMS:**

When you read the different doctors describe how distilled water melts garbage inside of you, make sure you understand that this translates into real world events. As in, garbage WILL start to pour out of you! It has to come out! But better out than in, right? So this means, you WILL have detox symptoms. And everybody is different as to how they detox, where they detox, and what they detox. It all depends on what YOU have ingested and inhaled your whole life and what routes your body chooses to eject the garbage.

Know that these symptoms are only temporary. They can only last as long as you still have garbage inside of you. You can dial in the speed too. If it’s too much detox for you, back off on the distilled water, eat healthy, consume more raw fruits, vegetables and herbs and then come back to it again when you feel stronger.

Remember, when they say this is the greatest solvent known to man, THEY’RE NOT KIDDING!!!

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How to start acquiring Distilled Water…

You can buy it in plastic gallon jugs at first. Big stores tend to sell the best tasting. NOT because they make it the best, but because they move thru the most of it, and it spends the least amount of time picking up plastic flavor. Small drug stores tend to taste the worst, because it spends the most time sitting around.

Once you decide you like it, you can buy a small counter-top distiller that is good for one or two people for about $150. They sell a cheaper one for $100, but it empties into a plastic catch, whereas the $150 model comes with a glass catch. They sell bigger, more convenient family sized ones for about $600 to $1500. A carbon pre-filter is a good idea for most kinds of waters, but ESPECIALLY important for any municipal tap waters as they contain HIGH amounts of VOC’s or Volatile Organic Compounds which have a lower boiling point than water and actually make it through the distillation process. So, the carbon filter catches the VOC’s before they ever get to the distiller. The bigger $600 units come with a carbon pre-filter so that is great, but for anybody who gets the smaller $150 units which don’t come with a carbon pre-filter, they need to filter it first with a brita pitcher, a refrigerator door water dispenser, or a faucet filter, anything which uses basic carbon filtering. There are some waters which don’t have any VOC’s in them and you don’t need any carbon filtering, just taste a batch and see. If the water tastes like nasty plastic even after it has been distilled, then you are tasting VOC’s and need to do the pre-filtering and the post-filtering.

**DISTILLED WATERS KNOWLEDGE: BILL MISNER, Ph.D.**

DISTILLED WATER ENHANCES MINERAL ABSORPTION

By Dr. Bill Misner, Ph.D.

DOES DISTILLED WATER LEACH MINERALS FROM OUR BODIES?

Absolutely, not...in fact just the opposite has been found to occur in cellular research studies. It is a mistaken belief that drinking pure distilled water reduces valuable minerals from living human tissues.

ORGANIC MINERALS VS. INORGANIC MINERALS

There are two types of minerals, organic and inorganic. Human physiology has a biological affinity for organic minerals. Most organic minerals for our body functions come from dietary plant foods. A growing plant converts the inorganic minerals from the soils to a useful organic mineral. When an organic mineral (from a plant food) enters the stomach it must attach itself to a specific protein-molecule (chelation) in order to be absorbed, then it gains access to the tissue sites where it is needed. Once a plant mineral is divested within the body, it is utilized as a coenzyme for composing body fluids, forming blood and bone cells, and the maintaining of healthy nerve transmission. (Balch & Balch 1990)

Without a healthy organic mineral balance inside and outside the cells of muscle, blood, and bone substructures, the body will began to spasm, twitch and cramp, eventually deteriorating to a full "rigor complex", and/or complete failure.

INORGANIC MINERALS FROM TAPWATER ARE "BAD NEWS".

Tap water presents a variety of inorganic minerals which our body has difficulty absorbing. Their presence is suspect in a wide array of degenerative diseases, such as hardening of the arteries, arthritis, kidney stones, gall stones, glaucoma, cataracts, hearing loss, emphysema, diabetes, and obesity. What minerals are available, especially in "hard" tapwater, are poorly absorbed, or rejected by cellular tissue sites, and, if not evacuated, their presence may cause arterial obstruction, and internal damage. (Dennison 1993, Muehling 1994, Banik 1989)

ORGANIC MINERALS ARE PREFERRED...

Is it any wonder why the body prefers the richest source of mineral substrates from organic foods instead of the mineral-poor sources from tap water? Even if the human tissue suddenly developed the ability to absorb inorganic minerals from tap water, it would take an enormous amount of tapwater to supply the bare minimal mineral quantities for human life functions. If (for example) the rich inorganic mineral content of the tap water in Reno, Nevada were modified so that it would convert the daily Calcium requirement (RDA) from its inorganic calcium solutes, one would have to drink 7.4 gallons of their tap water!

HOW DISTILLED WATER ENHANCES MINERAL ABSORPTION RATES

Distilled Pure Water will not conduct electricity when only 2 parts inorganic minerals or less are present. Water with 5 parts inorganic content per million parts water (or more) will conduct electricity, completing a simple circuit and lighting a tester bulb! The higher the inorganic content is in a per million count, the less effectively water transmits organic minerals to tissue sites. Bottled water, tapwater, reverse-osmosis filtered water, and carbon-block filtered water (when tested) will conduct electricity, substantiating that each one is not the best carrier for the mineral-transport and mineral-absorption (Muehling 1994). Our tapwater in the USA has been shown to contain 19 "inorganic metals of concern"(1994 Safe Water Drinking Act), for which maximum contaminant levels have been set. (Tone 1994) Most American tapwater tested falls between the ranges of 350 parts per million to over 1000 parts per million total contaminants! (Colgan 1993)

REPEAT THE QUESTION PLEASE...

Does drinking distilled water leach the minerals from the body? No, quite the opposite...if inorganic minerals are "removed" from tapwater, by converting it into pure distilled water, the result is remarkable biological mineral absorption for both health and maximal metabolic activity. The application of this query has a remarkably high correlation to the general properties of maximal absorption rates, for all micronutrients which traverse the gastric chambers directly into the muscle cells for premium performance demand.

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For more information and to buy Dr. Bill Misner's book, please visit <http://www.e-caps.com/>

**TESTIMONIALS**

Hello Andrew,

I found you and your information by way of a posting on the Project Avalon website. Someone posted your interview with Lisa Harrison. Interestingly, it was the third time distilled water came up for me in a two week period so I thought...I need to listen. Loved the interview and information.

I immediately started drinking distilled water at 1 gallon per day. I had detox symptoms on evening of day three...vomiting and diarrhea. I did see and feel improvements in skin and joints and overall good and lighter feeling in the first few days.

BUT, what was AMAZING to me is that this week I noticed that when I was wearing my glasses, that I use for reading, things were blurry and I took them off to find my sight was very clear without the glasses! I am in my 40s and so had been noticing that my sight was worsening, but now, like overnight one night, I am seeing clearly. I am seeing very small font easily. I have not been using my glasses since Monday night this week and I have been doing a lot of computer work.

I have also been wearing glasses for reading since I was in 8th grade. I keep thinking I have them on and go to take them off and realize I am not wearing them. Wow.

I started the 1 gallon of distilled water on June 15, and I was off it for about 5 days in between then and now because I was on a backpacking trip. Along with the eyesight I have noticed a loss of weight this week, without doing anything different. I do think my body is loving it! I think there are things happening on a physical as well as mental, emotional, spiritual

level. Oh, and I have been doing 10 drops of urine under my tongue every day. I did drink my urine, a little, a couple of times...I would like to move more towards that.

I wanted to share my results because it's very exciting to me and I wanted to say thank you! I am thrilled that I came across your information. Keep up the great work!

Kind regards,

Angela

"Distilled Water is a pure water. A lot of people have been mislead 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."

---Dr. Brian Clement, from the video, "Why Choose Distilled Water?"

**DISTILLED WATERS TESTIMONIAL: DOCTOR'S ORDERS!!!**

Woman Follows Doctors Orders, 12 Years Later and Still No Early Death, but Vows to Keep Trying

"12 years ago at the age of 77, my mom was told by a chelation doctor to drink nothing but distilled water, due to various heavy metals in her hair analysis. She bought a Sear's distiller, and has drunk nothing but distilled water ever since. She's 89 now, lives alone, pretty much self sufficient, and none of the bad stuff has kicked in yet."

--- distilled waters internet chat room, Earth 2008

**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"

**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"

**DISTILLED WATERS TESTIMONIAL: WAITING**

"Andrew after about 2 months on urine and drinking about a gallon of distilled water after first hearing you on Vinnie Eastwoods interview. I have lost 45 pounds, clear thinking for the first time in 10 years and energy increase that is incredible. When people ask me what I have been doing I just say " I drink my own piss" then I just wait.... and every single person has said tell me more... this is only because it is so f ing obvious how my appearance has improved.

From the bottom of my families and my HEART, thank you.

Lots of love from canada"

Follow up...

"Actually it is about almost 3 months now, I want to be accurate.

I have not changed my basic diet but I only eat fruit in the morning to about 2pm and then after that no rules. My blood pressure used to be always 140 to 150 over 90+. Within literaly 5 days after staring the changes back in october 2013 I went into walmart with my wife took my blood pressure and it was 119 over 78!!! AFTER 5 DAYS!!!!!!!!!!!!!! and has hovered in that vicinity ever since! My wife was couldn't believe her earballs!

It is changes like this that gave me confidence to continue. It is actually far cheaper to be healthy. I buy my distilled water from a supermarket and it is interesting that the spring water shelf is always literally full and distilled water shelf is always almost empty. So it aint sittin on the shelf for long... I'm not sure if people are drinking it or using it for something else but your message or someone else's message is making its mark.

NOW IT IS MY MESSAGE..

Anyone doubting this use my example of blood pressure if you have high blood pressure and JUST TRY IT. "Test all things"

**A Registered Nurse named Cheryl Scott came to a talk I gave at Mount Shasta, California back in August 2012, I received this letter in November...**

"I just completed a 40 day Distilled Waters fast to heal myself from significant degeneration of my knees secondary to osteoarthritis. I was able to obtain a 6 week medical leave of absence and on day one of my medical leave I began fasting on 1.5 gallons of distilled water and urine therapy. I am ecstatic with the results. I lost 35 pounds w hich was very important for my knees. My objective was to remove inorganic mineral deposits throughout my body (like years and years of arterial placque build-up, however I primarily desired to remove all the mineral deposits in all of my joints which are greatly impacted by osteoarthritis. 7 weeks ago, I had to order a seated walker to use at work in my role as a nurse consultant. Now that I have finished my 40 day Distilled Waters fast, I can walk and stand for hours with minimal pain. I am so grateful to you, Andrew Norton Webber, for guiding us with your information on this important health benefit. I also wanted you to know I had my chem panels and lipid panels drawn at 21 days and 40 days into my Distilled Waters Fast and my magnesium/phosphorus and calcium levels were always perfectly normal. This proved to me that drinking distilled waters does not leach organic minerals from our tissues. And my LDL and triglyceride levels are the best they have EVER been. I return to work in 3 days feeling much better and able to do my work without the need for a walker. This 50 something RN is very grateful for Distilled Waters Therapies! Namaste!"---- Andrew Norton Webber

**DISTILLED WATERS VS. MERCURY FILLINGS**

**by Andrew Norton Webber**

Thank you, to John Shore for his continued concern and insistence that Urine and the other Distilled Waters cannot fully heal someone until giant lumps of Mercury, (amalgam 'silver' fillings) are removed from the body.

I had not studied the effects of Mercury nearly as well as he had and he kept telling me that I needed to bring more awareness to the issue.

I now have two of my own solid case studies proving exactly what he was saying.

In short, two different people on opposites sides of the globe were almost fully following the Distilled Waters knowledge to the maximum, one for 8 months straight and the other for 12 months straight, and neither one had yet experienced the full-on, Fountain of Youth type effects they were promised.

These two were COMPLETE anomalies to my research. To be clear, in ALL of my prior case histories, ANYONE who drank a gallon a day of the Distilled Waters for 8-12 months straight, would have ABSOLUTELY UNDENIABLE proof that these pure waters WERE the source waters for the mythical 'Lost' Fountain of Youth.

These two, however, were still in pain. So much pain, that they both had all but decided to give up. They were very discouraged, felt alone, misunderstood and alienated. It was hard for them to listen to everybody else's stories of glee and rejuvenation while they only noticed slight improvements.

Seeing yet again, one of John's comments about the extreme dangers and continual poisoning effect of these 'silver' bombs, I decided to ask these two if they'd had any major dental work.

And… 'Shore' enough… they BOTH had Mercury fillings.

Thank you John, without your insistence, I probably would have lost these two in dismay and god only knows how many other countless victims.

Here is a brief about each of the two…

A chiropractor in Australia who wishes to remain anonymous. He wrote to me a year ago after hearing one of my interviews. Main problem, severe osteoarthritis in the knees, considering knee replacement surgery. He loved red wine (fluoride) and green tea (fluoride). I got him to quit both of these and to start chugging a gallon of distilled water per day. He did it straight for 90 days and wrote to me saying he had not really noticed anything. I told him arthritis was particularly stubborn to remove and told him it would only be fair to at least give me 50 weeks seeings how he had 50 years to build up the arthritic damage. He agreed, said he would also try some urine fasting, and I didn't hear from him for a LONG time. Then, one recent day, I received this letter…

"Hi Andrew

I've given the distilled water 50 weeks since I started to have a gallon of water a day. As much as everything I hear you say makes so much sense, I really need to report I still haven't noticed much difference. Have only missed a few weekends when out of town. Im finding it more difficult than ever to walk down hill and my other measurement of progress the stiffness in my hands is the same also.

Anyway, need to see the Orthopaedic surgeon in a couple of months so unless theres anything else you suggest, might have to go ahead with that."

So, that totally stunned me to receive such a disheartened letter. But fate was not through teaching me a lesson yet. The VERY NEXT DAY, I received this letter from the other person…

"Andrew,

Thanx for thinking about me when you added me to the Facebook group, but I have decided to leave it and stop the urine. It is just not working for me. I don't believe anything will truly work for me. I keep reading all these testimonies' about people getting and feeling better and throwing their glasses away or their meds away. But it's just not happening for me and it's been almost 8 months. Something should be happening or should have already happened by now. I mean 1-1.5 gallons of urine and distilled water everyday for almost 8 months and I'm still over weight, eyes are just as blurred as ever and I may need stronger glasses soon and I'm still battling chronic fatigue and migraines.This is all proof that it is NOT WORKING. I'm glad you and others are feeling or getting better but I feel like this whole thing has been one great big joke on me. I'm glad for everyone else getting better but I'm not. I'm beginning to wonder if I will find anything that will. Namaste"

Yes, that's right, the other person is one of our very own from Facebook. Her name… Jesi Castille. Jesi and I had a long talk on the phone after she sent me this letter. She said it was okay to reveal her identity. I told her even though she felt awful, at the very least her story (and that of the chiropractors) were going to be the catalyst for change. She was brave and said I could share her story. Can you believe it?! She is such a kind soul, that she had actually removed herself without complaining to ANYONE. She was glad for everybody else and didn't want to rain on their parade!!! Amazing, she was just going to go quietly away on her own. This brings tears to my eyes and I am SO glad that she wrote me a final goodbye letter. Without this, I wouldn't have known and I wouldn't have seen the pattern blatantly shoved in my face two days in a row.

So send your heart out to Jesi. She needs our comforting embrace. She needs phone calls, letters, and skypes. AND, for real, she needs our money raising skills. The chiropractor can afford to have his mercury removed, but Jesi can't. When she last checked she was given an estimate of $3000. When I asked her...

Do you have mercury/amalgam fillings?

This was her reply...

"yes, I do have the "silver" fillings in my teeth. 3 of them."

When I talked to her on the phone, she also told me she'd had a fourth one which had cracked open, due to the tooth being so hollowed out from rotting, as she said, "it was more mercury filling than it was tooth." It was left for a LONG time in this 'cracked open' condition in her mouth before she finally decided it was too costly for her to fix and in such bad shape, that she had it pulled. The other three, these are molars, give off bits of 'filling' every once in a while when she bites down on something hard. She hears a "crunch" and then she feels little rocks and pieces of mercury in her mouth and has to spit them out.

Mmmmm... tasty!!

To give a complete account, Jesi said she HAD noticed some effects from the pure waters. Even though she had continued to eat meat, her bowel and digestive issues had almost entirely cleared up. Her skin seemed much healthier, her lifelong case of acne had disappeared (some blackheads remain) and even though she didn't think she looked any better, she had noticed that people kept remarking to her how good she was looking.

So what is going on with Mercury? For me, once again, the automobile engine is a good analogy to use. If you put sugar in the gas tank, it will corrode the engine and shut it down. Once you realize there is sugar in the engine, you clean it out and then it will run fine again. Simple, right? But what if there is not just a one time injection of sugar in the tank? What if, hidden somewhere in the engine, is a massive block of sugar? A massive block of it CONTINUALLY secreting NEW sugar in the engine! It won't matter how many times you clean the engine, if the original source of the poison is still in there constantly leaking out new poison, the car will NEVER run correctly. You MUST remove the SOURCE.

Where do we go from here? I personally am going to amend the Aquarian Protocol to include a notice saying that mercury removal is imperative. I also am going to start talking about this publicly in my interviews, writings, and broadcasts. The following question will become part of EVERY dialogue I have with EVERYONE regarding health… "Do you have any mercury fillings?"

When I realized I had mercury poisoning on my hands, I immediately wrote to John and asked him for links and info to send to Jesi and the chiropractor. Here is what he wrote to me…

"There are various mercury researchers and removing mercury without the proper protocols is nasty stuff indeed and with it in the body... I've heard Hal Huggins say that it mimics ALL diseases or creates them... Mercury is not easy to get out. Here is a page of mercury info links.

Mercury toxicity is so widespread it is one of the reasons I don't think the DW/UT will heal anything (if these fillings are still in place especially if people have already tipped over the edge of the their health).

Hope that helps the person gets some answers to help them..

John"

The ONLY 'silver' lining in all this, is that Jesi and the chiropractor have said they will both keep reporting what they experience. As soon as they get their mercury fillings out, we will have brave new testimony of Life on the Distilled Waters, but in a new category…

BEFORE AND AFTER MERCURY.

**Andrew Norton Webber Interview by  Chrissy McMahon**

**Co-Creating God with Unlimited Power.**

Uploaded to Youtube Oct. 16, 2011

Transcribed by Donny “Mosley” Daigle, Oct. 2012

C – Well good morning. We have 2 different kinds of music for today. This is Babcha’s Pearls. My name is Chrissy McMahon.  I’d like to welcome you to the radio show today. Today we have a special guest; Andrew Norton Webber. I met him in Vilcabamba last year in Oct. at the 2010 NewTopia gathering of Rainbow Warriors where Andrew graced us with his knowledge of distilled liquids & urine therapy. And before that I don’t think I’ve ever heard of Ut. (indecipherable mumbling) and he did a little presentation of “you’re in, your in, urine….” For life or something and he spelled it 3 different ways. And I was like “what is he talking about? Is he really gonna talk about urine? I’m like, OMG. That was so bizarre.” But I listened to what he had to say, and we even had a Miss America or Miss NY, uhh… err. I forget, but… we don’t want to give away too much info. Well anyway she gave us some secrets that really helped to validate the benefits of Ut that was external.  But…umm we’ll just give you that. Andrew’s gonna talk about his experience with distilled liquids and their effects on organic creatures, which was his original talk and then he wants ot also sharte  what he’s learned in conjunction to distilled liquids about the pineal gland and atral projesction. So without further adieu, I’d like to give everyone  ANW. Good Morning Andrew.

ANW- Good morning, Chrissy. Thanks for having me on.

CM -Thanks for being here.

ANW- Yeah. It's a beautiful morning here, I’m in South Carolina. It’s Sept. and got nice weather. I’d like to dedicate this talk to somebody we met at an art show in Chicago, Jody and her boyfriend, Devon. And unfortunately Devon wasn’t there so maybe this talk is more specifically dedicated to Devon.  She said that, well we told Jody everything we knew about distilled liquid and the pineal gland & UT and she just soaked it up like a sponge and is currently a full-steam-ahead warrior with it and is in the process of transmuting herself into her full light body through this process. And she was real concerned about her boyfriend, Devon, because he feels a lot of anxiety, and he feels it a lot. So I’d like to dedicate this to him, and I want to tell him that I’m proud of him because I think that if he didn’t feel anxiety in these crazy times, I think that you would be a zombie. And so I think that’s the right reaction. And hopefully this show will be part of the knowledge that he needs to get rid of the anxiety, and it would make sense to have anxiety ‘cuz everybody is completely uneducated as to the truths about themselves, and they have no weapons. And so if you’re in a middle of a hailstorm and don’t know what to do, you should be anxious. And so I think that’s the proper feeling. And so this is going to be dedicated to giving all of us the weaponry we need and the knowledge that we need to not only make it through this, but to be in command of these times and to change what’s going on. This should be complete empowerment. And I’m gonna give three basic knowledge sets, and that is: distilled liquids; the knowledge of the pineal gland; and prove to you that you are a ball of light. And if you have these three pieces of knowledge, you don’t need to talk to me or anyone else again. You can put them together, and each person on their own can completely become a co-creating god, and take off, and do anything they want with unlimited power.

      In short, you are a ball of light residing in your pineal gland, and distilled liquids are what un-freezes the pineal gland, which has been purposely been frozen by the society that we’re in. And most people can only feel the 5 senses. The pineal gland is the gateway, the stargate, the opening to all the other higher senses. And the chlorine 7 the fluoride, which are both halides, in the drinking water go directly to the pineal gland and freeze it, turn it into a stone, calcify it. And unless you’re a very rare person who was lucky to live on… to grow up on very clean water, away from city water and didn’t even get… you ate real healthy your whole life, lots of raw fruits & vegetables - unless you’re one of those people, I guarantee everybody out there in America if they go to their doctor and say “I’ve got some headaches” or just go to a doctor and say “I just want an X-ray of my head, or an MRI”. You know, tell them you’re feeling headaches or something, or that you think you got a tumor in the middle of your head. In that X-ray it should be clear grey all the way through. You’re not supposed to have any bones in the middle of your head. But there will be a white rock right in the middle of the photograph. And that is the pineal gland. When they do autopsies on people in fluoridated societies, they find fluoride at about 5 to 10 part per million through most of the body. But when they get to the pineal gland during the autopsy, it’s at 22,000 ppm. It goes there like a magnet. And the pineal gland has the highest blood flow per cubic volume of any other gland in the body. And so you can almost visualize, whatever you eat or drink or consume, realize that it’s almost immediately gonna rush right over your pineal gland. So that would give you more impetus to think differently about what you put down your alimentary tube. And it goes there so much so that it shuts it down, literally turns it into a rock. And so if anyone’s wondering why there’s this crazy epidemic of 5-year-olds that need Ritalin, or can’t think straight, or have bipolar disorder, or anxiety, or depression, well… having a rock in the very, very centre of your head, at your most important, most important, most precious gland for thinking, that would be the obvious very first place you’d want to look for problems. And the beauty of distilled water is that it melts that. Most people aren’t aware that there is a massive conspiracy to hide the knowledge of distilled water. When I try to tell people about it, I have to warn them about what they’re gonna run up against. Because it you Google distilled water, right on the first page, I think it’s about the 3rd hit down, there’s an article that says, it’s titled, “Early Death Comes From Drinking Distilled Water”.

CM - Oh wow.

ANW – And in that article it gives you the impression that it will, say, leech all the calcium out of your bones and you’ll literally crumple to the floor. Or it will leech all the potassium out of your system, and you’ll have a heart attack. And which is completely not true. And I can prove it to you. And the other thing where people get it. say you ask most doctors, “should I drink distilled water?” They go, “No, no, no, no. It’ll leech minerals from the body.” And where they’re largely getting that from, along with that other article, is from the W.H.O. -the World Health Organization- the supposed pinnacle of collected science health knowledge. They have an article, I think it might’ve come out in the 70s, I’m not quite sure, but it’s titled, “De-Mineralized Water”. And so you can Google that, too. And in that article you’ll find a line akin to, “do not drink distilled water, because it’ll leech minerals from the body.” And a few sentences later it says something else like, “and by the way, you should add fluoride to your water”. So if you understand how poisonous fluoride is, that kind of helps tip you off as to where that article is coming from.

CM – Absolutely.

ANW – The W.H.O. is part of the U.N. And the U.N. has a stated goal of reducing the world’s population. They have a de-population program. So if you want to participate in the U.N.’s de-population program, by all means, stay away from distilled water.

      Now, this is an on-purpose half-truth. Yes, it does leech minerals from the body, but this supposed scientific body left out the know scientific fact that there’s 2 major mineral body groups: organic & in-organic. And the truth and the beauty of distilled water is that it only leeches one of those types of mineral bodies, and it just so happens to be the mineral body group that you don’t want at all, and your body cannot use, cannot assimilate into your body. And that is the in-organic version. You are an organic creature, and you only use organic minerals. There is zero position and zero use for in-organic matter, minerals in your body. And it’s very simple to understand, and it’s very provable, and so they kind of put their foot in their mouths by trying to say this. It’s physically, electrically, scientifically, magnetically impossible for distilled water to leech organic minerals from the body. It comes down to the charge. Organic minerals have a negative charge to them. And all in-organic matter has a positive charge to it. And distilled water is nothing but a giant bath of negatively charged water molecules. And we all know that opposites attract. And so magnetically, distilled water is attracted to in-organic matter. And it rips it out of your body. And it dissolves it, molecule by molecule, it just keeps ripping it apart. And all it does to you, is… it slides… it… distilled water … just makes your cells so happy because it’s pure, and it’s nothing but hydrogen & oxygen.

And if you’re an organic creature, it just brings you to full fruition, and enlivens you, and removes every single particle of dirt in your body if you drink it long enough, and you drink enough of it. “Distilled Water”, the kind of understanding of it is in the name. It’s been, “dis-stilled”. It’s water that used to be “still”. And the more junk that water has in it, the slower it becomes, the slower-moving.

And so, distilled water as I saw in one dictionary, is water that has been separated bit by bit, and re-assembled bit by bit. And in that process, it drops all of its garbage. And then it’s all of these perfectly round water molecules. And they just… you can imagine a house of balls at an amusement park that children like to jump into. And you see how the balls just move out of the way effortlessly, and children just love to dive & play in it. Well, if that were distilled water molecules, let’s try to make them dirtier by adding particles. Imagine if you keep sticking more & more little objects to the balls. You can see that friction builds up and they don’t move quite as well. And if you take it so far even as to the opposite to make them instead of perfect spheres, make them so full of junk that they’re all perfect squares, cubes… now you imagine jumping into it. There’s not gonna be much motion at all. In fact, it’s gonna hurt. And it’s gonna be very, very slow-moving house of squares. And not very fun to swim around in.

Well that’s analogous to what distilled water looks like at the molecular level; it’s perfect spheres with no objects attached to them, and there’s no friction. And when you first have distilled water, you will notice this. You will notice how it just seems to fall down your throat, almost taking itself down your throat, it falls down like air. And you’ve probably seen a lot of times in your life when you’re really thirsty and you wanna chug some water, but it just doesn’t seem to go down fast enough. Well that’s literally because it’s full of invisible rocks and sand. And distilled water has none of that. So it just falls down your throat.

And so… these… it’s considered… Dr. Handley (spelling?) had a paper called, “[Distilled Water and its Effects on Aging](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Ca%5Cimportance.html)”. And you can Google that article, it’s a nice little article, it’s beautiful. And in that, he shows how that… he calls it the fastest, the most molecularly unstable water that there is. And it’s just because it’s like, y’know, literally just rolling and rolling and rolling. It’s moving constantly. It’s got no friction. It’s just willing to move anywhere. And so, that also is part of the action of how, when it goes into the body, to seek and destroy in-organic mineral deposits, it’s just constantly moving on the stuff, eating away at it like a… like a… swarm of bees… or a swarm of ants. It just keeps going and going.

And the calcified pineal gland… fluoride & chlorine are both in-organic minerals. And so that’s an in-organic mineral deposit in that X-ray of your head. And distilled water will, over time, dissolve that. And your pineal gland is supposed to be a functioning, juicy little gland – not a white rock. So it will free that up, and then you will gain access to all the almost-mythical properties associated with the pineal gland. In the esoteric and occult realm, it’s known as the Third Eye. Most people think that is a metaphoric or poetic term. But it is actually first and foremost an anatomical term. David Wilcock has a phenomenal video called, “An Explanation of the Pineal Gland”. <http://youtu.be/xv3meyhk5XQ>  And he really helped me to understand the inside of it. And I’ll get to that in a minute.

I want to give a few more proofs about distilled water. The most basic thing to look to is - you can trust the living truth of nature. M-kay. And here’s how nature feels about distilled water. It is the only type of water –when Mother Nature wants to create new water- she only uses the process of distillation. She doesn’t use reverse-osmosis. She doesn’t use UV filtration, or ozonation, or alkalizing machines, or very expensive… y’know… just all these different contraptions people are coming back to. I found in my research that the heaviest, heavy-duty truths are usually right in our face. And they’re usually incredibly simple. And here it is again with this one.

Distilled waters are all precipitation: rain, mist snow, dew, & fog. All live fruit & vegetable juices are distilled. And all blood & urine are distilled liquids. And it’s the only reason you’re still standing. The only reason you’re alive is because distilled water is flowing through your body. But yet, the W.H.O. says “do not drink it ‘cause it’ll kill you”. It’s just ridiculous! And it’s so easily provable once you just know these simple facts about it. Now, the other source of distilled water is when you have a machine that you make it with. And that is basically, an artificial… it’s a rainstorm machine. It’s a rainstorm in a machine, and the by-product of any rainstorm is rain. And so, a distiller creates distilled water.

Now the only difference with it is it uses the method of boiling, whereas Mother Nature uses evaporation for all the precipitation, which is a much lower temperature process. The one problem with the machine is – through boiling it to get it to evaporate, volatile organic compounds can be - which is what a lot of the nasty chemicals in city tap water are, and even radon is one of those – those things have a lower… (V.O.C.s – volatile organic compounds) they have a lower boiling point, or the same boiling point as water. And so they actually make it through the distillation process when you’re using the machine. And what you need to do with that is, you need to pre-carbon filter it – or carbon pre-filter it. Because carbon catches the VOCs. You may have water that doesn’t have – if you have well water, if that’s what you’re starting with that’s even better, because it may not have VOCs in it. And the way you can test it is, to distill a batch, and after you distill it, if it tastes like… if it tastes like the worst water that you’ve ever had, like… plasticky terrible, that means you’re drinking distilled water with nothing but VOCs in it. And that means your particular water had that in it. That is proof that you need to carbon pre-filter it. And that’s the only additional step you need to take.

Distillers, by the way, are much… it’s probably one of the simplest home-water machine devices you can have vs. reverse osmosis, where if you don’t change the filters really often, they get… the back side of them, the exit side of them gets covered with bacteria. And so, you’re just… the process... is a waste of time. And those filters are very expensive. Distillation is very simple. The machine, just maybe once a month you need to clean it out, you need to empty it out, and give it a… de-scale it. But it’s very simple. And the carbon pre-filters, y’know, you can use Brita pitchers, or the carbon filters on refrigerator doors, that’ll do it. Or you can put those things that attach to your faucet. So it’s not that much of an extra step, but it’s simple. So Mother Nature uses a low evapora – low-temperature evaporation process, and that’s why her distillation never needs to be carbon pre-filtered, because the VOCs don’t make it through that process. Another simple fact you can use is – you can ask any mechanic, “what should I do with my battery when it gets weak?” And when your battery is not turning your car engine over, and it’s going rrr… rrr… it’s in a very acidic state. It’s wasted. And he’ll tell you if you have a battery where you can still take the caps off, to take the caps off, and pour in – specifically – distilled water. Because it’s a negatively charged body of water. And when you’re in an acidic state that’s positive. And so you pour in the negative water, and it turns the battery back from acidic-positive to alkaline-negative. And all of a sudden, brrrrooommm… it starts the engine. No problem. It has power. Well, that’s exactly what you are. You’re an electrical engine, and it will do the same thing to you. It’ll make you alkaline.

And on that note, I need to give you the other bull-pucky argument that they use to scare people away from distilled water. I’ve already given you the one, they try to confuse you about the minerals, they imply that it leeches all minerals. And it’s absolutely not true. It only leeches the in-organic ones. The other argument they use is they say, “Don’t drink because it’s acidic. And it’ll make you acidic.” Completely not true. And what we can look towards there is lemons. Everybody knows that lemon juice is very acidic, but it has an alkalizing effect on the body. And that’s how you truly gauge whether or not something is alkalinizing or acidifying. And they try to say that distilled water is acidic and it’ll make you acidic. Well, this is again an on-purpose half-truth. Yes, it is acidic. On the pH scale where 7.0 is a neutral, distilled water generally comes in at about a 6.0 to a 6.2. And that is slightly acidic. But that’s got nothing to do with its effect on the body. Its effect on the body is alkalinizing. And not only alkalinizing, but perfection of alkalinizing. It puts you… I think the body is supposed to be at 6.4 or something like that. But that’s what… that’s the reason Mother Nature gives it to you. And it makes your body in a perfect alkaline state. And people buying these $4,000 expensive machines that add drops back into the water, they’re putting their water back up to about an 8.5 alkalinity. It’s just ridiculous. You don’t need to go through these crazy steps, or have crazy machines to do that. What are you gonna do when the power goes out? You aren’t gonna be using your machine anymore. And, of course, we’ll get into urine therapy, and so that we know that when we get into times of disaster, you don’t need electricity. You have your body as a water-distiller, itself. And plus you have all fruit & vegetable juices as water sources, and rain. Although I’m not so sure with today’s chemtrailed skies about the rain source anymore. But I don’t think that’s gonna last very long. So at some point, rain is gonna be another free, electrically-free, you don’t need machines to get it, source of distilled water.

CM – Well, I think that’s a great beginning. We’re already over the half-hour mark. So, if you could explain distilled liquids and their importance, and how they’ve been repudiated through the political machine. And how you’ve de-bunked everything that they’ve said. So… you haven’t really touched too much on urine therapy. So, if you want to just refresh, people can go to our first interview, or my Youtube interview of you. But if you want you could just briefly talk about how we’re born in distilled liquid and go through the channel. Okay, go ahead.

ANW – Okay. And I’ll just throw in here that I own the website: [www.aquariusthewaterbearer.com](http://www.aquariusthewaterbearer.com). And I don’t believe there’s anything in it yet, but this is where all knowledge that I’ve collected is gonna be available. And it’s currently being worked on by a very awesome person who lives in Ecuador. And I put together a list of 24 doctors who had the courage to stand up and tell the truth about distilled water. And that will be on there, so you can read that, and so you don’t even have to listen to me. You’ll see that there are doctors who are basically… you can read all their quotes together and you will have just as complete an understanding of distilled water as I do.  I’m gonna put… all the urine therapy knowledge is gonna be on Aquariusthewaterbearer, the knowledge about how to unfreeze the pineal and so on. That’s gonna be where all the collected water knowledge is gonna be. And I just wanna say that the importance of that and why it’s poetically beautiful to me is that this is the dawning of the age of Aquarius, and it very much looks like Aquarius is here now, bringing back the true knowledge of water. And people who study horoscopes, and study Aquarius, not even studying the physical attributes of water, the main way that they’ll sum up that Aquarius attribute is that he’ll bring psychic awareness, and psychic communication. And that beautifully is exactly in sync with what I’m talking about, that water, pure water, distilled water un-freezes the pineal gland, which is the pure source for all of your psychic awareness. And so it’s just perfect. And I’m glad that Aquarius is here now. And I’m very grateful that we all have this knowledge now, because it is the tool that we need to reach the next plateau. I’m aware right now that I’m very dumb, and there is a whole massive other level of knowledge that is just out there and it’s infinite. Distilled water gets us all up to that platform where we can start to access the knowledge. It’ll get you to the actual, universal internet. The etheric internet. M-kay?

CM – M-hmm. Yeah.

ANW - And so now let’s come back to **urine therapy**. And the beauty of that, is that your kidneys are water distillers. And most people’s first reaction to urine therapy is one of disgust, because they’re used to their urine being so smelly, and terrible, and wouldn’t even fathom drinking it. And that’s because of your cooked-food diet. Cooked food… we are the only animals that eat dead food. And vultures and… y’know, jackals… they at least are eating putrefied flesh. There is not one other creature on this planet that completely annihilates their food with heat and flames before they eat it. And so you’re eating totally dead garbage. I don’t care if it’s beautiful, and it’s tasty, and it’s steak & lobster. And even vegetarians. They spend tons of money on beautiful organic fruits & vegetables. And then they cook it. It doesn’t matter, you just turned all of the organic matter in that food – and I don’t mean organic as whether or not it was raised with pesticides – I mean organic in that it’s living, and it’s alive, and that it’s the form of minerals you can use.

Well, when you apply heat, you flip the electrical charge. That’s the whole purpose of the raw food movement, is to stop people from turning their organic-mineral-based food into inorganic-mineral-based food. And so, it rots like garbage inside you, and smells permeate – your urine comes out disgusting. K? Now the beauty of this is you can change that really quickly if you switch to live food. That’s probably the highest diet. The diet in the Garden of Eden, or Paradise, is fruit & rainwater. Or, fruit & distilled water. And your urine is the highest distilled water source possible… anywhere. It even blows away rainwater because, scientifically it is known that in all… I have 20 urine therapy books from around the planet, and even in the ones that are purely scientific-based, in all of them there is always a line, and akin to, and it is a known scientific fact, that urine is MORE sterile than distilled water. And that’s just one time through.

Even if you’ve been eating steak & lobster your whole life, and you pee out and it’s disgusting and smelly, even in that moment, it’s more sterile than distilled water. And that’s why I say: that’s the only reason you’re still standing. That’s what your kidneys do is constantly distil the water, so that it can run through you and keep you clean, and keep you alive. So in urine therapy people start drinking their urine, and they start looping it. And so if you can see that just one time through it’s more sterile, try to fathom if you’ve looped it ten times, or a hundred times, or a thousand times, and then ten years in a row. That water is going to become… you just can’t even imagine.

If you for the first time go and try some store-bought distilled water, or you even make your own, and you’re like, “Oh my gosh! That is so smooth! I didn’t know water could be so smooth.”  Your body has the ability to make water that will blow that water away. And I’ve experienced this, myself. And so for anybody out there, you can just start drinking a gallon a day of store-bought distilled water, and possibly even within that day, you’ll start urinating clear. You know that when you drink a lot of beer, you start peeing clear. Well, that would, again, be a good way to jump on the clear-water wagon. And the first thing that the body does is clean out the blood system, because that’s the highway for removing garbage. It can’t remove the garbage if the highway is full of pot-holes and junk and dirt everywhere. And so the very first thing it does is clean out the blood highway, and that is what your urine is part of, and so it is the first thing to become clear and clean.

And so even if you’re hugely obese 300, 400 pounds, the first thing that you can make happen is have your blood system become completely clean, and then you can actually hop on the urine loop, and start accessing free distilled water that is of a distillation level that is unparalleled. Now the proof that you’ve already drank it, you wanna talk about how we’re born, and how we come into this world… we all drank our urine for 9 months straight, in the womb. Amniotic fluid is urine. For the first 3 months it’s mainly your mom’s pee. And for the remaining 6 months it’s mainly yours. There’s no umbilical cord attached to your genitals. The umbilical cord is attached to your intestines. And that should be another proof to people that urine is not a waste product, waste goes through your intestines. That’s what that excretory channel is for. If urine were a waste product, how is it possible that from day one, just about, the human fetus, the zygote, the embryo, is floating in urine? Urine is actually the ultimate, perfect, water, liquid. It’s what we grow in. And we would not have grown without it. And when you’re in the womb, if you remember, you breathe like a fish. You actually are continually sucking your own urine down your mouth. And that is more proof that it’s not a waste product. Because, y’know, otherwise, you’d just be getting dirtier & dirtier & dirtier. And it would be a cesspool in there. But it’s not. You are actually peeing out the water that is the water that breaks at birth. And you are actually peeing out the water that you become. That water is what physically forms your body. Urine is also known as living liquid tissue. And in urine therapy, say you have a problem with your eyes, you put urine drops in your eyes, and that becomes your eyes. If you have a cut on your skin, you put urine on that cut, and that urine becomes your skin. And that is, y’know… babies come out, they smell sweet, and they have beautiful, fluffy, plumpy skin because they’ve been floating in urine. And you mentioned the super-model, and that’s one of their biggest secrets, is that they put fresh urine on their face at night. They let it air-dry. And they go to bed and they leave it on all night. The urea in urine allows each individual skin cell to hold its maximum amount of water. And so it creates beautiful, plump skin. And urine will erase wrinkles. Wrinkles are just lines of decrepit skin cells that are hardly holding any water. And so they all contract and become all, y’know… crippled, so to speak. But you start giving them urine, which has got urea in it, and that enables them to hold their maximum amount of water at the same time that you’re offering them the most awesome water in the universe. And so they quickly fill up with this beautiful water and wrinkles disappear. Literally. I don’t care if you’re 50, 60, 70, 80 years old.

There’s umm… I’m gonna de-bunk alchemy right here, too, because it helps to stay with the babies that prove this. The alchemists and their whole, y’know… the main thing when you hear about alchemy is, your picture is, you think of people in dungeons, or up in their attics, or bell-towers… with a  wizard’s cap on, into the late of the night reading books by candles for decades at a time, trying to figure out this ultimate secret of how to turn lead into gold. And one of the alchemists’ most prominent symbols from way, way back is the ouroborus.  Is it oroborous or oroborus? Do ya know?

CM – Oroborus!

ANW – Okay. And that is the symbol of the snake eating its tail. Well, that’s exactly what the baby is. And we’ve all been the orobourus for nine months straight. And that’s what you become again when you start practicing urine therapy, and start looping your urine. You are the snake eating its tail. You are consuming yourself. And it is the ultimate power cycle. And that is how the baby grows, by consuming itself, and it’s the water that does it. The… what that symbol of, the snake eating its tail, is… it is showing you that the human body is a perpetual motion machine. Or has the ability to be it.

Or, a free energy device. The basic tenet of any perpetual motion machine is that it performs an action which creates energy, and the action that it took to create that energy required less energy than it took to perform that… oh wait… (giggle)… it takes less energy to perform the action, than the amount of energy that the action creates. And that is exactly what you are. And the action that you have to take to get that energy, is you have to lift the cup to your mouth. You have to pee into a glass, and you have to lift it to your mouth. Now, if everybody understands that distilled water, which is what urine is, is nothing but hydrogen and oxygen, or mainly that when it’s urine. We know that hydrogen and oxygen are rocket fuels. And football players, when they’re out of energy, and they’re breathing crazy-hard, they huff oxygen, because it gives them energy. And oxygen is… you’re pretty much 60% oxygen. You are… yes, you are 80-85% water… well water is largely 2/3 oxygen.  I know it’s H2O, but the hydrogen molecule is very small. The oxygen molecule is huge. You are actually… the number-one element that you are, is oxygen. And so when you drink that glass of urine, it’s a huge body of oxygen, plus hydrogen, and those are both fuels. And so you can probably pretty easily, with even common logic, understand that the action of lifting the cup to the mouth requires less energy than the amount of energy that is in that cup. And so right then and there in just one movement, you have absorbed more energy than you’ve spent, in one action. And, speaking of that cup, this also debunks the whole search for the Holy Grail. Nobody needs to search for that thing anymore because they’re everywhere. There’s no such thing as Theee Holy Grail. The properties and why everyone wanted to search… Monty Python was looking for the Holy Grail… the properties associated from drinking from the Holy Grail are long life and full health. Well, those are exactly the benefits of drinking urine. And the joke about the search for the lost Holy Grail is that it’s not the cup that’s important. It’s what’s in the cup. And so any drinking vessel can become a Holy Grail. It’s what you use to complete the circuit with.

CM – Okay, I just want to interject because I got the “Source Field Investigations”, by David Wilcock, and I was trying to see if he had anything in there about distilled liquids. And I couldn’t find anything. But one of the things that he does say in the, “Enigma”, video, I believe, maybe not… But it’s in the book that he prefaces that the Holy Grail is the pineal gland, because it holds the Elixir of Life, which is the liquid that’s in the pineal gland that makes it work. So when you get into that, you can talk about that a little bit. But I heartily agree that any vessel that you put distilled liquids into, mostly urine therapy, or urine, is the Holy Grail. Yeah, I agree.

ANW – Now why it becomes holy, it’s actually kind of a funny… a very basic… utilitarian thing. OK? Let’s say disaster strikes and we all have to flee for the woods.  And we’re used to getting our water from machines and out of the pipes and it’s all convenient. Okay? So if you’re out in the woods, and you want to start looping your own urine… what if you don’t have a cup?

 [transcriber’s note: Cup is spelled – C. U. P. - ha!]

CM – Yeah. What if you don’t have a cup!?

ANW – Right! This is the beauty of having any vessel. That is the whole trick of it. Now, it’s one thing for men, and I’ve seen videos of monkeys doing this, they can kind of put themselves upside-down and pee into their mouths. Straight into it. M-kay? But it’s also kind of hard to swallow when you’re upside-down. Monkeys have huge mouths, and there’s this one… if you Google, “animals drinking urine”, there’s this funny video… you hear this little boy going, “ewww”. But he’s at a zoo watching it, and this monkey is literally just… y’know, he doesn’t care if anyone’s watching… he’s peeing! <http://youtu.be/9IZE-4ZjPVI> He’s got a huge ole mouth, peeing right into it, big ole pool of water, and then he rolls right-side-up and swallows it. And I’ve also seen videos of female monkeys or gorillas, and they squat, and they will pee into their hand, and repeatedly bring their hand up to their mouth, drink it, stick their hand back down, over and over and over again. Now that’s kind of a wasteful process, because your hand doesn’t hold water very well. So it’s even harder for females to complete the loop. And so this just shows the real basic thing… even if it’s a leaf, or a piece of curved bark, or if you find a rock and you bash it out and create a divot which you can pee into… that’s what makes the purpose of a cup so important when you are not in society with manufactured objects everywhere.

CM – Mmmm.

ANW - Okay now back to alchemy, and turning lead into gold. Ok, so we’ve got… what I’m gonna state is that, this alchemy is where the knowledge of urine therapy has been hidden for the past… thousand, twelve thousand, six thousand years… I don’t know how long. That has been the main purpose of alchemy, that’s where it’s been hidden. And one of the pieces of proof of that is… until John Armstrong wrote his book on urine therapy called, “The Water of Life”, I think it first came out in the 50s, there were almost no books available on… that were saying… y’know, that were subjects of urine therapy. If you knew that alchemy was actually the secret of urine therapy, you could look at that. But almost nobody knows that. And so when John Armstrong wrote his book, even though there’s this massive urine therapy document, ancient 6,000 year old document in India called, “The Shivambu Culpa”… even the Prime Minister of India, back in the 70s or 80s, I think it was the late 70s… Mooraji Bassai (spelling?)… he didn’t even know about urine therapy until somebody handed him a copy of Armstrong’s book, “[The Water of Life](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Ca%5Carmstrong_b.html)”. And he read it and went right to it and started publicly promoting urine. He told his people that he drinks a cup a day. And he actually tried to promote it publicly with his people. And it was only then that it came out that the highest yogis had this secret document called, “The Shivambu Culpa”. And it was 107 verses specifically devoted to giving you instructions of how to drink your urine.  And it was only then again after that, that it was discovered that there was an Egyptian… it’s called, “The Water of Life Papyrus”. It’s also roughly 6,000 years old. And it’s… again it’s a document giving specific instructions about drinking urine. But nobody knew about those until Armstrong put out his book. And, y’know, I’ve got 20 books on urine therapy, but that’s because those have all come out since Armstrong wrote his book. And, y’know, the knowledge has just come out and out and out. The Shivambu Culpa document, the Indian Sanskrit, and the Egyptian Water of Life Papyrus, those are also gonna be at aquariusthewaterbearer.com. So people can see those there. The book, currently the book that the Shivambu Culpa document is in is called, “The Golden Fountain”, by Cullen Van Der Shrooms (spelling?) out of Holland. He wrote that book, and that’s where I first saw it.

CM – Okay, so, do you wanna talk a little bit about the Aquarian book, by Anonymous? Would that fit in here or…?

ANW – I was just gonna go there. Thank you. Okay. Just came out in May of this year, there’s a book coming out called, “The Book of Aquarius”, by Anonymous. And I would like to publicly help everybody to know that this book is a joke. It’s meant to… this is a classic 80/20 bait & switch. This book is designed to steer you off course. And it is supposedly the guy, Anonymous, starts out by saying, “I’m gonna reveal the secrets of alchemy. And this is for the first time being revealed in 12,000 years.” And he’s… the whole… the main thing the alchemists are always after is how to turn lead into gold. And he purports to show you how, and he reveals that urine is the secret ingredient that you need to turn lead into gold. And one of the first things that tipped me off was, he was bragging about how that he of all people was one of the only ones that had the knowledge to put this all together. And so that’s kind of juvenile. If you’re so smart, why would you even need to say that?

But then it quickly dawned on me as I read it, he’s giving instructions on how to use urine. He wants you to get some scientific apparatuses, and you need to have a cupboard dedicated to this. He’s literally going about revealing of how you use urine to physically create the Philosopher’s Stone - this white powder that will turn actual lead into actual gold. And that’s purportedly what he’s telling you. And this is a ruse. This is… the 80/20 is the… they give you 80% truth, but they give you 20% lies. And they do this all the time to try to steer people who are on the path towards discovering truth, to steer you off course. And it literally steers you 3 feet off course. And I mean by 3 feet, is he wants you to focus on creating a stone that you can hold in your hand that will give you power. When the joke of it is, is it is really, if you know how to read these alchemical texts, they’re talking about urine, and the process of looping it inside the body. And what we’re talking about, about drinking it, and… people who can see auras, when you have that bone in the… when you have that calcified third eye, in your aura field there is a grey dot right on your third eye spot on your forehead. About the color of lead. M-kay? When you start drinking urine, which is distilled water, and it melts in-organic mineral deposits, and it melts that stone in the middle of your head, and… when your pineal gland opens up fully, the grey dot in the auric field disappears, and a golden glow surrounds your head. This is turning lead into gold! This is the actual meaning of alchemy, of turning lead into gold. It is not at all about being able to magically turn the metal lead into metal gold.

And, conveniently, Aquarius… I’m sorry, I mean, not Aquarius… Anonymous puts this book out called, “The Book of Aquarius”, and in it he says, “It’ll take you about 3 years to do this. Or if you get it just -just right the first time, that you can achieve the Philosopher’s Stone in 18 months”. And he’s talking about an external object. He’s giving you these bullshit arguments… sorry, my language… that you take your urine, and you have a heating plate, and you keep putting urine in there, and you let it evaporate. And you put it again. And you let it evaporate. And you gotta have the temperature just right. And over time, slowly this powder will form. And he’s saying, “If you do it just right, you can’t mess up, it’ll turn from one color to the next, to red, to black, to white, on and on and on. And eventually, if you do it just right, you’ll get this powder, and then, and then you’ll have all these magical powers! Everything you’ve ever read about alchemy, that you can do all these beautiful things. And St. Germaine was able to transport anywhere, and they always say that, y’know, creating gold is the lowest thing on the totem pole that you can do with the Philosopher’s Stone. That’s the least of the things…. You can travel instantly. You can do anything that you want. And, but, you’re powerless until you get it.” And so you see that’s the joke right there. They, again, they don’t want you to think that YOU have the power! And that’s the truth is that we are born with all the powers that we need. We have all the tools. Everything is contained within us. But yet, Anonymous wants to steer you off course, and that you’re powerless until you create this external object. Okay? Well, let’s put up a scenario that kind of blows this away. Alright, let’s say it is an external object. Let’s say you have to make this external stone in order to have these powers. K? Well, let’s say you decide to go visit Mars with your magic stone. K? And you’re exploring the canyons of Mars. Ok? What if you trip and you drop the stone down a crevice? And you can’t retrieve it? Ohhhh, now you’re powerless again. Dammit! I’m powerless without external objects! That’s what they want. So now you gotta sit there on Mars for 3 years to build another stone!? But now you don’t even have your lab equipment. You don’t even have electricity. You don’t have your apparatuses. You don’t have your heating plate. No, this is a joke, people.

CM – And wild animals, too. And there’s wild animals there, they say.

ANW – (giggling) Yeah!

CM – (unintelligible ~ someone’s name ~ Andrew Lavoissier?) …has pictures of wild animals.

ANW – Oh, that’s right. Yeah, I’ve seen that.  So now you’re screwed because you don’t… you  fucking dropped… ugh, sorry, my language… you dropped your rock.

CM – Oh my God, I have to cut it! (chuckling)

ANW – Ha ha! Okay. So now you’re screwed. You dropped your rock. But, no. This is a joke. This is a joke. The Philosopher’s Stone… think about it. The thinking stone. That’s the pineal gland. The pineal gland when it’s healthy and it’s fully functioning is covered with crystals. It’s called the pineal gland because it looks like a tiny pinecone. It has the perfect Phi (? What he says sounds like “Phee”) spiral to it. And it’s covered with crystals. That is the Philosopher’s Stone. The Philosopher’s “Crystal”. The “Thinker’s  Crystal”. The rock, not the calcified rock, but the actual beautiful, crystal-covered, healthy, juicy, functioning eyeball in the center of your head. That is the Philosopher’s Stone. And the way you free it, and you create… and you free it up, and you make it fully healthy, and functioning, and fired up, and full on, is you drink distilled liquids. And if you’re really smart, the ultimate way to do it, is you act as the oroborus, and you drink your own water, and you use urine, you keep looping urine over and over again. Instead of in a cabinet, you keep applying urine and you keep evaporating and evaporating and evaporating it, you keep applying urine to your self, yourself, yourself, and this is the Philosopher’s Stone.

And it’s in the middle of your head, and you cannot drop it! Ha! You cannot lose it down a crevice on Mars. And it turns the lead of you into gold. The lead in… and that is the mark of the beast, as David Wilcock so nicely pointed out. The grey dot on your forehead, when you’ve got a rock in the center of your head, you’re a beast, when you can only have the 5 senses. That’s the mark of the beast. And you become an angel or a pure spirit version of you… that’s why all the old paintings of saints have a golden glow around their head… that is the gold that is the joke of alchemy of turning lead into gold. And… Anonymous… screwed up. Anonymous tried to steer us off course, but he screwed up. He actually gave us… if you know to read the 20% that steers you off course, if you know how to filter it right, this, “The Book of Aquarius”, is actually an incredibly high vibrating book. Especially if you ignore Anonymous’ comments, and just read what he’s got in it, it’s all these phenomenal, gorgeous, alchemical texts –QUOTES!!! – from the 12th, 14th, 17th centuries. Now I’ve never studied alchemy, and I figured I would get to it at some point, but he has actually done me a huge favor. He’s… I don’t have to study it now. He screwed up and put it all together, and now I actually make that book part of my urine therapy collection, because he concentrated all the most phenomenal alchemical texts that so easily, if you know how to read it, you can tell he’s talking about urine. And they’re talking about… and using it as urine therapy. And so, it’s actually a wonderful book – if you know how to read it right. But if you don’t…

CM – So isn’t that…

ANW - …it’s got all these people, like, uhh, I’m sorry, like J. Widner (spelling?). I hope J. Widner hears this message. And William Henry. And David Wilcock. And I can tell… Suzy did just listen to,”The Source Field Investigations”. And in there he said to drink reverse osmosis water, because it helps to remove mineral. So he’s close. He’s on there. But he doesn’t know that reverse osmosis is actually… it’s a very complicated system, and unless you change the filters really often, it’s not gonna be… it’s not gonna be as… have as much vacuum power as distilled water does. But J. Widner and all these people now are actually in the process. They’ve bought scientific lab equipment. And they’re right now in the process, trying to make this stone. And they’re all giddy and excited about it. And I feel sorry for them, and I hate to break this to them, but I hope they at the same time they can see the truth of what I’m seeing, and that they actually have the power within. They don’t need… it’s not external objects, I mean… It’s a joke. They’re wasting your energy, and part of… they also… the trick is, is that it’s gonna keep people in a state of fear until 2012. They did that on purpose. The timing of the book… remember I said, the earliest he says you can get it done is 18 months, if you do it just right. And it came out in about May of 2011. That is suspiciously close, 18 months away from, December of 2012. Okay? And so, the powers that be want to keep people in a state of fear because the feelings you feel are the type of reality that you’ll create. And so J. Widner right now, until he has the stone, thinks he’s powerless. But… and it’s gonna… you know?

CM – Right.

ANW – And I’m sure it’s not gonna work. It’s totally a joke. It doesn’t… there’s no powder that does that, turn actual lead into actual gold. If you actually want gold, if you feel you need gold coins, ok?, open up your pineal gland. Open up full psychic awareness, and ask for a vision as to where this gold is buried. You know, you can use it that way if that’s what you need. But there again, you can see… once you… every psychic ability you ever heard of, those are the gifts that are available to you through opening up your third eye. And that’s why the alchemists say that getting gold the most vulgar, the lowest thing on the totem pole of the powers that you can do with the Philosopher’s Stone. Because the ability to time-travel, to astral project, to have mental telepathy, to be able to speak to your cats and dogs without having to use words, those obviously are off-the-chart more valuable than gold. So that’s…

CM – Well, what I want to say is... to interject with was, you said how “The Book of Aquarius” has all the alchemical quotes all in one place, so that kind of cuts your research down to… unless you want to research to make sure that what he put in there is actually legitimate. But, there’s a saying in the bible, and I think I can call myself a bible scholar, because for 5 or 7 years that’s all I did was read it. I was Christian, and I prayed, and went to church and all that, but I religiously everyday read the bible, over and over and over again. Because you can only read it in a year… or in a month I guess. But anyway, one of the things it says, is that, “He who has ears, let him hear”. You know, and I think it’s just like another Illuminati tactic is that they have it again hidden in plain sight. And always there is, like you said, to actually know what to look for, you can actually read between the lines. I think.

ANW – Yes.

CM – So, unfortunately, most people have no clue, that even what they’re looking at, but when they read what Anonymous has written in, “The Book of Aquarius”, and how he’s put it together, it’s not really that he’s written anything, it’s just linked a bunch of information together, and come up with an area that makes it an “internal” quest instead of an “internal” quest. (transcriber’s note:  wtf ?!?) When everything metaphysical right now is telling us that we need to look inward. We’re gonna find the answers to the… I mean, we’re constantly being told that message over & over & over again. But yet because we live in this mechanistic construct that… this 3-D reality, you know, we’re always thinking material… materialistically, and it’s very mechanistic. I mean, everything, and you look, from science, religion, y’know, social… everything that’s mechanical… there’s very few organic processes anymore. And even our food is created by machine. The way that the food is brought to us is through machine. There’s no hands-on, except for organic farming. So when you think about it, the war is supposed to be a spiritual war. So how do we break that down to be organic to the mechanistic, the in-organic to the organic? I mean, we’re right there, we’re right at the precipice. And I think now when I think about what you’ve told me over the last month or two, about the Philosopher’s Stone, about the pineal gland, and its relationship… or organic liquid to the relationship to the pineal gland… Now when you look at the Hopi Prophecy and you see the two lines divided and you know on the one line there’s, like, corn growing on it or something… and it makes perfect sense.

ANW – Yeah. M-hmm. Right. That’s awesome.

CM – It makes absolute perfect sense. I mean, everything… it just brings everything, like… right there. You could take all this information and now, you know, now I know what my purpose is. Now I know that this is what I’m supposed to be doing! You know? I’m the urine therapy queen here now. I was trying to get Suzy to come on and share with us her experiences, because the two of you have more experience that I do. I’m just a novice battling in this wonderful field of enlightenment. And you and Suzy have years behind you of practicing this treatment, this therapy, this Holy Grail. I don’t know the words. I’m at a loss for words. But I’m not gonna say anymore, but if I think of something I’ll bring it up. But collaboratively we’re piecing this together. But you’ve done the majority of the work in finding out about the pineal gland, and finding the book, the Aquarius book by Anonymous. “The Book of Aquarius”, by Anonymous. And being able to put all this together. It’s just phenomenal. So, I don’t know what to say. I’m in Awe.

ANW – Well thank you.

CM – We’ve tried to contact these people to try to share this information. We’ve contacted Scott Meredith of Koch (?) Media. And that worked. We’ve contacted Clifford Cockycock ([Carnicom](file:///C%3A%5C%5CUsers%5C%5Cjohn%5C%5CDocuments%5C%5CMy%20Webs%5C%5Cwhale%20new%5C%5Cc%5C%5Ccarnicom.html)?) about helping with Morgellan’s. He listened intently, but I think everybody’s getting hung up on the urine therapy. But maybe this Anonymous, maybe J. Weidner, and William Henry is gonna open it up where a couple nobodies, really, because nobody really knows who we are, except for ourselves, which is really important to me, but, you know, who’s gonna really listen? Even when you tell people this is the model’s secret, they bathe in it, they soak it on their face overnight, they keep it in storage for weeks, so they have it at maximum strength, so that they can get the full effect of it, and win beauty contests, you know… people still don’t listen

ANW – No. Well we’ve been so highly…

CM – It’s just such a tough time.

ANW – Yeah. Yeah. This is very… it’s a transitory time. And we’ve been so highly mis-educated that it’s very hard to wake up from this slumber. Yeah, and I gave Clifford [Carnicom](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Cc%5Ccarnicom.html) a full hour of this information over the phone. And he acted all excited and he said that he wanted to give me an hour-long radio interview, and actually let you interview me, and he’s gonna broadcast it through the Carnicom Institute. And I even mailed them a set of precious distilled water books and urine therapy books. And I ended up getting complete silence from them after the phone call. So I don’t know if somebody…

CM – You sent him books?

ANW – Yeah. I sent him a nice package of urine therapy books and distilled water books.

CM – You didn’t send them to me! Haha. No I’m only playing.

ANW – Well, you know, I felt that…

CM - I’ve video tapes, so I got the tapes! Haha.  I’m only playing with you. I’m sorry.

ANW – Well, the Institute has been quite a place for gathering knowledge about chemtrails. And they said that they’re a public service, and that they were… they had a library. So I said, “Okay, well I’ll send you books to make it part of your collection.

CM – Absolutely.

ANW – And, y’know, complete silence now. I don’t know it somebody told them not to let me on the air, or they got freaked out, or if they’re actually… they don’t want to give answers. That’s kind of what I’m most suspicious of, because I watched Carnicom at the 9/11 Truth Movement speech in Portland, Oregon 2 or 3 years ago. And during that speech, during the question & answer period, this kid stood up and very, very emotionally and strongly told the crowd that he had been covered with Morgellan’s symptoms, and he had applied this… a particular method that had completely erased it. And he was almost crying telling his story about how much pain he had been in, and that how beautifully and miraculously he had discovered a method to clear it all up. And I was listening, and I was going, “Oh my God, I bet you anything he’s talking about urine”. An so he tells that and Carnacom is standing there listening up at the podium. And of course everybody at my house is watching the video. And I’m sure everybody that’s listening is going, “Okay, okay, okay, yeah, yeah, tell me, tell me!” And you’re expecting the next thing that’s gotta be out of Karnikom’s mouth is, “Oh! Well, geez! Share!! Y’know, tell us what you did to erase Morgellan’s symptoms!”  HE DIDN’T ASK HIM AT ALL!!!  He didn’t even ask him at all!! And that made me incredibly suspicious! How could you do that?!? How can somebody be right there telling you the cure to Morgellan’s…? And Karma-con’s all about exposing the truth about chemtrails and Morgellan’s and how awful it is, but yet… he didn’t ask the kid to share what it was that so perfectly removed it from his body. And so the same thing… I call Carnie-Kahn. I ask him what he knows about distilled water. He says he doesn’t hardly know a thing about it. And so I give him a complete run-down about distilled water and urine therapy.

 And he’s listening, and listening, and agrees. “Oh you‘ve got some great information. I’d like to give you a radio show.” And then complete silence. And it’s been months now since then. And they, you know… they didn’t lose my email. It’s not hard to get a hold of me. And I even called them again and left a message, saying, “I’d like an explanation for why you all-of-a-sudden drop me”.  And, no explanation. No phone call. No email. All I ever got back from them… I even emailed them all the documents, I emailed them the Egyptians, the Indians… on and on and on… I got one email back from a secretary there that said, “It’s nice that everybody wants to help out.” You know… some bull-pucky-thanks-a-lot thing. But, you know, nothing. And same thing with Scott & Meredith at the Conscious Media Network. I spent a couple of days sending emails back and forth with Scott, and telling him about all this stuff. And he was just asking me to prove how this could be true about urine. And I gave him the proofs. And he was all about it, and all about it, and all about it. And then I was like, “Okay, so do you wanna do an interview or not?” Total silence! “Nope. Don’t wanna do it”. So, y’know, you and I are doing it now.

And also I hope Andrew Basagio gets a hold of this, because I can tell as well that all of his… y’know, he’s all about that we’re gonna have teleportation machines in the future and all this technology. Well, Andrew, it’s… you have the power within you. You don’t need trillion-dollar machines to teleport. Those are one of the very aspects, which is called bio-locating (bi-locating), that you can do once you fully turn on your psychic powers. It’s the pineal gland, and it’s urine that’ll loosen it up, or distilled water.

Let me get back to a little bit to distilled water, and how you go about drinking it and acquiring it. If you want to start out, obviously some people can’t go right to urine. If the resonating, the vibrating is true, obviously you’ll just jump right into it. And I recommend anybody if they want to read a book on it, there’s books available online. You just punch in, “urine therapy, Amazon”, bam, bam, bam, bam. There’s just a… they’re all right there. But if you never look for it, you’ll never find it. “The Water of Life”, by John Armstrong is one of the best ones.

There is a website called, [www.munot.in](http://www.munot.in), and I’ll spell that. It’s... if you… it’s not a dot com site, it’s out of India. Some guy whose best friend’s wife was dying of cancer, he said, “screw it”, and he scanned, like, almost every one of the urine therapy books that I have. And at this website, they are all there for free to look at, and it’s [www.munot.in](http://www.munot.in) . If you punch that in as a website address, you’ll find it. And that’s a valuable bank of urine therapy books. I’m gonna make sure all of those files are also at [www.aquariusthewaterbearer.com](http://www.aquariusthewaterbearer.com) .

So, but if you want to start out with distilled water, and it’s real easy to do, generally Walmart has the best tasting distilled water. Not because they make it the best, but because they move through the most of it. And it has the least amount of time to sit in the plastic container, collecting plastic flavor. Little drug stores like CVS, or Eckers, they tend to have the worst tasting distilled water because they don’t move through as much and it sits there longer.

Now I have friends who are… have drank nothing… some people have concerns. They’re like, “Yeah, what about the plastic?” That’s… yes… that’s distilled water… that’s plastic, that’s inorganic matter, and distilled water starts dissolving the plastic jug, little by little. But, know this: One – I have friends who have done nothing but drink a gallon a day of distilled water out of store-bought plastic jugs, and they’re having complete, urine therapy, fountain of youth type effects, as though they’re drinking urine, although it’s completely out of the plastic-contained water. Yes, you will taste plastic a little bit. But remember, it’s stuck to those water molecules. It’s not gonna stay inside you. And so, do not worry about that if that’s your source of distilled water. You’re not gonna be filling yourself up with plastic. That plastic that you taste, it’s gonna run over your tongue, but it’s gonna stay attached to those water molecules and you’re gonna excrete it out. M-kay? It just means that it’s picked up a tiny bit of stuff.

Walmart also generally has it the cheapest. I’ve seen it as low as 64 cents. It varies… there’s one’s… sometimes they’ll change the price, 78 cents, 99 cents. But even if it’s at 99 cents a gallon, think about that. What I want you to do, and the highest instructions is to drink a gallon a day, and most people think that’s a lot. But it’s actually not. And even in my list of 24 doctors I put together, the 24th doctor, Dr. Haneesh (spelling?), he wrote a book called, “The Distilled Water Cure”. And the “Maz Daz Nan Association  out of Canada currently is publishing that book. And that’s spelled, M A Z – D A Z – N A N.  Maz Daz Nan. And what that means, Maz Daz Nan means, “Master of Good Thought”.  So, that’s kind of a nice little thing. So the Maz Daz Nan Association is printing Dr. Haneesh’s book, called, “The Distilled Water Cure”. And it’s the first 4 pages of his book that are just off the charts phenomenal. And those are what I quoted as the 24th doctor’s quote on the list of doctors. And he’s the one that’s saying to drink a gallon a day. And at 99 cents a gallon, that’s $30 a month. M-kay? If you make that your first food budget item of every month, that’s just… there’s no better deal…  it’s the most awesome deal possible on the planet. And kind of a funny joke about distilled water, is it’s also usually by far, thee possible cheapest liquid that you can buy! And that’s part of the joke of it, too. They want you to think that, “you don’t want it”, that it’s, “useless, pathetic,  water and nobody should drink it”. And umm…

CM – And I also want to interject that when I was in Florida at the beginning of the year, that I was drinking distilled water from the jug. And they are doing some kind of an osmosis process for purity now, it says on there. And from what I understand, osmosis process, I believe, is a mechanical process. But a gentleman who was involved in… with my family, he saw that on the jug because he heard us talking about it. And he said the osmosis process that he used when he was working, he’s retired, was a chemical process. And that’s why I was tasting… it was something besides the VOCs, or whatever you talked about. It was a nasty taste in the distilled liquid. So we went from distilled water that tasted sweet…  my daughter… my sister didn’t want to drink it -she said it was too sweet, the water- to having this chemically tasting. So don’t buy distilled water that has any other processes included on the label. He just went straight to self-water. Steam Distilled.  It’s gotta be steam distilled.

ANW – Yeah, they’re usually... I mean I have seen that where it says steam distillation, and ozonation, and everything. But I wouldn’t necessarily say avoid that because I know the people are… yes it may have… that chemical process may put some flavors to it, but it’s still an empty vacuum. It’s still… you know, just like it may have picked up a few plastic particles. Really it’s the difference between using a brand new vacuum, or a vacuum that’s totally clogged up, which is what spring water is, well water, lake water. The more particles it’s got in it, the less vacuuming power it has to vacuum dirt out of your body. And so, yes, the ozonation process… it may add a few particles to it, but it’s still, largely, a 99% empty vacuum. And it’s gonna suck stuff out of you.

CM – Well thank you for reaffirming that.

ANW – Yeah. Ahhhhh… Let’s see…

CM – 99 cents at Walmart.

ANW – Yeah, ahhh… Make that your first budget item of the month.  Just go and get 30 gallons at a time. And get it done with. And so that they’re all at your house. And then each day you wake up, just think of them as water-cartridges. “Okay, this is my water gallon for the day. This has got to be done by the end of the day”. And you just keep it up day after day. And it will slowly start dissolving all the deposits throughout your body. Cataracts. I personally know a woman, who after 3 months, 70 years old, 3 months, she was able to throw her eye-glasses away. And it happened… she didn’t even… she was so used to wearing them, she didn’t even realize she didn’t really need them anymore. She had to go get her license renewed. I think she’s 72. Had to go to the DMV to get an eye check. Alright? And the guy kind of looks up at her, like strangely, the eye test guy. He’s like, “Why are you wearing glasses?” He says, “You’ve got 20/20 vision!” She say, “But, I’ve been required for 45 years to wear eye-glasses”. And so, he was baffled. And he wrote on her license, “No longer required to wear driving glasses.” And she went to her eye doctor because she was, you know… to confirm this. And he absolutely confirmed it. And he’s like, “What have you done?” And she said, “Well the only thing I’ve done different is started drinking distilled water.” And so that eye doctor is looking into distilled water because of her results. Within the same week, she also happened to have an appointment for her little 15 year old dog to take it to a checkup at the vet. And she started giving her dog the distilled water as well when she started drinking it. And the vet kind of comes out of the appointment with a strange look on her face, like, “What have you done to your dog? Your dog has a liver and kidney function of a 4 year old!” And, it’s the distilled water again. It’s cleaning out the body. It’s removing garbage so the body starts to work right. And so now that vet is looking into distilled water, because she cannot believe what happened to the dog.

CM – That’s just amazing!

ANW – It’ll also clean out all clogged veins, all arteriosclerosis, it just makes the body completely brand new again. It just… Okay let’s talk about detox symptoms, because that’s important. Distilled water, a lot of times they’ll label it… they call it, “the greatest solvent known to man”. K? And you’ll need to keep that in mind because, a lot of times when people first start drinking distilled water, they start having detox symptoms. And they can get confused and actually think that it’s the distilled water making them sick. It’s not! What it is showing you in real-time (transcriber’s note: “real-time” = residual vestiges of Rod-isms) is that it is melting garbage out of you. And so you can have such symptoms that when you start drinking a gallon a day, you can have headaches, you can have diarrhea, nausea, flu-like symptoms, sneezing fits, runny noses, rashes in strange places, pimples in weird places, terrible breath, armpits that smell worse than you’ve ever had, feces that start to smell like petroleum, sinuses and runny noses that smell like chlorine… it is melting the garbage out of you. But it’s gotta come out.

And so this stuff right now, it’s quote-unquote kind of safely tucked away in the body. You got deposits all over the place. And the body does not make mistakes. It always makes every decision towards life. And so when you consume garbage, there’s only a certain maximum top speed at which the body can eject garbage. And so when you exceed that rate, the body has to keep you alive, and so it deposits… because it can only... it only disposes of it when it can do it safely. And so when you’ve got too much coming in all at once, the blood stream is the last bastion of safety, it will not let the blood stream get beyond a certain toxic level, it has to start storing it in other places, like between your bones, in little warts on your skin, and in the linings on your veins. It allows it to stay in places that aren’t vital to you at that moment, because it’s trying to keep you living. And it’s called, “The Law of Vital Adjustment”. It lowers your lifespan in order to keep you alive in the moment. And so when you reverse that trend, you’ve got these deposits all over you that are kind of safely, you know, tucked away. But when you start melting them, they have to move out, they have to come out, they transport out of you. These are nasty things that are all… that you’ve collected for decades of your life. And they have bad energy to them. And they stink. And they make you feel bad coming out, coming in transit, you actually start to have a higher amount of toxicity flowing through your body because it’s being ejected by the blood highway system. And so you start to feel weak. You might start to feel flu-like. And that’s because you’ve got garbage that’s in transit now, rather than in storage.

And, y’know, that’s a great thing. That’s what you want. It’s better out than in. And that’s just… you have to go through a little bit of pain because of all the decades that you’ve spent consuming dead matter, and just literally killing yourself and shortening your lifespan. And so just know that it’s not you being sick. It’s not the distilled water hurting you. It’s that the distilled water is loosening up the garbage, and it’s coming out. And it’s only temporary. If you spent a lot of time swimming in chlorine pools, your sinuses will smell like chlorine. We’ve spent so much time around petroleum, when you’re sitting in traffic, breathing fumes, all the Saran-Wrap you’ve put on your food, and you’ve microwaved your food in plastic dishes, or microwaved it with Saran-Wrap over it and you’ve got just toxic rain just dripping down on your food – that’s all petroleum!

Almost all vitamins are synthetic petroleum based. So your faeces will actually start to smell like petroleum. And just like, “Whoa! Where did that come from?” But that’s garbage, and it’s leaving, and it’s been sitting in your body, shortening your lifespan. And a lot of people will say to me, “Yeah, but, y’know, I’ve been eating cooked food my whole life. And, y’know, lots of people do it. And we live to 60 or 70 years old.” And I go, “No, no, no! You don’t get it. That’s just it. 60 or 70 is a joke! You know, it should be 6 or 7 hundred, at least!” And everybody thinks the bible… they demand, “The Bible is the word of God!” But yet when it gets to the ages of Moah, and Noses… (chuckle) Moses and Noah, at 600 and 900 years old… You’re like, “Well, What? It’s word of God… but it says Noah was 900 years old! So how come I can’t be 900 years old?”  “Oh, well… Shut up! Y’know… I don’t want to answer that. They used to keep track of time differently back then.”  You know, I’m like, “What? Did they have 10 sunrises and sunsets in one day?”

No, it’s that the place used to be more pure. And that these guys used to know the secrets of how to take care of the 3-Dimensional body suit. And if you do it right, Western science admits it has no known reason for the body to die besides the simple fact of toxic overload. And that is the beauty of distilled water. And it’s why we don’t know about it. Because distilled water removes toxic overload. All Western and Eastern medicine is purposely only treating symptoms, because if you only treat the symptoms, and you don’t remove the cause, you are guaranteed repeat business. And the beauty of distilled water is it doesn’t care what disease you have, it doesn’t necessarily cure all diseases, it removes the cause of all diseases, including all mental problems, which, y’know, are all caused by junk in the system. It’s hard to think straight, it’s hard not to be depressed when all your nerve endings are coated with garbage. In fact, Dr. Alexander Graham Bell is one of the doctors on my list of doctors. He was… he had sciatica, his nerve endings were covered with garbage, and he just happened to be experimenting with distilled water at the time, using it in his mechanical lab processes, and he knew that it removed and cleaned his machines. So he was, “Well, wait a second. I’m a machine. Why wouldn’t it work inside me?” So he started drinking distilled water when he was like in his 60s or 70s, and ended up living until late into his 90s, and completely erased his health problems. And so, the guy whose object we’re talking on right now, on the phone, he saved his life on distilled water. And that’s another thing about distilled water it’s, in the stores a lot of times it’ll say on the bottles, “for small appliances”. And people, most people will only buy distilled water to clean their machines to keep… because if you run spring water or well water through your iron, or your machines, like little bubbling fountains, or humidifiers, hmmm… they quickly become full of garbage. And they have scale and deposits all over them. So you’re only supposed to use distilled water to keep machines clean. Well… You’re a machine! Right? That’s the same idea. Yeah… Yeah, that’s just silliness.

CM – That’s brilliant, right? No it’s not silly. You could uhh… We have 31 minutes, but maybe you could talk the Chinese government document. You know just throw that in there.

ANW – Which one?

CM – The ones that talk about the people who live to be about 3 or 4 hundred years in China.

ANW –Oh. Yeah. Actually if you just start to look into the longevity reports. There’s people that are living for hundreds, and thousands of years… even yogis up in the mountains for 15 hundred years. And the main way they’re doing it is through urine therapy.  Let’s talk about… Talk about… the pineal gland more. That’s… That’s very important. This is… Let’s talk about what… now that you unders…

CM – Well we haven’t gotten into the astral projection yet. So you want to talk about that process of the pineal…

ANW – Yeah, right. Right. Ok. That’s right. I told you I wanted to give you 3 things: The distilled water, the knowledge of pure water. The knowledge of the pineal gland. And that you are a ball of light. And distilled water frees up that ball of light that you are.

When I was in Ecuador, I met a shaman who told me that while I go to sleep every night, and sleep for eight hours, he goes out onto the Astral Plane and does battle with demons, freeing up human souls who are trapped in tar balls, strung up on necklaces on the necks of demons. Now at the time, I had never heard of Astral Projection, and I had no idea whether or not this guy was totally off his rocker, or whether or not to believe him. But at least I had learned enough by then through research to know that I was stupid, and when I hear something that I don’t have any reference to, to at least hold it as a possibility. Now I completely believe him because I’ve collected 20 books on Astral Projection, and I understand the functioning aspects of the pineal gland and what the 3rd eye is all about. And the 3rd eye is so important, that’s why they want to shut it down with fluoride and chlorine. They do not want you accessing these powers. And this is the pyramid with the eye on the back of the dollar bill. There’s again a pictogram for the 3rd eye. Now, David Wilcock in his gorgeous video, “An Explanation of the Pineal Gland”, reveals that the secret and the beauty of the pineal gland, the secret about it is that it’s full of water. And this is literally a 3rd… it’s an eyeball. And it has rods and cones in it. And right now, your two eyeballs in the front of your head have rods and cones, which are oriented outwards. And as you are awake during the day, you are the center, and the whole universe is out there. When you shut your two eyes, and you have a functioning 3rd eye, and you go to sleep at night, or you lay down and meditate and let the body fall asleep, and let the 3rd eye turn on, it’s an inside-out eyeball. Yes, it’s got rods and cones, but they’re not oriented outwards. The sphere of the 3rd eye is lined on the inside with rods and cones, spherical 360. But they’re oriented towards the center of the 3rd eye.

And you flip the universe inside-out… and as above, so below… as without, so within. The whole universe is inside you, when you reverse your position. Instead of you being the center looking outwards, when you switch to the two eyes, as in Matthew 6:22, “If thine eye be single, thy whole body shall be full of light”, when you switch to the 3rd eye, your rods and cones are all on the outer part of the sphere. So all the sudden, your point of view, rather than when you’re awake your point of view is singular, looking outwards, when you open up the 3rd eye, your point of view is from completely on the exterior looking inwards. And you flip the universe inside out. This is the symbolism of the cube within a cube. And when people finally unfreeze the pineal gland, they have what’s known as a, “crown chakra burst”. Or a… the, “kundalini rising”. Those are one-in-the-same. And along with the pressure in the head, the most common thing that’s reported with it, is white light fills their interior, fills in their inner vision, their whole head is filled with white light. And I want to prove to you that you are a ball of light. You are a star, just like that thing in the sky called the sun. You are one of those! And on the infinite scale of size, it doesn’t matter, you are an infinitesimally small ball of light compared to your perspective now, but somewhere on the scale the ball of light that you are is just as big as the sun is to you are now. And… you… the pineal gland is a crystal throne for the ball of light that you are! And when you finally open up your pineal gland, and you have the crown chakra burst, and you see white light flooding your head, what you’re looking at, since you are… you are… You’re looking at you! That is you. You are a star. That’s the ball of light that you are. That white light that you’re looking at… is you. And they call it your, “soul”.

And that “soul” is the word for the “sun” in Latin and in Spanish. And the type of power that we get from the sun is sol-ar. And they like to hide things in words. And it’s not the spelling of the word that’s the matter, it’s the sound. In the beginning was the word, and the word was sound. And it’s called your soul because they’re describing that you’re a ball of light. Just like the sun is a ball of light. It’s a star. You are a star. And they don’t want us looking at ourselves. They don’t want us realizing that we are stars. That’s why we have Hollywood Stars. In the ancient times, the Druids would perform ceremonies and control the people by imagery. They would have these rituals and create imagery, and they would always perform their rituals with a stick… their wand was a stick from the Holly Tree -a piece of Holly Wood. And they want you… now Hollywood creates imagery with stars. They’re controlling… they want to control what we think of what is, and what their reality is. And, “You pay attention to our stars. Don’t look internal. Don’t look at your own star. Look at our stars.” Now you know that you are a star. You are a ball of light. Your soul is a ball of light. And there’s three body-groups of information and testimonials that you can look at to help prove this: there’s lucid dreamers, astral projectors, and near-death experience. Lucid dreamers are people who, during the middle of the night while they’re dreaming, they become conscious that it’s a dream. They, so-to-speak, wake up in the dream, but they don’t physically wake up and sit out of bed.  They just become conscious during the dream, that it’s a dream. And as soon as they do that, they go, “Whoa, this is the dream world! I can do anything I want!” And then instead of being… most people’s dreams are like… kind of like a victim to it, like it’s this movie that you’re watching. You don’t really have much control. And that’s done on purpose, too. We aren’t educated about how to dream. The only thing you ever hear during your whole life about dreams is, “Oh, well, we just don’t really know what they are.”  And that’s on purpose. Did I miss the class on dreams in high school? No. They don’t want to talk about it because it’s a whole ‘nother… it’s a whole ‘nother world.

CM – (laughing)

ANW – And the lucid dreamers, as soon as they start realizing that it’s the dream world, they can do anything they want. They can fly. They can go see dead grandma. They can talk to Einstein if they want. They can go see the back-side of the moon. They can do anything they want. So, you’ve got those people… all those testimonials. Now look at astral projectors. Astral projectors are just the same as lucid dreamers, except that astral projectors consciously, either while they’re falling asleep at night, or during the middle of the day, they lay down, and they let the body fall asleep, except that, whereas normally when people try to fall asleep they try to… they try to… they let go of their consciousness… alright? Don’t let go of your consciousness. Close your eyes, and look into the black. And even right now, you can close your eyes, and you can kind of see twinkly sparkly lights. Well, if you’re in a dark room, and even put a blindfold on if you want, so you don’t think, “Oh, maybe it’s just some street light coming in, messing with my eyes.”

After about 15 or 20 minutes, especially in the beginning… when you get better at it and when your pineal gland get fully opened up, you can do it immediately… but what the astral projectors report, and I have 20 books on this, and I’ve read, you know, close to a thousand testimonials on that now, as well… what opens up in that black space, is a white circle of spinning light. It’s like a tube… a vortex, and a few stars that… you keep looking, and this is literally what you‘ll be seeing inside your head. And what you’re actually… you’re viewing… it’s literally your 3rd eye. This is what your 3rd eye is seeing… is this tunnel of white light opens up. And a few stars start to shoot through it. And then more and more stars. And then it feels like you’re actually going through this vortex, this tunnel. And then after a little while you come to the end of the tunnel, and you can look around 360, and there’s stars everywhere. And at that point your out on the astral plane, the dreamland, at that point you’re at the exact same place the lucid dreamers are, and from there, you can do anything you want. You can go see dead grandma. You can talk to Einstein. You can go see the back-side of the moon if you want. K?

Now… now let’s move to the third set of testimonials… is, near death experience. These people… the common testimonial thread is two things. One: they can see… when they have the… when they come back to life, on the operating table, in their head they have a view, a memory of above the operating table. Now it’s one thing to be able to tell the doctors and nurses what they were talking about while they were flat-line. They say, “Okay, well your ears were still on. I guess you were just recording it with your ear.” But how is it possible that they have an above-the-operating-table-view in their head? They can see themselves from above. The only way that is possible is that, the ball of light that was them was leaving the body, and that’s your point of view, and they were leaving, and they could see from above. And that’s their astral body leaving. And when they look in the other direction, where they’re headed, what do they see? A white tunnel of light! The same thing the astral projectors report going through. Now what that is, is that is the Biblical, “silver chord”. That vortex, that tunnel is actually the silver chord, and it’s the viewpoint from inside the silver chord. People that can see auras, they can see the silver chord, it’s a very, very thin wispy line. And, lo and behold, it’s anchored at the 3rd eye, the pineal gland. And that is the tube that you use, that is the vortex, the star-gate, in and out of the body. And the ball of light that you are is a very, very, very small ball of light, and that… you travel through that to leave the body. Now, there’s another thing that helps to prove this. In Western medicine, in the development of the fetus, it says, on the 49th day is the day that the day that the pineal gland forms as the fetus is developing. Well that just very nicely coincides with, in Eastern medicine, in Buddhism, the soul does not incarnate into the fetus until the 49th day. And you know how I’m trying to prove to you that you are ball of light, that you are a star, and the pineal gland is a star-gate? Well, we have Western medicine saying that the pineal gland, the star-gate forms on the 49th day. And in Eastern medicine, your soul does not incarnate until the 49th day. So the same day that the star-gate forms in the fetus is the exact same day that the star shows up. You. The you that is you. This is just one of many temporary experiences. You are an immortal ball of light having many experiences. And, have you ever heard the statement that, “water is the lubricant between dimensions”?

CM – M-hmm…

ANW – Well this will ring true in many, many different ways. And here again, even in the fetus, you cannot make the dimensional shift, until you’re floating in water. The baby is floating in urine, and you cannot make that shift until you’re floating in water. The water is the lubricant between dimensions. And in the movie, “Constantine”, with Keanu Reeves, there’s a scene where a woman wants to talk to her dead sister. And he says, “Okay. You got to get in the bathtub.” She says, “Alright”. So she gets in the bathtub, she says, “Okay, I’m ready now.” He goes, “No, no. You got to get all the way under the water.” She’s like, “Why?” And he says something akin to, “You can’t communicate with the other dimensions unless you’re fully submerged in water.” Water is the lubricant between dimensions. Now on that white tunnel of light, again, we got on the Sci-Fi channel, the “Stargate” series. And here again, just like Andrew Basagio, we gotta have a trillion-dollar machine in order to do dimensional travel. And what do they… what is the star-gate machine on that? It’s a big, giant circle of spinning white light. And the surface of it is covered with water. It’s… you have to stick your hand through. You have to… water is what allows you to go through other dimensions, to access other dimensions. It’s a lubricant. And even we can say that the drinking of the distilled water opens up the pineal gland, and allows you to access other dimensions. Water is the lubricant between dimensions.

So… now even astral projectors report that when you are out on the astral plane, you don’t have a body. You’re a ball of light. You can manifest if you want to with your intentional thought. But they notice for the most part that as they travel around, and they’re zooming around, and they fly around, they realize they don’t actually have a body… and that they are a ball of light. That’s a common report is that they are a ball of light. And I have a friend who was just dreaming the other day, and an ascended master was giving her instructions of how to start astral travelling in the dream. And she started following his instructions, and she popped into an orb of white light. She changed. Carlos Castaneda, also, the tree things that he tells people to work on, and I very much suggest everyone else do this too. He says you need to work on dreaming, which is astral projection, intent, and stalking. And what he means by “stalking” is, “s-t-a-l-k-i-n-g”, stalking… he wants you to stalk the real you. He wants you to… and he means by it is to drop habits. Say you start fasting, or you know, if you smoke and drink all the time, drop that habit, peel away layers of habit, in the 3-D world. And so you can… you are stalking or searching for the essence, for the real you. So he wants you to work on dreaming, intent, and stalking. And intent is… well this is very important. In astral projection, it’s the amount of determination you put behind your thoughts.

And Anne Moss (spelling?) has a beautiful example of that. Anne Moss is somebody you can look up. She’s been an astral projector for 30 years. She’s been doing it since she was a little kid. And the way she says the way intent comes in… the one time she was… she wanted to go see the moon. She wanted to see what this all… this stuff was about whether or not there’s bases on the moon, or what really is the moon. And so she was… she meditated, and she left her body, she went through the vortex, and she got onto the astral plane, and she said, “Okay. I want to go see the moon.” And when… you’ll notice that when you’re on the astral plane, your commands are followed - what you say, what you desire, your intents are listened to. Every wish is the astral plane’s command. But she was moving toward the moon like at a walking pace. And a lot of times people feel that in their dreams, like when they’re in a scary situation and they’re trying to run, but it feels like their feet are made out of glue or something, and they can’t run very fast. So she was like, “Man! This is gonna take forever!”, because, like, she could see the moon, but she was like getting there at a… at a running pace at the most. She’s like, “I’m, you know… This is gonna take weeks at this pace! I’m gonna… y’know… I’m not gonna get there in 8 hours even!” And so she finally goes, “Take me to the moon! NOW!!!” And she put that intent behind it. And BAM! Instantly, she was at the moon! So that’s what we mean by “intent”. That’s what Castaneda means by “intent”. Start… that’s your… I think it’s your third chakra, your will. Start summoning that power. And start having determination in your voice. And it looks like your intent works here, as well. But we’re in the 3rd density. And things happen slower here because it’s very dense. I think the word, “dimension”, “3rd dimension”, is very misleading. And 3rd density, or 4th density, 5th density, is much more accurate in helping you to understand what that means. Things don’t happen slow here because things are very dense. This is a very dense place. (transcriber’s note: It should read, “things DO happen slow here, because things are very dense.”) And William Bowlman (spelling?) who wrote a great astral projection book called, “Adventures Beyond the Body”, he said the same thing. That’s one way to judge what dimension you are in, or how far away from the 3rd density you are, is by the speed at which things happen to your command. If they happen… you know, slowly, or kind-of, you’re maybe in the 4th or 5th density. But if they start to happen instantly, you know you’re in the 7t, 8th, 9th, 10th, 11th, 12th densities. I don’t know how many there are. But that’s just kind of a gauge. The higher vibrating you are, the faster things happen, and the faster the All listens to your command.

CM – Wonderful! We have 10 minutes left on the “Live” section. We have another hour in recorded-time. So… just do what you wanna do. I mean, this is so unbelievably important.

ANW – Okay. I’ll throw in that little thing I started talking about, about the sound, “A-L”, or, “E-L”, “el”, or, “al”, and how that means, “light”. The words, “life”, and, “light”, “star”, “sun”, and, “god”, are interchangeable in… when you’re talking about energies. And even the word, “life”, and, “light”, the word, “light”, has a, “gh” in it, which is silent. But normally when you see, “gh”, in a word, like, “enough”, it’s an, “eff”, sound. So, “light”, is actually, “lifed”. Life and light… we are light. We are life. Life. Light. Star. Sun. You are a ball of light. You are a ball of sun. You are a star. You are a ball of life. These are all the same things. And we see objects in our world that end with, “-al”. And, ”Israel”, the, “-el”, it’s the same thing. That’s… those are all sun cults. They’re referring to cults that worship the sun, a ball of light. And so we have these objects in our world… the most valuable… some of the most valuable objects… is the sun, right? It’s very valuable. And diamonds, and gold… well, diamonds and gold are cryst-als, and met-als. They both end with, “A-L”. And the pin-e-al ends with, “A-L”. And a cathedr-al. A cathedral is a catheter of light. It draws down energies from the sun, from the, “AL”. Even the thing we call the whole universe is called, “the All”! It’s all the light. And, “crystal”, “Christ”, means, “the anointed one”, so a crystal is a massive compaction of anointed light! A met-al, the, “met”, means, “about”, or, “with”. Metal and gold, everybody talks about it being the ultimate condensation of high, high light particles. And so met-al is condensed light. Crystals are condensed light. They say in this universe that all that there is, is light and sound. And all matter is condensed light. And the sound at which it… the sound that it has is what determines the shape of it. That is the vibrational pattern. And your DNA is what’s vibrating your sound. In ancient Atlantis, people could recognize each other coming before they even saw each other by the sound that they had. When they had their… when everybody gets their senses fully turned back on, you have infinitely perceptible, fine-tuned senses. And we all have a sound. And we are matter, the matter… the condensed light that is our body, everybody has their own particular shape, because they have their own particular sound. And it doesn’t matter how decrepit and deformed you get, your DNA knows your sound. And so when you drink distilled water, and free up all the garbage that’s stopping your DNA from performing its duty, you will revert back to your original shape, because your DNA is gonna keep producing your original sound, which is gonna vibrate and create your body to form in its original shape. One of the things that most helps a lot of people, especially Western-raised people, understand this concept is Cymatics. Look it up on the internet. It’s spelled, C-Y-M-A-T-I-C-S. They take sand or salt and pour it on a metal plate that has a speaker underneath it. And when you turn on the speaker to a particular frequency –BAM- the sand or salt moves, and creates sacred geometrical form. And when you change the pitch or the frequency –BAM- it switches to another sacred geometric form. And the higher the frequency, the more complex the sacred geometric form that the sand or salt forms to. And if you lower it back down to a particular frequency, it goes right back to that exact same shape. Now, that’s all that you are. Remember there’s an infinite scale of shapes, and sounds, and sizes. You… your body shape is a frequency somewhere up on that infinite scale, and that particular sound that you are, is your shape.

CM – Is that a… is that a train? (sound of train blowing its whistle in background)

ANW – Yeah (laughing). I tried to go inside so I couldn’t hear it anymore. I’m in Columbia, South Carolina, and we have a lot of trains here. This is one of the towns that is currently planned for being one of the, “Smart Growth Zones”, where they want people shoved into compact housing near railroad tracks. And that’s what we’ve got here.

CM – Like Auschwitz or something.

ANW – Yes. Exactly. But we’re gonna change all that. That’s all… those are old systems. They’re all old and crumbling. And when we all assume our power, which we’re doing in real-time here, we have our powers… And so hopefully Devon will have heard all this and he will know that he has powers now. And then I believe as I know that they are both already underway, assuming these processes. And… let’s change this place. Let’s make it into the new place that we have. Let’s just assume our powers, and rise up, and create the new paradigm. You can feel it in your heart. Even if you haven’t ever seen Paradise, you know what it feels like in your heart. You know that the way this place is, this cruel, evil money system. And, you know, people are just trapped with the 5 senses. And so it makes sense that people are greedy. They can’t… they don’t sense any other senses, so the only thing they can do is acquire money to please their taste-buds with steaks and lobstah, or, you know, get that Lazy-Boy chair to make their body feel comfortable. But they just don’t realize they have much, much higher senses that they can use, that give pleasure way beyond eating, or sitting in a Lazy-Boy chair.  Feel it with your hearts! Let us all start forming, and feeling the new place, and the way that it should be.   How about that?

CM – Beautiful! That’s absolutely beautiful. We have 3 minutes left. So, what would you like to do?

AND – (simultaneously) What should we do?

CM – I don’t know. We could tell each other how wonderful we are. I like that. I am so honored! You have no idea! This information… I don’t think, on a cosmic level, I don’t even know if I realize just how enormous this is -what you have just given to us! I mean… William Henry is doing conferences now charging people hundreds of dollars to come and hear not even half of what you just gave in 2 hours, freely! You know, the whole ball of wax! Unbelievable!

ANW – The whole ball of light! Should be free!!

CM – It should be free! And it is free. And it will continue to be free.

ANW – I haven’t heard anybody putting these complete things together. There are so few people that know about distilled water. And that’s why it is so highly guarded of a secret… because, aside from emergency surgical operations, it would put doctors and hospitals out of business in a heartbeat. But more than that, more than freeing up the physical body, it frees up the mind. It allows you to access spirit. It allows you to finally see and know that you truly are a spiritual being having a human experience. A “Hue-Man”, right? As in light, a hue.

CM – Yes!

ANW – And what is a unit of light? It’s a “Lumen.” So, we are humans, working on fully becoming “lumens”. We are each a unit of light. We are each a ball of light. The Human Lumen. And the sound of the sun! Oh, this is a good one! Most Buddhists, their basic chant is, “Ommm”… and when you measure resistance of power in the electrical world, by “Ohmmms”… and how they’ve recorded the sounds of the planets… and Earth sounds like all the birds singing all at once… it’s a crazy, beautiful, “doo-lee-bloo-blee-doo” ah, just crazy sounds.

CM – I heard it!

ANW – And they think… that what the birds are…

CM – I heard it the other day! It’s beautiful!

ANW – Isn’t that beautiful?! They think what the birds are doing, since they have their senses turned on, they listen to the Earth, and the birds are actually mimicking the sound of the Earth. But here’s the beautiful thing, coming back to “Ohms”. You know I’m trying to tell you that you’re a ball of light…? And the Buddhists’ most basic chant is to go, “Om”…? Well, when they finally got an audio recording of the sun, that big ball of light… the sound of the sun… is, “Ommmmmmm”!!!

CM – I heard it!

ANW – Love it!

CM – I heard it the other day.

ANW – It’s so…

CM – It’s wonderful!

ANW – Yeah. It makes so much sense.

CM – It’s amazing! It’s amazing.

ANW – I think that’s what we’re all… They say that’s what every planet is on its path towards, of becoming a star, a giant ball of light. And so we’re all the individual brain cells of this planet. We have[to?] fully become our Human Lumens, and make this whole big planet a big, giant lumen. And then it’s on its way to becoming a gorgeous, great, big ball of shining light in itself. Thank you so much, Chrissy, too. Thank you for all the time you spend interviewing so many wonderful people, like, Laura Magdalene Eisenhower, and… just on and on. You just keep at it, and… it’s wonderful.

CM – Well, thank you, Andrew. We’re no longer on the air, but we’re still recording. But… it’s amazing. The work that you’ve put in, and just in this past year, in the last 6 months, I guess. That information you’ve gotten on the pineal, and astral projection, and our true nature, that we are a ball of light. I mean, for you to share that with us…

ANW – Did the, “Om”, thing make it into the recording?

CM – I believe, yeah.

ANW – Awesome. That was…

CM – It’s all in the recording. It’s just you were live on the air. That was the only difference. It’s all being recorded.

ANW – Right. Ok. Got you.

CM – Yeah, but I think that was the last thing you said.

ANW – That was… Thank you for prompting me along the way. And once again, you’re an excellent interviewer. And you beautifully held me in line there whenever I got off-track, or something. I really appreciate it. And I really feel great about this interview. I think we got almost all of the highest, important things in there. Very, very nicely compacted – 2 hours.

CM – Yes and I think…

ANW – WHOOO!!!

CM - … you’re ready to go on the circuit tours. So, if you don’t mind, I’m gonna forward this recording to… back to Scott

ANW – Okay.

CM – And I’m gonna go with Scott Meredith first, because I think that they’re(?) resonating a little bit on a higher frequency than maybe William and Jay Weidner. So I think that whatever [Clifford Carnicom](file:///C%3A%5CUsers%5Cjohn%5CDocuments%5CMy%20Webs%5Cwhale%20new%5Cc%5Ccarnicom.html) is doing, or isn’t doing, you know, we all have our own… make our own Karma. We all work in our own drama/ [work on our own dharma(?)]. So, whatever we’re creating. But I’m going to forward this to Conscious Media Network, and I’m gonna keep in all in my Facebook page. And I’m gonna put it on my blog, and I’m gonna make it the featured video, when I figure out how to put it on video, and put it on Youtube, and the television station that I re-set-up again last night. So it’s gonna be…

ANW – My God! That would be SO AWESOME! That would be… I wish this could be one of those! If this audio could go with corresponding video images…!  Oh My God!! You know what I mean?

CM – Well, if you have pictures, if you have pictures you want to send? Because that’s how…

ANW – I mean… I’m just not… I’m not good at that. We need somebody that’s good at that.

CM – Well, no. You can just give me an idea of pictures. I mean, you can just send me that information to me. Just say, “Hey! Look over here. There’s a picture. Or look over there.” You know?

ANW – Okay, you can do that?

CM – Yeah. And I’m sorry about that…

ANW – And I have to say, I pretty much talking in pictures anyways. You know, I’m using words that are very easy to visualize in your head. And so we just need corresponding…

CM – Oh! You are so articulate! It’s beautiful. You’re so articulate. I don’t think you give yourself enough credit… what you’re saying. And, oh, you didn’t tell them, the listeners, not that anybody’s listening right now, but that when you related about the shaman in Ecuador, that he told you about your past life/ [lives(?)] …

ANW – Oh. Right. Right. Yeah, that’s true.

CM – Why this is coming to you, because in your past lives you were a shaman, many times. So this is your second nature.

ANW –(indecipherable) … said a medicine-man. I don’t know if there’s a difference between a medicine-men and a shamans. But he said that… he used the term, “medicine-man”.

CM – I don’t think there is. I don’t think there is any difference. A shaman is a shaman, and it’s all included.

ANW – (singing) You can run and tell that…

(Both laughing)

ANW - …run and tell that…

CM – This is so AMAZING!!  I mean, it’s like Sitting on a Gold mine!!!  Who needs money when you have this!? It’s like so phenomenal.

ANW – Exactly!  Who needs gold!?  …That’s right, gold is the most…

CM – [We are(?)] gold!

ANW – That’s right! Liquid gold. Baby! That’s what we pee out, is liquid gold!!

CM – (cracking-up in background) And we turn into liquid gold in our auras. Yup, absolutely. Awesome! So…

ANW – Alrighty.

CM – If anybody is interested… oh let me just add this. If anybody is interested in understanding the process of having utilized urine therapy, do you want to talk about that a little bit? And we can that on the end of this? Or do you want to refer them to the original audio and videos that I have already set up?

ANW – I guess I should probably go now. And I think the books themselves… you know, the basic thing is to drink it, and to loop it, and the Egyptian Papyrus says to… the first line of the Egyptian Papyrus is, “The Water of Life is given to you. Drink it, and bathe with it every day.” It doesn’t get much simpler than that. You know, just once a day, just like the super model, put on a coat of… on your body, and let it air-dry in. And if you got to go out in public, and it smells, just do a water-rinse. But they usually do it at night, and just let it soak in overnight.

CM – Yeah.

ANW – But the books, themselves, and now that they’re available on-line, it’s pretty simple. And I love the fact that the Creator made it so simple.

CM – Well, with that, I’ll just say, thank you so much. Namaste. Have a wonderful life, Andrew. And we will continue this conversation.

ANW – Thank you for helping to make my life wonderful. And thank you for giving Aquarius an outlet to broadcast this information. We could all use this water-knowledge now. It’s what we need to get us to the next step. It’s not the overall answer. It’s just part of the path. And we all have it.

CM – (Indecipherable) …give my love to…

ANW – I Love You Very Much! Thank You SO MUCH For All Your…

CM - …Jessie, and Suzy, and… Just have a wonderful life, and we’ll continue this, it’s awesome, and… Have a Great Day!

ANW – Yeah, and get Jessie… You know what you should do…? Get Jessie to do a urine therapy instructional interview. She’s even a much better speaker than I am. She’s a fantastic… (indecipherable).

CM – (indecipherable) … that’ll be the follow-up. Absolutely. Okay, well, that’ll be my next goal. Thank you. Thank you for your time.

(transcriber’s note: it really friggin’ sucks when both you guys talk at once!)

ANW – Okay, Chrissy.

CM – Thank you for your knowledge.

ANW – Thank you. Take care.

CM – Thank the Universe.

ANW – Bye.

CM – (something) …light body. Bye bye.

ANW – (in falsetto) Bye byyyeee.

CM – Thank you for listening. This has been Babcha’s Pearls. I’m Chrissy McMahon. We’re leaving you live from Columbia, SC, and Bristol, PA. And the sun is shining now, because we’re all illuminated. Peace.

 **CHLORINATED WATER**

"I would drink chlorinated water only if the alternative was no water at all."---Paul A. Stitt

 "Hydrogen peroxide (H2O2) destroys infectious organisms and impurities in water 4,000 times better than chlorine."---Joseph G. Hattersley

**THE NEGATIVE HEALTH EFFECTS OF CHLORINE**

by Joseph G. Hattersley

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**Summary**

**Possible damage to people’s arteries**

**Chemical background**

**Other risks of chlorinated water**

**Relation to melanoma and cancers**

**Other harm from chlorination**

**Deaths caused by consumption of treated water**

**Substitute water treatments**

**Other water pollution problems**

**Purification of drinking water**

**ADDENDUM: Hormesis**

**Summary**

 Federal regulations require chlorine treatment of the water supplied to urban/suburban areas of America and much of Canada from surface sources such as lakes, reservoirs and rivers. That constitutes about 75 percent of water that Americans consume. Water from underground sources generally is not chlorinated unless it is supplemented by surface water. My hometown, Lacey, Washington, and some surrounding communities that are supplied water by Lacey, are fortunate to be among that group; I’d like to see that continue.

 Chlorination is inferior water treatment on at least two counts. (1) Although it has greatly lowered infectious waterborne diseases in the U.S. and Canada, chlorination fails against a variety of water problems including parasites and can seriously harm people who use the water. (2) Its cost is unnecessarily high. As of 1996, Andover, Massachusetts’ new ozone treatment costs $83 per million gallons of purified water, only two-thirds as much as the old treatment process. The town saves $64,000 annually in chemicals costs alone,[1] and uses less electricity. See later.

**Possible damage to people’s arteries**

 When chlorinated water is run through a hose or carried in a pail followed by milk as in a dairy, "very tenacious, yellowish deposits chemically similar to arterial plaque" form; with unchlorinated water this doesn't happen.[2]

 CBS' "Sixty Minutes" show July 11, 1992, displayed two laboratory rats, both of them eating standard rat chow and drinking chlorinated water. One rat had clear arteries. The other was also on pasteurized, homogenized milk. When the animals were sacrificed and cut open, the arteries of the milk-drinking rats were clogged. A scientist in a white coat winked at the camera and said, "He [the live rat he was holding] is the only one doing research on that." The researcher didn't say why, but the powerful dairy and chemical lobbies come to mind.

 Dairy buckets, hoses and rats' arteries resist the arterial-wall damage known as atherosclerosis. But what can chlorinated water and cow milk, particularly homogenized milk, do to the far more susceptible arteries of humans? Those of young chickens are about as susceptible to such damage as people’s arteries. So as a first approximation, J.M. Price, MD gave cockerels (roosters less than a year old) only chlorinated water (without milk). They developed arterial plaques; and the stronger the concentration of chlorine, the faster and worse the damage. Cockerels on unchlorinated water developed no such damage.2

 The residents of the small town of Roseto, Pennsylvania, had no heart attacks despite a diet rich in saturated animal fats and milk--until they moved away from Roseto’s mountain spring water and drank chlorinated water. After that, consuming the same diet, they had heart attacks.2 The Roseto example is dramatic enough, but the needed detailed comparisons and follow-up have never been done.

 How well does the incidence of heart attacks match the areas where, and times when water is/was chlorinated? Chlorination spread throughout America in the second and third decades of this century, about 20 years before the mushrooming of heart attacks. Light chlorination, we will recall, yielded slow growth of plaques in Price's cockerels; and so chlorination of people’s drinking water at the usual low concentration might have been expected to take at least 10-20 years to produce clinical manifestations of atherosclerosis.

 A physician team led by William F. Enos autopsied three hundred GIs who had died in battle in the Korean War. These men, who had passed induction examination as healthy, averaged 22.1 years of age. To their shock and amazement, in seventy-seven percent of the 300 the pathologists found “gross evidence of arteriosclerosis in the coronary arteries.” In several, one or more heart arteries were partly or completely occluded.[3]

 Although Dr. Enos didn’t try to explain his grisly discovery, he assumed arterial clogging had developed gradually. Seeming to support that assumption, almost 20 years later pathologists discovered early arterial damage in ninety-six percent of nearly 200 consecutive babies who had died of whatever cause in their first month outside the womb. Two of those babies’ coronary arteries were blocked, causing infantile heart attacks.[4] Identified as crib deaths, these were related to functionally deficient vitamin B6.[5]

 But did arterial damage in fact develop slowly? The water that the American soldiers had to drink in Korea was so heavily chlorinated that many could hardly tolerate it. In Vietnam too, autopsies of American solders found heart-artery damage.[6] Again, water supplied to them had been heavily chlorinated.2 Did much of the soldiers’ arterial damage develop, not gradually but quickly as in Dr. Price's cockerels? The truth—-slow or rapid development of clogging—-may never be known. Interestingly, from 1950 to 1965 while heart attacks mushroomed, on a population level arterial lesions did not increase;[7] the major growth was in clotting.

**Chemical background**

 Highly reactive chlorine is one of the industrial waste products profitably disposed of using people as garbage cansPPP8ˆ¼To function we require moderate numbers of both free radicals and oxysterols. The immune system employs free radicals to kill cells that its cellular immune mechanism can’t handle. A second mechanism using free radicals initiates programmed cell suicide known as apoptosis.[10] And moderate quantities of oxysterols, like cholesterol itself, serve a protective function.[11] But excess free radicals and excess oxysterols damage arteries and initiate cancer, among many other kinds of harm.

 How does chlorine in water cause these problems? It destroys protective acidophilus, which nourishes and cooperates with the 3 to 3½ pounds[12] of immunity-strengthening “friendly” organisms lining the colon, where about 60 percent of our immune cells operate.[13] And chlorine combines with organic impurities in the water to make trihalomethanes (THMs), or chloramines. The more organic matter, the more THMs; and like excess oxysterols they are carcinogens.

 Industrial chemist J.P. Bercz, PhD, showed in 1992 that chlorinated water alters and destroys unsaturated essential fatty acids (EFAs),[14] the building blocks of people’s brains and central nervous systems.[15] The compound hypochlorite, created when chlorine mixes with water, generates excess free radicals; these oxidize EFAs, turning them rancid.

 Most Western diets already contain very little of critically needed omega-3 EFAs. These are found in fish oil and, better, in flaxseed oil; also in moderate quantity in first-virgin olive oil. These EFAs, except in olive oil, go rancid quickly. And so, to extend their products’ shelf life food processors remove all health-promoting EFAs, as well as destroying or discarding most needed micronutrients.

 Processors substitute either saturated fats or, now, partially hydrogenated trans, transformed fats. Found in all boxed and packaged foods that have long lists of hard-to-pronounce chemical names on the side, trans fatty acids consumed in large quantity can cause heart attacks and many other degenerative diseases.[16][17] [18]

 Among the THMs that result from chlorine combining with organic compounds in water are carcinogenic chloroform and carbon tetrachloride. It is the combination of chlorine and organic materials already in the water that produces cancer-causing byproducts. The more organic matter in the water, the greater is the accumulation of THMs.[19]

 In a study of more than 5,000 pregnant women in the Fontana, Walnut Creek and Santa Clara areas of California, researchers from the state health department found that women who drank more than five glasses a day of tap water containing over 75 parts per billion of THMs had a 9.5 percent risk of spontaneous abortion, i.e. miscarriage. Women less exposed to the contaminants showed 5.7 percent risk; no comparison was given for women who ingested no THMs.[20]

**Other risks of chlorinated water**

 Chlorine in swimming pools reacts with organic matter such as sweat, urine, blood, feces, and mucus and skin cells to form more chloramines. Chloroform risk can be 70 to 240 times higher in the air over indoor pools than over outdoor pools.[21] And Canadian researchers found that after an hour of swimming in a chlorinated pool, chloroform concentrations in the swimmers’ blood ranged from 100 to 1,093 parts per billion (ppb).[22]If the pool smells very much of chlorine, don't go near it.

 Taking a warm shower or lounging in a tub filled with hot chlorinated water, one inhales chloroform. Researchers recorded increases in chloroform concentration in bathers' lungs of about 2.7 ppb after a 10-minute shower. Worse, warm water causes the skin to act like a sponge; and so one will absorb and inhale more chlorine in a 10-minute shower than by drinking eight glasses of the same water. This irritates the eyes, the sinuses, throat, skin and lungs, dries the hair and scalp, worsening dandruff. It can weaken immunity, see below.

 A window from the shower room open to the outdoors would release chloroform from the shower room air. But to prevent its absorption through the skin requires a showerhead that removes chlorine. The ShowerWiseTM filter and showerhead can be ordered for $69, plus two filters $129--from What Doctors Don’t Tell You, 1-800-851-7100 or fax 410-223-2619. Others offer comparable products.

 Dishwashers pollute indoor air with chlorinated organics created from dishwasher detergents and volatilized in the air for us to breathe. They vent 5 to 7 liters (quarts) of air into the house air every minute of operation. The chlorine reacts with food scraps.[23] Ceramic disks, used instead of detergents, totally avoid the problem and are said to be about 75% less costly than detergent.[24] [25] [26]

**Relation to melanoma and cancers**

Studies in Belgium have related development of deadly malignant melanoma to consumption of chlorinated water.[27] Drinking and swimming in chlorinated water can cause melanoma.[28] [29] [30] Sodium hypochlorite, used in chlorination of water for swimming pools, is mutagenic in the Ames test and other mutagenicity tests.[31] [32] Redheads and blonds are disproportionately melanoma-prone; their skin contains a relative excess of pheomelanins[A] compared to darker people.[33] Franz H. Rampen of the Netherlands said worldwide pollution of rivers and oceans and chlorination of swimming pool water have led to an increase in melanoma.[34][35]

 That disease is not associated with exposure to ultraviolet light. People who work indoors all the time, exposed to fluorescent lights,[36] [37] [38] have the highest incidence of melanoma. And the disease usually appears on parts of the body that are not often exposed to sunlight.[39]

**Other harm from chlorination**

 Long-term risks of consuming chlorinated water include excessive free radical formation, which accelerates aging, increases vulnerability to genetic mutation and cancer development, hinders cholesterol metabolism, and promotes hardening of arteries.

 Excess free radicals created by chlorinated water also generate dangerous toxins in the body. These have been directly linked to liver malfunction, weakening of the immune system and pre-arteriosclerotic changes in arteries (which, as we saw, struck Dr. Price’s cockerels and may have happened to American soldiers in Korea and Vietnam). Excessive free radicals have been linked also to alterations of cellular DNA, the stuff of inheritance.[40] Chlorine also destroys antioxidant vitamin E,2 which is needed to counteract excess oxysterols/free radicals for cardiac and anti-cancer protection.

 A study in the late 1970s found that chlorinated water appears to increase the risk of gastrointestinal cancer over a person’s lifetime by 50 to 100 percent. This study analyzed thousands of cancer deaths in North Carolina, Illinois, Wisconsin and Louisiana. Risk of such cancers results from use of water containing chlorine at or below the E.P.A. (Environmental Protection Agency) standard and “is going to make the E.P.A. standard look ridiculous,” stated Dr. Robert Harris, lead scientist in the study.[41]

 A later meta-analysis[B] found chlorinated water is associated each year in America with about 4,200 cases of bladder cancer and 6,500 cases of rectal cancer. Chlorine is estimated to account for 9 percent of bladder cancer cases and 18% of rectal cancers.[42] Those cancers develop because the bladder and rectum store waste products for periods of time. (Keeping the bowels moving regularly lowers such risk.) Chlorinated water is associated, too, with higher total risk of combined cancers.[43] Chlorine in treated water can also cause allergic symptoms ranging from skin rash to intestinal symptoms to arthritis, headaches, and on and on.[44]

 Recent research has found a new hazard in chlorinated water: a byproduct called MX. A research team from the National Public Health Institute in Finland discovered that, by causing genetic mutations, MX initiates cancer in laboratory animals.[45] [46] Also, DCA (dichloroacedic acid) in chlorinated water alters cholesterol metabolism, changing HDL ("good") to LDL ("bad") cholesterol[47]--and causes liver cancer in laboratory animals.[48]

**Deaths caused by consumption of treated water**

 Dr. David Williams warns of potentially disastrous water pollution at the start of year 2000.[49] American illnesses caused by drinking water are already over one million a year (some estimate seven times that many) and increasing exponentially. Deaths are estimated at 9,000 every year.[50] Both illnesses and deaths bunch up during temporary breakdowns of water-system regulation.

 The computers that control thousands of mostly small water systems are not being prepared. And so, when double zero is entered for the year 2000, computers could go berserk and cause multiple malfunctions countrywide. He warns this could cause a major disaster.[51] If large amounts of fluosilicic acid were dumped all at once into the drinking water, thousands could die in a very real Y2K catastrophe.[52]

**Substitute water treatments**

 Hydrogen peroxide (H2O2) destroys infectious organisms and impurities in water 4,000 times better than chlorine.[53]“A 35-percent technical grade H2O2 will promote bacterial growth to break down sewage and enhance the dissolved oxygen level in discharge water entering lakes and streams.”[54] Ozone (O3) treatment, mentioned above, is equally effective. Worldwide, 1,100 cities treat their drinking water with ozone; many have done so since as early as 1901.[55] Los Angeles treats its drinking water with H2O2, and then adds chlorine.[56] Some chlorine may likewise be added after ozonation to prevent re-infestation; about one-third as much suffices.

 To generate ozone, dry air or oxygen is passed through a high-voltage electrical field. Ozone drinking-water treatment in Andover, Massachusetts successfully controlled the effects of algae blooms and eliminated water quality problems. Potential THM formation was reduced by an average of 75 percent.[57]

 But H2O2 and O3 are relatively cheap; moreover, the only byproducts are pure oxygen and hydrogen, so no one can reap a big immediate profit on their disposal. (Hydrogen is a potential major energy source for electricity generation and for zero-emission vehicles.[58]) France and Germany, wiser and less controlled by the chemical industry, now chlorinate water only in emergencies.[59]

 The chemical companies pulled off a huge coup when they bamboozled America and Canada into chlorination. They make big profits disposing of excess chlorine into our drinking water; otherwise, they would have to pay to destroy it. So now we know why American water isn't treated with safe, cheaper, more effective ozone. And why Dr. Price’s revealing studies with cockerels, as well as the Roseto story were not pursued.

**Other water pollution problems**

 EPA tests have shown that in the water we drink, over 2,100 organic and inorganic chemicals [including pesticides, heavy metals, radon,[C] radioactive particles[60]] and parasitic organisms[61] including cryptosporidium[62][63] have been identified; 156 of them are pure carcinogens. (In 1993, cryptosporidium killed more than 100 and infected over 400,000.) Of those, 26 are tumor promoting: they can make an existing tumor grow. Exposure to cryptosporidium in people with lowered gastrointestinal immune function could lead to chronic GI infection.[64] Other examples include recurring cases of Legionnaire’s disease, a pneumonia caused by Legionella pneumophila, which may lurk in hot water supplies.[65]

 A public notice recently issued in Washington, D.C. warned that a high level of bacteria in the [chlorinated, fluoridated city system] water made it unsafe for dialysis patients, AIDS patients, organ transplant patients, the elderly and infants. But water contamination is often worst in small communities that can't afford proper treatment; the EPA has not released this information.[66]

 Testimony to hearings of the House Committee on Government Reform and Oversight revealed Pfiesteria outbreaks among people drinking chlorinated water. The organism, which kills fish, sickens some people; they get sick from drinking the water, not from eating infected seafood. The EPA’s Robert Perciasepe said, in written testimony, “Any new public health policy on this issue needs to consider reduction of nitrogen and phosphorus pollution in our waters.”[67] [D] A bill passed by the U.S. House of Representatives would require managers of municipal water systems to tell customers what contaminants have been found in local drinking water.[68] Butgovernment laboratories test only for bacterial content and a few of the major inorganic toxins such as lead and arsenic. So, for a complete water test one must consult a private laboratory.

 Sherry A. Rogers, MD, pioneer in and authority on environmental medicine, raises the estimated number of chemicals in drinking water to 5,000.[69] And 85 percent of American aquifers supplying wells below 8,000 feet altitude are contaminated with heavy metals;[70] a recent federal report says the water you drink may have been recycled from sewage waste back to drinking water five times.[71] The late Kevin Treacy, MD of Australia said, "If municipal water were introduced now, it would not be allowed."[72]

 The EPA called 129 contaminants found in water supplies "dangerous" singly, let alone in combination. Pesticides and other toxic wastes run off farmlands and pastures or are dumped by factories, pollute rivers and seep into underground aquifers. Aptly called "biocides" by Russell Jaffe, MD, PhD, pesticides are designed to end life; few have been shown to be safe. The EPA depends on producers of pesticides to test their safety: the wolf guards the hen house. It should be no surprise that the tests take a long time, and many have been fraudulent.

 Further, one poison is tested at a time; synergistic effects of combinations, potentially far worse, are ignored.[73] Besides, many of the so-called "inert" substances in pesticide combinations are more toxic than the "active;" one of the “inerts” is DDT, supposedly prohibited for American farm use since 1973.[74]

The American Society of Microbiology reported that water in the U.S. is filled with microbes, such as viruses and bacteria, which pose a growing threat to public health. The document states that water pollution control efforts have focused on protecting water against chemical pollution, but they neglect serious problems from wastewater, sewer overflows, septic tanks, and the risks associated with microbial pollutants. The report recommended creation of a task force to coordinate federal agency activities on environmental and public health issues.[75] Isn’t all that bad enough without the deliberate addition of the further toxicity of chlorine?

 Plants do not thrive as well on chlorinated as on unchlorinated water; wild animals do not develop atherosclerosis until they drink chlorinated water in American zoos. Although their food, selected by people, isn't the same as what they caught, plucked or dug up in the wilds, evidence indicts chlorinated water, with its thousands of other chemicals, as the worst culprit in zoo animals’ arterial clogging.[76]

 Scientists in Minnesota propagated embryos from healthy frogs in plain tap water. Some of the frogs had no legs or six legs, or an eye in the middle of the throat. Earlier, deformed frogs were found in tap water in the U.S., Canada and Japan.[77] And we are drinking that stuff.

**Purification of drinking water**

 A reverse-osmosis water purifier that removes 87 to 93 percent of fluoride and comparable percentages of other toxins, is known as The Duchess. It retails for $650; or $370 from the Natural Medicine Institute, 19125 SE Stark Street, Portland, OR 97233; (503) 491-1067.[78]

 Julian Whitaker, MD uses and recommends the Ultra-Sun water filter, which can be installed under the sink or on the countertop. The system combines solid carbon block filters with ultraviolet (UV) light chambers. The carbon block filters remove lead, chemical and organic pollutants, chlorination byproducts, and improve taste, and the UV light kills microbes. It avoids reverse osmosis, which discards valuable minerals from the water such as calcium, magnesium and trace minerals.[79] The filter can be purchased from Phillips Products and Services at 800-705-5559, ext. K11019. The cost: $295.

 The simple PUR filter easily attaches to a kitchen faucet; Consumer Reports, in July 1997, rated it very high. And it is relatively inexpensive;[80] we bought ours at Fred Meyer.

**ADDENDUM: Hormesis**

 Are these contaminants dangerous in such minute quantities? Yes, but possibly no. In a laboratory, healthy living cells weakened, malfunctioned and some died within seconds or minutes when exposed to toxins commonly detected in American drinking water such as mercury, nickel, cadmium and lead at the extremely low concentration of only one part per billion.[81] But see below.

Low-level radiation is healthful, not harmful as is generally assumed.[82] There is a correlation between lung cancer and radon exposure; but the correlation is negative. And “p” is well below .00l: the probability the result could have happened by chance is less than one in one thousand. Higher (but not grossly excessive) radon radiation in homes yields lower lung cancer and less of other cancers, better immune systems and longer life. This conclusion followed rigorous statistical analysis of data from 1,720 counties that include 90 percent of US population.[83] [84] The concept is revolutionizing health physics.

EPA wants the nation to spend $300 billion to lower radon exposure in homes. Their policy derives from the “linear hypothesis.” Extremely high radiation yields extreme damage, and less-high radiation, less severe damage. So, ignoring scientific progress since 1945, they extend the line straight to the origin and assume that even low radiation causes some damage. Without ever studying the effects on animals, or people, of deliberate exposure to low-level radiation. Cohen cogently destroys EPA’s reasoning and conclusions.[85] (And millions of people visit “radon spas” in Germany and Russia every year; 75 percent benefit.[86])

That massive expenditure would make people suffer more cancer, more other illness, and die sooner. “At least 20,000 people are dying of lung cancer each year in the U.S. who could have been saved by raising the radon concentration of the air in their homes.”[87]

There is already important evidence that a similar relationship probably exists with a tiny amount of pesticide in food. Test animals fed “small” doses of DDT lived longer and healthier than control animals not receiving DDT.[88]

Note: I have no financial relationship to any supplier or distributor.

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REFFERENCES:

[A] The prefix pheo- means dusky, gray, or dun.

[B] A study of many epidemiological—-statistical population--surveys, some of whose results conflicted.

[C] See Addendum.

[D] Excess phosphorus--also put into soft drinks to prevent their acidity from dissolving the teeth--drains calcium out of the skeleton promoting osteoporosis and hip fractures.

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**POISONING BY CHLORINATED WATER**

Joseph G. Hattersley

Let's explore this. When chlorinated water is run through a hose or carried in a pail followed by milk as in a dairy, what happens? "Very tenacious, yellowish deposits chemically similar to arterial plaque" form; with unchlorinated water this does not happen.

CBS' "Sixty Minutes" show July 11, 1992, displayed two laboratory rats, both of them eating standard rat chow and drinking chlorinated water. One rat had clear arteries. The other was also drinking pasteurized, homogenized milk. When the animals were sacrificed and cut open, the arteries of its milk-drinking companions were clogged. A scientist in a white coat winked at the camera and said, "He [the rat he was holding] is the only one doing research on that." The researcher didn't say why, but the powerful dairy and chemical lobbies come to mind.

Dairy buckets and hoses, and rats' arteries resist the arterial-wall damage known as atherosclerosis. But what can chlorinated water and milk, particularly homogenized milk, do to the far more susceptible arteries of humans? The arteries of young chickens are about as susceptible to such damage as people's arteries. Therefore, as a first approximation, J.M. Price, MD gave cockerels (roosters less than a year old) only chlorinated water. They rapidly developed arterial plaques; and the stronger the concentration of chlorine, the faster, and worse the damage. Other cockerels given unchlorinated water developed no such damage.

The residents of the small town of Roseto, Pennsylvania, had no heart attacks despite a diet rich in saturated animal fats and milk--until they moved away from Roseto's mountain spring water and drank chlorinated water. After that, consuming the same diet, they had heart attacks. The Roseto example is dramatic enough, but the needed detailed comparisons and follow-up are not likely to be done.

What is going on here? Highly reactive chlorine is one of the industrial waste products profitably disposed of into us Americans like garbage cans, then on into the environment. Chlorine oxidizes lipid (fatty) contaminants in the water. It thus creates free radicals (highly reactive sub-atomic particles lacking an electron) and oxysterols (formed when lipid molecules combine with oxygen molecules).

We require moderate numbers of both free radicals and oxysterols. The immune system employs free radicals to kill cells that its cellular immune mechanism cannot handle. A second mechanism using free radicals initiates programmed cell death known as apoptosis. Moreover, moderate quantities of oxysterols, like cholesterol itself, serve a protective function. But excess free radicals and excess oxysterols damage arteries and initiate cancer, among many other kinds of harm.

How well does the incidence of heart attacks match the areas where, and times when water is/was chlorinated? Chlorination spread throughout America in the second and third decades of this century, about 20 years before the mushrooming of heart attacks. Light chlorination, we will recall, yielded slow growth of plaques in Price's cockerels; and so chlorination of people's drinking water at the usual low concentration would have been expected to take at least 10-20 years to produce clinical manifestations of atherosclerosis. The timing fits, and the Roseto example fits.

A physician team led by William F. Enos autopsied three hundred GIs who had died in battle in the Korean War. These men, who had passed induction examination as healthy, averaged 22.1 years of age; the doctors wondered what they would find. To their shock and amazement, in seventy-seven percent of the 300 they found "gross evidence of arteriosclerosis in the coronary arteries." In several, one or more heart arteries were partly or completely blocked.

Although Dr. Enos did not try to explain his grisly discovery, he assumed arterial clogging had developed gradually. Seeming to support that assumption, almost 20 years later advanced arterial damage was discovered in ninety-six percent of nearly 200 consecutive babies who had died in their first month outside the womb. Two of those babies' coronary arteries were blocked, causing infantile heart attacks.

But did arterial damage in fact develop slowly? The water American soldiers had to drink in Korea was so heavily chlorinated that many could hardly tolerate it. In Vietnam too, autopsies of American solders found heart-artery damage. Again, water supplied to them had been heavily chlorinated. Did much of these soldiers' arterial damage develop, not gradually but quickly as in Dr. Price's cockerels? The truth-slow or rapid development of clogging-may never be known.

Industrial chemist J.P. Bercz, PhD, showed in 1992 that chlorinated water alters and destroys unsaturated essential fatty acids (EFAs), the building blocks of people's brains and central nervous systems. The compound hypochlorite, created when chlorine mixes with water, generates excess free radicals; these oxidize EFAs, turning them rancid.

SIDEBAR: Most Western diets already contain very little of critically needed omega-3 EFAs. These are found in fish oil, better, in flaxseed oil; also in moderate quantity in first-virgin olive oil. These EFAs (except in olive oil) go rancid quickly. Therefore, to extend their products' shelf life food processors remove all health-promoting EFAs while destroying or discarding most needed micronutrients.

Processors substitute either saturated fats or, now, partially hydrogenated trans, transformed fats. Found in all boxed and packaged foods that have long lists of hard-to-pronounce chemical names on the side, trans fatty acids consumed in large quantity can cause heart attacks and many other degenerative diseases.

Cancer-fighting nutrients become deadly when combined with chlorinated tap water. It has been discovered that some of the most valuable nutrients and essential anti-disease phytochemicals form cancer-causing substances when combined with chlorinated tap water. This includes familiar foods like soy, fruits, vegetables, tea, many health products, and even some vitamins.

In addition, chlorine reacts with organic compounds in water to produce trihalomethanes (THMs) such as carcinogenic (cancer originating) chloroform and carbon tetrachloride. It is the combination of chlorine and organic materials already in the water that produces cancer-causing byproducts. The more organic matter in the water, the greater is the accumulation of THMs.

In a study of more than 5,000 pregnant women in the Fontana, Walnut Creek and Santa Clara areas of California, researchers from the state health department found that women who drank more than five glasses a day of tap water that contained over 75 parts per billion of THMs had a 9.5 percent risk of spontaneous abortions, i.e. miscarriage. Women with lower exposure to the contaminants showed 5.7 percent risk. No comparison was given for women who ingested no THMs.

Taking a warm shower or lounging in a hot tub filled with chlorinated water, one inhales chloroform. And worse, warm water opens the pores, causing the skin to act like a sponge, and so one will absorb and inhale more chlorine in a 10-minute shower than by drinking eight glasses of the same water. This irritates the eyes, the sinuses, throat, skin and lungs, makes the hair and scalp dry, worsening dandruff. It can weaken immunity.

A window from the shower room open to the outdoors removes chloroform from the shower room air. But to prevent absorption of chlorine through the skin, a shower-head that removes chlorine from shower water is a must.

SIDEBAR: Chlorine in swimming pools reacts with organic matter such as sweat, urine, blood, feces, mucus, and skin cells to form chloramines. Chloroform risk can be 70 to 240 times higher in the air over indoor pools than over outdoor pools. If the pool smells very much of chlorine, do not go into it.

Canadian researchers found that after swimming for an hour in a chlorinated pool, chloroform concentrations in the swimmers' blood ranged from 100 to 1,093 parts per billion (ppb). Researchers even recorded increases in chloroform concentration in bathers' lungs of about 2.7 ppb after a 10-minute shower in chlorinated water. For many people the intake through those routes is much greater than in water taken orally.

Another issue: There is evidence that adding chlorine, a common process in conventional drinking water treatment plants, makes some pharmaceuticals more toxic.

Studies in Belgium have related development of deadly malignant melanoma to consumption of chlorinated water. Franz H. Rampen, et al., of the Netherlands, state that the worldwide pollution of rivers and oceans and the chlorination of swimming pool water have led to an increase in melanoma. That disease is not associated with exposure to ultraviolet light. People who work indoors all the time, exposed to fluorescent lights, have the highest incidence of melanoma.

Long-term risks of consuming chlorinated water include excessive free radical formation, which accelerates aging, increases vulnerability to genetic mutation and cancer development, causes difficulty metabolizing cholesterol, and promotes hardening of arteries.

Excess free radicals created by chlorinated water also create dangerous toxins in the body. These have been directly linked to liver malfunction, weakening of the immune system and pre-arteriosclerotic changes in arteries (which, as we saw, struck Dr. Price's cockerels and may have happened to American soldiers in Korea and Vietnam). Excess free radicals have been linked also to alterations of cellular DNA, the stuff of inheritance.

Chlorine also destroys antioxidant vitamin E, which is needed to counteract excess oxysterols/free radicals for cardiac and anti-cancer protection.

Other harm from chlorination. A study in the late 1970s found that chlorinated water appears to increase the risk of gastrointestinal cancer over a person's lifetime by 50 to 100 percent. This study analyzed thousands of cancer deaths in North Carolina, Illinois, Wisconsin and Louisiana. Risk of such cancers results from use of water containing chlorine at or below the E.P.A. (Environmental Protection Agency) standard and "is going to make the E.P.A. standard look ridiculous," stated Dr. Robert Harris, lead scientist in the study.

Later, a meta-analysis found chlorinated water is associated each year in America with about 4,200 cases of bladder cancer and 6,500 cases of rectal cancer. Chlorine is estimated to account for 9 percent of bladder cancer cases and 18% of rectal cancers. Those cancers develop because the bladder and rectum store waste products for periods of time. (Keeping the bowels moving regularly will minimize such risk.) Chlorinated water is also associated with higher total risk of combined cancers. Chlorine in treated water can cause allergic symptoms ranging from skin rash to intestinal symptoms to arthritis, headaches, and on and on.

Why does chlorine in water cause these problems? It destroys protective acidophilus, which nourishes and cooperates with the immunity-strengthening "friendly" organisms lining the colon. In addition, as mentioned earlier, chlorine combines with organic impurities in the water to make trihalomethanes (THMs), or chloramines. The more organic matter, the more THMs; and like excess oxysterols they are carcinogens.

Recently, a joint study was undertaken in Japan by research scientists at the National Institute of Health Sciences and Shizuoka Prefectural University. They determined that natural substances originating from these foods react with chlorinated tap water, forming dangerous compounds, named MX, which stands for "unknown mutagen". They are similar to well-known and more easily detected cancer-causing THMs (trihalomethanes).

In 1997, scientists in Finland determined that MX was 170 times more deadly than other known toxic byproducts of chlorination, and was shown in laboratory studies to damage the thyroid gland as well as to cause cancerous tumors.

The Japanese scientists specifically mentioned that MX is created by the reaction of chlorine with plant phytochemicals such as catechins, which are contained in tea and flavonoids (found in fruit). To make things worse, it is certain that the fresh plant foods we eat react even with the chlorinated tap water we drink with our meals. This means that fresh fruits, cooked and raw vegetables, green tea, black tea, herb teas, soy products, vitamin pills, various health supplements, and even some pharmaceutical drugs, in combination with chlorinated water can all be implicated in cancer. These foods contain a significant amount of phytochemicals including hormones, sterols, fatty acids, polyphenols, and ketones—the subgroups that include flavins, flavonoids, flavones, tannins, catechins, quinones, isoflavones and tocopherols.

These compounds are some of the most valuable and promising anti-cancer nutrients found in our foods and health supplements. Coenzyme Q10 is a quinone, vitamin B-2 is a flavin, vitamin E is a tocopherol, citrus fruit bioflavonoids like hesperidin, quercetin, and rutin are all flavonoids. Green tea contains catechins, phenols, tannins, and isoflavones. Potentially all of these substances, and many more, are subverted by chlorination.

The deadly cancer-causing agents that are produced are extremely toxic in infinitesimal amounts, so small and obscure that they are extremely difficult to detect. Very little chlorine is required. When the concentrations of phytochemicals are high, such as in health supplements or even fruits and vegetables coming from more fertile soil, the deadly combination with chlorination intensifies.

As this message spreads, it will no doubt shake the very foundations of the chlorine and water treatment industries, let alone the government agencies that are implicated along with them. There certainly should be cause for serious alarm within the nutritional supplement and food industries, as well as those segments of the medical industry that might awaken to the problem.

This message is of utmost importance to the public, because chlorine, acid rain, hard water, heavy metals, chemicals, fertilizers, and depleted dead soil will be exposed as major causes and contributors to cancer and degenerative disease; they will also be found to be responsible for damaging the body’s immune and hormonal systems by mutating the food-based plant estrogens and phytochemicals that support those systems.

Cancer is the second leading cause of death in the US, exceeded only by heart disease. According to the National Cancer Institute, about 1,228,600 new cancer cases were expected to be diagnosed in the year 2000. Since 1990, approximately 11 million new cancer cases have been diagnosed, and about 564,000 Americans were expected to die of cancer in 2,000, more than 1,500 people a day.

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Breast cancer is epidemic in this country. One in every nine American women will face breast cancer. Every three minutes, a woman is diagnosed, and every 13 minutes, a woman dies from the disease. The American Cancer Society estimated more than 200,000 women would be diagnosed with breast cancer in 2006, and more than 40,000 would die from the disease. In addition to invasive breast cancer, 61,980 new cases of in situ breast cancer were expected to occur among women during 2006.

It has been known by the water treatment and chemical industries for many years that chlorine reacts negatively with natural organic compounds. These industries call the compounds DBPs (disinfection by-products) and they are known to cause cancer in populations whose drinking water contains them. THM, the most commonly known DBP, causes a high incidence of bladder cancer and causes spontaneous abortion of fetuses.

Chlorine, fluorine, and fluoride are chemically related to iodine and compete with it for assimilation, blocking iodine receptors in the thyroid gland. Dioxin, a dangerous chlorine-related compound found throughout the food chain, is one cause of low thyroid. Rather than feeding the body’s endocrine glands, including the thyroid, as nature intended, the hormone-like nutrients found in food are altered by chlorine and turned into mutagens that do permanent damage to the glands. Also, the serious deficiency of valuable phytochemicals in modern diets may be responsible for undernourished hormonal functions in those with otherwise healthy glands.

To help rid yourself of the chlorine in your system and get the intended benefit from your food and nutritional supplements, you may want to try humic extracts (especially fulvic acids), that are said to provide natural chelation properties. Chelation means that the chemicals actually bond with or "pick up" the toxins. They detoxify the liver and the digestive tract by attaching to toxic build-up, including heavy metals and chlorination byproducts, and then disarm, neutralize, and remove these toxins as waste products. Fulvic acids also work as nature’s most powerful antioxidants, neutralizing dangerous free radicals, and supplying hormone-stimulating micronutrients.

The chlorine issue should come as no real surprise to any biochemist. Chlorine has been combined with many other normally safe organic substances to form some of the most powerful deadly toxins known, such as dioxin, DDT, and PCBs. The bottom line is that chlorine is the one of the major culprits in disintegrating health, not the substances with which it reacts.

Is there a better substitute for chlorine in water treatment: Yes. Hydrogen peroxide (H2O2) destroys infectious organisms and impurities in water 4,000 times better than chlorine. Ozone (O3) treatment is equally effective. Eleven hundred cities, worldwide, treat their drinking water with ozone; many have done so since as early as 1901.

To generate ozone, dry air or oxygen is passed through a high-voltage electrical field. Ozone drinking-water treatment in Andover, Massachusetts successfully controlled the effects of algae blooms and eliminated water quality problems. Potential THM formation was reduced by an average of 75 percent.

But H2O2 and O3 are relatively cheap; moreover, the only byproducts are pure oxygen and hydrogen, so no one can make a big immediate profit on them. (Hydrogen is a potential major energy source for electricity generation and for zero-emission vehicles, and so it could be important in future years.) France and Germany, wiser and less controlled by the chemical industry, chlorinate water only in emergencies.

The chemical companies pulled off a huge coup when they bamboozled America and Canada into chlorination. They make big profits disposing of excess chlorine into our drinking water; otherwise, they would have to pay to destroy it. So now, we know why American water is not treated with safe, cheaper, more effective ozone. Now, we know why Dr. Price's revealing studies with cockerels were never followed up.

SIDEBAR: Swimming in chlorinated water. Drinking and swimming in chlorinated water can cause malignant melanoma. Sodium hypochlorite, used in chlorination of water for swimming pools, is mutagenic in the Ames test and other mutagenicity tests. Redheads and blonds are disproportionately melanoma-prone; their skin contains a relative excess of pheomelanins compared to darker people.

Environmental Protection Administration (EPA) tests have shown that "in the water we drink, over 2,100 organic and inorganic chemicals [including pesticides, heavy metals, radon, radioactive particles] and parasitic organisms including cryptosporidium have been identified; 156 of them are pure carcinogens. (In 1993, cryptosporidium killed more than 100 and infected over 400,000.) Of those, 26 are tumor promoting [they can make an existing tumor grow]. Exposure to cryptosporidium in people with lowered gastrointestinal immune function could lead to chronic GI infection. Other examples include recurring cases of Legionnaire's disease, a pneumonia caused by Legionella pneumophila, which may lurk in hot water supplies.

A public notice recently issued in Washington, D.C. warned that a high level of bacteria in the [chlorinated, fluoridated city system] water made it unsafe for dialysis patients, AIDS patients, organ transplant patients, the elderly, and infants. Water contamination is the worst in small communities that cannot afford proper treatment; the EPA has not released this information.

And hearings before the House Committee on Government Reform and Oversight discussed Pfiesteria outbreaks among people drinking chlorinated water. The organism, which kills fish, sickens some people; they get sick from drinking the water, not from eating infected seafood. The EPA's Robert Perciasepe said, in written testimony that "Any new public health policy on this issue needs to consider reduction of nitrogen and phosphorus pollution in our waters." A bill passed by the U.S. House of Representatives would require managers of municipal water systems to tell customers what contaminants have been found in local drinking water. But with present crude test methods, that would offer little help.

Sherry Rogers, MD, pioneer in and authority on environmental medicine (EM), raises the number of chemicals in drinking water to 5,000. And 85 percent of American aquifers supplying wells below 8,000 feet altitude are contaminated with heavy metals; a recent federal report says the water you drink may have been recycled from sewage waste back to drinking water five times. As the late Kevin Treacy, MD of Australia said, "If municipal water were introduced now, it would not be allowed."

SIDEBAR: Plants do not thrive as well on chlorinated as on unchlorinated water; wild animals do not develop atherosclerosis until they drink chlorinated water in American zoos. Although their food, selected by people, is not the same as what they caught, plucked or dug up in the wilds, evidence suggests chlorinated water, together with its thousands of other chemicals, is the worst culprit in their arterial clogging.

Scientists in Minnesota grew embryos from healthy frogs in plain tap water. Some of the frogs had no legs or other had six legs or an eye in the middle of the throat. Earlier, deformed frogs were found in the U.S., Canada and Japan. And we are drinking and growing our food in it.

The EPA called 129 of the contaminants found in water supplies "dangerous" singly, let alone in combination. Pesticides and other toxic wastes run off farmlands and pastures or are dumped by factories, pollute rivers and seep into underground aquifers. Aptly called "biocides" by Russell Jaffe, MD, PhD, pesticides are designed to end life; few have been shown to be safe. The EPA depends on producers of pesticides to test their safety: the wolf guards the hen house. It should be no surprise that the tests take a long time, and many have been fraudulent.

Further, one poison is tested at a time; synergistic effects of combinations, potentially far worse, are ignored. Besides, many of the so-called "inert" substances in pesticide combinations are more toxic than the "active;" one of the "inerts" is DDT, prohibited for American farm use since 1973.

Are these contaminants dangerous in such minute quantities? Yes! In a laboratory, healthy living cells weakened, malfunctioned and some died within seconds or minutes when exposed to toxins commonly detected in American drinking water such as mercury, nickel, cadmium and lead at the extremely low concentration of only one part per billion (ppb).

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