

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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The Purest Water Possible

“Water that is rich in hydrogen measures 5 or 6 on the pH scale (acidic), while alkaline water is actually dehydrating. In my experimentation and research, there is a direct correlation with water purity levels and hydrogen content. Thus, one should strive to consume the purest water possible—and that is simply steam distilled water. It is rich in free hydrogen ions.”

“The purer the water, (as defined by absence of totally dissolved solids, TDS) the more hydrogen ions are available for the cells. Why then are people often tricked into thinking that drinking water with high TDS contaminants such as ionized water is actually a wise and healthy thing to do? Science and logic screams otherwise!”

“The water we consume that is so vital to our health and well being, must be completely and totally purified and cleansed of natural or man-made contaminants if we truly desire to maintain, or to regain the condition known as vibrant health.”

“If you want to experience better health, invest in a personal water distiller. Keep in mind the following truth: you can either treat contaminated and harmful water through filtration or reverse osmosis, or you can create a fresh, wholesome, and completely pure water that you know is free of problems and is full of Hydrogen.”



A. True Ott, Ph.D.

A. True Ott received his Bachelors of Arts degree from Southern Utah University in Cedar City, Utah in 1982, and went on to receive his Doctor of Philosophy in the field of Nutrition through the American College in Washington DC in 1994.

The author and publisher of dozens of articles and three books on nutrition, Dr. Ott is continually searching for natural solutions and answers to the nation's chronic health problems, and believes that education is the first step.

From 1996-2001, Dr. Ott worked with Mr. Warren Anderson to produce the radio program “The Story Behind the Story” at KSUB Radio in Cedar City, Utah and was awarded the prestigious Peabody Award for radio documentary.

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“Too often health care professionals, however, forget that the human body is composed of 70% water and 30% minerals – therefore it is simply common sense that pure water combined with pure minerals comprise Mother Earth’s medicine chest for all mammalian life forms! It is not rocket science, only basic nutritional truth!”

–A. True Ott, Ph.D.

A handwritten signature in black ink, appearing to read 'A. True Ott'.