

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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The Case for Distilled Water

“I get so many queries from people all over the world asking me my opinion on water, and which would be the best type of water to drink. Having had my own steam distiller for over 15 years now (I sometimes use 2 to keep up with amount my husband and I drink!), I can honestly say that it’s one of the best health decisions we have made.”

“There are different filtering and purifying systems on the market, but in my opinion, nothing is as good as steam-distilled water for purity. I have seen the difference in my own health, and have numerous testimonies from people who have benefitted greatly from using distilled water.”

“A home steam-distiller takes virtually everything out of the water including parasites, chlorine, viruses, fluoride and bacteria—and the inorganic minerals which your body cannot use (don’t be fooled into thinking you can actually use those inorganic minerals in water)—and leaves you with the pure water God intended you to drink.”

“Your minerals should come from the food you eat, as a mineral is only absorbed in the body once it has been through the root of a plant. Inorganic minerals land up in arteries and joints—not where you want them.”

“Water remains a hotly debated issue, with different companies telling you different stories—but the bottom line remains—nothing is as good for the human body as pure, steam-distilled water. Many books by authorities have been written, and they all concur—distilled water is the only pure water.”

“Distilled water does not leach minerals from our body once they have been assimilated by our cells. This is an old argument and one which has been scientifically proven many times to be false. In fact, apart from clogging our arteries and joints, the other illnesses inorganic minerals in water may cause include kidney stones, gall stones, inner ear problems, headaches, hardening of the arteries, glaucoma, mineralization of the heart valves and ossification of the brain.”

“What can you expect from drinking pure distilled water? Increased energy, elimination or improvement of arthritic pain in time, improved skin and brighter eyes, loss of excess weight, better quality of sleep and relief from constipation. I’ve often been asked about various kinds of water, and asked to address this, so I hope this will help you decide that if you want to make a really good investment in your health—buy yourself a centrifugal juicer, and buy a steam distiller.”

Excerpted from Sally-Ann Creed’s book, **Let Food Be Your Medicine**

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Sally-Ann Creed

Sally-Ann has been interviewed on many radio stations, television, spoken as a guest speaker for groups of people around the world, including specialist physicians, churches, societies and schools – bringing a message of hope through food and wise supplementation.

Sally-Ann was awarded South Africa’s Most Influential Women In Business & Government 2009/2010 for her contribution to health in the sector: Medical, Dentistry, Health and Veterinary Sciences.

Sally-Ann is a Nutritional Therapist and holds a Post Graduate Diploma in Clinical Nutrition (Australia).

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