

NHF-UK REPORT Distilled Water – Going Against the Flow

By Caroline Knight



Water may well be the most taken-for-granted substances on Earth. It makes up 70% of our bodies, and a vast amount of the food we eat. So how can it be that we pay so little attention to it? We spend so much time dehydrating via anything from chlorinated shower water, caffeine, cigarettes, alcohol, to sweating and consuming refined salts, without giving much consideration to replenishment. We may get some back through food, but what is the quality of that water? It has often been subject to fluoridation and not so many know where or the many ways in which it was treated.

Misconceptions and Myths

There is much confusion over which water is good for you. While many realize that tap water is loaded with toxins, they still think they are safe with bottled water; even those who do more extensive research do not always discover the truth. There are a few who have, though; and, as is often the case, their work is either suppressed or not given the limelight.

It is a common misconception that bottled water is the answer. In reality, it is barely any better than tap water and if kept in plastic bottles may be leaching the nasty chemical BPA. It is also thought that mineral and spring waters are good for you. In fact, these are “hard waters” full of inorganic deposits from the ground, which in turn deposit into your cells and joints, leading to health problems such as arthritis and kidney stones.

And let’s not forget the pollution levels in most of our accessible water streams. I would choose fresh spring water over a bottle from the supermarket, but there is a lot of marketing hype out there. Consider this: What does Evian spell backwards? Coincidence or not? You decide. I would never drink tap water. If you saw and smelled the gunge in my distiller after processing one gallon of tap water, you would feel quite ill. Suffice it to say that tap water contains many damaging substances, from hormones to chlorine and fluoride; it is highly toxic and will calcify your joints, leaving deposits around your cells and glands, such as your pineal gland – a gland that in my opinion, you cannot afford to have calcified, but that is another story!

Which Water to Drink?

Only one water is 100% pure and because that water is so very good for you, dirt-cheap to produce and not patentable, it is a real threat to the profits of the all-powerful medical industry, whose vast profits allow them to purchase the competition and gain control of our healthful products. Many high-street natural health stores are owned indirectly by “Big Pharma.”

For the same reasons, when you “Google” distilled water, you will find a fake science report with an immediate, high-impact statement ... “Drinking distilled water brings you early death!” *Not so!* This regularly-recycled report – probably recycled by those who mean well but have not done any real research or experiments – is a huge, unjust challenge to this amazing information. The report will tell you that distilled water will leach minerals from your body, starving your bones and cells. This is a half-truth! Distilled water only leaches inorganic materials from the body. It has a negative ionic charge, where inorganic materials have a positive ionic charge. Distilled water is “empty,” where *all* others are not, and so it acts as a vacuum for waste matter, carrying it out of the body.

Pioneers for Change

I believe this water is amazing. It has been shown to rid the body of virtually any ailment or disease you can think of. There is a lot of good information on it if you dig for it, but of the many books out there on the subject, Dr. Allen Banik’s *The Choice is Clear* (a 37-page book also available as an e-book), explains all types of water succinctly. These days, Andrew Norton Webber is a pioneer for this information; and I am very excited to be working with him in bringing this information to the UK. His mind-blowing videos and websites can be found on the net. *The Hidden Messages in Water* is also an eye-opening, must-read. Personally, my life has not been the same since I discovered distilled water. My energy levels are at an all-time high. I look better, feel so much more “in tune,” and I have found water fasting exceptionally easy too, which was a pleasant surprise.

The Choice Really is Clear

The answers are always simple; distillation is nature's process. Look at rainwater – great, except it collects atmospheric junk on the way down. It's a shame that we have to resort to processing our own water in order to stay healthy; but I truly believe that if you drink *any* other water, your body is much more likely to have to deal with bone, joint, and aging issues, as well as strokes and a myriad of other ailments.

I put it to you that the “right” or “wrong” water is the key to good health, and whatever good things we consume cannot be best assimilated without tackling this problem first. Distilled liquids have been labelled “the fountain of youth” for a reason! I have seen and been given countless testimonials on this water. A man I know has been drinking only this for thirty years and still achieves full lotus position at seventy. So, I implore you to “follow the money” when you read negative, fear-mongering reports, and delve a little deeper. It’s a time-old story. Do your own experiments ... and take a leap of faith! Distillation is the way.