

# EXPERT OPINIONS

## What the Experts Say About Steam-Distilled Drinking Water

*"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."*

**James F. Balch, M.D. & Phyllis A. Balch, C.N.C.**  
*Prescription for Nutritional Healing*

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**Dr. Allen E. Banik** 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*:

*"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".*

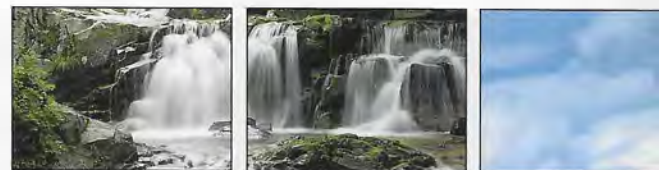
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*"If you decide on bottled water, make sure it's distilled, (however), in the long run you'll save money if you clean your water at home. It's more convenient than hauling gallon jugs from the store. The 'gold standard' for purifying your water is 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."*

**Dr. Robert D. Willix, Jr., M.D.**  
*Maximum Health*

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*"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."*

**Peter A. Lodewick, M.D.**  
*A Diabetic Doctor Looks at Diabetes*

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*"Even 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."*

**Dr. David Kennedy, D.D.S.**

# EXPERT OPINIONS *continued*

*"Again, 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."*

**Dr. Paul C. Bragg, N.D., Ph.D.**

*"As far as acidity goes, distilled water is close to a neutral pH and has no effect on the body's acid/base balance. Distilled Water is safe to drink, and the kind of water I use myself."*

**Dr. Andrew Weil,  
Natural Health, Natural Medicine**



*"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 the tap water into your bodies."*

**Dr. Paul Bragg, N.D., Ph.D.  
The Shocking Truth About Water**

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

**Dr. Allen E. Banik**

*"Water hardness (inorganic minerals in solution) [inorganic minerals are removed through the distillation process] 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."*

**Dr. Charles Mayo of the Mayo Clinic**

## ***Distilled Water and Your Health:***

*"Do I need to tell you why drinking plenty of good quality water is as essential to health as eating properly? In a nutshell: one of the main activities of the body's self-healing system is filtration of the blood, a job performed mostly by the kidneys with a little help from the mechanism of perspiration. Kidneys are such efficient, compact and miraculous filters that they put to shame the dialysis machines used to maintain the patients with renal failure. The heart, blood, and kidneys are a single functional unit that constantly cleanses and purifies itself, removing all the toxic wastes of metabolism and the breakdown products of harmful substances that get into our bodies one way or another. This purification system can operate efficiently only if the volume of water flowing through it is sufficient to carry away the waste. Further, as good quality steam-distilled water enters the body, it has the ability to pick-up mineral deposits accumulated in cells, joints, artery walls, or wherever such deposits occur and begin to carry them out. Gallstones and kidney stones then decrease, and it also lessens arthritic pain as joints become more supple and movable."*

**Dr. Andrew Weil, Natural Health, Natural Medicine**

