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Dr. Raymond Christopher (1909-1983) was a renowned American herbalist and natural health practitioner. His mission was to teach people how to cleanse and nourish their bodies in order to heal and prevent disease. He developed over 50 herbal formulas that are used worldwide and founded the School of Natural Healing in Springville, Utah. He states in his (English-language) book: "Regenerative Diet":

"Water is so valuable for the entire system of the human body that it is wise to use only the BEST. Use pure steam-distilled water for health and well-being."

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It's good.
to be truu.