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Deposits make people inactive and sick early on, as is well known, with the most varied symptoms arising. - Whether constipation in the intestinal interior, stones in the kidneys, gallbladder and bladder, arteriosclerosis in the blood vessels and arthritis in the joints, to name only the most important ones.

Scientists worldwide point out that people should drink water that is as low in minerals as possible. However, this call is drowned out for most people in the "noise" of contrary advertising by the mineral water industry. German physician Dr. med. Dieter Aschoff points his patients to the importance of pure, preferably low-mineral water for the human body and says:

"1.5 L of water daily are necessary to flush substances requiring excretion from the body. This applies especially to certain minerals as well. The more the drinking water is already saturated with minerals, the more this impedes the excretion from the body. For continuous use, therefore, those waters are best which contain few minerals." Source: Aschoff, Dieter: Bluttest und Nahrung in »Wetter Boden Mensch« Issue 11/1982, Krauth Verlag Eberbach/Neckar 13

On this channel we disseminate the scientific findings, studies and works of experts from around the world on the importance of pure, clean and preferably mineral-free drinking water for humans. Share the link to this channel with your friends so that this vital information is no longer withheld from them! https://t.me/truuinfochannel

It's good.
to be truu.