

INORGANIC MATERIALS IN WATER

So many people think of minerals only as those which come directly from the earth's "inorganic minerals" that I must stress the fact that these minerals, which are so important to the human body, have undergone a change into an organic state. Only plants can assimilate inorganic minerals from the soil. By the process of photosynthesis, plants change inorganic minerals, which are found in water, into organic minerals which can be assimilated by man.

When you buy mineral supplements be sure that they are derived from plants or other organic sources not directly from the earth. You can no more digest inorganic minerals than you can dirt. The minerals that are essential to the body are **organic minerals** only found in fruits and vegetables, vital to cell reproduction and the assimilation and utilization of other food elements and substances. They are present in all body tissues, including your hair.

Dr. Paul Bragg, N.D., Ph.D.

Inorganic minerals from tap water are bad news

Tap water presents a variety of inorganic minerals which our body has difficulty absorbing. Their presence is suspect in a wide array of degenerative diseases, such as hardening of the arteries, arthritis, kidney stones, gall stones, glaucoma, cataracts, hearing loss, emphysema, diabetes, and obesity. What minerals are available, especially in hard tap water, are poorly absorbed, or rejected by cellular tissue sites, and, if not evacuated, their presence may cause arterial obstruction, and internal damage. **William Misner, Ph. D.**