

## THE CHOICE IS CLEAR

by Dr. Allen E. Banik

The amazing discovery I am about to unfold to you had its beginning some 40 years ago. Just why I did not receive the impact then I will never know. A few short months ago the truth finally revealed itself to me. At first I found it difficult to comprehend, but little by little the facts began to blend until I saw it all in its entirety, and The Choice Was Clear.

### Only One Possible Cause For All Aging Diseases?

Imagine one common possible cause for nearly all diseases! Can it be that arthritis, kidney stones, gall stones, arteriosclerosis (hardening of the arteries), enlarged hearts, emphysema, obesity, constipation, cataracts, glaucoma, diabetes, all stem from one common cause? Unbelievable! But possibly very true!

### Can This Be True?

We all use it every day—from the baby's first cry to the old man's last breath. Water! The one element you need the most and suspect the least. If this shocks you, do not be surprised, as millions of Americans are still unaware of this "aging process," and indulge in it freely. Multitudes suffer from all the above diseases, and unknowingly contribute to this cause daily. Somehow the shots, pills, vitamin capsules and balanced diets add only brief spurts to wellbeing.

The arthritis can get a little worse, the arteries a little harder, the gall stones and kidney stones a little larger, the eyes a little dimmer, the hearing more complex, sugar starts to appear in the urine, digestion slows down, constipation calls for stronger laxatives—and waist lines get a little larger. It's a never-ending cycle of feeling just a little worse than the day before.

### There Is Hope Ahead

Let me cheer you up—there is good news in store for you! Happy years are now ahead of you! Far into your nineties—even more. Your stiff joints may begin to loosen, arteries become more elastic, blood pressures can become more normal, heart action firmer and more powerful. Your lungs can expand with fresh air—kidney and gall stones can gradually dissolve, never to appear again. That lost appetite can also reappear, and those aggravating stomach pains somehow can vanish.

### Dr. Brown Landone And Captain Diamond Proved It

Let me quote a few authenticated case histories—just to prove what has already taken place in the lives of two famous individuals. One was an associate named Dr. Brown Landone who lived to the splendid age of 98. His patient, a Captain Diamond, lived vigorously to the fantastic age of 120 years.

Dr. Landone had a heart condition at the age of 17. Today it would have meant a heart transplant or other dangerous surgery. His doctor allotted him three months to live at most. His heart chambers and valves were coated with mineral deposits much like his mother's teakettle. Dr. Landone was determined to live. After devising a special treatment (I will go into details later), he returned for his second heart examination two years later. His doctor pronounced his heart perfect. All aglow with life, young Landone enrolled in a medical college and received the degree of Doctor of Neurology. He practiced this profession for 50 years, then turned his talents to writing. His average working day was from 18 to 20 hours. At the age of 98, he could have been mistaken for a man of 50!

### The Amazing Age of Captain Diamond

During Dr. Landone's years in practice, he met Captain Diamond, who was bed-ridden with arthritis and hardening of his arteries at the age of 70.

Dr. Landone suggested his treatment. Five years later he was teaching classes in physical culture. At the age of 103 he walked from Sacramento to New York. At the age of 110 he danced a night with a 16-year-old. He died at the fantastic age of 120!

### The Secret of Longevity

"Water" is what I will be writing about, from the very first page to the last word. I will attempt to show facts about water that will startle you. And from now on, until the day you draw your last breath, you will remember what I have written on these pages.

### AR Water Is Not The Same

There are at least nine different kinds of water. Some kinds can harden your arteries, form gall stones and kidney stones, bring on early senility, and all the diseases I mentioned earlier. Other kinds of water works in reverse. What one type of water carries into the system, the other carries out. Let me classify these nine kinds of water. They are hard water, raw water, boiled water, soft water, rain water, snow water, filtered water, de-ionized water and distilled water. All are kinds of water—but remember this: only one of these nine kinds of water is good for you. Let me describe them briefly.

Hard water is water containing excessive lime salts, that is, carbonates and sulfates of calcium and magnesium. Sodium, iron, copper, silicon, nitrates, chlorides, viruses, bacteria, chemicals, and many other harmful inorganic minerals and chemicals may also be present. Most all the water we drink comes from public water systems or private wells. These are hard waters. Any water that has run through, or over, ground is hard water to some degree. The longer it filters through the soil, the harder it gets and the more harmful it may become for you.

Some cities take water from rivers and lakes or mountain reservoirs. They call it soft water. But soft water from such sources is soft only in comparison to water which is harder. I recall that each year the earth's rivers carry to the sea five billion tons of dissolved minerals and other unnumbered millions of tons of carbon compounds and factory pollutants. "And ocean life is on the decrease," according to Jacques Cousteau.

### A False Type Of Water

There are also the hard waters which are called "mineral waters"—that is, waters from certain mineral springs—well known for their medicinal effects. Practically all kinds of "bottled" water is hard water.

The reason mineral waters have this so-called medicinal effect is because the body tries to throw off the excess minerals which invade it as intruding foreign deposits. Actually, a form of dysentery exists, as the organism tries to eliminate and expel this unusual condition. To subsist on this type of water could be detrimental.

Raw water is water which has not been treated in any way. It may be hard or soft-as hard as lime water, or as soft as rain water. Raw water contains millions of viruses and bacteria, and is densely inhabited in every drop. Chemicals dumped into our rivers may cause cancer, according to the Environmental Protection Agency.

True, properly chlorinated water kills most germs and viruses, but it can also kill the cells in our bodies. The only safe rule to follow individually is to distil drinking water, which will eliminate both chlorine and pathogenic organisms.

### **Boiled Water Is Not The Answer**

Boiled water is advised by some health authorities. Boiling removes none of the inorganic minerals, although it does kill the bacteria in raw water if boiled at least 20 minutes.

But the dead bodies of these germs are carried into the system when the boiled water is used. Such dead materials furnish a fertilized soil for rapid and lusty propagation of germs already in the body. By drinking boiled water one may avoid live disease germs, but still takes on bacterial soil for the growth of other bacteria.

While raw water is an aquarium filled with deadly microorganisms, boiled water is a graveyard of dead germs.

### **The Impurity Of Rain Water**

Rain water, which has been distilled by the heat of the sun, should contain no mineral matter and no germs. But when it falls from the clouds as rain, it falls through air filled with bacteria, dust, smoke, chemicals, mud and minerals. By the time it reaches the earth as rain water it is so saturated with decaying matter, dirt and chemicals that its color becomes a yellowish-white.

If rain water is allowed to stand it becomes filthy because of the rotting animal matter in it. I discuss it only because some "nature faddists" are so ignorant that they advise the use of rain water on the basis that it is "natural."

### **Snow Is Unclean**

Snow water is melted snow. It, too, picks up minerals, chemicals and radioactive fallout such as Strontium 90. Snow is frozen rain. Freezing does not destroy bacteria. Snow looks white and clean but it contains as many germs, minerals and pollutants as rain water. Remember the dirt left from melting snow in the spring? How the dirt of what has melted forms on top of the snow which is not yet melted! Try melting the cleanest snow, then note the filth in the water. Each snowflake contains some form of air pollution.

### **Filtered Water Can Be Dangerous**

Filtered water is water which has passed through a very fine strainer, activated carbon or some other mechanical barrier. The use of filtered water is still rather popular. Some people think that water which has passed through a filter is purified. They believe that the filter keeps the waste substances and disease germs of the water in the filter. While it is true that chlorine, some suspended substances and many synthetic chemicals are removed in the filter by filtering, there is no filter made which can prevent bacteria or viruses from passing through its fine meshes. Each pore of the finest filter is large enough for millions of germs to pass through, even those containing silver!

Moreover, decaying matter collects on the bottom of every filter. This forms an excellent breeding ground for bacteria. After a filter has been used for a few days, the filtered water often contains more disease germs than the water which is put into the filter. Bacteria are multiplied by the millions by the collected wastes at the base of some filters, and washed through with filtered water, according to Dr. Brown Landone.

### **De-ionized Water Can Cause Virus Infections**

Water processed by the de-ionized method effectively removes minerals, and compares to distilled water in this respect. However, it does become a breeding ground for bacteria, pyrogenic matter and viruses. The fault in this system lies in the resin beds which can become notorious breeding grounds. Therefore it is not wise to have this possibility exist in your drinking water.

Furthermore, deionization does not remove synthetic chemicals such as herbicides, pesticides, insecticides or industrial solvents.

### **The Miracle Of All Water-Distilled Water!**

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 to "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 weather of the world is created in the tropics, where half the heat reaching the earth falls on land and water masses. Here heat energy is stored within water vapor through the process of evaporation, nature's distillery. When the jet streams return ocean water to inland areas, they do so without sea salts and minerals, all of which have been left behind.

Nowadays you will hear a lot about reverse osmosis. In this process, water is purified by forcing a portion of the raw water through a semi-permeable membrane. Reverse osmosis removes a high percentage of the dissolved solids as well as other contaminants, and when new the result often approaches the purity of distilled water. The degree of purity in any case varies widely, depending on the types and conditions of the equipment used, much as with filter equipment, and the effectiveness lessens with use. Sometimes drastically!

### **Nature's Natural Distilling Plant**

Distilling water turns it into vapor, and then through condensation, back again into pure water. Rising vapor cannot carry minerals and other dissolved solids-it will not carry disease germs, dead or alive. The secret is that the vapor rises between all the suspended particles and chemicals in the air. When this condensation occurs as falling rain, it picks up airborne pollutants! Not so in a vented distiller where most of them are eliminated.

If pure distilled water is boiled in a teakettle, no calcium or minerals of any kind will collect to coat the inside of the kettle, even though you used the same kettle for ten years.

### **The World's Greatest Secret**

Distilled water then is water of the purest kind. It is odorless, colorless and tasteless. The divine purpose of water is to regulate temperature and to act as a

solvent. In nature, water in evaporation is so fine that your eye cannot perceive it as it is drawn up into the clouds. Then it falls as rain, keeping the earth from being parched and burned.

As a solvent, it dissolves rocks and soil. It figures in the transport of nutrients into plant life. In the human body, water fills similar functions. It regulates the temperature of the body by helping take off extra heat resulting from an intake of some 3,000 calories of food each day. Water keeps the body from burning up. It carries waste products from the body.

### **The Greatest Function Of Distilled Water**

Distilled water acts as a solvent in the body. It dissolves food substances so they can be assimilated and taken into every cell. It dissolves inorganic mineral substances lodged in tissues of the body so that such substances can be eliminated in the process of purifying the body.

Distilled water is the greatest solvent on earth-the only one that can be taken into the body without damage to the tissues. By its continued use, it is possible to dissolve inorganic minerals, acid crystals, and all the other waste products of the body without injuring tissues.

### **Inorganic Mineral Deposits Must Be Removed**

For purification, distilled water is the solvent of choice. After mineral deposits are dissolved, gentle muscular exercise can force the dissolved poisons and wastes from the tissues into the blood so that blood can carry wastes to the excretory organs. Then, these organs can squeeze and pour the wastes out of the body.

Remember that great scientists now not only admit but assert that all old age, and even deathless by accident-is due to waste poisons not washed out of the body. The legendary Dr. Alexis Carrel made heart tissue apparently immortal by regularly washing away the wastes of the cells.

Now you have learned about the nine different types of water. Let me repeat them again so you will never forget them: hard water, soft water, raw water, boiled water, rain water, snow water, filtered water, de-ionized water and distilled water. It is wise to remember these nine different types of water, but there is only one water you must always remember--distilled water! Dr. Paul Bragg, a life-time advocate of distilled water, lived to age 94, the span of life others only lecture about. He and others with track records say this is your lifeline to a long, happy, carefree span of life.

### **Your Secret Enemy At Work**

Hard water then is your greatest enemy. It will destroy every fond hope you have by striking you down when you should be enjoying the fruits of your labors. Crippled joints, repeated surgeries, enlarged hearts, hardened arteries, gall stones, kidney stones, hearing problems, forgetful minds, all draw your activities from the great out-of-doors into creaking rocking chairs, and finally into bed-ridden old people's homes. Why all this, when the body and mind was divinely designed to live forever! Dr. Alexis Carrel proved that! Captain Diamond lived a long merry life.

Let us trace the course of hard water, the cause of our ills. It begins in the clouds. As it falls it collects minerals and poisonous chemicals. It is good water, except for what it picks up as it falls. When it reaches the ground it is divinely designed to do one thing, to pick up minerals. These inorganic minerals are wonderful, but only for plants. As the water picks up minerals, it distributes them evenly to plant life. Plants would never grow if these minerals were not supplied to their roots. Water then acts as a carrier of some minerals, namely anion nutrients. But alas, chemicals have now polluted our pure air. To clean the air, and make' t fit to breathe, nature designed water to absorb these poisons.

### **The Fault Lies In Inorganic Minerals**

We have never realized that these collected minerals from the air and in the ground are all inorganic minerals, which cannot be assimilated by the body unless they are chelated into organic molecules. The only minerals the body can utilize are the organic minerals. All the others are foreign minerals and must be disposed of or eliminated. Herein lies the problem we have never suspected as the possible cause of nearly all our aging diseases.

### **Only Plants Need Inorganic Minerals**

Water, as a carrier of minerals, is fine for the plant. The plant in turn converts the inorganic to organic minerals. Now, our bodies can assimilate them. We have worked this process in reverse. We consume hard water saturated with calcium, magnesium, iron, copper, silicon, not realizing the body is unable to assimilate these nutrients efficiently. So nature tucks them in the joints as arthritis, in the intestinal walls as constipation, and along the arteries, causing them to harden. The kidneys and liver roll up the mineral deposits into little stones until they get too large for the ducts. Sometimes the "filters" of the kidneys become so mineral clogged that kidney transplants become necessary.

### **Heart Conditions Can Result From Mineral Deposits**

Calcium deposits in the heart chambers and valves become so cemented into place with mineral deposits that heart surgery becomes necessary. Calcium deposits in the inner ear cause deafness. Skilled surgeons can now remove these deposits and in many cases restore hearing again. Should these deposits occur on the nerve, then total deafness can result. Since water is a carrier of inorganic minerals, harmful to the body functions, we now wisely remove virtually all trace minerals, chemicals and foreign particles through the process of distillation. Then, and only then, is water odorless, colorless, and tasteless and fit for consumption.

I realize that there have been a few university study results that seem to deny these observations. And it may be possible-in rare circumstances-that water can contain organically complexed minerals that are assimilable. But these are rare situations, especially on our now polluted planet. I am also aware of a study that tends to correlate heart health with hard water areas. Full scrutiny of these data, however, poses more questions than it answers. Not answered at all is how people are to get unpolluted water in the first place.

### **Pure Water Is Your Lifeline**

We have now learned that water is a carrier of inorganic minerals and toxic chemicals of organic synthesis. But through the process of distilling, the water is separated from virtually everything it carries, and is now pure water. As it enters the body, it again picks up mineral deposits accumulated in the joints, artery walls, or wherever such deposits occur, and begins to carry them out. Gall stones and kidney stones get smaller and smaller until they can safely pass through their ducts. Little by little arthritic pains become less as joints become more supple and movable. Arteries gradually become more elastic as blood pressures tend to become more normal. Gradually the outlook on life becomes a little more youthful-ambitions begin to return, while the squeaking rocking chair will give way to the web covered golf clubs.

The startling fact to remember is that water attracts chiefly inorganic minerals. Organic minerals stay in the tissues, where they belong. This is a marvelous feat of Divine Reasoning. We were not born to die—we were born to live! This fact is easily proved. X-rays of the arteries will never show unless there are calcium deposits along the artery walls. Doesn't this prove that we have mineral deposits even along swift moving blood channels?

So hard water carries inert minerals into the body, and distilled water carries them out—it's just as simple as that.

There is then only one way you can purify your body and help to eliminate your chronic aging diseases and that is through the miracle of distilled water. A sludge-filled motor cannot operate smoothly unless the sludge is removed. Neither can a body be supple and ageless unless the joints, arteries, cells and nerve tracts are free of mineral deposits!

### **The Appalling Truth**

The average person drinks about a gallon of water per day. Adding up the cups of coffee, tea, soft drinks, food and water, this gallon isn't too much. Many men drink much more. At a gallon a day, the average person drinks up to 450 glasses of solids during a life span. These same solids are found in your humidifier, and in grandmother's teakettle. Think of it—450 glasses of mineral solids in your system during a lifetime.

What does the body do with these foreign materials? Nature does the very same thing you are now thinking. It tries to eliminate them. Do you recall the water spots on your windows from your water sprinkler? Ever try to remove them? It takes lots of vinegar and lots of rubbing to dissolve the deposits.

This same reaction takes place in our bodies. It begins by putting a thin film along our intestinal walls. As soon as one film is laid, it attracts another film much easier, until it begins to build up and one of the first results is constipation, a plague to millions of people. Other deposits occur where blood flows the slowest, such as in the joints as arthritis and gout, along the arteries as hardening, in the veins as varicose, in the lungs as emphysema. It often coats the crystalline lens of the eyes with a fine film possibly resulting in cataracts.

Glaucoma, the dreaded eye disease, can be another result of hard water. The tiny vessels film up with mineral deposits, which result in a build-up of pressure in the eye. There has never been a known cause for glaucoma. It might be the mineral deposits.

In all my years of experience as a practicing optometrist—all my glaucoma patients drank water with extreme hardness. Distilled water as a possible preventative is still the best long-range program to follow.

### **Heart Attacks Unknown**

Bantu African tribesmen are known to have the cleanest arteries, as well as the most elastic ones. They dig no wells, but catch rain water. Although this water is contaminated with bacteria, it is still almost free of minerals. The air and water pollutions, such as we have here, have not as yet affected them as much. This is a tremendous testimony for mineral-free water. Even the Europeans have far less cholesterol in their arteries than we do. They of course drink more wine than we do. Wine is comprised of distilled water. All water that passes through the roots of plants, converts the inorganic minerals to organic minerals, and distills the water at the same time. When juices contain minerals, they contain them as complexed organic molecules.

### **The True Function Of Cholesterol**

Cholesterol is very important to our system. We get it in certain foods. The largest part originates in saturated fats, and this type can be harmful. The liver also manufactures its own cholesterol. Cholesterol is an oil or lubricant. It keeps the blood oily so the blood can flow easily through the arteries and veins. If it were not for cholesterol, the friction along our artery walls would soon wear them through. Nature is not so stupid. Everything is planned to work. But as inorganic mineral deposits adhere to the artery walls, cholesterol collects, narrowing the diameter of the arteries, risking possible occlusion. The Bantu Africans did not have this problem. The best time to avoid mineral deposits is at an early age. This reasoning is logical.

### **My Personal Experience**

About forty years ago I felt the impact of the effects of drinking hard deep well water. I never gave it much thought until recently, perhaps, because I was not concerned about longevity then. This particular farmer had a most distressing health problem. I doubt that he weighed a hundred pounds. At intervals he would be unable to eat. If he did, he would belch, vomit and double up with pain. I thought each day would be his last. Finally his doctor advised him to leave his farm. Upon arriving in California, a kind neighbor suggested he drink distilled water with several small glasses of wine in between. A month later symptoms vanished and he could eat heartily. Today at the age of 88 he is still hale and hearty, an example of good health. It was the iron and magnesium in his well water that could have spelled an early death for him.

### **I Followed The Same Path**

I still remember how I used to enjoy drinking ice cold water from his deep well, not realizing I was consuming three glasses of solids per year. That I too was a candidate for hardening of the arteries, arthritis, cataracts, gall stones, diabetes, obesity and other aging diseases never crossed my mind.

I then recalled another experience during my teen-age years. I was born and reared in a small South Dakota town. In those days we had a town well to supply our drinking water. It was good cold hard water. (It did a wonderful job in corroding my mother's teakettle.) The city electric plant was located near the well, but I noticed the plant manager drank distilled water. Being curious, I asked him why he drank that filthy water with such good tasting well water nearby. I can still feel the indignation that suddenly swelled up within him. He then softened his words by saying, "Some day when you grow up, you will find out." Somehow this always bothered me. I knew he didn't want to take the time to explain it to a mere kid. All the while I knew he had his reasons. It took me all these years to find out.

The truth of drinking distilled water is not new. It is just that the public has never caught on. Today, many progressive doctors prescribe distilled water for their patients. All the kidney machines operate on the purest distilled water. It is now time to shake our sickly population out of their lethargy and languor. Thousands of American cities have potential health hazards in their drinking water and millions of farm wells should be condemned.

### **The Dark Clouds Are Gathering**

Not only are we concerned about the minerals in our water, but we must also add the deadly nitrates and anthracenes which are seeping into our lakes, rivers and wells. The sewer wastes, and factory pollutions, detergents included, travel upstream underground at the rate of a half mile every six months.

### **Our President Shocked**

Our presidents realize that through pollution we could destroy ourselves within the next few decades. Only through the backing of our government and by spending billions of dollars can we even begin to cope with this insurmountable problem.

What our presidents don't realize is that the first step to take is to purify our drinking water. According to government statistics, 10 parts per million of nitrates in water can kill a newborn baby. This is serious! To put filtering plants in our cities would take millions of dollars. The quickest solution to our drinking water problem would be to distill and bottle water for delivery to our homes.

### **My Personal Problem Solved**

I investigated this product and found distilled water was selling for about fifty cents per gallon a few years ago. It is higher now. I then began a search for a home still. There were many on the market for our laboratories, but the plumbing and the upkeep would be expensive, as well as a cleaning problem. Also most stills were not made for drinking purposes.

As luck would have it, I found an all-electric automatic still which just answered my purpose. The size of the still depends on the number of gallons needed. They are automatic and attractive in appearance, operate on pennies a day, and usually pay for themselves in nine months. It solved my immediate drinking problem for me and my family. I can now enjoy the purest water at its best!

### **We Are Our Own Worst Enemies**

Now I can fight pollution. I can enter government programs raising my voice at town meetings against pollution in the soil, in the air and in the water. Today, the newborn baby doesn't have a chance if there are nitrates in its first bottle of water. Blue babies are the results of nitrates. How many babies are crying today when the hidden cause lies in the water, food, and the air they consume. Any mother would sacrifice her life for that of her child-yet unknowingly, through pollution-she becomes a hazard to her own child.

### **We Must Declare War On Pollution**

The fight to end pollution calls for the combined efforts of every man, woman and child. The farmer must watch the insecticides and the toxic chemicals in his soils. The manufacturer must bottle up his waste products and eliminate deadly monoxide gas. The air must be made free and clean of all harmful particles. Pollutants are serious today-very serious.

Although I have solved my own problems so far as polluted and mineral saturated water is concerned, what about the millions of people in our cities who are unknowingly drinking water saturated with toxic chemicals and inorganic minerals? What about our rural people, who consider deep wells the epitome of good drinking water, not realizing the surgeries and aging diseases that may lie ahead?

### **Water Is Never The Same**

True, our officials inspect and test our city water periodically, but water is never the same at all times, neither are wells in the same locations. Water can vary every day. Sometimes chemicals in water can become excessive; at other times negligible; but at all times the minerals will be there. We are looking for a mineral free and chemical-free water. This is the only kind of water our bodies demand. Only through the process of distillation can we achieve this purity.

### **Water: A Carrier Of Disease**

I recall a Dr. T. R. Van Dellen, who made the statement that even foul water carries the germs of hepatitis. In one ten-year time frame while I practiced in my profession, there were 1,700 cases of hepatitis due to contaminated water. Life is too precious to victimize so many innocent people.

House Beautiful magazine once made this statement: "You may still be able to drink water from your tap, but chances are it's not as pure as it could-and should-be. The pollutants in much of our water include chemicals from industry, such as lethal chlorinates, obnoxious phenols and tannins, plus commercial chemical fertilizers, weed killers, poison pesticides washed into streams by runoff or put into the water by injudicious overspray.

"Radioactive materials may one day be our most serious pollutant. Should atmospheric testing be resumed, this would be a menace. Also present is radioactive cesium-137 and even benzene-5, a known carcinogen.

"What can we do about it? We can improve our own home water supply. Water from our municipal systems has been treated to kill contagion, but still may not be appetizing. It comes from a sewage-polluted river or lake, it may be cloudy. It may be so hard that soap won't lather, but instead forms curds that puts a dirty ring around our bathtubs and turns our white clothes gray. If our water comes from a well, it may have all these faults and more. If you have a well, you may be floating on a sea of sewage.

"Now the day is coming [for many it is already here] when we, too, must face up to the question of whether we want to drink our water as it runs from the tap. Stoppap measures could correct some of its evils. But only some. The real answer lies in our rivers, our lakes and in our soil-and in what we do to protect them against befoulment. If we do nothing, a scourge of major proportion may be our legacy." So wrote David X. Manners.

This will give you some idea of how serious our water problem is! To clean it will take years. The answer lies in what we do now for our own protection. La Vista, Nebraska, had a severe water problem midway during my practicing career. The tap water collected in jars was rust colored and murky. Mrs. Carol Petersen, a local, said: "We had a lot of other neighbors who wanted to come here this morning, but they couldn't because they had to stay home with their children who had diarrhea from drinking the water."

### **Since water is a carrier of minerals and chemicals, let me list some of them found in our water:**

Chlorine, Copper, Sodium, Zinc, Magnesium, Lead, Sulphur, Selenium, Calcium, Cesium, Potassium, Uranium, Bromin, Molybdenum, Carbon, Thorium, Strontium, Cerium, Boron, Silver, Silicon, Vanadium, Fluorine, Lanthanum, Nitrogen, Yttrium, Aluminum, Nicke, I Rubidium, Scandium, Lithium, Mercury, Phosphorus, Gold, Barium, Radium, Iodine, Cadmium, Arsenic, Chrome, Iron, Cobalt, Manganese, Tin

Our bodies need many of the above-mentioned elements, but only in their organic state. They must first pass through the roots of our plants before our bodies can assimilate them. Herein lies the big error. Nature has a tremendous distilling plant. As the vapors rise, all impurities are left behind. Only as the clouds recondense the water does it again pick up the elements left behind. Now it becomes harmful to us, but beneficial to plants. There is a big difference between powdered iron filings and the iron found in plants. It takes no chemist to tell the difference.

### **Why Should We Grow Older?**

The body is designed to feel younger-at any age. To feel one day older has always plagued the thinking of humanity and added worries to everyday living. New wrinkles add up to deeper lines-gray hair begins to crop out-while deaths occur at younger ages. All this need never be. Youth should remain youth-age is just a postponement-it need never come. The government is planning to educate 10,000 additional doctors to take care of the diseases for which we already have the natural cure. Why not attack the water problem, and prevent the host of diseases, without the need of additional doctors-who will die of the same diseases they attempt to cure! There is no need to have a heart so corroded with calcium deposits that surgery becomes necessary.

### **What A Price To Pay**

One morning two patients came to my office. One had a ruptured blood vessel due to hardening of the arteries. He also had polar cataracts. The other patient had a severe nosebleed which resulted in the loss of a pint of blood. When he arrived at the hospital the doctor diagnosed his condition as arteriosclerosis, or hardening of the arteries. Had his nosebleed not relieved his pressure, it could have resulted in a stroke. Both patients lived on a farm, drank water excessively from hard water wells. Is it worth the price?

### **What Lies In Store For Us?**

Could all these aging, crippling diseases have been avoided? What do we have to look forward to? Crippled joints and massive strokes? Do we want medical costs to wipe out our life savings? What lies in store for most of us?

### **The Rewards of Prevention**

Now is the time to shout the truth from our mountain tops. It's time for the press, radio and television to splash this possible secret to longevity on their front pages, through the air and on our television screens. Let every man, woman and child become alerted to one of the greatest discoveries of mankind. Let our medical schools and practitioners turn their attention to prevention. Vital organs are not meant to be removed, but to function! Prevention, not drugs, is the answer to our aging problems.

### **Water Is Deceiving**

What is in a sparkling glass of water may look pure, taste pure, smell pure, but you will still have to drink it at your own risk.

### **Here are pertinent suggestions:**

1. The water must flow from the purest possible source. Adequate safeguards must prevent pollution of this source.
2. Frequent surveys must be made to detect potential health hazards.
3. An enforceable system of rules and regulations must prevent development of health hazards.
4. Proper safeguards must protect water quality from source to house.
5. Only qualified personnel may operate the water supply system.
6. The water source must have enough reserve to meet peak demands.
7. Bacterial monitoring must be continuous.
8. Only specified, scientific tests may determine water quality.
9. Water with bacterial levels above precisely stated limits must be considered unsafe for public consumption.

Consider, for example, Cleveland, which dropped thousands of pounds of nitrates and phosphates into Lake Erie, part of its metabolism. These wastes originated from homes, hotels, laundromats and offices. These wastes included, among other things, phenol, iron, zinc, sulfuric acids, ammonia, and hydrofluoric acid (which incidentally eats through glass). All this created complicated drinking water problems for Cleveland. And for most industrial cities.

### **It's Time To Become Alarmed**

We do not know from day to day just what pollutions may exist in our own water. There is, however, one way to be sure, and that is to distill your own water. You are then sure that you will get the purest water possible.

### **A Twin Cities Problem**

I remember reading about a Coon Rapids, Minnesota, housewife who telephoned the state health department to report that water from her home well had a peculiar "foam" on it. That was the first sign of a problem that later became one of concern to several million people in the Twin Cities area.

The "foam" came from surfactants, the active ingredient in detergents. Surfactants do not occur in nature. Thus, when they are found in an underwater supply, their origin can be traced directly to sewage discharge.

Nitrates become hazardous to formula-fed infants. Boiling water does not make the water safer, it only increases the concentration of the nitrates.

### **Nitrates-A Nebraska Problem**

Nitrates fed to our Nebraska soils-to increase our food supply along the Platte Valley-have become a health hazard to the longest-lived people in the nation. Since the water table is high, nitrates filter into the water supply for drinking purposes. Since 10 parts per million can be fatal to a newborn child, it is time to become concerned. Our luscious valley, with its tall, waving corn, is rapidly becoming a death trap.

Today, mankind has destroyed our soils, our water and our air. The lure for wealth has overshadowed our gift of life. Through our soils we have opened the doorway to hosts of new insects and plant diseases. Through our contaminated waters we are killing our wildlife and our babies in their cribs. The air is unfit to breathe. Life today is not living. It is merely existing. Where will it all end? Is it a problem for one of us, or all of us? "If our soils are sick, our plants are sick. If our plants are sick, our animals are sick and if our animals are sick, we humans become sick," says Paul Brinkman.

### **Behind The Curtain**

Americans during any year eat millions of pounds of beef from cattle that had "cancer eye," or similar tumorous disorders. Thousands of cattle carcasses checked by federal inspectors are held in meat plants until tumorous parts are whittled out. The remainder of the meat is put on the market.

Millions of cattle carcasses are detained briefly in meat plants while parts are cut out because of other diseases and injuries ranging from adhesions to tuberculosis. The rest is just "fine" for consumption.

In the meantime, federal regulations continue to permit meat processors to carve out infected or damaged portions of animals, condemn the cancerous parts of cattle, and sell the rest of the meat on the market.

Since the meat processors do not want to lose their profits, they would much rather feed this cancer-ridden meat to the unsuspecting public as "U.S. Choice."

### **Eco-Agriculture**

I am happy to report that a new form of clean agriculture is gaining a toehold in the United States. It is being called eco-agriculture by the publisher of Acres U.S.A.-a journal layman and farmer alike ought to read-and it relies on scientific principles as well as the practical experience of organic growers.

Science has proved that plants with balanced hormone and enzyme systems provide their own protection against insect and fungal crop destroyers. The seat of this balance is soil fertility, starting with a pH managed by keeping calcium, magnesium, potassium, and sodium in proper equilibrium. The trace minerals also figure since they are keys to proper functioning of plant enzymes.

The full package known as eco-agriculture can and does produce more abundant bins and bushels, and does it while improving nutrient quality in food for animal and human consumption. What a boon to agriculture and to the health of our nation.

The people of Hunza do not use toxic chemicals. They grow from two to three crops per year. There are no insects or diseases. Why not channel our research and educational dollars where they will do some good?

### **The Wheel Of Health**

We live by the law of transformation. Transformation from the soil to the plant-from the plant to the animal or human, then back to the soil again, forming an everlasting cycle of health. The dust of the earth then becomes the cells in our bodies. We live by the law of interdependence. No soul or body is an island by itself. It is a part of something else always. Therefore, we must first consider the soil, which is the mother of us all. We must become concerned about the air above us, from which we cling to the "breath of life." The water around us must be pure and free of all inorganic minerals and chemicals. Every cell in our bodies must be bathed in the purest water. Life is purity. We cannot live by "bread alone." Air, water and sunshine are responsible for life and growth. Each of these gives something to the other.

Paul Brinkman, a former president of Queen Ann School of Cosmetology, so ably expressed himself in these words: "Water cannot be destroyed, but it can be made sick! Man with his additives has defiled the laws of God. You can always expect something unnatural whenever you violate something natural."

Mr. Brinkman became interested in distilled water especially since he was concerned about his diabetic condition. Imagine his surprise when he checked out sugar free. It likewise surprised his doctor. According to any edition of Merck's Manual, the exact cause of diabetes is not known. The cause lies in the inadequate production of insulin by the beta cells of the islets of Langerhans. The cells are alive; it is just that they do not function. My inspiring teacher, Dr. Landone, stated that the mineral deposits enclose the cells with a mineral film so they are unable to function. I am inclined to believe his conclusions because there has to be a cause. Whether distilled water will cure diabetes is not for me to say. It is not within my field to diagnose; however, with the knowledge derived from my study of distilled water, I feel quite emphatic about its merits.

There is much to learn about water. I have merely touched on a few pertinent facts of water in its relations to vibrant health and longevity. The facts I gathered have proved themselves to me. When men can live to the age of 120, I become alert! There has to be some cause. I am convinced that the inorganic minerals and chemicals in water become a hazard to every man, woman and child. The body must be free of sludge to operate efficiently. The eliminating organs cannot expel all the deposits, so nature does the next best thing and tucks them wherever she can. Since water is the greatest solvent known, it becomes the best agent to carry out that which is brought in.

The test is very simple. Place a mirror or glass under a dripping faucet. Let it dry, and observe the water spots. Then place this glass in distilled water. The distilled water will dissolve the water spots. This is what the whole story is about-this is the cause of all our aging diseases. Dr. Landone cured his heart condition. Captain Diamond cured his arthritis and lived to the splendid age of 120 years. Could distilled water be the answer? If it is, how different living in this world could be. Since we live but one, therefore, should we not live wisely? The choice is clear-it is now up to you, Disease does not exist without cause. It begins where cause begins and persists where cause persists. Chronic disease means chronic provocation. Cure cannot take place until the cause of disease is removed. Symptoms may subside or be palliated and suppressed; a crisis may pass, but disease persists so long as cause is ignored or unrecognized.

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