

Why Is Clean Water So Important To Us?

Bill Cooper

Have you ever questioned *our* relationship to water? What if I told you the ratio of water to rocks, dirt, earth, minerals, etc. in the world and the ratio of water to bones, muscle, tissue, etc. in the body were almost identical. Is this a coincidence? Is it also a coincidence that the salinity of our extracellular fluids is also approximately the same as the salinity of the water in the ocean?

H₂O, three simple atoms have the ability to determine the quality of our life on this planet. It doesn't matter what your social status, the color of your skin, or what your convictions are concerning political association, religious beliefs, or ambitions.

So why do we, as a society today, shun drinking water? Could it be the fact that the water most of us have available taste terrible and the advertisers, who have mastered their art in convincing us their products are actually better for us, are able to get us to drink their junk? Here is what really bothers me...

The people who are suffering the most for this atrocity, are our children simply because they don't know any better. A recent report showed some young children in High School are drinking an average of six or seven cans of soda a day. And they are encouraged by their school to drink more because of the pay-off for the school.

Sixty to seventy per cent of our body weight is water. By weight, our heart, brain, and muscles are approximately 75% water. Our blood and kidneys are 83% water. Our bones are 22% water. Most chronic illness (poor digestion, low back pain, constipation, etc.) is often times related to chronic dehydration (lack of water) in the body.

We lose approximately **2-3 quarts** of water every 24 hours through our lungs, kidneys, bowels, and skin. Given this fact, drinking a gallon of water a day may not be excessive for some of us. It really depends on your body weight (drink one-half ounce of water per pound of body weight per day, if overweight, add ten percent more).

As you look at this graphic, I invite you to consider the importance of the cleanliness of the water you drink. Is it possible to have a healthy body if you are ingesting contaminated water?

All clean water contains 1 part hydrogen and 2 parts oxygen. Oxygen has the ability to combine with almost every element, mineral, or chemical on the planet (for a list of the oxides that may form in your drinking water, please request a copy of: ***“How Safe Is Hydrogen Peroxide To Use In The Home?”***). This means that water can contain any number of contaminates and none of them will be visible to the human eye.

The amount of contaminants in the water today is higher than ever before in the history of mankind. We cannot destroy water; however we have done a pretty good job of getting it to a point where it is not fit to drink. Yes, we can clean water by distilling it. Distilling water that has been process through a Municipal Water Supply first (this help to remove almost all of the inorganic minerals and chemicals that may be present in the water) is the most effective way I know of to restore water to a state of cleanliness.

We use and recommend the Water Wise, Model 9000 for this purpose. This is the same distiller that is used by science labs, medical offices, missionaries, and ever the Peace Corps to “brew” pure, safe, clean water. It is entirely portable (if you want clean water when you visit countries outside the United States, this is the unit to bring with you. [220 volt models are available for use in Europe] and it is used by Dr. David Williams in his travels.

Here is an experiment you can do to show the importance of water; choose your favorite plant in your home and nourish it with your favorite drink (other than water) for a few days – see what happens to your plant.

I had a fifth grader do this and as a result of the experiment, he quit drinking soda pop. His favorite plant died in three days.

Thank you for your interest in good health...

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References;
Water - The Ultimate Cure by *Steve Meyerowitz*
The Choice Is Clear by *Dr. Allen E. Banik*

The information contained herein is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changes in your diet, supplements or exercise program.

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