"Man is only as old as his arteries!" - (Virchow)

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The most critical organ of our oxygen combustion engine is the heart. The renowned health advisor Dr. Paul C. Bragg says about the heart: "Continuously it expands and contracts, approximately one hundred thousand times per day and roughly forty million times in a year. The only rest period that your heart muscles ever have are fractions of a second between heartbeats. The arteries must be elastic in order to perform this enormous work. Do not block and harden your arteries with inorganic minerals and harmful crystals from improper nutrition!"(2)

Alongside other scientists, Dr. Bragg determined that inorganic minerals, such as those found in water, particularly in mineral water, can "petrify" arteries and make them brittle. He states: "A hardening of the arteries and a calcification of blood vessels begins at birth, since from that moment on we begin to supply inorganic chemicals to our bodies."

It's good.
to be truu.