

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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Raw Nutrition and Health: Your Biggest Questions Answered

Of all the different kinds of water and water purification systems available, which do you think is best, and why?

"Of the water that is generally available to one and all, I consider distilled to be the best choice simply because it is as close to pure water as we can get. The contaminants have been removed, and no additives have been put in. Some people talk about 'living' and 'dead' water. Water is not alive, nor can it die. Water cannot be energized, and is not improved by adding anything to it. Water takes on structure when it reacts with your mouth, so you do not have to 'structure' it. All the gimmicks that have to do with water are, in my opinion, just gimmicks."

"I use a small, countertop distiller that makes one gallon in about six hours."

Douglas Graham

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Dr. Douglas Graham, a lifetime athlete and raw fooder for over 33 years, is an advisor to world-class athletes and trainers from around the globe.

He has worked professionally with top performers from almost

every sport and every field of entertainment, including such notables as tennis legend Martina Navratilova, NBA pro basketball player Ronnie Grandison, track Olympic sprinter Doug Dickinson, pro women's soccer player Callie Withers, championship bodybuilder Kenneth G. Williams, *Chicken Soup for the Soul* coauthor Mark Victor Hansen, and actress Demi Moore.

As owner of a fasting retreat in the Florida Keys for ten years, Dr. Graham personally supervised thousands of fasts. He was in private practice as a chiropractor for twenty years, before retiring to focus on his writing and speaking.

Dr. Graham is the author of many books on health and raw food including *The 80/10/10 Diet*, *The High Energy Diet Recipe Guide*, *Nutrition and Athletic Performance*, and *Grain Damage*. He has shared his strategies for success with audiences at more than 4,000 presentations worldwide.

Recognized as one of the fathers of the modern raw movement, Dr. Graham is the only lecturer to have attended and given keynote presentations at all of the major raw events in the world for each of the last eight years.

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