SAVED TO SERVE

What Shall I Drink?

WHAT SHALL I USE? PURE AND SOFT VS MINERALIZED WATER

WATER: MORE THAN A THIRST QUENCHER

DRINKING WATER AT THE CORRECT TIME MAXIMIZES ITS EFFECTIVENESS ON THE HUMAN BODY

- 2 GLASSES OF WATER AFTER WAKING UP HELPS ACTIVATE INTERNAL ORGANS
- 1 GLASS OF WATER 30 MINUTES BEFORE A MEAL HELPS DIGESTION
- 1 GLASS OF WATER BEFORE TAKING A BATH/SHOWER HELPS LOWER BLOOD PRESSURE
- 1 GLASS OF WATER BEFORE GOING TO BED AVOIDS STROKE OR HEART ATTACK

HOW MUCH WATER TO DRINK?

YOUR BODY WEIGHT DIVIDED BY 2

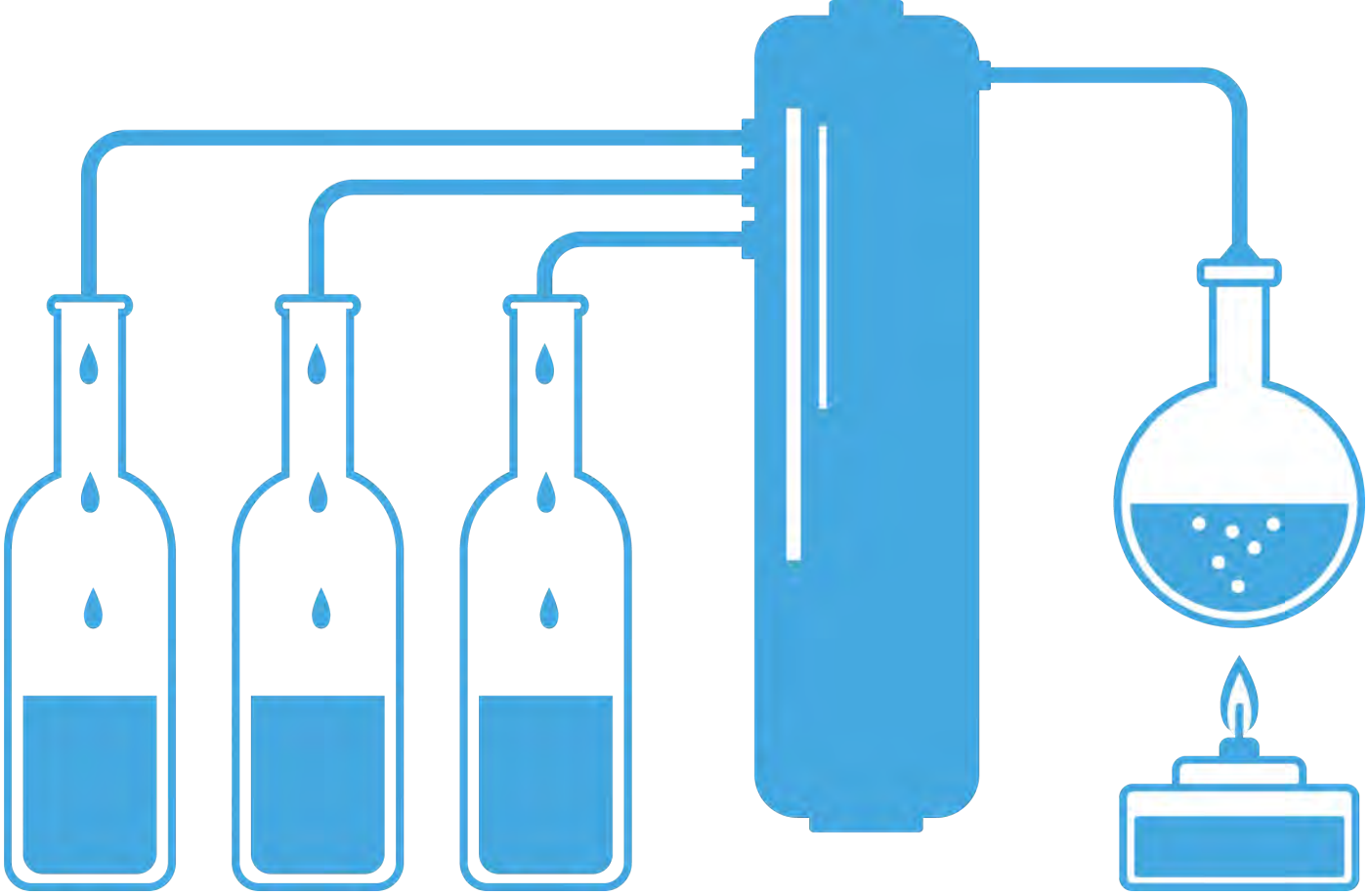
150 ÷ 2 = 75lbs

Drink at least 75 ounces of water daily

WHAT KIND OF WATER SHOULD WE DRINK?

But there went up a mist from the earth, and watered the whole face of the ground.
Genesis 2:6

For he maketh small the drops of water: they pour down rain according to the vapour thereof: Which the clouds do drop and distil upon man abundantly.
Job 36:27, 28



Distillation

DISTILLED WATER IS WATER THAT HAS VIRTUALLY ALL OF ITS IMPURITIES REMOVED THROUGH DISTILLATION. DISTILLATION INVOLVES BOILING THE WATER AND RECONDENSING THE STEAM INTO A CLEAN CONTAINER, LEAVING MOST CONTAMINANTS BEHIND.

The Quality of Water to be Used

WATER: FREE OF MINERALS

"Water, to be of the highest benefit when used either by the healthy or the sick, ***should be pure and soft.*** *By purity I mean freedom from impregnation by* ***mineral substances, or earthly salts****, or the infusion of vegetable matter, either or all of which render it more or less unfit for external or internal application. There never was a greater mistake in the use of an agent whose natural and ordinary effect is to promote human health, than is made by those who are led to believe that water impregnated with earthy and medicinal substances is more beneficial than water which is entirely free from them. Hence the popular belief that to wash the body in medicated water, or to use it as a drink, is superior to the use of pure water, leads to most doleful results. Water, therefore, which is to be used for bathing, or for drinking purposes, should be as free from all substances which do not enter essentially into its composition, as it is possible to obtain it.* ***Hence in addition to its purity it should be soft."*** *{How To Live, 120}*

Negative Results for Using Hard Water, Mineralized Water

WATER: FREE OF MINERALS

Not only is hard water productive in many instances of diseased kidneys, irritation of the bladder, mucous dyspepsia, and scrofulous development, but as I have said before, its effects on the skin are to leave it rough, causing it to put on a dry, scaly appearance, making it to crack *- and its effects on the mucous membrane are even worse, creating an irritation of that texture, serving to introduce dyspeptic conditions, sore throat, nasal catarrh, inactivity of the liver, costiveness, piles, and headache. Persons using it as a daily drink, never mingling it with anything else, would be marked over whole districts of country* ***by habitual constipation, by dry skin, by shrivelled muscle,*** *and are therefore, as if by instinct, led to avoid its use, unless modified by articles such as milk, sugar, tea, coffee, and alcoholic mixtures.*

{How to Live, 121}

Positive Results for Using Pure, Soft, Distilled Water

WATER: FREE OF MINERALS

I have known persons taking hygienic treatment for constipation of the bowels, whom physicians had utterly failed to cure by any hydropathic appliance, and have been compelled to resort to medicines, immediately ***relieved on the use of pure soft water as a drink. But this is only half its value.*** *Its power as a solvent, as well as a tonic, its gentle and invigorating effect on free mucous surfaces, thus indirectly securing the health of all the senses, whose niceties of action depend on the health of the mucous tissue, are evidences of its advantage as a hygienic agent.*

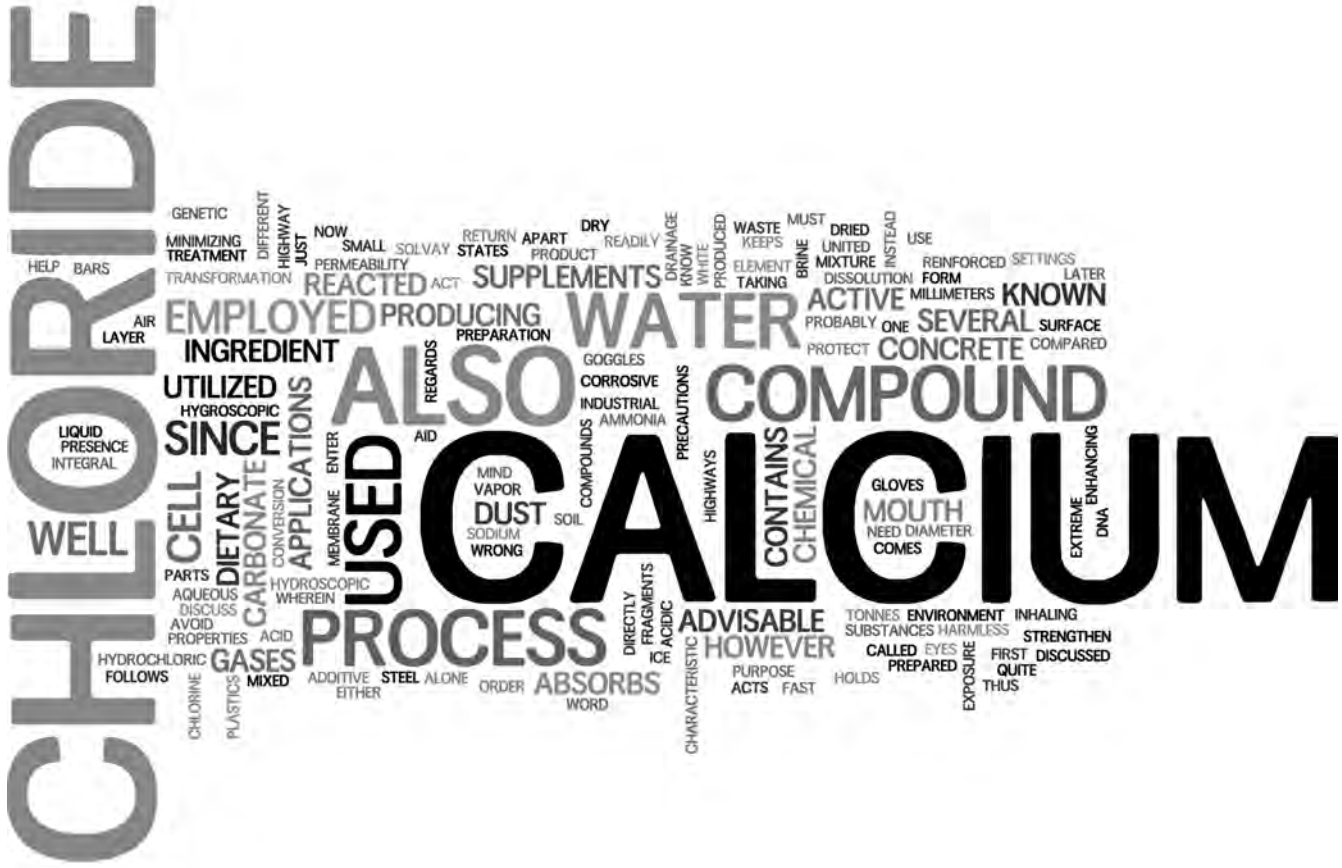
{*How to Live,* 121}

Positive Results for Using Pure, Soft, Distilled Water

WATER: FREE OF MINERALS

Thousands have died for want of pure water and pure air, who might have lived. . . . *These blessings they need in order to become well. If they would become enlightened, and let medicine alone, and accustom themselves to outdoor exercise, and to air in their houses, summer and winter,* ***and use soft water for drinking and bathing purposes, they would be comparatively well and happy instead of dragging out a miserable existence.***

{Counsels on Diet and Foods, 419.4}



Minerals and Salts in Water

Calcium chloride is an ionic compound of calcium and chlorine. It is highly soluble in water and it is deliquescent. **It is a salt that is solid at room temperature**, and it behaves as a typical ionic halide. **It has several common applications such as brine for refrigeration plants, ice and dust control on roads, and in cement.** It can be produced directly from limestone, but large amounts are also produced as a by-product of the Solvay process. Because of its hygroscopic nature, it must be kept in tightly-sealed containers.

URL: http://www.drugbank.ca/drugs/DB01164

Minerals and Salts in Water

Sodium bicarbonate is the chemical compound with the formula NaHCO3. Because it has long been known and is widely used, the salt has many other names including **sodium hydrogencarbonate, sodium bicarb, baking soda, bread soda, cooking soda, bicarb soda, saleratus or bicarbonate of soda**. It is soluble in water. Sodium bicarbonate is a white solid that is **crystalline but often appears as a fine powder**. It has a slight alkaline taste resembling that of sodium carbonate. It is a component of the mineral natron and is found dissolved in many mineral springs. The natural mineral form is known as **nahcolite**. It is also produced artificially.

URL: http://en.wikipedia.org/wiki/Baking_soda

Minerals and Salts in Water

The use of soda or baking powder in breadmaking is harmful and unnecessary. **Soda causes inflammation of the stomach and often poisons the entire system.** Many housewives think that they cannot make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable.

{Counsels on Diet and Foods, 316.2}

Minerals and Salts in Water

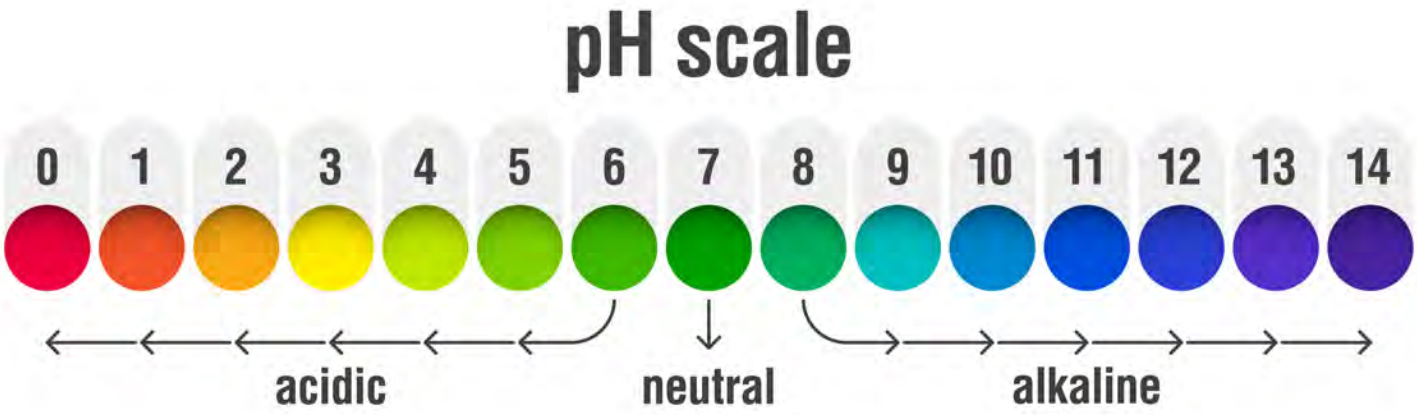
Potassium Chloride: The chemical compound potassium chloride (KCl) is a metal halide composed of potassium and chlorine. In its pure state it is odorless. It has a white or colorless vitreous crystal, with a crystal structure that cleaves easily in three directions. Potassium chloride crystals are either simple cubic or face-centered cubic depending on what atoms are involved. If only potassium or chlorine atoms are considered, then the structured is face-centered cubic. However, both atoms form a crystal with a simple cubic structure: x-ray diffraction analysis will yield a simple cubic structure. Potassium chloride is also commonly known as "Muriate of Potash". Potash varies in color from pink or red to white depending on the mining and recovery process used. White potash, sometimes referred to as soluble potash, is usually higher in analysis and is used primarily for making liquid starter fertilizers. **KCl is used in medicine, scientific applications, food processing and in judicial execution through lethal injection**. It occurs naturally as the mineral sylvite and in combination with sodium chloride as sylvinite.

URL: http://en.wikipedia.org/wiki/Potassium_chloride

Minerals and Salts in Water

Magnesium sulfate (or sulphate) is a chemical compound containing magnesium and sulfate, with the formula $MgSO_4$. It is often encountered as the heptahydrate, $MgSO_4 \cdot 7H_2O$, commonly called **Epsom salts**. Anhydrous **magnesium sulfate is used as a drying agent**. Since the anhydrous form is deliquescent and therefore harder to weigh accurately, the hydrate is often preferred when preparing solutions, for example in medical preparations. Epsom salts have traditionally been used as a component of bath salts.

URL: http://en.wikipedia.org/wiki/Magnesium_sulfate



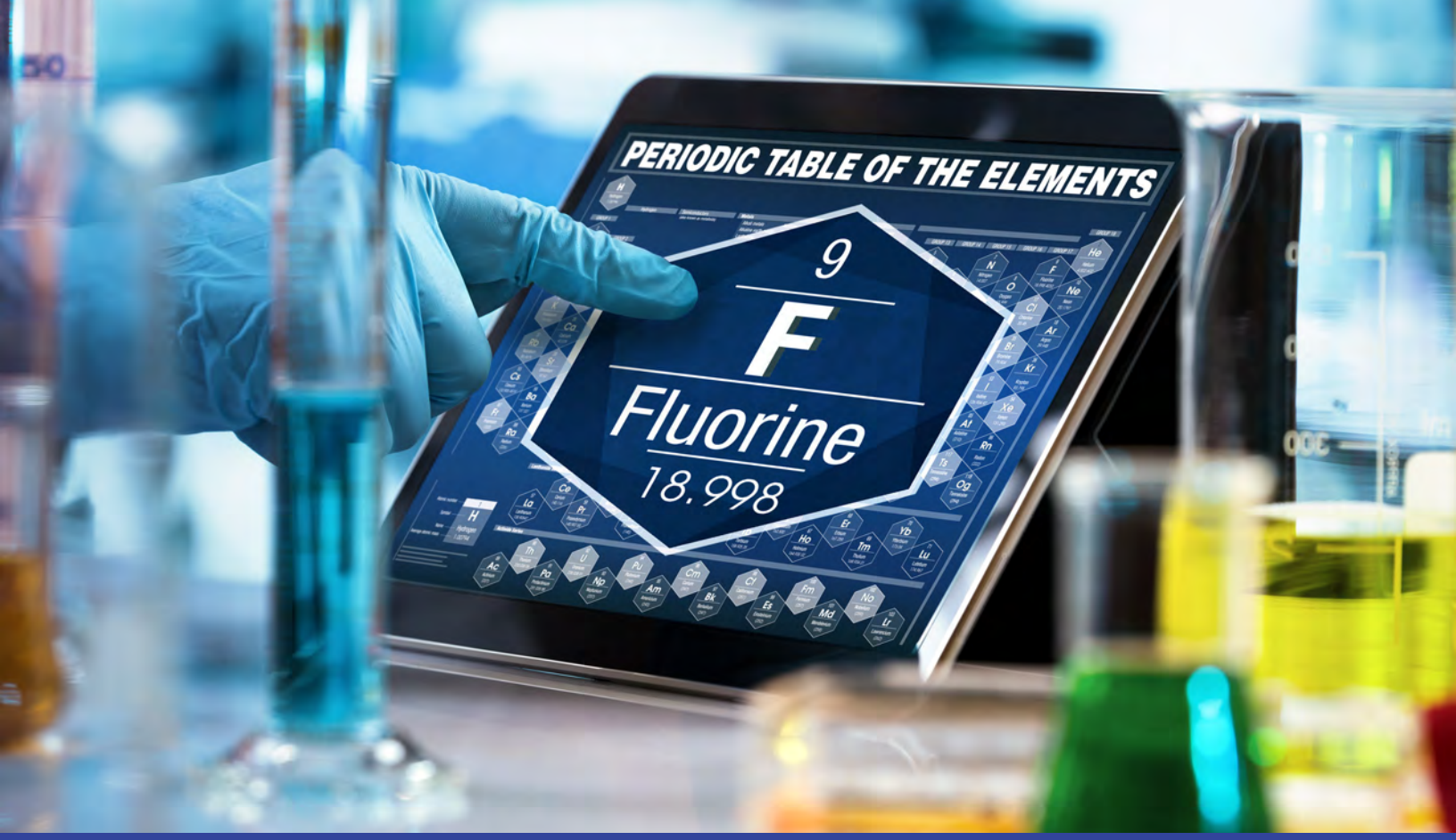
Minerals and Salts in Water

Alkali: In chemistry, an **alkali** (from Arabic: Al-Qaly القالي, القلي) **is a basic, ionic salt** of an alkali metal or alkaline earth metal element. Alkalis are best known for being bases (compounds with pH greater than 7) that dissolve in water. The adjective **alkaline** is commonly used in English as a synonym for base, especially for soluble bases. This broad use of the term is likely because alkalis were the first bases known to obey the Arrhenius definition of a base and are still among the more common bases. Since Brønsted-Lowry acid-base theory, the term alkali in chemistry is normally restricted to those salts containing alkali and alkaline earth metal elements.

Most basic salts are alkali salts, of which common examples are:

- sodium hydroxide (often called "caustic soda")
- potassium hydroxide (commonly called "potash")
- lye (generic term, for either of the previous two, or even for a mixture)
  calcium carbonate (sometimes called "free lime")
- magnesium hydroxide is an example of an atypical alkali: it is a weak base (cannot be detected by phenolphthalein) and it has low solubility in water

URL: http://en.wikipedia.org/wiki/Alkali



Minerals and Salts in Water

Fluorine (IPA: /ˈflʊəriːn, -ɔːriːn/, Latin: fluere, meaning "to flow"), is the chemical element with the symbol **F** and atomic number 9. Atomic fluorine is univalent and is the most chemically reactive and electronegative of all the elements. **In its elementally isolated (pure) form, fluorine is a poisonous, pale, yellowish brown gas**, with chemical formula F2. Like other halogens, molecular fluorine is highly dangerous; it causes severe chemical burns on contact with skin.

Fluorides are compounds that combine fluorine with some positively charged counterpart. **They often consist of crystalline ionic salts. Fluorine compounds with metals are among the most stable of salts.**

URL: http://en.wikipedia.org/wiki/Fluorine

Drinking the Spiritual, Living Water

"Jesus answered and said unto her, Whosoever drinketh of **this water shall thirst again**: But whosoever drinketh of **the water that I shall give him shall never thirst**; but the water that I shall give him shall be in him a well of water springing up into everlasting life. The woman saith unto him, **Sir, give me this water**, that I thirst not, neither come hither to draw."

JOHN 4:13-15

SAVED TO SERVE

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WHAT SHALL I USE? PURE AND SOFT VS MINERALIZED WATER