

A LETTER FROM THE FOUNDER OF LE BLEU

Everything You Always Wanted To Know About Water, But You Didn't Know Who To Ask. Jerry W. Smith, CWS-V

Lets first talk about your body and water. Remember your biology classes? One of the most astounding facts we all learned as students is that the human body is approximately 70% water; water which must be replaced every five to ten days! You must have water in order to survive. Water supports every function of your body—every process that transforms the food you eat into blood, bone and muscle. It keeps all your organs, tissue and joints lubricated. It regulates your temperature, dissolves your body's waste products and flushes out toxins. Common sense tells us that the quality of water we drink can drastically affect our health, doesn't it make sense that we should drink the very purest water possible?

Actually, there are only three ways to ensure that you are putting pure water into your body—by eating fresh, organically grown fruits and vegetables, by drinking the freshly extracted juices of organically grown fruits and vegetables, and by drinking pure steam distilled water.

As you look in stores at bottles of water on the shelves, you will notice that some have pictures of beautiful mountain streams, of grand castles, or pristine Alaskan glaciers. Some boast that their water is protected by hundreds of acres of pure virgin forest, or comes from frozen ice caps and deep aquifers. Others claim that their water has healing powers, or offer tales of Kings and Queens drinking their water hundreds of years ago! These inviting pictures and stories lead one to believe that these bottled waters must be pure.

Many bottled waters make claims about the contents of their water, and boast that they are rich in calcium, magnesium, potassium and zinc. The truth is that pure water doesn't contain any of these substances. Pure water is 11% Hydrogen and 89% Oxygen—nothing more, nothing less... just H₂O.

Now, if pure water is just Hydrogen and Oxygen, how do you suppose that these other substances get into the water so many companies are bottling? As you probably know, as water comes from the sky in the form of rain, sleet or snow, it's in its purest form. However atmospheric pollution quickly and quietly can turn this once pure form into a polluted liquid. Pollutants in the air such as sulfur dioxide, carbon monoxide, molds and acid rain enter water as it falls to the earth. Then after the water reaches the earth, it can pick up even more pollutants. This is because water is known as the universal solvent. Rainwater moves through the earth and collects and dissolves almost anything in its path.

Lead, mercury, aluminum, sodium, iron, magnesium, antimony, barium, beryllium, boron, cadmium, copper, calcium, chromium, sulfates, zinc, arsenic, potassium and whatever else it comes in contact with can become dissolved in the water. What was once pure water has picked up a variety of substances and is now laced with inorganics which could be called heavy water or an inorganic mineral water. It is now nothing but pure, 11% Hydrogen, 89% Oxygen—Water.

All of the substances that can be found in water are in an inorganic state which means they have not been processed by any life forms whatsoever. The human body is organic (Living), and so it is most beneficial for our bodies to obtain minerals from organic sources, such as fresh meats, fruits and vegetables. We don't get the recommended amount of iron into our diets by chewing an iron pipe, yet this is the same type of iron we find in tap water if it has iron in it.

Cabbage, carrots, turnips, lettuce and celery are a much better source for iron because they are organic, just like the human body. We don't chew on white rock for our calcium, but it is the same source of calcium in mineral water. Fresh fruits, vegetables and dairy products are much better alternatives, because they are all processed by some animal or plant life making them organic through the process of photosynthesis. Minerals found in water are in an inorganic state and have never been processed by any plant life whatsoever.

Let's say for the sake of argument that inorganic calcium and magnesium in water are good for you. How do you separate the other things that can be found in water that have been scientifically proven to be harmful, like sodium, aluminum, arsenic, lead, mercury, nitrates and manmade pollutants such as pesticides and herbicides? Water can't pick and choose which inorganic minerals or chemicals it will or will not dissolve and absorb. Because it is the universal solvent, water dissolves almost anything it comes in contact with, whether it is good for human consumption or not.

For example, you will notice some labels on bottled waters sold in the US say that their water is rich in calcium and magnesium, but along with these substances they also list nitrates, sulfate and silica in the contents. Why would anyone want to consume these inorganics? It is another proven fact that nitrates can cause birth defects in infants. Infants have no choice but to accept what is provided to them by their mother in all stages of pregnancy. The water that we consume and give our children to consume should be as pure as possible! Why invite risk when it is so simple to avoid it?

If we drink water in its pure form of 11% hydrogen and 89% oxygen, we avoid the risk of ingesting harmful inorganic minerals and chemicals in the water. Our bodies should receive organic minerals and nutrients from the fresh fruits and vegetables that we eat.

Have you ever wondered why the manufacturers of our steam irons, car batteries and humidifiers recommend that only steam distilled water be used in them? This is because some inorganic minerals and chemicals found in many waters are the very culprit that ruin these products. Yet we drink the water we are not even supposed to put in a \$20 steam iron. Do we take better care of a \$20 iron than we do our own bodies? Think about this. If you believe your water is pure, try putting it in your steam iron and watch what happens after continued use.

How does the distillation process work? Distillation is a natural process which is performed by mother nature every day through evaporation and precipitation. Through advanced technology, a means of distillation has been developed called closed fractional distillation which is not susceptible to environmental or manmade pollutants. When we say fractional distillation, this means that within the distillation system we have what are called degassers which remove organic chemicals or what is also called manmade chemicals such as pesticides, herbicides, and organic chemicals such as endrin, lindane, PCBs, etc.

Volatile chemicals such as benzene, dichloromethane, toluene, and trichloroethane all of these manmade organic chemicals and others have a boiling point at 212 degrees. These organic chemicals will boil off and go through the degassers and drain outside the distillation system before water reaches its boiling point at 212 degrees.

During the distillation process, if there is bacteria, viruses, coliform or E. coli in the water, the bacteria is killed and removed from the product water (also referred to as finished water). Distillation is also the surest way to get rid of the deadly culprit called cryptosporidium. Cryptosporidium is a parasite that has oocysts (eggs) that have a rugged shell which make it difficult for chlorine to kill. Cryptosporidium enters the human body through drinking water. Once the oocysts enter the human body, they position themselves in the digestive tract where they hatch and begin to feed off human nutrients. The largest incident of cryptosporidium occurred in Milwaukee's municipal water in 1993. The outbreak is now regarded as the largest outbreak of waterborne disease in the US history. The death toll from that epidemic was greater than the Los Angeles earthquake that occurred later. Estimates from the Center of Disease Control show that as many as 940,000 people become sick each year from microbiologically contaminated water. Distillation through its boiling process is the surest remedy to eliminate such occurrences from happening to you.

Distillation is the oldest purification process known to man and is the only purification process which literally separates the pollutants from the water and discharges them to drain. All other purification processes must use some type of trap or barrier when trying to remove pollutants from water, and as we all know, traps and barriers don't always work.

In capsule form, you might say during the distillation process water is boiled, the steam rises and cold water or an electric fan is used to condense the steam vapors back into pure steam water.

If you go to the hospital and get a saline solution or a mixed formula, the water is just not straight from the tap, spring or a well. The type of water hospitals, laboratories and pharmacies use for this procedure is pure steam distilled water. Why don't they use spring or well water since these companies claim their water is so pure? The reason is because those types of water are not considered pure enough. The World Health Organization stated that 80% of the world's sickness and disease can be traced to unhealthy water. America is the most educated and advanced nation on earth and yet the American people are some of the sickest people on earth. While China is one of the poorest countries, the Chinese are some of the healthiest people and have the longest life expectancy.

Of over 2,100 contaminants detected in US drinking water since 1974, 190 are known or suspected to cause adverse health effects at certain concentration levels. Nearly 2,090 of over 2,100 contaminants are organic chemicals that contaminate drinking water through a variety of pathways, including disinfection by-products, leachate from toxic dumps, gaseous toxic chemical releases from landfills, air pollution, waste water contamination, agricultural pesticide runoff, leaking underground storage tanks and chemical spills. I hope this information has informed you about water and that you will consider helping yourself and start drinking Le Bleu pure steam distilled water. When purchasing any distilled water, make sure it is bottled either in a PETE plastic, polycarbonate plastic or glass bottle. Never purchase pure distilled water in a polyethylene or polyvinylchloride (PVC) container.

Jerry Smith