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Dr. Norman Walker, physician and nutritional researcher, as well as numerous other physicians and scientists, advise the population to drink water that is as low in minerals as possible. The vast majority of people on this earth think the exact opposite is healthy, because the mineral water industry has been intensively selling us their contaminated water with the opposite claim for decades.

In his book "Water and Your Health, Chances and Risks," Dr. Walker quotes the Briton Abel Haywood. As long ago as 176 years (1845), Haywood warned the world about the risks posed by minerals with the following words:

"The amount of lime in spring water is so great that the amount absorbed from it daily alone is sufficient to clog the body's pipe system and thereby cause weakness of old age and death, long before we have reached 20 years of age. However, this is prevented by the kidneys and other excretory organs, which excrete most of the waste. However, the organs can only excrete part of the substances. If one assumes, for example, that 10 parts are absorbed daily, then 8 or 9 parts can be excreted and 1 or 2 parts remain somewhere in the body. This process continues day after day, year after year, until the elasticity of childhood is lost and turns into a debilitating stiffness; which is then (mistakenly) called `old age´. Spring water, however clear and transparent it may appear, is nevertheless laden with a considerable amount of solid, clogging substances and is therefore unsuitable or at least not well suited for drinking purposes."

Information about false beliefs such as: "Minerals in drinking water are healthy" and many more valuable tips on the subject of water, you will find regularly on this channel: https://t.me/truuinfochannel

It's good.
to be truu.