



# The Role of Pure BEV<sup>\*</sup> Water in Detoxification

*"There are more than 3,800 chemicals in daily use, many of which make their way into our drinking water. Less than half of these have been tested for toxic effects in humans."*

National Institute of Health

**H**heavy metals and xenobiotics (pesticides, herbicides, and industrial wastes) cause a wide variety of adverse health effects. These toxins accumulate in the body and are capable of interfering with many bodily processes. When these substances are constantly present, our body's natural detoxification systems become less effective. In fact, the ability to remove these dangerous toxins becomes diminished and they are stored in adipose (fat) tissues.

Many health care professionals are recommending detox regimes for their patients. These programs assist the body's ability to eliminate accumulated toxins.

Surprisingly, these programs often fail to mention the role of purified water. It was previously thought water had four functions: solvent, transportant, lubricant, and coolant. A fifth function, that of an electronegative enhancer, is a new concept discovered through studies showing that when water is consumed in its purest form— $H_2O$  and *nothing else*—it has remarkable and unique health benefits.

As we eat, water contributes to the breakdown of nutrients and plays a key role in removal of wastes. During detoxification, wastes stored in fat tissues are dumped into the blood and lymph, and are then sent to the liver and kidneys for elimination. Here is where pure BEV water's function as an electronegative enhancer comes into play.

To understand an electronegative enhancer, one needs to know a bit about *colloids*. Colloids are particles that stay suspended in a solution. Particles less than ten microns in size (approximately  $\frac{1}{8}$  the diameter of a human hair), pick up a negative charge automatically. For example, milk is not really a white liquid, but a clear liquid with many white particles (colloids) all having the same negative charge and repelling one another. By adding positively charged particles to the milk, we can make the white colloids come together. This is how cottage cheese is made. Passing a brine solution through milk will cause it to form curds. The electronegativity of the solution has been reduced. ➔

Pure BEV water acts like an electronegative enhancer by optimizing the space between red blood cells—which reduces the risk of heart disease by helping to avoid clotting. Blood, like milk, is actually a clear liquid (plasma) with red blood cells suspended in solution. Red blood cells are less than ten microns in size and therefore behave like colloids. Additionally, pure BEV water allows fat cells to “detox” by dumping wastes and toxins into the bloodstream for elimination, which aids weight loss and reduces water retention.

To explain how drinking more water can *reduce* water retention and help us lose weight we must understand more about fat cells. One role of a fat cell is to store what the body cannot use and/or get rid of. A fat cell contains salts, sugars, tiny amounts of lipid, and other organic pollutants all bathed in an ocean of water. These salts and heavy metals have an affinity for others, a magnetic attraction so to speak. A woman about to start her menstrual cycle understands this because if she consumes fatty or salty food or soft drinks at this time she will “retain” fluids. Therefore, she takes a diuretic (an electronegative enhancer) to avoid water retention.

Fat cells are good, not bad. They store toxic material and keep it from reaching vital areas. However, when a fat cell has reached its storage limit wastes will be deposited in other areas such as blood vessels.

Drinking large amounts of pure BEV water enhances the electronegativity of blood. Through osmosis, fat cells will try to take in more of this pure water. This causes fat cells to disperse their contents into solution. The stored toxins, now released, are removed more easily by the kidneys because of pure BEV water’s increased ability to transport wastes.

The fifth function of water is diminished when we drink water containing high concentrations of minerals and contaminants. The minerals in spring and mineral water are not organic. They are not in a form easily used by the body. Yes, we need minerals in our diet to maintain health, but they should have an organic origin. Humans do not have enzymes to digest rocks, or we could obtain

our minerals by sucking on stones. Put simply: plants eat rocks, and we eat plants. There are far more bio-available minerals in an organic apple or carrot than in several gallons of water.

Our kidneys filter 400 gallons of fluid each day. If there is enough water present, kidneys operate easily. If not, kidneys are forced to recycle too much and deposits may be left behind in the form of stones. A kidney stone’s makeup includes many of the same minerals found in tap or bottled spring water.

Water is a very poor source for dietary minerals due to large differences in quantity and composition. For example, in some areas of Texas the concentration of dissolved minerals is extremely high. Yet in order to obtain a meaningful amount of calcium you would need to drink more than 5 gallons of water every day. Since most people don’t drink 8 glasses per day, we see considering water an important source of minerals is foolish.

Water has five important functions—it is a lubricant, a solvent, a transportant, a coolant, and a dispersant (electronegative enhancer). If water carries a load of mineral salts, heavy metals, and pollutants it cannot be efficient in these vital functions. If your car has rusty water in the radiator, it overheats. If we have abnormal waste levels in our blood, we overheat and develop fever. (This is why during detox programs it is not uncommon to feel ill and feverish; the body is dumping stored toxins into solution so they can be eliminated.)

Water that is free of contaminants and dissolved rocks is the type we need. Drinking 2–3 liters of pure BEV water daily will improve the role water plays in our bodies; moving nutrients deep into tissues, picking up wastes, keeping us cool, and maintaining joints without leaving deposits.

\*The term ‘BEV’ refers to the values used to measure the biocompatibility of drinking water as determined by Professor L.C. Vincent of France. Technically, the term stands for “BioElectronic Method of Vincent.” Ask the health care professional who provided this article for more information, or visit us online at <http://www.purewatersystems.com>.

## Thirst For Knowledge

The ‘eight glasses of water a day’ rule is supported by the majority of doctors and nutritionists. Most people don’t realize eight, 8 ounce glasses = 64 ounces = ½ gallon.

Start the day off with 2 glasses of water before you consume anything else. It’ll get a quarter of your daily water requirements out of the way and help you start the day on a healthy note.

If you’re prone to headaches, feeling hungry, tired, or on edge you might be experiencing mild dehydration. Drink two glasses of pure water and see if your symptoms go away before reaching for an aspirin, a snack, or a nap.

How much water is in these body parts?

- Lungs are 90% water
- Blood is 82% water
- The brain is 76% water
- Muscle is made up of 75% water

