

### Part 3, Chapter 28: The Importance of Drinking Water

The body is made up of about 70% water. It is critical to survival. At the very least drink water that has had contaminants filtered out of it. According to Dr. Bragg, drinking distilled water is ideal because it's guaranteed to not have any minerals in it. Your body cannot utilize inorganic minerals. The minerals found in plants are organic, meaning that they are bound to a carbon atom. At the same time, the water contained in plants is pure, too, though juice contains many substances besides water.

More than anything else distilled water "helps to dissolve the terrible, toxic poisons that collect in people's bodies. It passes through the kidneys without leaving inorganic pebbles and stones. If you wash your hair in rain (distilled) water, you will discover the softness of this naturally soft water."<sup>{2}</sup>



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According to some sources distilled water leaches minerals out of your body. According to Dr. Bragg, that simply is not true. Logic dictates that it doesn't seem like distilled water would do this. A major amount of the water that I drink comes from fresh fruit and vegetable juices, which inherently contains distilled water. I've come to believe that Dr. Bragg is right and so, when I drink water, I now drink distilled water—and it does, indeed, seem to have a cleansing effect. Dr. Bragg lists 9 reasons why you should only drink distilled water. I'll leave it up to the reader to make his or her own decision on this subject.

- 1 There are over 12,000 toxic chemicals on the market today ... and 500 are being added yearly! Regardless of where you live, in the city or on the farm, some of these chemicals are getting into your drinking water.
- 2 No one on the face of the earth today knows what effect these chemicals could have upon the body as they blend into thousands of different combinations. It is like making a mixture of colors; one drop could change the [whole] color.
- 3 The equipment hasn't been designed to detect some of these chemicals and may not be for many years to come.
- 4 The body is made up of 70% water. Therefore, don't you think you should be particular about the type of water you drink to maintain the health of your miracle body?
- 5 Navy officers and sailors have been drinking distilled water for years! Distilled water is chemical and mineral free. Distillation removes all the chemicals and impurities from water that are possible to remove. If distillation doesn't remove them, there is no known method that will.
- 6 The body does need minerals ... but it is not necessary that they come from water. There is not one mineral in water which cannot be found more abundantly in food! The food we eat—not the water we drink—is the best source of organic minerals!
- 7 Distilled water is used for intravenous feeding, inhalation therapy, prescriptions, baby formulas and kidney dialysis. Therefore, doesn't it make common sense that it is good for everyone?

- 8 Thousands of water distillers have been sold throughout the United States and around the world to individuals, families, dentists, doctors, hospitals, nursing homes and government agencies. These and other informed, alert consumers are helping protect their health by using only pure, distilled water. Be health wise—you do the same.
- 9 With all of the toxic chemicals, pollutants and other impurities in our water, it only makes good common sense you should clean up the water you drink Mother Nature's wise, inexpensive way through distillation!<sup>{3}</sup>



One issue related to water that a lot of people don't think about is the chlorine in water. Whether it's wise or unwise to do so, most municipalities use chlorine to kill biological contaminants in water. Chlorine is an incredibly toxic gas and readily reacts with anything it comes in contact with. The following story conveys just how poisonous chlorine gas really is.

My father used to work for the Waste Water Department of the City of Fort Lauderdale—sewage treatment. In and of itself it is a pretty amazing process. When water was finally treated, the end result was pumped underground several hundred feet deep. In some cities wastewater is actually reprocessed and used, sent back, into the system as what is called potable water, supposedly safe for human use. Part of the final process was to inject chlorine gas directly into the out flowing effluent to kill any remaining organic forms of life. It worked quite effectively.

One day one of the employees was changing out one of the chlorine tanks. It was a procedure done in a partially closed facility and required that the employee wear a snugly fitting gas mask as well as wear a sealed suit that would rival what astronauts wear in space. There was an incident where a chlorine gas tank leaked. It discharged pure chlorine gas into the air. The security doors *immediately* closed tight and dozens of alarms went off including one calling the fire department. The worker inside was automatically showered with water to dilute the gas. At the breach his gas mask either was or became slightly loose. He was exposed to pure chlorine gas for less than one-half second. In that time it severely burned the man's lungs. He ended up in the hospital for a couple of months recovering from severe internal burns to his lungs. The leak was contained and the safety system within the chlorine tank room sealed immediately so that the public was never in danger. Still this incident proves just how lethal chlorine gas is. Had the worker gotten a dose for even a second he would have been dead. Ultimately it was determined that the employee got careless and that is was he who had improperly secured his mask (having not followed established safety protocols)—or so 'they' said. My father was the supervisor on that shift and, for him, it was a month long nightmare as various agencies tried to determine what went wrong.

Granted, chlorine added to city water is considered "safe", but one has to ask, is there any safe level at which chlorine can be ingested? One has to wonder. We personally filter all of our water and, of the shower ...

Two of the very highly toxic and volatile chemicals, trichloroethylene and chloroform, have been proven as toxic contaminants found in most all municipal drinking water supplies. Tests show your body can absorb more toxic chlorine from a 10 minute shower than drinking 8 glasses of the same water. How can that be? A warm shower opens up your pores, causing your skin to act like a sponge. As a result, you not only inhale the chlorine vapors, you also absorb them through your skin, directly into your bloodstream—at a rate that's up to 6 times higher than drinking it.

In terms of cumulative damage to your health, showering in chlorinated water is one of the most dangerous risks you take daily. Short-term risks include: Eyes, sinus, throat, skin and lung irritation. Long-term risks include: Excessive free radi-

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cal formation (that ages you!), higher vulnerability to genetic mutation and cancer development; and difficulty metabolizing cholesterol, causing hardened arteries.<sup>{4}</sup>

... of the showers, we have chlorine filters on both of them. It removes a number of contaminants but chlorine is the most hazardous substance. We also have an inline filtering system that all water coming into the house goes through. It makes all the difference in the world.