



ROOT CAUSES. RAPID RESULTS.™

DEEP HEALING AGENT:

Distilled Water

A hand is pouring water from a clear glass pitcher into a clear glass. The background is a light, textured surface.

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WATER FOR THE WIN

Water hydrates, mobilizes and replenishes the body with electrical energy, and assists in all major bodily functions. There's just one small problem - our modern water supply makes this tough to accomplish. Cleaning up your water source is one of the quickest ways to safely and painlessly speed up the detox process and general healing. Implement this strategy and you're well on your way to lower inflammation and increased energy, clarity, and wellbeing.

TAP WATER IS NOT YOUR FRIEND

Most American tap water tested falls between the ranges of 350 parts per million to over 1000 parts per million total contaminants! (Colgan 1993) Over time, this adds a real burden to your body's innate detox processes. It contains dozens of "inorganic metals of concern" (1994 Safe Water Drinking Act), for which maximum contaminant levels have been set that are far too high for optimal functioning. (Tone 1994)

Municipal water treatment plants were also not designed to filter out some of the biggest stressors on our bodies today, including herbicides, pesticides, industrial chemicals, microplastics, fluoride, heavy metals, and antibiotic waste.

Even trace amounts of chemicals and heavy metals in our water can add extra work to our body's daily burden, causing brain fog, decreased energy, inflammation, and disrupting our natural repair processes.

And for the minerals that are in our tap water? They're not in the right format for our body to use.

INORGANIC MINERALS FROM TAP WATER ARE "BAD NEWS."

From Distilled Waters Knowledge: Bill Meisner, Ph.D

Tap water presents a variety of inorganic minerals which our body has difficulty absorbing. Their presence is suspect in a wide array of degenerative diseases, such as hardening of the arteries, arthritis, kidney stones, gallstones, glaucoma, cataracts, hearing loss, emphysema, diabetes, and obesity. What minerals are available, especially in "hard" tap water, are poorly absorbed, or rejected by cellular tissue sites, and, if not evacuated, their presence may cause arterial obstruction, and internal damage. (Dennison 1993, Muehling 1994, Banik 1989)

WANT TO KNOW WHAT'S IN YOUR WATER?

Plug in your zip code here:

ewg.org/tapwater

Remember that those reports won't show the whole story, because it's not yet standard practice to test for antibiotic waste or microplastics, which early studies report are now ubiquitous. Be proactive today to support your health long term.

An important note on Fluoride:

The American Medical Association now admits that this is a potent neurotoxin, and it's hurting you, not helping you. It's lowering your IQ, and studies show that populations with fluoride in the water do not have any lower instance of cavities than populations without it. You don't have to take our word for it. [Check out this recent study](#) that provides an eye-opening look at fluoride and its effects. If you spend any time looking at the actual research instead of reading the news headlines, you won't want this in your body. Or anywhere near your loved ones.

Use this map to find out if you currently live in a fluoride zone, or if you have been exposed in the past:

Fluoride Zones

LET'S TALK WATER FILTERS

If tap water does not support a healthy body, how do you filter it? From cheap to expensive, no filter can completely remove toxins, it can only reduce them.

Cheap water filter pitchers can be just as harmful as they are helpful - while they may filter out some toxicants, they expire and mold quickly, and can acidify your water. Expensive reverse osmosis filters are effective at reducing toxic exposure but not fully eliminating it, and they've been repeatedly proven to mold within 6 months of installation. Exposure to mold is dangerous to your health, and can impair your immune system and your liver's natural ability to detox the body.

DISTILLED WATER IS THE SAFEST SOURCE OF HYDRATION, AND THE MOST EFFECTIVE, TOO.

This is the only method of filtration we've found that can completely remove contaminants from water. There was an old myth about distilled water leaching your body of important minerals, but that has [been debunked](#).

Distilled water actually enhances absorption of bioavailable minerals for optimal metabolic function. (Muehling 1994)

It helps with myriad body processes, and may even assist in destroying cancer cells. ([bladder cancer study](#))



IT'S DIFFICULT TO OVERSTATE JUST HOW MUCH DISTILLED WATER CAN DO FOR YOU

For every client and student that has switched to distilled water, they've seen big gains in mental clarity and processing time, steadier emotions, reduced physical symptoms, and overall health improvements. And yes, weight loss too.

By the way - this is not a new tool for natural health enthusiasts...

I thought if I drank plenty of distilled water I would get rid of some of the salts that were covering my sciatic nerves. I tried drinking it and it worked like a charm. Within a short time my sciatic left me and I have been free of rheumatism from that day to this. I have kept up my drinking of distilled water and I attribute my almost perfect health largely to it.

Alexander Graham Bell

BONUS:

DRINKING DISTILLED WATER SIGNIFICANTLY REDUCES YOUR CRAVINGS FOR BAD STUFF.

Its negatively charged ions are ready to grab the junk floating around in your system. It loves to clean out the stuff your body doesn't want! Once you switch to distilled water, you may begin to notice the emotional relief that accompanies a reduced toxic burden. Water is nature's binder, and in distilled form it's particularly effective.

As you hydrate and reduce your toxic burden, your reactivity reduces, and so does the desire for inflammatory foods.

DISTILLED WATER + BIOAVAILABLE MINERALS = RESILIENCE

You're going to want bioavailable minerals to complement that distilled water - trace minerals to get your body's basic processes up to speed again, as well as replacing those heavy metals that were used in a pinch to cover for the missing good minerals.



ORGANIC MINERALS VS. INORGANIC MINERALS

There are two types of minerals, organic and inorganic. Human physiology has a biological affinity for organic minerals. Most organic minerals for our body functions come from dietary plant foods. A growing plant converts the inorganic minerals from the soils to a useful organic mineral. When an organic mineral (from a plant food) enters the stomach it must attach itself to a specific protein-molecule (chelation) in order to be absorbed, then it gains access to the tissue sites where it is needed. Once a plant mineral is divested within the body, it is utilized as a coenzyme for composing body fluids, forming blood and bone cells, and the maintaining of healthy nerve transmission. (Balch & Balch 1990)

READY TO HYDRATE AND FEEL GREAT? GET STARTED?

1. Toss your cheap water pitcher, it's only acidifying your water and potentially exposing you to mold.

2. Get your own distiller. We prefer the [MegaHome brand](#), because it's easy to clean, cheaper than others, and doesn't easily break.

If this feels like a big purchase, you can buy distilled water to start. Just consider this - distilled water available in the grocery store is often packaged in plastic, and that is less than ideal for detox purposes. Distilled water is negatively charged which makes it "hungry" to bind to toxins, so storing it in plastic is a bad idea.

3. Aim to drink at least half your body weight in ounces of distilled water, per day.

- 32 oz upon waking, and the rest throughout the day.
- If you're thinking about your next meal, check in with your body. Are you hungry, or does your body want more hydration? A healing body craves pure water, don't deprive yours!
- A healing protocol makes hydration an absolute necessity.

4. Remineralize to reenergize, and support full body repair. Choose your minerals with care - most mineral supplements are just ground up rocks, and are not easily absorbed by the body. Only take bioavailable minerals. Introductory minerals with broad support include: [Ormus Earth Minerals](#), [Quinton Isotonic](#), [Rehydrate](#), [Spectralyte](#), [BioCell Salts](#).



ADDITIONAL WATER TIPS:

- Install a good shower filter to limit absorption of chlorine and other chemicals while you shower, such as a filter from [pHPrescription](#).
- Cook with distilled water!
- When taking baths, add simple epsom salts to support detoxification.
- Stay away from poorly filtered bottled water. If you're traveling and don't have access to clean water, look for spring water, ideally in glass bottles. Our preferred water bottle brand is Fiji, because it contains the highest amount of bioavailable silica (a natural binder to heavy metals).
- Carry your own water source in glass or stainless steel - avoid plastic and be cautious with ceramics.

