

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Water Part II

by Mishelle Knuteson, MH



We get calls in the office almost daily about water, the alkaline water systems, and wanting to know the school's advice on water. I hope the article last week about the 9 different types of water enlightened you a bit on the issue. At the School of Natural Healing we use PURE H₂O. Nothing added, deleted or changed in the chemical composition. The creator knew what he was doing when he put that formula together.

How do we get PURE H₂O? From the book The Choice is Clear, Dr. Allen E. Banik states, "Distilled water is water which has been turned into vapor, so that virtually all its impurities are left behind. Then, by condensing, it is turned back into 'pure' water. Distillation is the single most effective method of water purification. It is God's water for the human race. In a manner of speaking, distillation is nature's way."

The common misconception that many people have about distilled water is that it leaches all the minerals from the body. We are even taught in the Master Herbalist course that distilled water is a "hungry water." Here is what Dr. Banik had to say about that, "The startling fact to remember is that water attracts chiefly *inorganic* minerals. Organic minerals stay in the tissues, where they belong. The *only* minerals the body can utilize are the *organic* minerals. All the others are foreign minerals and must be disposed of or eliminated." Thus the need for "hungry" water.

Pure water is so important in aiding good and vibrant health. The functions of water in the body (as we learn in level 200 in the Master Herbalist course) are as a lubricant, solvent, transportant, coolant and dispersant. It helps us digest food, maintain proper body temperature, moistens our lungs so that we can breathe and helps the trillions of cells in the body to function. Water is the primary ingredient in all the fluids in our body and it helps hydrate the lymph system so that it can function properly, carrying away toxins and contaminants from the body.

When drinking or storing water, pay attention to the type of container you use. The media is currently giving a lot of attention to Bisphenol A (BPA). This is a chemical found in plastic bottles that can leach into the liquid and cause a variety of severe health problems. Recycling code # 7 on plastic (usually found on the bottom of the container) contains BPA. If the recycling code on your bottle is #2 (HDPE - high density polyethylene), or #4 (LDPE - low density polyethylene), or #5 (PP - polypropylene), your bottle is safe. The type of plastic bottle in which water is usually sold is #1, and is only recommended for one time use. Do not refill it. BPA-free containers are safe to use as a water bottle, although stainless steel reusable water bottles are the best option. They don't allow harmful chemicals to leach into the drinking water.

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

To learn more about water, pick up your copy of The Choice is Clear by Dr. Allen Banik or read the article, "Why Distilled Water" by Dr. John R. Christopher in our new edition of the 3-Day Cleansing Program booklet.

If you are interested in purchasing a distiller, two companies we know that are reputable are H2Only Distillers (800-4H2ONLY or visit <http://www.imh2o.com/>) and Wholesale Water Distillers, (<http://wholesalewaterdistillers.com>).

© Copyright 2010 Herbal Legacy. All rights reserved. No reposting or reproduction of any kind without written consent is allowed.

Purchase Dr. Banik's booklet, The Choice is Clear, here:

http://www.christopherpublications.com/Banik_Choice_Clear.html

Purchase the new edition of the 3-Day Cleansing Program booklet here:

http://www.christopherpublications.com/3Day_Cleanse.html