

# Water & Water Quality

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Although we are taught as a general rule to drink eight (8oz) glasses of water a day, it becomes very important to do AT LEAST this much ... drinking BEFORE, DURING, and AFTER almost any session with a frequency instrument. This cannot be emphasized enough. Consumption of clean water is essential for effective detoxification of the body.

The purpose of this is to flush the body and organ of toxic poisons and debris from the die-off of targeted pathogens as much as possible. It is believed to occur when injured or dead bacteria release their endotoxins into the blood and tissue faster than the body can handle or process it thus provoking a sudden and exaggerated inflammatory response.

The often reported Herxheimer Reaction (more accurately Jarisch-Herxheimer Reaction) is an exacerbation of symptoms due to the overload of the toxins and pathogenic materials that have been released into the body system. This often exhibits itself as slight swelling, headache, slight fever, etc. but can be a good sign of an effective session.

Drinking plenty of good quality water will minimize and can even eliminate the “Herx” side-effect if enough of the toxic debris is flushed out fast and completely enough.

The best water, vital for life, is typically filtered through charcoal, is high in minerals, and is slightly alkaline, 7.5 on the pH scale.

Distilled water and Reverse Osmosis (RO) water are not considered ideal as both lack needed minerals which are removed in the filtering process. Prolonged use of either is not advised without also supplementing trace minerals which would have been removed in the filtering processes. Failure to do this will result in a leaching of those needed minerals from bone and tissues causing serious further deficiencies and malfunction of processes which rely on those minerals.

Drinking distilled water **with trace element supplementation** is actually preferred as distilled water is alleged to have a greater ability to draw and carry toxins, poisons, etc. as is desired in a detox program.



## **DRINK MORE WATER !**

Electro-Therapeutic Approaches to Personal Disease Management and Health Maintenance.

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