

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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The importance of ensuring the purity of your water with a home distiller

It is vitally important to ensure the purity of your water. The safest way to ensure freedom from impurities, toxic chemicals and above all, fluoride, is to set up a home distiller. Distillation works by heating water to the point of becoming steam, which is run through a tube that causes it to cool and condense back into water. Since minerals, various impurities and additives do not turn into steam, they stay behind, leaving the cooled, condensed steam free from harmful components. However, volatile liquids, such as benzene fractions, also boil away and are condensed back into the purified water. To remove such items, all distillers should contain a small carbon filter, which removes the unwanted volatile items. It is sometimes claimed by health professionals that distilled water 'removes minerals from the body' and shouldn't be used, but they are wrong. The minerals found in water (e.g., sodium or calcium) are generally inorganic and are therefore poorly absorbed or downright harmful. Don't underestimate the importance of ensuring the purity of all the water used in your home. The worst offender is fluoride, so make sure that your water supply is free from this harmful chemical. If it is not, you must take special precautions. Unlike chlorine, fluoride is not eliminated by boiling the water! The only way to get rid of it is by distillation. If the water supply contains fluoride, only distilled water is permissible for cooking and as a final rinse for fruit and vegetables."



Charlotte Gerson
The Gerson Institute

The Gerson Institute was founded in 1977 by Charlotte Gerson, Dr. Max Gerson's daughter, as a non-profit organization to carry on her father's work. For over 30 years the Gerson Institute has preserved the pioneering, revolutionary nutritional therapy developed by Dr. Max Gerson, and brought hope and healing to people across the globe suffering from chronic illness and degenerative disease. The Gerson Institute is dedicated to healing and preventing chronic and degenerative diseases based on the vision, philosophy and successful work of Max Gerson, M.D. The Gerson Therapy is a powerful, natural treatment that activates the body's own healing mechanism through consuming organic vegetarian foods and juices, detoxification and natural supplements.

Excerpted from the book, *Healing the Gerson Way, Defeating Cancer and Other Chronic Diseases*
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08/11

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