

THE EXPERTS SPEAK

Experts Share Their Views on the Benefits of Drinking Pure Water

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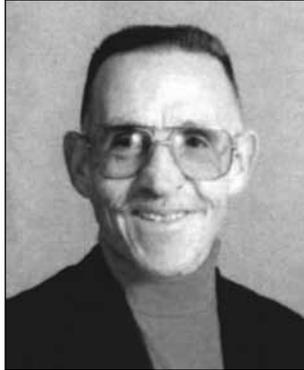
Distilled Water Enhances Mineral Absorption

“Does distilled water leach minerals from our bodies? Absolutely not... in fact just the opposite has been found to occur in cellular research studies. It is a mistaken belief that drinking pure distilled water reduces valuable minerals from living human tissues.”

“If inorganic minerals are removed from tap water, by converting it into pure distilled water, the result is remarkable biological mineral absorption for both health and maximal metabolic activity. The application of this query has a remarkably high correlation to the general properties of maximal absorption rates, for all micronutrients which traverse the gastric chambers directly into the muscle cells for premium performance demand.”

“There are two types of minerals, organic and inorganic. Human physiology has a biological affinity for organic minerals. Most organic minerals for our body functions come from dietary plant foods. A growing plant converts the inorganic minerals from the soils to a useful organic mineral. When an organic mineral (from a plant food) enters the stomach it must attach itself to a specific protein-molecule (chelation) in order to be absorbed, then it gains access to the tissue sites where it is needed. Once a plant mineral is divested within the body, it is utilized as a coenzyme for composing body fluids, forming blood and bone cells, and the maintaining of healthy nerve transmission. Without a healthy

(Over)



Dr. Bill Misner, Ph.D.

Dr. Bill Misner, Ph.D. is an AAMA board-certified Alternative Medicine Practitioner. He is a 2010 recipient of the certificate awarded graduates of the plant-based nutrition program conducted by the T. Colin Campbell Foundation through eCornell.

Influenced by a personal desire to improve endurance performance, his research centered on how and what specific food fuels might enhance energy and longevity.

To address this issue, he consumed only whole plant foods for 90-days resulting in his cholesterol levels dropping -81 points. After additional 120-days consuming a whole plant foods menu, he won a silver medal in the 2010 USA National 15K Masters trail running championships. He enthusiastically concludes, “The whole plant food lifestyle not only prevents and reverses the very diseases activated by animal-source whole foods or refined extracts, it also supports vigorous health and energy upon demand.”

“I was born with a desire to set standards in places where others had not gone. It started with athletic competition and manifested later in life to encourage others to choose dietary habits to support quality and quantity of life.”

—Dr. Bill Misner, Ph.D.

organic mineral balance inside and outside the cells of muscle, blood, and bone substructures, the body will begin to spasm, twitch and cramp, eventually deteriorating to a full rigor complex or complete failure or both."

"Tap water presents a variety of inorganic minerals which our body has difficulty absorbing. Their presence is suspect in a wide array of degenerative diseases, such as hardening of the arteries, arthritis, kidney stones, gall stones, glaucoma, cataracts, hearing loss, emphysema, diabetes, and obesity. What minerals are available, especially in hard tap water, are poorly absorbed, or rejected by cellular tissue sites, and, if not evacuated, their presence may cause arterial obstruction, and internal damage."

"Is it any wonder why the body prefers the richest source of mineral substrates from organic foods instead of the mineral-poor sources from tap water? Even if the human tissue suddenly developed the ability to absorb inorganic minerals from tap water, it would take an enormous amount of tap water to supply the bare minimal mineral quantities for human life functions. If the rich inorganic mineral content of the tap water in Reno, Nevada were modified so that it would convert the daily calcium requirement from its inorganic calcium solutes, one would have to drink 7.4 gallons of their tap water!"

Dr. William D. Misner, Ph.D.



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Excerpted from

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