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Dr. McFerrin practiced natural medicine successfully for many years in the USA. In 1930 he published a series of "Health Handbooks" that were out of print for years. To make his great health wisdom available to people, 50 of his books were compiled and made available in a single teaching volume for health enthusiasts. In the July 1955 edition of "Nature's Path," Dr. Charles McFerrin writes:

"Distilled water is 'empty' water - a hungry water, a water that is able to absorb bodily toxins. You have had the experience when you tried to use an old blotter (a kind of stamp with blotting paper) on your desk. Everyone has used it and it is so full of ink that it no longer absorbs. The same applies to a "full" water, a water full of chlorine, aluminum, etc. Such water does not have the ability to absorb bodily impurities."

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