

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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Questions & Answers: WATER

By Dr. David Klein, Ph.D.

Certified Nutrition Educator, Life Scientist, Healthful Living Consultant and Environmental Engineer

Question (Dr. Klein): *Should I add minerals to my distilled water for taste?*

Answer (Dr. Gallo): "Adding minerals to water gives us unbalanced nutrition, inorganic minerals which are toxic to and unusable by the body, and this corrupts the pure, 'slippery' property of the distilled water. Pure distilled water has an ultra-low viscosity which means that it is able to slip through tight spaces easily, whereas water with minerals and other impurities is less viscous, or 'sticky', and will not move through the body as easily."

"Distilled water is tasteless. That is a good thing! When our bodies harbor toxins, we typically have an unpleasant taste in our mouths. After we have cleaned out and adopted a healthful eating program, our bodily fluids will become clean, even sweet, and the taste in our mouth will be pleasant or unnoticeable—that is a wonderful sign of good health! The drinking of tasteless distilled water during and after our detoxification phase typically has a pleasant freshening effect upon our senses and energy. Living in a body with purified fluids and no debris is a blessed, even ecstatic, experience, and everyone I have ever conversed with on this subject has stated that drinking pure distilled water feels great to the senses."

Question: *I have heard that distilled water is "dead" water. What does this mean?*

Answer: "Distilled water is pure H₂O, which is perfect for rehydrating and assisting the body in detoxification, because distilled water has no impurities and has an ultra-low viscosity which most efficiently dissolves soluble toxins and transports most toxins out of our cells, tissues and lymph channels for elimination. Heat-distilled water molecules are not damaged and the water is not in any way harmful."

"Adding distilled water to our diet, or fasting on distilled water will not pose any health problems. Hundreds of thousands of distilled water fasts have been conducted at fasting centers around the world over the last century with positive, energizing, healing, and in many cases, lifesaving results. All in all, pure distilled water straight out of a distiller is great for any body."

Question: *I have heard that distilled water leaches minerals from our cells. Is that true?*

(Over)



Dr. Roe Gallo, Ph.D.

Roe Gallo is an internationally known and recognized author, coach, motivational speaker, and educator.

For over 20 years, she has successfully helped people improve energy and health, reduce stress and let go of serious diseases such as cancer, obesity, high cholesterol, high blood pressure, and diabetes.

"I started drinking distilled water about 30 years ago when I started doing research on fasting and water. I'm convinced, from my research, that it is the cleanest and healthiest for the body."

—Dr. Roe Gallo, Ph.D.

Answer: "If, in this case, "leaching" implies that the distilled water acts against the body's best interests in removing useful minerals from our cells, this assumption is incorrect. Water in its pure distilled form is only good; it is inert and cannot act on the body. Distilled water can never force out essential body elements. By virtue of its ultra low viscosity, distilled water efficiently transports wastes and stores of toxins, including harmful inorganic minerals, out of the cells, tissues and bones, for elimination via sweat, respiration, urination, etc. So, when we drink only distilled water, we are assisting our body's ability to eliminate toxins. Again, distilled water transports out of the body inorganic minerals that would be rejected by the cells and tissues, adding to the purification of your internal environment."

"Drinking distilled water will not cause harm, but rather, will help keep one internally clean and operating at optimum efficiency. I found distilled water to always induce a freshening effect during my initial rebuilding phase 30 years ago; I felt (and continue to feel) more energetic and healthy after drinking pure distilled water."

"If one regularly drinks distilled water and cleans up his or her diet say only 75 to 90 percent, while still indulging in 25 to 10 percent of the grossly acidifying cooked foods (e.g., meat, dairy, cereals, breads, cakes, candies, pasta, rice, tofu, soy milk, beans, etc.), he or she will never get beyond the acid-poisoning phase, thus, the body will always be exerting itself to eliminate acid wastes, resulting in sub-par health. Thus, it is dietary and lifestyle stress, not distilled water, which is to blame for the loss of any useful minerals."

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Dr. Roe Gallo, PhD in print:

In 1994, I wrote a book based on physiology and health, "Body Ecology". When I was in graduate school, I expanded "Body Ecology" into "Perfect Body, The Raw Truth" and then revised it, in 2002, and changed the name slightly to "Perfect Body, Beyond the Illusion."

These books concentrate on mind/body health – food, exercise and beliefs. The food plan is simple – fresh, raw, organic fruits and veggies because what we eat is the biggest contributor to either health or disease. Of course, the plan isn't just about food. It is about getting and staying healthy. Therefore it includes exercise, pure distilled water, rest, healthy beliefs and a positive attitude.

"Perfect Body, Beyond the Illusion" is still being read around the world. It has been very successful in helping people recover from heart disease, cancer, diabetes, asthma, and many other debilitating conditions, to go on and live full and happy lives.

In 2007, I coauthored "Overcoming the Myth of Aging" with Stephen Zocchi. Stephen introduces the perspective and questions of people with no symptoms of disease. We took the same ideas in "Perfect Body" and made them more approachable and easier for everyone to adopt.

Soon we will be releasing a new book called, "Mainstream Raw." This book takes "raw" and puts it in the mainstream. It focuses on the foods that are easiest to digest and have the greatest nutrient value: raw fruits and vegetables. Mainstream Raw creates a framework to incorporate more of these enhancing foods into any life style.



Dr. Roe Gallo, Ph.D.

For the first 25 years of her life, Roe battled horrendous allergies and asthma and came close to death many times. Her treatment incorporated the standard approaches of the time, including medications that the doctors finally admitted would eventually kill her, if the disease did not. After medical science had left her with no good alternatives, she developed a simple plan based on the study of physiology and turned her life around and restored her health.

After she did research, changed her beliefs, applied the principles and got her life back, her road to self-recovery formed the basis for her books and coaching.