

The Fallacy About Drinking Water for the Minerals It Contains

by Dr. Clifford C. Denison

Note: Simple distillation does not eliminate all gases and volatile liquids, and it does not remove contaminants in the mist droplets that get carried forward with the steam. In addition to the contaminants mentioned in the article below, Sylvan Source Ultra-Clean Water Systems eliminate volatile gases and liquids, and prevents contamination carry-over.

Some people have the mistaken belief that essential minerals are derived from the water they drink. Yes, we do need minerals. But the source of minerals for the body is the food we eat- not the water we drink. Plants have the unique ability to convert and chelate inorganic minerals absorbed from the soil and water into organic forms our bodies can use. The inorganic minerals in water cannot be used by our bodies. These minerals merely contaminate our water and hinder the water from performing its natural functions.

According to experts in the field, there are several different kinds of water, and most of them are harmful in some way. These waters carry minerals, metals and inorganic compounds into our body that we can't use. These waters carry 80% of all sickness and disease. They may contain over 700 identifiable chemicals, all of which permeate our systems and may begin accumulating there. When water brought into our bodies is already polluted, its natural cleansing functions are impaired. As a result, we may develop health problems as these pollutants build up in our blood vessels, joints and internal organs.

On the other hand, distilled water enters your system clean. It is free to absorb and wash away the poisons your system generates and the poisons that have accumulated.

Man has been living on earth for thousands of years. During most of this time he has been adapted to a natural environment getting his water from unpolluted springs, streams and shallow wells. This water has been relatively pure containing only moderate amounts of naturally occurring substances. But conditions have changed. Since the industrial revolution, and especially since World War II, we have dumped synthetic chemicals by the thousands into the environment. We are not adapted to these man-made chemicals. We know that many of them are toxic. Does it not make sense, therefore, to consume only pure water produced by a good quality distiller?

Distilled water is virtually free of all contaminants. As a result, distilled water has no taste, no color, no bacteria, no heavy metals, no acids, no inorganic minerals, no toxic chemical, no poisons. Distilled water enters your system clean. It is free to absorb and wash away the poisons our system generates and the poisons that have accumulated