

Purified Water and its Dangers

By

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Water cures, but purified water is a detriment to the health of anyone who consumes it. Purified water is produced by *deionization*, *distillation* or *reverse osmosis* and should not be consumed for three reasons. It acidifies the body, leaches minerals from the body and the large size and shape of its water molecule clusters do not hydrate the body well. In fact, long-term use of purified water can leave us dehydrated.

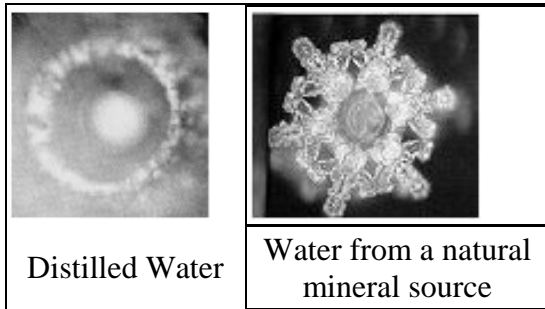
Purified water should be used in humidifiers, fountains, autoclaves and fish tanks. It is used in many industries, but it should not be consumed.

Purified water has had all the minerals removed from it, which is a substance that cannot be found in nature. When we drink purified water, we are consuming a pure chemical substance, H₂O. Pure chemical substances of any kind are not found in nature collected together, but instead are always mixed with other substances. Because of its extreme purity, purified water absorbs carbon dioxide from the air, which makes it acidic and even more aggressive at dissolving the alkaline substances it comes in contact with. The pH of purified water is much more acid than the body should be. It contains little or no dissolved oxygen and therefore is considered dead water unless it is re-oxygenated.

Purified water enters the body pure, but does not come out pure. It leaches vital minerals from the body, turning it more acidic. Purified water that has been ionized should also be avoided. Even though ionization does increase purified water's hydration properties, the trade off is not worth it because it still steals vital minerals from the body due to its acidity and absolute purity.

Ionization will change the pH of purified water temporarily even though there are no minerals in the water and almost no conductivity. Without conductivity, the change in pH of purified water will be short-lived compared to water that contains minerals because they act as a conductor. The ionization process steals electrons from one water molecule and donates it to another water molecule causing a change in the water's pH value. Since the ionization of purified water is weak, the water quickly reverts to its original condition since there is nothing to hold, or bond, the extra electrons in place, thus they immediately dissipate.

Dr. Masaru Emotoⁱ, a Japanese researcher, demonstrated that water which had been distilled, polluted or passed through the body after consumption had lost its structure or *inner order*. Destruction of this natural crystalline structure renders purified water useless to the body. It has been changed beyond its innate composition and structure the same way cooking foods changes their natural chemical structure. Heat destroys the energy of raw foods by destroying its enzymes.



Purified water proponents insist that rain water is identical to purified water because rain is condensed from clouds which are accumulated air moisture. Rain water, however, has a crystalline structure when frozen called snow, demonstrating that it is completely different from purified water which has no crystalline structure when frozen because there are no minerals for the water molecules to form crystals around. The fact that

purified water has no crystalline structure when frozen speaks volumes about the characteristics of purified water because it demonstrates that it has no frequency or vibration the way all things naturally have. This micro-vibration is imperceptible to us, but it is everywhere.

The size and shape of purified water molecule clusters is substantially different from conventional water, rain water or *Ionized Water*. Water has been shown to have a “memory,” meaning that even if it is substantially changed it will eventually revert to its original shape and vibration frequency. However, if water is completely stripped of its minerals and oxygen, it is dead and this “memory”, or former structure, is lost. This same scenario also occurs when water is mixed with toxic pollutants such as chemicals or radiation.

The water found in plants is similar to distilled water in its purity. However, unlike purified water it has smaller water molecule clusters. And when we consume a plant such as a carrot, we do not only consume the water, but the whole plant as well, thus the water is buffered by the alkaline nature of minerals and enzymes contained in the plant. But to extract that water and consume it without neutralizing its purity and acidic nature, our body becomes the buffering agent and alkaline minerals are leached from it.

The list of purified water proponents who are raw foodists and other naturalists is long. Dr. Norman W. Walker,ⁱⁱ for instance, was a strong proponent of purified water, as was Paul Bragg.ⁱⁱⁱ I am one of the few naturalists who strongly opposes the consumption of purified water, but I am not entirely alone.

"The longer one drinks purified water, the more likely the development of mineral deficiencies and an acid state. Disease and early death is more likely to be seen with the long term drinking of purified water."^{iv} Since it has been transformed into an unadulterated chemical substance (H₂O), purified water naturally seeks to balance or mollify its extremely pure, acid condition with an alkaline buffer. Removing minerals from water makes it hungry for anything that is not like itself. All things in nature strive to balance themselves. What is immediately available to purified water when it is consumed are the alkaline minerals and other alkaline material of the body. Thus they are absorbed by the pure water and carried away with it as it leaves the body. It is the extreme characteristics of purified water that encourages this leaching of minerals from the body. Purified water also leaches plastic from the bottles it is contained in, which makes drinking purified water worse when consumed from a plastic container.

"Fasting using distilled water can be dangerous because of the rapid loss of electrolytes (sodium, potassium, chloride) and trace minerals like magnesium, deficiencies of which can

cause heart beat irregularities and high blood pressure. Cooking foods in distilled water pulls the minerals out of them and lowers their nutrient value.”^v

One person’s black hair turned gray after only two weeks on a distilled-water fast because copper, which is used to form hair pigment, was leached from his body. Years later, his hair still had not fully regained its color and was left 60% more gray than before the distilled water fast. His planned six week fast had to be cut short to two weeks when he began experiencing trembling and short-term memory loss because of electrolyte depletion. While purified water can remove toxins, it will also take with it vital minerals and other elements important to the body, which can promote osteoporosis, osteoarthritis and a host of other diseases since minerals are used in virtually every metabolic process of the body.

Reverse osmosis water is promoted by most health food stores, which is one of the reasons it continues to be touted as the water of choice amongst those who strive to be healthy. Since it has become the “sanctioned water” of most health food stores, convincing people that it is bad for them is made evermore difficult because it flies in the face of an established precept of the monolithic, lockstep natural health industry.

Unfortunately, most water available in convenience stores and vending machines is purified, primarily because the soft drink industry controls so much of the distribution and vending machine territories. Since soft drinks are made with purified water, it is easy for them to bottle and sell what they already produce. To them, water is simply another product in their beverage line, thus no consideration is given to whether it is worthy to consume.

Many will argue that taking mineral supplements can compensate for the theft of minerals due to the consumption of purified water. If you include unprocessed sea salt, spirulina and chlorella, sea vegetables and a large variety of other *raw foods* in your diet, there may be a chance there would be a sufficient amount of minerals and electrolytes in them to replace those that are stolen. But trying to replace them with mineral supplements is nearly impossible, regardless of whether they are angstrom-size or chelated for better absorption. Minerals are most easily absorbed by the body when they come from whole raw foods because they are ionic.

“There is a correlation between purified water and how it steals calcium from the body. [As this happens] the body begins to cannibalize itself to meet the calcium requirements of the body. Chronic digestive problems such as gas and diarrhea are common amongst purified water drinkers. As the consumption of soft water (distilled water is extremely soft) increases, the incidence of cardiovascular disease also increases. Cells, tissues and organs do not like to be dipped in acid and will do anything to buffer this acidity including the removal of minerals from the skeleton and the manufacture of bicarbonate in the blood.”^{vi}

Naturalist Paavo Airola^{vii} also warned about the dangers of purified water. Purified water is dead, meaning that it is void of oxygen and has a positive ORP. We should strive to consume substances that have a negative charge, or ORP, such as *Ionized Water* and raw foods.

“The longer one drinks distilled water, the more likely the development of mineral deficiencies and an acid state. I have done well over 3000 mineral evaluations using a

combination of blood, urine and hair tests in my practice. Almost without exception, people who consume distilled water exclusively, eventually develop multiple mineral deficiencies.”^{viii}

Proponents of purified water state that the inorganic minerals found in conventional water collect in our veins over time and become like cement, which is an absurd and entirely unsupported notion, scientifically or otherwise. They claim that consuming any water with minerals in it will eventually turn a person into a “stone statue.” This claim is a complete myth. Autopsies of elderly people who have consumed water with a high mineral content all their lives have shown no indication whatsoever of cementing in their veins. No one has ever turned into a stone statue, even people who have lived over one hundred years. The deposits that have been found in veins are composed of hardened plaque, cholesterol and nannobacteria, which deposit a calcium shell in order to disguise themselves from bodily defenses that would otherwise destroy them.^{ix}

“Those who supplement their distilled water intake with trace minerals are not as deficient but still not as adequately nourished in minerals as their non-distilled water drinking counterparts even after several years of mineral supplementation.”^x

Proponents of purified water also claim that the amount of minerals in conventional water is minuscule, about what is found in a slice of orange per eight ounce glass of water. This is true, but misses the point entirely. The amount of minerals found in conventional water is irrelevant. They are in the water to provide better hydration and a crucial buffer that prevents minerals from being leached from the body. Conventional water also does not acidify the body because it contains minerals, although they will not be absorbed by the body because they are inorganic.^{xi}

Purified Water can be used to detoxify the body on a short-term basis, one or two days at the most. It can leach toxins out of the body quite efficiently, but does so in a completely different way than *Ionized Water*, which is safer and more effective than purified water. I have never done a purified water purge or fast, nor do I recommend them.

“Avoid distilled water as it has the wrong ionization, pH, polarization and oxidation potentials. It will also drain your body of minerals.”^{xii}

The hydration properties of purified water are extremely poor. People who drink as much as one gallon of distilled water per day for years can find themselves dehydrated because purified water does not sufficiently hydrate the body and its cells. One of my customers was informed by his doctor that tests had confirmed he was severely dehydrated even though he'd been consuming a gallon of distilled water each day for over ten years. The structure of a purified water molecule cluster is five-sided or pentagonal, and the angle at which the molecules come together, called the *bond angle*, is extremely large (104 degrees), thus forming a water molecule cluster that is also quite large. The larger the *bond angle* of the water molecule cluster, the less hydrating the water is. These large water molecule clusters do not have the ability to penetrate body tissue or its cells efficiently. This is why purified water does not hydrate the body well and can even leave it dehydrated.

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- ⁱ Author of The Secret Life of Water and The Hidden Messages in Water. He is head of the I.H.M.General Research Institute Inc., the President of I.H.M.Inc.and the chief representative of I.H.M.'s HADO Fellowship.
- ⁱⁱ One of the world's foremost leading nutritionists, Norman Walker, PhD, wrote a number of books on juicing, nutrition and health that are still being printed and sought after. Around the age of 50, Dr. Walker developed severe cirrhosis (hardening) of the liver and nearly died. That led him to a diet of mainly salads, fruits, and vegetable and fruit juices. He died at age 118.
- ⁱⁱⁱ Paul Bragg, Naturalist and health pioneer. Died at age 100 in an accident.
- ^{iv} Your Body's many Cries for Water, F. Batmanghelidj, M.D.
- ^v Ibid.
- ^{vi} "Early Death Comes From Drinking Distilled Water," Zoltan P. Rona MD MSc.
- ^{vii} Paavo Airola, Ph.D., N.D. Internationally recognized nutritionist, naturopathic physician, award-winning author, and renowned lecturer. Regarded by many as a world-leading authority on holistic medicine and nutrition.
- ^{viii} "Early Death Comes From Drinking Distilled Water", Zoltan P. Rona MD MSc.
- ^{ix} Nannobacteria are approximately one-tenth the diameter of ordinary of bacteria. They are 30-100 nanometers (nm - billionths of a meter). They excrete calcium and are able to hide inside their own shell, safe from bodily defenses that recognize them as simple calcium in the bloodstream.
- ^x "Early Death Comes From Drinking Distilled Water," Zoltan P. Rona MD MSc.
- ^{xi} Minerals contained in raw fruits and vegetables are ionic, meaning they have a negative charge, which makes them absorbable by the body. Once a food is cooked or processed, the charge is lost. Ionization provides minerals with a charge so they can be more easily absorbed by the body.
- ^{xii} "The Real Cost Of Bottled Water", Dr. Joseph Mercola, MD. 2006. www.mercola.com