

The Book's Conclusion

The Hydration Code · Chapter 10

BOOK

The Hydration Code

CHAPTER

10 of 10

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To conclude this book, it may be defined in summary that the consumption of distilled water represents the most effective way of permanently increasing the cleansing power of the entire organism.

Distilled water is the only liquid that raises the osmotic pressure, and thus the cleansing capacity of the entire bodily system, by this decisive value. This process moreover takes place without burdening the body with new foreign substances.

This makes the pure medium the ideal means for carrying away dissolved substances. Through this relief of the biological barriers, the entire system is relaxed, since cleansing no longer has to struggle against high internal resistance. The gain in osmotic suction acts like a massive physical lever on the entire performance of the kidneys. To understand the scope of this increase, one must consider the enormous dimensions of the kidneys' daily work.

Drinking the purest element “pure”.

The kidneys filter 1,800 litres of blood every day. One should let this enormous number melt on the tongue. An increased dissolving capacity of water means, for the kidneys, a calculated saving of almost two hours. With exactly 108 minutes spread over the day, the kidney regains free capacity, now available to the organism for profound processes of regeneration and the stabilisation of its inner balance. This saving of time is no theoretical gimmick; it means real time of relief for all the tissue.

During this time gained, our organism has to struggle against osmotic resistance with considerably less pressure. Such relief reduces the mechanical wear of the fine filter units and creates valuable capacity for cell regeneration. By drinking distilled water, we provide our body with the mighty element of water in its purest and most perfect form. Its higher osmotic cleansing pressure forms precisely the decisive threshold in our tissue that is needed to activate diffusion in deeper layers and thus to lead our body ever further into a state of true biological freedom.

“*For everything you must do yourself.*”

With distilled water we drink the purest element. We now know that there is no more lasting and more powerful form of water refinement than that through the phase change of distillation. Seen from a higher vantage point, the purity of distilled water represents exactly the principle by which the body works. It is the obtaining of the purest medium for its sacred halls of water. At this final point it should be noted how exotic this kind of hydration still is for most people.

It is anything but a matter of course even to have the opportunity to use, in its purest form, this elixir that science has named the strangest liquid in the world. Above all, given that one is not actually so easily able to obtain this substance, since it cannot be bought anywhere. One can only draw on this power in its highest form by obtaining it oneself. We have, after all, at the latest after reading this book, also taken to heart that alchemical maxim, just as Paracelsus spoke it. “For everything you must do yourself”.

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