

# DR. CHRISTOPHER'S Herbal Legacy Newsletter

March 13, 2013

## Revitalized Water -Mishelle Knuteson M.H.

Water is the pillar of life. Human life and health, as well as all other forms of life on the planet, are completely dependent upon water. About 70% of the earth is covered in water and up to 60% of the human body contains water. The brain is composed of 70% water, and the lungs are nearly 90% water. Lean muscle tissue contains about 75% water by weight; body fat contains 10% water and bone has 22% water. About 83% of our blood is water, which helps digest our food, transport waste, and control body temperature. Each day humans must replace at least 2.5 quarts of water, some through drinking and the rest taken by the body from the foods we eat.

Beyond life giving effects, water also acts as a solvent, transporter and cleanser. All metabolic functions as well as extraction of toxins through the kidneys, the colon, the skin and the lungs rely on water. Within a 24 hour time period, about 370 gallons of blood flows through our brain and about 530 gallons of blood passes through our kidneys and liver. The human body discharges at least ½ a gallon of fluid a day. This perpetual loss of liquid must be replenished.



The amount of water the body contains and the need for replenishing is dependent upon body weight and the amount of fat a person carries. Most reports you read will say to replenish the body with 1/2 ounce of water per pound of bodyweight per day. Dr. Christopher understood the vital life force that water brings to the body. As mentioned previously, water dissolves, transports and cleanses. It also hydrates all organs, tissues and cells within the body so they can function optimally. For this purpose Dr. Christopher recommended drinking 1 ounce of pure water (distilled; nature's form of filtration) per pound of bodyweight per day.

We have callers at the School of Natural Healing worried that distilled water is dead (bad) water. That could not be further from the truth. Distilled water is pure H<sub>2</sub>O.

Distilled water is hungry water, which means that it will flush out *inorganic* minerals that the body has taken in and is unable to assimilate. This is a good thing. We do not want anything in the body that the body cannot use. If inorganic minerals are left hanging around in the body, they will cause constipation of the area which leads to disease.

Distilled water can be revitalized in a way that is completely natural, that will not change the chemical makeup of the H<sub>2</sub>O and does not add any inorganic compounds to the water. A simple, effective and inexpensive way to revitalize your water is by placing a handful of clean quartz crystals into your drinking water. The water will absorb the energetic vibrations of the crystals and act as a healing aid similar in theory to that of homeopathic remedies or Bach flowers. To get more information on how to revitalize your water with crystals [click here](#).

Our bodies have amazing self- healing powers. They have the ability to fully regenerate themselves. Drinking lots of pure water is one of the key components to enable our bodies to do its job.

***Mishelle Knuteson*** is certified in *Rapid Eye Technology (RET)* an emotional release therapy, teaches classes in *The Art of Feminine Presence* and a *Master Herbalist* ~ graduate of *The School of Natural Healing*. Mishelle currently works as an *Educative Master Herbalist (MH)* for *The School of Natural Healing* and as *Office Manager of Christopher Publications*.