

The “most important” criticism of distilled water

The Hydration Code · Chapter 5

BOOK

The Hydration Code

CHAPTER

5 of 10

AUDIO IN GERMAN

15 minutes

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Distilled water never reaches our cells in a state of chemical isolation, for already in the mouth and stomach it inevitably mixes with the body's own secretions. Critics therefore often object that if absolute purity is the decisive feature of distilled water, is it not lost as soon as the water touches the first drop of saliva? The clear answer is no. The chemical isolation of distilled water ends at the tip of the tongue at the latest.

Whoever believes, however, that this mixing renders the water powerless is subject to a fallacy. He confuses the static state, the purity in the glass, with the dynamic capacity, the effect in the body. To understand this, the picture of a dry, completely clean sponge helps. As soon as it takes up the first drop, it is technically no longer pure. Yet it is precisely in this moment that it fulfils its true purpose. It begins to absorb.

A sponge that is already saturated, comparable to mineral-rich water, has already almost exhausted its capacity to absorb. Distilled water, by contrast, is biophysically hungry. The supposed contamination at the moment of drinking is nothing other than the moment of ignition in which the sponge

begins its work. What matters is not that the water remains pure in the body, but that it arrives there with its maximum hunger. To understand why distilled water retains its superior cleansing power despite mixing in the stomach, we must look at the laws of thermodynamics and cell biology.

When the best becomes a burden

Yet before we turn to these biophysical causes in detail, I would like to illustrate how they work by means of a drastic event that I was able to accompany in December 2023. The story of Mario. It shows impressively what happens when the biophysical concept of the empty sponge meets the reality of a massively burdened body. When the best becomes a burden. Mario, a good friend, had undergone serious brain surgery that year.

Radiation and daily cocktails of tablets followed, until the treatment finally led into intensive chemotherapy. At that time he was scarcely recognisable. The massive burden of medication had so overwhelmed his metabolism that he had gained 20 kilograms. His body was completely bloated, marked by severe oedema and utterly at the end of its strength. Among his friends we had almost given up hope. We seriously feared he would lose this fight.

When I saw him I was deeply shaken and looked for a way to support him. When I asked about his drinking habits, he answered with full conviction that he no longer touched tap water. His wife chose only the best from the organic shop for him. Every day he drank three to four litres of a still mineral water that was regarded as particularly valuable because of its especially high mineral content. He did so in the firm belief that he was thereby effectively flushing the residues of the chemotherapy out of his system.

Mario's story is the consequence of five principles of thermodynamics and cell biology.

The medical reality was alarming. Mario's liver and kidney values were already in a life-threatening range. His organism was threatening literally to collapse under the toxic burden. With every sip of the highly mineralised water, which by then he had been drinking for many weeks, he added further inorganic ballast to his exhausted system. This supposedly high-quality water was physically already so saturated that it burdened his metabolism twice over.

On the one hand it forced the body to deal with inorganic minerals it could barely use, and on the other it simply offered hardly any room to take up and effectively eliminate the massive poisons of the chemotherapy and his metabolic waste. I explained the biophysical principles of water to him in detail and advised him to stop the mineral-rich water immediately. After I had shown him how he could distil his tap water himself and handed him the instructions for a 28-day cleansing cure, Mario consistently changed his hydration.

From then on he gave up still mineral water completely and, following my recommendations, drank about two litres of hot distilled water every day. Two months later he left a voice message in our group chat in which, full of relief, he reported on his latest blood test. His liver and kidney values had normalised so radically that the doctors treating him were dumbfounded and seriously asked him whether he had secretly broken off the chemotherapy.

They could not understand how his organ functions could have stabilised to such an extent under the same massive burden of medication. Yet the consistent change in his hydration was the only change Mario had made. He has been well again ever since and continues to distil water for himself and his entire family. Let us now analyse Mario's story scientifically. Let us ask ourselves, what happened after he changed his hydration?

The urge for molecular balance

Mario's improvement in health is the consequence of five principles of thermodynamics and cell biology. The first principle is entropy, the urge for molecular balance. Mario had previously drunk heavily saturated mineral water that was already fully loaded with minerals. It resembled a goods train whose wagons were so heavily filled with stones that there was simply hardly any room left to take up the residues of the chemotherapy. The distilled water, by contrast, entered his organism as a completely empty train.

At the decisive stop in mouth and stomach, the highly pure water did mix with saliva and gastric acid, which immediately leads critics to object that it is no longer pure. Yet that is a fallacy. Biophysically speaking, only the first wagons are loaded with a few substances. The rest of the train with hundreds of wagons remains empty and highly receptive. In thermodynamics this state is called a concentration gradient.

Since the distilled water is still extremely empty compared with the burdened tissue, a tremendous physical pull arises. This urge for molecular balance is an expression of entropy. The water positively hungers to bind substances in order to establish an osmotic equilibrium. Or, as in Mario's case, to load up the stones of the chemotherapy and carry them away. At the molecular level, distilled water retains its hunger for dissolving even when it has already mixed with bodily fluids.

Distilled water is the “most fluid” form of all water because it is the “freest” of all.

Distilled water acts in the organism as a helpful agent. By heading for the burdened tissue, it draws the chemical deposits into its free wagons like a magnet and mobilises them. Through the resulting osmotic pressure, the residues are released from the cells and can finally be channelled out of the body through the kidneys. Here water is far more than a mere drink. It is rather a strategic means of transport which, through its initial emptiness, massively increases the body's powers of self-cleansing.

The drag effect

The distilled water, however, did not only load up the metabolic waste in Mario's organism. It also changed the way this waste flowed through the body. The second principle at work was solvent drag, the effect of being swept along. The highly pure distilled water optimised the flow properties throughout Mario's organism. It acted like a clear, rushing river. This current did not merely flow passively past the cells; it seized the accumulated residues in the tissue mechanically and washed them away with it.

Through this kinetic energy, metabolic waste that had previously been stuck was literally swept along and fed into the process of elimination. In medicine there is a technical term for this process, solvent drag. One can picture this effect as a strong current that takes along everything not firmly anchored. When water seeps through the tiny pores of our vessels and membranes, a pull arises that simply carries dissolved particles piggyback. You should know that distilled water is the most fluid form of all water because it is the freest of all waters.

Since distilled water contains almost no dissolved substances, it is extremely mobile and reactive. In the intercellular space, the area between the cells, distilled water unfolds an entirely new dynamic. It makes blood and lymph more fluid, almost as if a blocked pipe were being flushed under high pressure. It squeezes effortlessly through the narrowest capillaries, captures metabolic end products more effectively and conveys them purposefully to the organs of elimination.

The electrical shield

Through this biophysical mechanism, the water became an active logistics partner for Mario. It ensured that the waste, driven by the entropy mentioned above, was not only loaded up but flushed out of the system with full force. The third principle is the zeta potential, the electrical shield. In Mario's burdened body there existed an invisible but dangerous problem. The residues of the chemotherapy tended to attract one another and to clump together.

Such aggregates act like sand in the gears. They can block the wafer-thin filters of the kidneys, the so-called glomeruli, and cause serious damage. Here the distilled water brought about a decisive biophysical protection. Since it is empty and brings no interfering minerals such as lime or magnesium with it, it can enclose the toxins much more precisely. Every single toxic particle receives a dense, protective sheath of water molecules, called a hydration shell.

One can picture this zeta potential as a strong electrical force field surrounding each individual particle. Since all these particles now carry the same charge, they act like magnets of the same polarity. They repel one another relentlessly. Instead of clumping into rigid clusters, the toxins thus keep a strict safety distance from one another. In physics this stable state of suspension is called the sol state. Everything remains in motion, nothing sinks and nothing encrusts into dangerous deposits such as kidney stones or vascular plaques.

The hydraulic engine

In Mario's organism this high zeta potential ensured permanent electrical repulsion. The toxic burden thus remained finely dispersed in suspension and could glide smoothly, as if on an invisible air cushion, through the tiny channels of the kidneys. The water kept the waste substances at a distance through electrostatic forces and compelled them to remain in the liquid state until they had safely left the body. The fourth principle is the osmotic gradient, the hydraulic engine.

One can picture the distilled water in Mario's body as a hydraulic engine. Since this water is extremely empty, that is, hypotonic, it possesses tremendous physical tension. It presses with all its might to where the concentration of substances is highest, deep in the burdened tissue. Through this osmotic pressure the water is literally forced into the most remote corners of the organism in order to begin its work there. Absolutely every fluid in the body follows an invisible law, that of the osmotic pressure gradient.

Among all waters, distilled water is the hungriest agent. Even after mixing in the stomach, its concentration of dissolved particles remains far lower than that of the surrounding burdened tissue. This enormous difference in concentration creates a genuine physical pull. Like a fresh tidal wave, the water penetrates deep into the cells to even out the chemical imbalance. In doing so it positively flushes stubborn metabolic end products and toxins out of their hiding places, releases them from the tissue and mobilises them for removal via the lymphatic and vascular systems.

A clear path for the enzymes

In Mario's organism the water thus acted not merely as a solvent but, as it were, as a high-pressure cleaner at the cellular level. It helped to reduce burdensome water retention, oedema, by setting the congested flow in motion again. The fifth principle is functional versus dysfunctional load. A clear path for the enzymes. One can picture the enzymes of the liver and kidneys as workers on a conveyor belt. If the water that washes around them is already saturated with lime, nitrates, microplastics and inorganic minerals, the conveyor belts are covered with this waste before the actual work of

detoxification can even begin. Enzymatic cleansing is thereby massively inhibited or, in the worst case, comes to a complete standstill. Then the body begins to poison itself with its own toxic burden.

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