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Many scientists who are not on the industry's payroll see it differently. They say: "The purer and cleaner the water, the better it can serve the body as a transport for nutrients and waste to and from the cells, regulate temperature, lubricate joints and other tissues, and participate in the biochemical reactions of our body."

It is NOT the dissolved minerals, suspended particles, and other components that perform this function - quite the opposite. We investigate the question:

Why does the myth about "good minerals from water" persist so stubbornly?

It's good.
to be truu.