

Editorial Article

## Save Water Save Life

Krishan Kumar Saini

Water is one of the prime elements responsible for life on earth, human body consisting of 75 percent of it and two thirds of the earth's surface is covered by water. Water circulates through the land just as it does through the human body, transporting, dissolving and replenishing nutrients and organic matter, while carrying away waste material. Further in the body, it regulates the activities of fluids, tissues, cells, lymph, blood and glandular secretions.

Water is also used as religious symbol since antiquity, to express devotion and purity. Some cultures worship gods who were thought to live in and command the waters. Cities have been built by considering the location and availability of pure drinking water.

Contrary to the past, our recent developed technological society has become indifferent to this miracle of life. Our natural heritage (rivers, seas and oceans) has been exploited, mistreated and contaminated. The population decline of the marine and riparian life, the appearance of green algae in the rivers and the stench, slime

that comes as a result of putrefaction in the water, are clear signs of the depth and extent of disruption that has been caused to this intricate ecosystem. Government and water authorities will have to make us believe that it is 'safe' and we should not worry about this global alarm. Awareness and action lies entirely upon us, as we need to become our own educators, physicians and innovators. Socrates had once said: "an unexamined life is not worth living....", Jesus took it a step further: "seek, and you shall find.....the truth shall set you free..." So questioning everything and anything that anyone tells you until it makes sense, is of uppermost importance. If it is the truth it will feel right, set you free and lead you on the road of discovery and recovery.

Today our drinking water is far from being pure. It contains some two hundred deadly commercial chemicals. Add to that bacteria, viruses, inorganic minerals (making the water hard) and you have a chemical cocktail that is unsuitable (if not deadly) for human consumption. Chlorine, Giardia & cryptosporidium (unicellular organisms), aluminium sulphate, sodium fluoride, lead, Nitrates from fertilisers are the cause serious diseases like cancer, intestine infection, loss of

For correspondence: 

Editor-in-Chief, ESSENCE Journal  
CSIR-National Physical Laboratory  
Dr. K.S. Krishnan Road, New Delhi, India  
E-mail: [krishanksaini@gmail.com](mailto:krishanksaini@gmail.com), [kksaini@nplindia.org](mailto:kksaini@nplindia.org)

memory, tooth decay and many more. Inorganic minerals (minerals not suitable for human consumption) such as calcium carbonate, are unable to be assimilated and they store in between joints, muscles, bones, nerves, inside arteries and become partners in many crippling diseases, such as arthritis, hardening of the arteries, gall stones, kidney stones, gout, tinnitus and perhaps even stroke and neuralgia.

‘You are whatever you drink, so make sure what you drink is pure and safe’ Ten years ago the prospect of drinking only purified or bottled water was a fiction, or a novelty for most people. Nowadays, it is becoming a necessity in maintaining and preserving good health. Finding pure water is becoming more than just food for thought and with our brain being 85 percent water, we better start thinking of the choices.

Rain water is no longer the best available option with today's pollution. Water is a hungry solvent and as the rain falls, it begins to collect hundreds of potentially harmful substances, such as radioactive isotopes and their degradation products of atomic fission including barium, caesium and strontium from world wide atomic experiments and "accidents" which travel around the atmosphere. In addition industrial and exhaust fumes including carbon monoxide, sulphuric acid and lead are collected. That is why the sky looks so clean after a good 'acid' rain.

Spring water contains those unwanted inorganic minerals and their purity is debatable if you consider the pollution of the soil. So use

it sparingly or when nothing else is available. Don't be misled by claims about the value of inorganic minerals, the body cannot make use of any minerals unless they are derived from the plant kingdom (organic minerals). A well balanced diet will provide an abundance of organic minerals that water never could.

Reverse osmosis is by far the most advanced technology for home installation available to the public. It is based on the process by which the human cells diffuse fluids between the intracellular and extracellular spaces, by separating and selectively preventing the passage of solute molecules (through a semipermeable membrane) and allowing the passage of the solvent H<sub>2</sub>O. Through this process almost all harmful bacteria, minerals and toxins are eliminated. Professional installation and surveillance is necessary for if the membrane is ruptured without your knowledge the final condition of the water could be worse than if it were not filtered.

Distilled water; there is a wide held view that it leaches organic essential minerals and micronutrients from our body but its emptiness works in favour. It dissolves and eliminates harmful inorganic minerals and toxic waste accumulation. Once the organic nutrients have been absorbed by the cells they cannot be taken away. Is there an inherent intelligentsia behind all this? The answer is yes! after all, what is the animating factor behind all things? but far from being just an esoteric answer, the key lies in the inherent 'instructions' of the human body's filtering system. The kidneys make sure that nothing valuable will be lost, there is a constant recycling, so even if

nutrients were to be 'stolen' they would be returned by the kidneys. But in normal distillation pollutant gases such fluorine and chlorine are also evaporated over into the condenser. Fragmented distillation and C.M.D method (Cold Molecular Distillation) are better options. C.M.D water contains no solid matter and is solely consisting of two elements, Hydrogen and Oxygen.

Another important factor is the amount of water necessary for our body to function at its peak performance. Our body loses each day about 2-3 liters of water through elimination, urination, perspiration and respiration. However, this may increase during illness, high performance, exercise, pregnancy and nursing. The beverages most people choose to consume are often counter-productive in promoting hydration. Coffee, tea, alcohol, soft and sugary drinks are all diuretics and will cause not only the loss of water they are dissolved in, but they will also draw water, the body's reserves. In normal conditions your body needs to replace the fluids it has lost throughout the day. Most of fluids should be replaced by drinking pure water. The rest you should get from fruit, vegetables and their juices. Attention must be given that the elderly and children are meeting their daily requirements. Dry mouth is not the only indication of dehydration; in fact it is the last sign. You need to acquire the habit to drink water even when you think you don't need it and eventually your true thirst mechanisms will be reawakened. Signs to look for that identify with dehydration are constipation, headaches, indigestion, weight gain, fluid

retention, dark and pungent urine, and their associated pathologies colitis, kidney stones, bladder and urinary track infections to name only a few.

Water is involved in all bodily functions: digestion, assimilation, elimination, respiration, maintaining temperature (homeostasis) integrity and the strength of all bodily structures. Today, the water is polluted with hundreds of toxins and impurities. Authorities only test for a small number of them. Our body, being primarily water, requires sufficient daily water replacement in order to function efficiently. Water treatments, that are aimed to render our drinking water bacteriologically safe, have been proven ineffective and the presence of certain pathogenic bacteria like giardia and cryptosporidium is just one of the many examples. Viewing the effects of individual chemicals, inorganic minerals and their by-products, one can see a link to today's major diseases. If you drink devitalised, impure water how can you expect vitality and health? Dehydration, due to the offensive taste of the water and the introduction of commercial sugar loaded beverages, has become another contributing factor to disease. Stop treating thirst with medications. Mineral water may be wonderful to bathe in, however, the presence of inorganic minerals makes it undesirable. Tap water has been proven unsuitable even for showering. Pure water may become the medicine of the future. 'Oxygen enriched and free of radioactive and chemical compounds' may read on the label of our bottle water in the next millennium. At this stage Reverse

Osmosis and C.M.D water are our best available options. Cost is an important issue, it should be in the reach of economically weaker section of the society.



(Krishan Kumar Saini)