

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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Water For Life

“Distillation refers to boiling water into a vapor and then condensing it back into just the pure water. I share that definition having been amazed over the years at how many people don’t know what distilled water is. I have used distilled water almost exclusively for over 30 years.”

“What sold me on the wisdom of distillation was simply noting that this is how God has been purifying the earth’s water since the beginning. We’re using the same water today that was here when Jesus walked the earth. Water evaporates and then condenses as rain and snow and we start the cycle over and over again.”

“Distillation provides the broadest spectrum of the removal of contaminants of any method available. The ultimate of the ultimate is to follow distillation with a post filter of activated charcoal to catch organic compounds that could be missed by distillation. You can get distilled water by buying it at the supermarket or drug store (it’s labeled ‘distilled water;’ don’t be confused by ‘spring water,’ ‘drinking water,’ ‘deionized water,’ etc.). However, a better and cheaper way of getting distilled water is by owning your own distiller.”

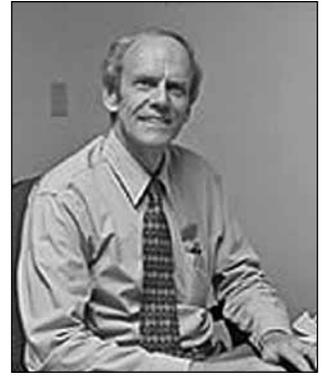
“Objections to drinking distilled water abound. Few subjects have so many myths per square inch. Hopefully, I can cover the main reservations that are commonly expressed, as well as including some testimonials on the health benefits of distilled water.”

Question: Don’t we need the minerals that distillation removes from water?

Answer: “The amount of minerals found in water is insignificant to the nutrient requirements of the body. We get minerals primarily from our food. The minerals in water are in an inorganic form—in other words, they’re rocks. Our minerals need to come from food, not rocks. Through the process of photosynthesis plants are able to convert the inorganic minerals from the soil and its water into organic minerals. We were designed to eat the plants to get our minerals.”

Question: Won’t drinking distilled water leach the minerals from my body?

Answer: “This seems to be the most prevalent myth about distilled water. It’s ironic that one of the functions of water is to take up minerals and deliver them to the cells or tissues. It’s rather absurd to fault distilled water because it does this better than contaminated water. The only minerals distilled water leaches from the body are those you will benefit



Monte Kline, Ph.D.

Monte Kline, a Clinical Nutritionist, is the founder and director of Pacific Health Centers, and has been in professional practice since 1983.

He is also the author of six best-selling books in the health and nutrition field:

- *Eat, Drink & Be Ready*
- *The Junk Food Withdrawal Manual*
- *Vitamin Manual for the Confused*
- *The Sick & Tired Manual*
- *Body, Mind & Health: A Biblical Approach to Wholeness*
- *Face to Face: Meeting God in the Quiet Places*

Monte Kline holds a B.S. from Oregon State University, a Master of Bible Theology from International Bible Institute & Seminary and has completed graduate work in Nutrition & Wholistic Health Sciences.

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by the removal of! Minerals that are part of your cells cannot be 'leached out' by distilled or any other kind of water."

Question: Why doesn't distilled taste good to me (it tastes "flat")?

Answer: "Frankly, I think it tastes delicious. In actuality, distilled water has no taste, since it is the inorganic minerals in water that give it its taste. What really tastes bad is any other kind of water once you've been drinking distilled water for awhile. Many of my clients have remarked about that phenomenon. Once you start cleansing the body with distilled water, your body will almost have a craving for it and will have a corresponding revulsion for other types of water."

"I would not be without distilled water, having seen it do so much for my health and that of thousands of clients over the years."

"Pure water stands as one of the very most important ingredients of a successful health-building program. No amount of proper nutrition can substitute for the value of pure water in the body. Try it for just a month and I think you'll agree."

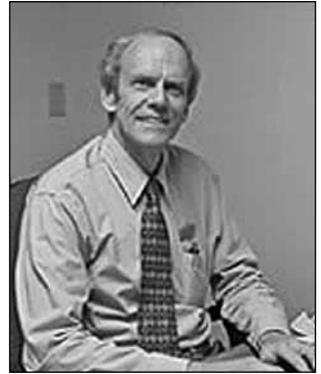
Monte Kline

Excerpted from Monte Kline's book

Body, Mind & Health: A Biblical Approach to Wholeness (www.pacifichealthcenter.com)

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