

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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Distilled Water Myths:

Myth: Distilled water is “Dead Water”

For something to be “dead”, it once had to be “living”. There is nothing in the definition of water that says it is, or ever was, “living”. So how can it “die”? Proponents of this myth would like you to believe that because there are no live organisms or minerals in distilled water, it must be “dead”.

Myth: Distillation Removes Beneficial Minerals

Our bodies need organic minerals. Only growing plants can draw up water containing inorganic minerals and convert those minerals into an organic form that your body can use. That is why our main source of minerals comes from the plants we consume. Therefore, any beneficial minerals found in water are so scant that even if you could drink a tub full of ordinary water, you would not get as many minerals as there are in one carrot!

Myth: Distilled Water “Robs” Your Body of Essential Minerals.

There is no physiological way that distilled water can “rob” your body of essential minerals that have become part of the cell structure. When you drink a glass of water, it immediately travels into your intestines where it is absorbed. The water then blends with your body fluids and becomes an intrinsic part of you. Your kidneys filter between 40-50 gallons of water every day. When you drink clean, distilled water your kidneys can concentrate on removing inorganic toxic minerals from your body without having to first filter the toxins from the polluted water that you may drink. The cleaner the water, the easier it is for your kidneys to filter toxins from your blood.

Myth: Distilled Water has a “Flat Taste”.

Let’s refer to the facts in the definition of water: ... and when pure... is an odorless, tasteless, very slightly compressible liquid... . Water from different sources has different “tastes”. You may be used to the taste of chlorine in tap water or the taste of iron in well water. You may have tasted the minerals in bottled spring water. What you are really tasting is the contaminants in water. Pure water has no taste. Of all water types, distilled water comes closest to the definition of “pure water”.



Susan L. Conner

“I have been drinking distilled water for at least 33 years. Why? Because I care about my health and distilled water is the purest water known. Having researched water quality for many years, I know what chemicals and impurities are hidden in what looks like “clean” water. To me, nothing tastes better than a nice cold glass of steam distilled water – made fresh with my own distiller. I don’t care for coffee or sodas, and rarely drink anything else but water. I use distilled water in all my cooking – whether it is boiling water for tea or cooking pasta. I highly recommend distilled water to anyone wanting to maintain or improve their health.”

A handwritten signature in cursive script that reads "Susan L. Conner".

tabernacleforashadow.com

Excerpted from the book, *Drinking Water Quality, Taking Responsibility*

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Susan L. Conner is also the Author of *Drinking Water Quality – Taking Responsibility Coloring Book* and the Author/Photographer of *Tabernacle for a Shadow*