

WHY DISTILLED WATER?

by Dr. Siedlecki

The three primary substances needed for life are:

1. Water
2. Oxygen
3. Calcium

The importance of water is paramount, but as crucial is providing the proper type of water in proper proportions within the proper time frame. There are a number of waters available for purchase. Of these only one assures that the body's metabolic environment is at its best hydration, and that is distilled water.

Water in the human body acts as a solvent, carrying nutrients to every living cell, and transporting waste material out of the cells for removal. Efficient absorption of nutrients and efficient elimination of wastes through the kidneys and liver is only possible when water, the transport medium, is clean. Distilled water removes poisonous substances and inorganic mineral matter from the human body. This process will be impeded if the water you drink is already contaminated.

Dr. Carey Reams, world-renowned expert on body pH, was trained in mathematics, biophysics and biochemistry and had six PhD's to his credit. Dr. Reams is best known for developing the Biological Theory of Ionization, a system used to measure energy in the body. Reams' analysis of measuring and balancing body chemistry has been used for over fifty years with astounding success. According to the research of Dr. Reams the best water to drink is distilled water! Distilled water provides the most energy in the body.

Distilled water reacts with the extremely acid stomach contents without activating any buffering systems or affecting the body pH. Distilled water does not travel through the body "wreaking acid havoc" as some would have you believe. In fact, according to Dr. Theodore A. Baroody, author of "Alkalize or Die", only distilled water produces a completely negative ion reaction in the system.

Negative ions are alkaline-forming. These negative charged ions draw the positively charged acid waste products, flushing them into the elimination channels of the body for excretion. So even though distilled water tests slightly acidic, because of its negative charge, **a more alkaline internal systemic environment is created in the body when distilled water is consumed.**

Water is needed first by the liver; it is best that it be a high energy water, such as distilled. The body is approximately 75% water. In fact, the body operates under a water vapor or steam pressure. Without the proper water, enzyme structure and energy reactions will be interfered with. In a recent article about the vibrations of the DNA, author Stefi Weisburd cites research showing how DNA changes its configurations depending on the environment it is in...

"changes in the environment of DNA such as temperature, acidity, salt level and **water** content can drive transformations between DNA structures...When the mode softens, the amplitude of vibrations grows so large that the original structure is destabilized and the molecule is driven into a new geometry."¹

Keep this information in mind. It will help you understand how a change in the body chemistry, as reflected in the equation, is an energy loss that distorts frequency and micronage. Such changes interfere with proper form, function and maintenance of the DNA as well as the cells themselves. Water is crucial to DNA form and function. If DNA is destabilized the form and function of the body is also destabilized, effecting our ability to build healthy cells and maintain health.

The body is the sum of its parts, those parts are the basic elemental building blocks we call minerals – congealed light energy. Minerals are tiny electrical generators. As they interact, building and bonding, with other minerals they become part of the electro-magnetic plating of the human organism. This electro-magnetic plating of the body is the building process that sustains life and wellness. It is one of increasing electro-magnetism resulting in increasing Reserve Mineral Energy (vital force) or maintaining high Reserve Mineral Energy.

If mineral energy is lost out of basic molecular structure or is not supplied, the line of resistance will be altered at that point. Resistance = energy. If this happens, the electrical flow is altered. When the electric flow is altered, the magnetism will also be altered. Hence, as magnetism is changed, the mineral plating will be affected. This is where the build up of reserve mineral energy is interfered with, high-level wellness is reduced, and the person will be annoyed with greater and greater number of symptoms.

Energy is produced by resistance. Resistance is a term used to refer to the friction of reaction. In other words when two elements come together (i.e. Hydrogen & Oxygen) they are not moving at the same energy levels. They have different energy potentials. In order for them to interact and combine, each must go through a synchronization process which will allow each to give off enough energy so they can co-ordinate their electromagnetic fields to bond into a new molecular arrangement (i.e. H_2O). The synchronization of Hydrogen and Oxygen gives off a tremendous amount of energy. Energy potentials can be divided into units called anions and cations. These Millhouse units have specific values 1-999. When discussing frequency we refer to the atomic weight of an element to determine its energy ratio. By taking a ratio and knowing whether it be anionic or cationic we are able to calculate the average energy value for an atom of any substance.

Incidentally, the average energy value of water, if one were to consider the water at a high energy it would become a "heavy water." By the same token if one were to take the opposite extreme or low energy values for anions and cations the water molecule would have low energy. This is called "light water." Heavy water is wet water and light water is dry water. A practical example of "Light" water is hard water. The mineral in hard water has taken the energy away from the water molecule in order for it to be carried in the water molecule. "Wet" water would be soft, low in mineral, high in energy, and heavy. Steam distillation of water makes "wet - soft" water because it adds energy. This is what makes it catalyze energy reactions in the human system so well. Distilled water is shown to be more important than ever in playing a vital part in controlling conductance and other electrical phenomena in the human body.

The highest energy water comes from the steam distillation process. No other type of water is able to carry mineral into the system as easily as steam distilled water. Distilled water in the human, enhances the movement of mineral into the liver. And because the liver has to put water, like all types of food energy, on the body's frequency, it is much easier to convert high energy water than low energy water. There are only two sources of natural distilled water. One is rain water, but it is too polluted to use today. The other source is glacier water – this is the water consumed by the Hunza people of the Himalayas who are noted for their long life span.

There is an ever-increasing popularity and use of **mineral waters**. The dangers of water with a high mineral content are being totally ignored. Why should the mineral waters containing minerals, which are essential for human health, be damaging for the body chemistry? To understand the harmful effect of mineral water is to understand cytology, or the cells structure and function. The elements of the mineral kingdom cannot be assimilated directly by the animal cell. They must go through a process of linking with amino acids first. Found in the plant kingdom is the link for getting mineral into human life the most efficiently.

Plants take in mineral directly, once in the plant, the minerals become a part of the cell structure after going through a recombining process in the energy cycles of the plant (photosynthesis). These energy cycles convert the mineral into a chelated form. The mineral ends up linked with amino acid complexes in the plants structural tissue. When man eats the plant, the mineral complexes in the plant amino acids can then be easily converted by human enzyme activity into molecular structures on the human frequency.

Drinking water, containing a large amount of inorganic mineral (i.e. spring water, purified water) whether hard or soft, can be compared to doing your dishes in dirty water. If the water comes in already loaded up, it will not be able to take the debris and waste out of the system without first leaving behind what it brought in.

Most people don't realize that the minerals found in mineralized water are inorganic and in salt (electrolytic) form, not in the organic carbon-based form that your body needs. These inorganic minerals are deposited in the body and add to the overloading of electrolytes that the body has to remove and also increases mineral and heavy metal deposits that develop weakened tissue and/or areas of poor circulation and chronic inflammation.

On the other end of the spectrum we find deionized water - water that is stripped of its minerals and electrical potential. **Do not purchase deionized water for drinking – it is sold labeled “purified water.”** Deionized water is not for consumption within the human body. It is deionized water, it is ok for your steam iron, however, deionized water will pull usable minerals out of your body over a period of time. It is called a “hungry water.”²

According to French Hydrologist, Vincent Roujon, “the lesser the microwatt potential in the drinking water the better.”³ What creates the microwatts in water is inorganic minerals. Only distilled water fits the criteria of low mineral, low microwatt, plus it is low surface tension, high energy and wetter water. The use of distilled water is preferred, not because of the lack of mineral so much as, because of the higher energy. Distilled water moves through the system and especially the liver better than low energy water. Your body is 60-80 % water; water is the chief catalyst and medium for all the energy reactions that take place. Using higher energy, wet, distilled water assures that the body's metabolic environment is at its best hydration.

[1] Science News, Vol. 125, page 362

[2] “Principles and Techniques of Ionization as Applied to Human Nutrition”, Dr. Alexander F. Beddoe

[3] Roujon, Lucien, Vincent Bio-Electronics-Theory and Application, Ottingen, Germany

What leading authorities have to say.

"If you decide on bottled water, make sure it's distilled. The 'gold standard' for purifying your water is a system that distills your water and filters it. You have the comfort of knowing there is no chlorine, fluoride, bacteria, viruses, pesticides, or lead. You get nothing but H₂O." - **Maximum Health**. Dr. Robert D. Willix, Jr., M.D.

"Let me classify the nine kinds of water. They are hard water, raw water, boiled water, soft water, rain water, snow water, filtered water, de-ionized water, and distilled water. All are kinds of water - but remember this: only one of these nine kinds of water is good for you. Distilled water is water which has been turned into vapor, so that all its impurities are left behind. Then, by condensing, it is turned back to pure water. It is the only water which is pure - the only water free from all impurities". **The Choice Is Clear** - Dr. Allen E. Banik

"Distillation provides us with the purest water obtainable . . . by all means make the smart choice in the type of water you drink. There should only be one choice - PURE! And pure means distilled." **Fit For Life II: Living Health** - Harvey & Marilyn Diamond

"Tap water invariably contains a variety of poisons such as chlorine, chloramine, asbestos, pesticides, fluoride, copper, mercury, and lead. The best way to remove all these contaminants is by distilling." **How To Save Your Teeth: Toxic-Free Preventive Dentistry** - Dr. David Kennedy, D.D.S.

"Distillation is the best method and provides the only pure water. It is the only reliable water purification method." **Fluoride: The Aging Factor** - Dr. John Yiamoyiannis, Ph.D.

"Water hardness (inorganic minerals in solution) is the underlying cause of many, if not all, of the diseases resulting from poisons in the intestinal tract. These (hard minerals) pass from the intestinal walls and get into the lymphatic system, which delivers all of its products to the blood, which in turn, distributes to all parts of the body. This is the cause of much human disease." **The Mayo Clinic** - Dr. Charles Mayo

"Let me state empathetically that, in my opinion, the misery of arthritis is caused by hard water saturated with inorganic minerals and an unbalanced diet, forming acid crystals in the moveable joints, plus inactivity of the body in general. Only distilled water removes these inorganic minerals. The greatest damage done by inorganic minerals - plus waxy cholesterol and salt - is to the small arteries and other blood vessels of the brain (75% water). Hardening of the arteries and calcification of blood vessels starts on the day you start taking inorganic chemicals and minerals from water into your bodies." **The Shocking Truth About Water** - Dr. Paul Bragg, N.D., Ph.D.

Dr. Allen E. Banik, M.D., who spent much of his life researching the effects of water on the human body reported the following in his publication **The Choice Is Clear**: "The only minerals that the body can utilize are the organic minerals. All other types of minerals are foreign substances to the body and must be eliminated. Distilled water is the only water that can be taken into the body without damage to the tissues."

"The body's need for minerals is largely met through foods, not drinking water." - **The American Medical Association**

"Distillation involves the process of vaporizing water by boiling it. The steam rises, leaving behind most bacteria, viruses, chemicals, minerals, and pollutants from the water. The steam is then moved into a condensing chamber where it is cooled and condensed to become distilled water . . . We believe that only steam-distilled water should be consumed." **Prescription for Nutritional Healing** - James F. Balch, M.D. & Phyllis A. Balch, C.N.C.

"The only type of water that seems to be fit for consumption is distilled water, which is water that is absolutely free of any minerals or chemicals. Distilled water is made pure by first being heated to the point of vaporization, so that all of the 'impurities' are left behind. Then, the water vapor is condensed. The process results in water that is in its purest form. Distillation is the single most effective method of water purification." **A Diabetic Doctor Looks at Diabetes** - Peter A. Lodewick, M.D.