Dr. Charles Mayo (1865 - 1939) from the Mayo Clinic said

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"Water hardness (inorganic minerals in solution) is the actual cause of many, if not all, diseases that can be traced back to toxins in the intestinal tract. These (hard minerals) originate from the intestinal walls and enter the lymphatic system, which passes all of its products to the blood, which in turn distributes itself to all parts of the body. This is the cause of many human diseases."

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