

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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The Benefits of Drinking Distilled Water

“When you consume excessive amounts of inorganic minerals from the water you drink, your body cannot rid itself of them fast enough, so they end up as unwelcome deposits scattered throughout your body. In fact, scientific studies have shown that minerals contained in spring water, mineral water, and in tap water are poorly absorbed and mostly rejected by cellular tissue sites. That’s because usable minerals do not pass through cell walls; they must be actively transported by the body’s metabolic processes.”

“The presence of excessive unabsorbed minerals may cause arterial obstruction and internal body damage that can manifest itself in a myriad of ‘modern diseases’. For example, they can precipitate to form kidney and gallbladder stones, hardening of the arteries, arthritis, heart trouble, and dangerous plaques. These plaques often lead to cardiovascular problems, and when joined with uric acid, may result in arthritic symptoms.”

“All water, including distilled water, is made of two hydrogen atoms and one oxygen atom, so it is electrically neutral. However, the negative and positive charges are unevenly distributed. The electronic (negative) charge is concentrated at the oxygen end of the molecule. This ever-so-slight charge imbalance coupled with the highest level of purity found in distilled water helps create an alkaline environment, even though distilled water does test acidic for its pH.”

“The unencumbered and subtle negative charge in distilled water attracts the positively charged acidic waste products and helps flush them out of the body. Perhaps this is why another common myth about drinking distilled water is that it causes essential minerals to leach out of the body, but nothing could be further from the truth.”

“Thanks to the cleansing action of distilled water, your body will have a more alkaline pH, which is essential to your bone health, as I write in the Save Our Bones Program.”

“I recommend that you drink distilled water throughout the day and add a few drops of lemon juice to each glass. Lemon juice enhances the purification qualities of distilled water, helps increase the body pH, and gives it a refreshing flavor. I also suggest that you cook in distilled water, not only because of the health benefits (foods absorb the water they’re cooked in), but also you’ll notice a greatly improved flavor.”



Vivian Goldschmidt, founder of Save Our Bones, is on a grand mission...

A graduate of New York University with a Masters of Arts degree in Nutritional Sciences and Biochemistry, Vivian’s fascination with the way our bodies work started at an early age. After graduating, she embarked on a quest that would take her around the world.

From Africa to South America, Vivian used her experiences gained from overseas and at home to develop her unique approach to health and wellness. Fluent in six languages, she was able to amass a wealth of information typically off-limits to visitors.

saveourbones.com

Excerpted from Vivian Goldschmidt’s book, *The Missing Link*

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