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American Dr. Allen E. Banik writes in his (English-language) book "The Choice is Clear":

"Distilled water is the best solvent in the world. It is the only water that can be taken into the body without damaging the tissues. What we as scientists and the public have never recognized is that the minerals the body absorbs from water are all inorganic minerals, that cannot be assimilated (digested) by the body. The only minerals the body can utilize are organic minerals (from fruits and vegetables). All other minerals are foreign substances to the body and must be disposed of or excreted. Today, many progressive doctors prescribe distilled water to their patients.

https://t.me/truuinfochannel

The Choice Is Clear
https://amazon.de/-/en/Allen-Banik/dp/0911311319/ref=sr_1_1?crid=1M9CFA3E5FKU7&keywords=The+Choice+is+clear&qid

It's good.
to be truu.