

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

www.waterwise.com/experts

The Leaching Controversy

“Distilled water has been described by its adversaries as dead water because it is sterile, with no mineral or organic life in it. For this reason it is highly unstable and will attract any organic material that comes in contact with it. Once it is ‘contaminated’ by organic matter, it becomes stable. This is the property that gives distilled water its alleged ability to leach minerals from the body. However, distilled water cannot attract organically bound minerals from our bones and cells. Minerals found in spring water are inorganic; they are run-off from stone, soil, and rock dissolved in water. Scientists tell us that only plants can convert inorganic minerals to a useable form which can be absorbed by our digestive tract. Fresh fruits and vegetables are our best source of absorbable minerals. Distilled water can ‘leach’ inorganic minerals, but as soon as it comes in contact with contents of our stomach, it is immediately neutralized. Thus, although it is technically correct to claim that distilled water can leach, it has no practical impact on human health. Tens of thousands of kidney patients using distilled water in their dialysis machines attest to the fact that distilled water will not leach organic minerals from our bodies.”

“You can take advantage of distilled water’s naturally aggressive, chelating ability and put something nourishing in it. A few grains of rice per gallon of water, for example, will stabilize the distilled water in minutes and add organic minerals to it. You will have produced, in effect, your own homemade mineral water. Now it is ‘alive’ with nutrients and organic minerals and should be refrigerated or drunk within a few days. It is, in fact, more dependable than spring or mineral water, because you can trust that it comes from an absolutely pure source. Compare that to all the unknowns of choosing between the various brands of bottled waters.”

“Any time you use distilled water as an ingredient of a dressing or a soup, it is immediately stabilized. When you drink distilled water, it will likewise stabilize as it mixes with the contents of your stomach. Only when you drink distilled water repeatedly on a fast can it have the potential to leach minerals from the body, and then only when the process of genuine starvation has commenced. This

(Over)



Steve Meyerowitz
“Sproutman”

Steve Meyerowitz began his journey to better health in 1975 to correct a lifelong chronic condition of severe allergies and asthma. After two months of eating a raw foods—vegetarian diet, his symptoms disappeared. Steve endured 20 years of disappointment with conventional medicine before he restored his health through his own program of purification, lifestyle adjustment, exercise, fasting, juicing and living foods.

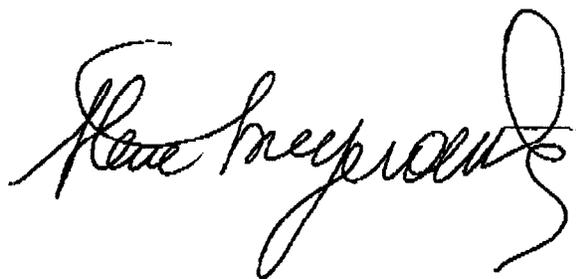
Over the years, he has lived on and experimented with many so-called “extreme” diet/lifestyles including raw foods, fruitarianism, sprouts, dairy and flourless vegetarianism and fasting.

In 1977, he was pronounced “Sproutman” by *Vegetarian Times Magazine* in a feature article that explored his innovative sprouting ideas and recipes.

www.Sproutman.com

extreme circumstance affirms the mineral-leaching theory, but it bears no relevance to normal human nutrition.”

“One glass of fresh carrot juice contains more biologically available minerals—in the organic assimilable form—than gallons of the finest spring water. Not only that, but minerals are in a constant state of flux within our bodies. We eliminate volumes of minerals every day and volumes more come in. Minerals are ‘pulled out’ from foods that are much more aggressive than distilled water—vinegar, vitamin C, acid fruits, herbs, and diuretics like coffee and soft drinks. Even if it was possible for distilled water to go into our bones and pull out calcium, there would be plenty more coming along from our diet to replace it. If you are concerned about minerals, make you own ‘homemade’ mineral water from distilled water. Or better yet, eat whole foods and drink plenty of fresh fruit and vegetable juices. They are our best dietary sources of organic minerals.”



Excerpted from the book, *Water the Ultimate Cure: Discover Why Water is the Most Important Ingredient in Your Diet and Find Out Which Water is Right for You*

Copyright © 2000, 2001 by Steve Meyerowitz

Reprinted by Jack Barber of Waterwise Inc with permission. 08/11



Books by Steve Meyerowitz:

Food Combining & Digestion

101 Ways to Improve Digestion

Juice Fasting & Detoxification

Use the Healing Power of Fresh Juice to Feel Young and Look Great

Sproutman's Kitchen Garden Cookbook

The Organic Food Guide

How to Shop Smarter and Eat Healthier

Water The Ultimate Cure

Discover Why Water is the Most Important Ingredient in Your Diet

Power Juices Super Drinks

Quick, Delicious Recipes to Reverse and Prevent Disease

Wheatgrass Nature's Finest Medicine

The Complete Guide to Using Grass Foods

*Sprouts The Miracle Food
The Complete Guide to Sprouting*

Sproutman's 'Turn the Dial' Sprout Chart

www.Sproutman.com