

Drinking healthy water has never been easier

Contributed by Dainis W. Michel
Monday, 09 August 2004
Last Updated Friday, 12 October 2007

Folks, just leave your tap water standing in a glass container for 24 hours. You can also...

Let the tap water run at "full on" for a few minutes, then go down to "half on." Helps with debris.

Boil the water, but do your research on what drinking boiled water does to and for the body!

Remineralize/energize with salt, rocks, pictures, signs, gems, and/or crystals. Warning: some people will think you're cooky! :-) You can remineralize/energize boiled and unboiled water...experiment!

Stir or blend the water without boiling it to help volatile components evaporate.

Definitely let your bliss guide you. Go by taste...does the water taste better to you? If so, good!