



Excerpts taken from Dr. Christopher's Newsletter

WHY DISTILLED WATER?

"All the drugs in the Pharmacopoeia cannot do as much for the life forces in your body as you can do for yourself with the simplest and greatest of all nature's remedies-water." This statement was made by Frederick M. Rositer M.D.

The principle of using water in healing and renewing the body has been well known from early history. It has been used and recommended by doctors from the times before Hippocrates and ever since. John Wesley, the famous evangelist and founder of the Methodist Church, wrote a book early in the 18th Century, treating among other things, the virtues of water as a healing remedy. Prusnitz, Father Knupp, Dr. Winternitz, Dr. Kellogg and many, many more intellectuals advised the use of water in healings. Today we have many advocates of water therapy such as Alen E. Banik, O.D.; Paul C. Bragg, N.D.; N.W. Walker, Doctor of Science; Yogi Ramacharaka, etc. etc.

For the internal use of the body--the most perfectly designed form of animation on this earth--we should use only the purest liquid we can find. Pure fruit and vegetable juices, as a liquid food, is a pure liquid and very beneficial. We need now to think of a non-nutritional liquid for cleansing the circulatory system of the body, and that liquid is pure water.

I like the way Dr. N.W. Walker explains water and the use of minerals in the body. In his book "Water Can Undermine Your Health" (Norwalk Press, Publishers, Phoenix, Arizona, 1974), he quotes, "What happens to the minerals in the water?"

Once the liquid, whatever it happens to be, reaches the liver it is completely divested and cleared of everything whatever that was a component part of the liquid, except only the hydrogen and oxygen which, together, form the water molecule.

Water containing nothing but hydrogen and oxygen is pure water, and this is the only kind of water, which the blood and lymph can use in their work. Both the blood and the lymph require pure water to assist them in their functions.

Distilled water is the purest water you can have. Whatever mineral and chemical elements were present in the water when it first reaches the liver, are segregated by the anatomizing processes in the liver and either passed on into the blood stream or are filed away as reserve material. The liver has no selective ability to determine whether the item that comes to it is "alive" or inactive, whether it is constructive or detrimental.

Natural water, by which we will classify all waters that come from springs, wells, rivers and lakes, and from the faucet, is replete with mineral elements which it has collected from being in contact with earth, soil and rocks. Dust thou art, to dust shalt thou return, was not spoken of the soul.

All the minerals in the human body--and the body is composed of minerals--are the same as the minerals of which the earth is composed. Man's body was created from the dust of the Earth. But there is a vast difference between the minerals in the human body and those in the earth, not in kind or quality, but in the vitality of those which compose the human anatomy, vitality or life--which is lacking in the earth minerals.

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The tiny microscopic cells of the body are each a collection of mineral atoms, of live, vital atoms. The kind, quality and variety of the mineral elements vary with each group of cells, in accordance with the functions and activities called for in the cell's allotted tasks.

Your cells need food they can swallow--without choking to death!

These cells must be furnished the mineral nourishment they need, in order to accomplish their work. Minerals, which a cell or a group of cells cannot use, will only interfere with the cells' function. Minerals that are larger than in colloidal particles would, figuratively speaking, choke the cells to death!

The minerals in Natural Waters are gross and lifeless, a kind and quality which are incompatible with the cells' needs. The cells therefore reject them. In due course this rejection leaves a surprising accumulation of discarded minerals that is nothing more or less than debris.

Distilled water leaches out only unusable lime, etc.

Distilled water has something inherent in it in the nature of a magnet, so to speak, whereby it can pick up these rejected and discarded minerals and, with the assistance of the blood and the lymph, transport them to the kidneys for elimination from the system. This cleaning-up function is not constant.

It is this kind of mineral elimination that is erroneously referred to as leaching. The expression that distilled water leaches minerals from the body is entirely inaccurate. It does not leach out body minerals, it collects and removes minerals that have been rejected by the cells of the body and are therefore nothing more nor less than debris, obstructing the normal functions of the system.

As a matter of fact, try drinking nothing but distilled water for two or three weeks. Have a urinalysis made before you start and see if you will not be astonished at the mineral sediments in the urine after a mere three weeks! There is no substitute for experience.

The accumulation of minerals in the body, from drinking natural waters, and the elimination of rejected minerals as a result of drinking distilled water is conclusive evidence of the use and value of distilled water for drinking and for food preparation purposes.

What Minerals Does The Body Need?

It is not intended that we should furnish the body with the minerals it must have for regeneration and replenishment, by means of the natural waters. The minerals that the cells of the body will use for constructive purposes must come from the raw food we eat. The only live food, food replete with enzymes, which is intended for the nourishment of man, is obtained from fresh raw vegetables, fruits, herbs, nuts and seeds.

We have just received information from a man who practices what he preaches. Dr. N.W. Walker is now well over the hundred and ten year mark, still writing and tilling his own garden.

I have met Paul C. Bragg and want to say that here was another great man (although now deceased) that did a lot for mankind, in teaching the use of distilled water for better health. As a teenager, Paul Bragg had tuberculosis and his doctors had told him there was no cure that he was "not going to make it."

The little Swiss nurse was angry with the doctors and after they left she told him he could be cured in Switzerland. She took him back to Dr. August Rollier, and there in Switzerland he had a "rebirth" with

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just natural healing methods, no drugs of any kind-just distilled water, good nutrition, sunshine and fresh air (deep breathing) and exercise.

He became well and, as he put it, "strong as a young stallion." He studied two years in Switzerland and then he moved to London to study and prepare for his life's work. His landlord and his wife were very sick, so he started them on the use of distilled water and other simple aids, i.e., pure foods, etc., and performed a miraculous healing. At first these two had great difficulty in climbing the stairs but after a "cleaning out" could climb up and down the stairs within three weeks, something his landlord had not done in seven years.

From one of Paul Bragg's books "The Shocking Truth about Water" (Burbank, CA 91303, Health Science, 1970), I would like to pass on to you the following:

Take my own life, for instance. I was born on a farm in Virginia, along the Potomac River. We got our drinking water from a well-crystalline, fresh, sparkling water. But it was very hard water, containing in solution-calcium carbonate and other inorganic minerals from limestone.

When we boiled this water, incrustations of these inorganic minerals formed in large slabs inside the kettles, and in time produced holes in the bottoms. Kettle after kettle had to be thrown away and replaced by another, with the same thing happening to the new one in time.

The hard water made dishwashing, laundering and cleaning difficult. The soaps used for these purposes simply would not make suds.

But the greatest damage done by this hard water was to the humans who drank it.

My grandfather was a man in his mid-sixties. He was a big, strong six-footer, about 200 pounds of solid muscle. He was an expert horseman, a finished hunter and a hardworking farmer.

I can remember when he had his first stroke. There was a large family of Braggs, and we were all seated at the dinner table. Suddenly there was a crash of dishes, and my grandfather slumped over the table. When the country doctor arrived, he stated sadly that grandfather had lost all control of his left side due to brain damage.

From now on this poor old man needed constant attention. With a completely paralyzed left side, he could not walk without the aid of someone to steady him. He had absolutely no control of his eliminative system. This, helpless, sick man went into rages of anger. There was great difficulty getting food into his body because he had lost the ability to chew it. Only very soft bland food could be fed him.

This fine man we knew and loved was, as far as real living was concerned, dead. You have no idea what a great burden he was on my parents and family. The poor, helpless man dragged on this way for three years and then the second and final stroke came and he was actually dead.

His body went to the John Hopkins Hospital in Baltimore, where the doctors who performed the autopsy stated that his arteries were like stone. My grandfather was born and reared on that farm and drank that hard water all his life.

It was many years before my questions were answered. In the meantime, I witnessed what the hard water was doing to my family and our relatives and friends.

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Here we were living on a big, fine farm, with an abundance of foods of all kinds. We had a good, comfortable home. It was a beautiful farm on a majestic river. But there was suffering among the adults. These pains were bulked into one word, and that was "misery." Each day I would hear my mother ask different people, "How is your misery today?" And the sufferer would give a doleful answer to my mother's questions.

Allen E. Banik, O.D., with Carlson Wade in the book "Your Water and Your Health" (Keats Publishing Co., Connecticut 06840, 1974) gives us a listing of the ten basic kinds of water;

Hard Water

1. Hard Water. This is saturated with calcium, iron, magnesium, and many other inorganic minerals. All water in lakes, rivers, on the ground, in deep wells, is classified as hard water. (Many city systems take water from rivers or lakes, or reservoirs supplied with mountain water; they erroneously call their supplies "soft water" but it is soft only in comparison with water that is harder.)

Boiled Water

2. Boiled Water. Boiling helps remove some of the germs, but concentrates the inorganic minerals. Other germs are carried into a fertile element for rapid and lusty propagation of germs and viruses already in the body.

Raw Water

3. Raw Water. This has not been boiled. Raw water may be hard (as calcium hardened water) or soft as rainwater. It contains millions of germs and viruses. In every densely inhabited drop. Some of these viruses and bacteria may adversely affect the thyroid gland, the liver and other vital body organs.

Rain Water

4. Rain Water. This has been condensed from the clouds. The first drop is distilled water. But when it falls as rain, it picks up germs, dust, smoke, minerals, strontium 90, lead and many other atmospheric chemicals. By the time rainwater reaches the earth it is so saturated with dust and pollutants it may be yellowish in color. Water is supposed to act as an atmosphere purifier. If we had no air pollution, we would have far less pollution in our drinking water.

Snow Water

5. Snow Water. This is frozen rain. Freezing does not eliminate any germs. All snowflakes have hardened mineral deposits. Melt the cleanest snow and you will find it saturated with dirt, inorganic minerals, germs and viruses.

Filtered Water

6. Filtered Water. This water has passed through a fine strainer, called a filter. Some calcium and other solid substances are kept in the filter; there is no filter made which can prevent germs from passing through its fine meshes. Each pore of the finest filter is large enough for a million viruses to seep through in a few moments. A home filter usually only picks up suspended solids and is effective for the time, maybe only for hours, until it is filled up. Then it is ineffective even for removing suspended solids, and at the same time becomes a breeding ground for bacteria.



Soft Water

7. Soft Water. This water is soft in comparison with water, which is harder. It may contain many trace minerals and chemicals, viruses and bacteria. It is not to be confused with "softened water." Soft water may be classified as water, which is harder than distilled water.

Reverse Osmosis

8. Reverse Osmosis. This is a system of water purification, which allows pre-filtered water to be forced through a semi-permeable membrane to separate impurities from our drinking water. However, this membrane allows only certain molecules to pass through providing the water pressure is exactly constant. The matter of water pressure is a problem still to be solved. Furthermore, the membrane also allows some iron and nitrate molecules to pass through. Another problem to be solved.

But it now seems promising that we can look forward to tremendous strides in this system of water purification. Gulf Oil, Culligan and Eastman Kodak are sponsoring vast research in this area. High purity water between 90 and 97 percent of the dissolved mineral (and organic solutions), and over 99 percent of the suspended and colloidal particles are rejected by, the special membrane which has been developed for this process by these companies in their research. The product water, from this new research, is ultra-clear, low in dissolved solids, practically free from hardness components and essentially sterile as produced. This makes a close second to distilled water.

De-ionized Water

9. De-ionized Water. A process of exchanging "hard" ions for "soft." The total ions are still present. The end result is the same. But the water has the appearance of being distilled. (Nature recognizes transformation but not extinction!) Since water leaving the sodium-cation exchanger has little hardness, it contains sodium salts.

Distilled Water

10. Distilled Water. This is water that has first been turned into steam so that all of its impurities are left behind. Then through condensation, it is turned back into pure water. It is the only pure water. The only water free from all contamination. Distilled water may well be considered the only pure water on earth.

Writing in Food, Yearbook of the U.S., Department of Agriculture, 1959, Dr. Oaf Michelsen of the National Institute of Health, tells us:

Next to oxygen, water is the most important factor for survival of man and animals. A person can do without food for five weeks or more, but without water he can survive for only a few days. The longer an individual goes without water, the greater the number and severity of symptoms he shows.

Weakness, lassitude, thirst and dryness of the mouth are the first signs of dehydration. Loss of weight and mental confusion set in later. The individual becomes uncooperative and sullen. The cheeks become pale and the lips are dry and bluish. The skin loses its elasticity. The eyeballs have a sunken appearance. The volume of urine decreases, and its specific gravity rises. At the end, the respiration ceases, even though the pulse and general circulation may be well maintained. The volume of blood is maintained at the expense of the water within the body cells.

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The central nervous system undergoes the same dehydration as the cells in the remainder of the body and is the first area to show functional changes.

How Water Acts as the "Lubrication" of Your Body

Rose's Foundation of Nutrition (5th Edition, pps. 118-120) explains that water is an essential constituent of living protoplasm. No cell functions when it is absolutely dry, and most cells must be constantly bathed in fluid in order to do their work.

Furthermore, human cells depend on having their food transported to them over a fluid route--the blood--a demand which alone requires about 10 pounds of water to be in circulation constantly. Waste-bearing water (urine) is necessary to flush away the end products of metabolism. And without water to moisten the surface of the lungs there can be no intake of oxygen or expulsion of carbon dioxide.

Dr. W. B. Cannon, the famous physiologist, author of "Wisdom of the Body," explains it in a nutshell:

Water is the vehicle for food materials absorbed from the digestive canal; it is the medium in which chemical changes take place that underlie most of our obvious activities; it is essential in the regulation of body temperature and it plays an important part in mechanical services such as lubrication of joint surfaces.

In addition to this, water aids in the digestive process, in the waste elimination in the circulation, temperature regulation and to protect your body as a lubricant against friction, etc.

Water is so valuable to the entire system of the human body that it is wise to use only the Best. Use pure steam distilled water for health and well-being.

I personally did not know anything about distilled water until just a few years ago. My knowledge of it came in a rather odd way. I had been sitting in a wheelchair (and occasionally up on crutches) for approximately nine months--with both arthritis and also from an accident I had been in a few years before when I had received a concussion on my skull. Build-up of a calcification condition from the former fractured area had put pressure on the brain area causing a paralyzed condition on the right side of my body. I had lost my health-food store (the original "The Herb Shop") in Orem, Utah, and was broke, so a friend offered me free rent to open another one in Salt Lake City.

Here was a ridiculous situations "health" doctor opening a health-food store in a wheel chair. The business started to grow slowly and one day as I sat there, a young fellow came in to do business with me and as he left he dropped a copy of "The Choice Is Clear", by Dr. Banik, saying, "I'll bet this will help you!" As I read the booklet through, I was completely sold on distilled water, so called up a company and had some delivered to me. I started using it faithfully and was out of the wheelchair in a very short time. Over the years I had helped patients leave their wheelchairs and had used the same procedure on myself that had cured them. It worked for them but not for me, until I combined my procedure with "pure" water.

In order to keep up my rigid schedule of traveling to well over a hundred cities a year, and to various countries, I see to it that I have steam distilled water available wherever I go. For this I am indeed grateful, to be able to travel continually without the use of a wheelchair, crutches, or canes.

Some of us have to learn the hard way--I hope you are much brighter than I was, to suffer as long as I did before seeing the light.