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The American Dr. Gary Null, Ph. D., is a leading expert in the field of health sciences and nutrition. He is the author of over 70 bestsellers about healthy lifestyles and director of over 100 documentaries about natural health, self-improvement and the environment. Dr. Null is known for his blunt criticism of conventional medicine; in 2009 he spoke out against mandatory swine flu vaccination, he criticizes the fluoridation of drinking water and also the medications favored by conventional medicine for autism in children, and much more. Those who criticize the so-called mainstream health policy and thus endanger pharmaceutical industry profits are usually also criticized by the mainstream press. However, Dr. Null is little bothered by attacks; on the contrary, he also makes himself unpopular with the mineral water industry by repeatedly emphasizing in his radio broadcasts and books the health value of pure water for humans. The successes alone that he achieves with his approach to treating dementia could cause the pharmaceutical industry billions of losses in unsold dementia medications. Dr. Null reports:

"When someone has dementia, I first give them plenty of cold water, all day long, every day. About three weeks later, I see how the dementia dissolves, because the brain has been rehydrated. Unfortunately, the brain shrinks when you are dehydrated. When you drink plenty of pure water, neuronal activity and cell chemistry improve, and you can detoxify the cells with water."

"The water must be pure, free from fluoride, chlorine and chemicals, which is why I recommend distilled water. To achieve optimal health, I recommend drinking half to one full gallon (approximately 2-3.5 L) of water per day," says Dr. Null in his book: "Gary Null's Ultimate Anti-Aging Program", Kensington Publishing Corp. 1999.

On the channel https://t.me/truuinfochannel regular updates are published about the unique importance of water as a solvent and transport medium for the body. Among other things, studies, expert statements and books are cited that demonstrate the importance of pure,

clean and low-mineral water for human health, which, however, do not appear in the "mainstream media" due to conflicts of interest. If this channel has provided you with valuable information that you think could also help others, please forward this message!

It's good.
**to be truu.**