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Review: Dr. Allen E. Banik, *The Choice is Clear*, Metairie, Louisiana, ACRES U.S.A., 1971 (1989 edn.)

Pages: 45

Fascinating Knowledge on the Molecule of Life

An excellent little book on health benefits related to the most important molecule for life, water. Since man is made of 70% it makes good sense to be drinking the purest available.

Surprisingly there are nine kinds: hard, soft, boiled, raw, rain, snow, de-ionised, filtered and distilled. All except distilled could contain harmful chemical pollutants, pathogens and inorganic minerals.

The author, an optometrist Dr. Allen E. Banik, draws from his geriatric studies and experiences of the long-lived and healthy Hunzas of the Himalayas. A key factor in their preventative health is thought to be the pure water source – glacial ice.

While a plethora of curative claims are made for distilled water (e.g. arteriosclerosis, enlarged hearts, emphysema, obesity and diabetes), plausibility seems related to linkage with inorganic material build up in body tissue. Distilled water is harmless, and the only solvent not-injurious to body tissue that acts as a chelator of some of these trapped minerals.

Arteriosclerosis and arthritis are focused on the most. It is said from hard water the average person consumes up to 450 glasses of solids in their lifetime that the body's circulatory system has to deal with.

A chord of common sense should be struck considering whether a superior water source than the Creator's own distillery (the hydraulic cycle) is even possible:

"For he maketh small the drops of water: they pour down rain according to the vapour thereof: Which the clouds do drop *and* distil upon man abundantly." Job 36.27-8

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The author, an optometrist Dr. Allen E. Banik draws from his geriatric studies of the long-lived and healthy Hunzas of the Himalayas. A key factor is though to be their pure water source – melted glacial ice.

While a plethora of curative claims are made for distilled water (e.g. for arteriosclerosis, enlarged hearts, emphysema, obesity (due to fluid retention) and diabetes), plausibility seems related to linkage with inorganic material build up in body tissue. Arteriosclerosis and arthritis seem like good candidates.

Most evaporation happens near the equator-land is cooled as its heat is transferred to water. Distilled water comes from evaporated water falling down and condensing as droplets. As a universal solvent it dissolves rock and soil en route to its reservoir. Plants take up these minerals as nourishment with the water. It s colourless, odourless and tasteless.

In vivo it absorbs heat generated from digestion and carries waste products from the body. It also dissolves inorganic substances lodged in body tissue for transportation out. This water does not damage body tissue!

Inorganic material is posited as an enemy as the body can only utilise organic minerals. An extreme case is given of a circus lady with anklyosis. All feeling in her body was lost due to mineralisation-she had grown up in Hot Springs, Arkansas which has some of the heaviest (calcium carbonated) water in the U.S.

Surprisingly there are nine kinds of water:

Snow: This contains frozen soil as evidenced in melted snow. Freezing also does not remove any pathogens.

Raw: Hard, soft, snow or rain, this is completely untreated. It is never the same, although similar if collected under the same conditions.

Hard: Carbonates and sulphates of calcium and magnesium from the environment are dissolved in water as it travels and is stored in its reservoir. These inorganic chemical can lodge in body tissue and are

claimed to have no health benefits. Minerals are to be metabolised in organic form from food, not water. This water also contains pathogens. As bore-water, this is often erroneously prized by rural people as 'good' water.

Soft: Hard water with lower inorganic concentrations.

Rain: This should be identical to distilled, but for air-borne chemical pollutants and viruses captured as it falls to earth.

Distilled: 100% pure following the same principle as God's hydrologic cycle or 'distilling plant'– vapourised water molecules leaves all inorganic matter and pathogens behind.

Boiled: Inorganic chemicals remain, only pathogens are killed. Fluoride is actually concentrated by this method.

De-ionised: Does not remove synthetic chemicals inc. herbicides, pesticides, insecticides and industrial solvents. Uses resin beds.

Filtered: Seeing each pore is large enough for millions of germs to pass through it is ineffective against pathogens, though pesticides and chlorine is removed. Mechanical barrier Reverse osmosis filtering technique – pushing raw water up through a semi-permeable membrane. Results of this technique vary widely depending upon equipment.

Bottled water could be of any type depending on source and treatment.

The saturated fat cholesterol is an important oil or lubricant produced in the liver. Without it blood flow would wear out arteries. Inorganic calcium deposits adhere to arterial walls forming scale[2], causing blockages of these arteries(arteriosclerosis). This condition is rarer where wine consumption is higher as wine uses distilled water in production, also where rain water is drunk (e.g. some African tribes).

Kidney and liver stones can grow too large for their ducts causing dangerous blockages. Thickened intestinal lining can cause constipation, the eye's lens can grow cataracts or glaucoma can arise from pressure build up of swollen vessels. Joints[3] can also stiffen from build up.

Distilled water slowly elasticises joints and improves blood pressure as minerals are removed from the body. The key is to avoid exposure to these minerals as early as possible. Autopsies on children and teenagers even show arterial build up.

On environmental pollutants we now have detergents (surfactants), chlorinates, phenols, radionuclides (e.g. Cs-137), carcinogens (e.g. benzene-5), tannins, nitrates[4] and sewerage to contend with. These travel uphill underground at half mile every six months. Virtually the whole periodic table (up to 106 elements) can be found in raw water.

Through water hardness the average person drinks up to 450 glasses of solids in their lifetime!

Common sense requirements for pure water:

*Pure source.
*Sufficient capacity of source.
*Frequent source monitoring for condition changes.
*Enforceable regulations for source pollution.
*Safeguards from source to house.
*Qualified personnel in water management system.
*Water with unsafe contaminants must be banned immediately.

Other helpful asides are mentioned:

*Cancer-ridden meat is sold to the public (minus the major diseased parts which are cut out).

*Poor soils (sub-optimal PH and enzyme levels) result in bad crops which move up the food chain to humans.

*Raw honey can reduce allergies by up to 90%, as well as suppressing desire for sweets.

*Lecithin, a fatty acid found in animal tissues acts as a solvent of gall stones.

*The 'wild-cat' of the chemical world, fluoride is a poison with no known

health benefit that attacks everything. In animal studies 500% more accumulation was observed and offspring were crippled. It hardens, teeth, arteries and the brain..

*Soft-water cattle produce 20% more milk on 20% less fodder, and it is sweeter with less bacteria.

Diabetes is hypothesised as being linked to mineral build up around beta cells which block them from producing insulin. With cancer, surrounded cells are starved of oxygen causing anaerobic mutation. With emphysema, blood corpuscles containing CO2 cannot come to the lung surface due to mineral coating and so cannot return with O2.

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[1]Liquids such as volatile organic chemicals with lower boiling points than water will be carried with the pure water. Pre-boiling off these for a certain period is a way to remove them

[2]X-rays of arteries are said to be experimental evidence of this as the radiation is only blocked where deposits can be found. Also, clogged arteries form a nick or indent on overlaid ones, and also have a corkscrew shape.

[3]Areas where blood flow is the slowest correlate to areas of highest scale build up.

[4]At 10ppm nitrates water can kill a newborn. Blue-baby syndrome is also due to nitrates.