Pure & Secure, LLC.
4120 NW 44th Street
Lincoln, NE 68524
www.MyPureWater.com
1-800-875-5915

MyPureWater.com

Pure Water Aquaforum

Missionary Work and Pure Water

By Al Meder

Hello Pure Water Team members,

February is always a favorite month of mine – and it's not because of the weather here in Nebraska!! It is the month of Valentine's Day. The Day when you tell your very special people how much you love, appreciate and care for them.

At Pure Water we feel that every month is "Valentine Month". All our friends and customers are special to us, but there's a group of really dedicated people who are especially special. These are the missionary families who serve others while away from home – many times in very remote places.

When I first joined the Pure Water team, there were two instances that really stuck in my mind – a mission group in the Sepik Valley of New Guinea (certainly one of the most remote places on earth) were proud owners of a Pure Water distiller. The other memory was not so pleasant. A church in Pittsburgh PA called up with a very upsetting story (and a Purchase Order for distillers). Apparently a young girl from Australia had gone to India for their mission and had drunk the local water. Unfortunately for her the water she drank proved to be deadly.

More recently we learned of two couples who had done mission work for years in Bolivia. They were both so thankful for their Pure Water distillers. Since their return to the US they still are avid Pure Water fans – and one couple has been a Pure Water distributor in Alaska since the 70's.

Last week I got a nice e-mail from an American mission family in Congo Africa, with a photo of their Pure Water distiller which they rely on for all their water drinking and cooking. Gary Dickenson wrote *"The distiller is working fine, no problems whatsoever! Thanks again for helping us get one!"*

This Midi Classic is working hard for a Missionary Family in Port Noire, Congo in Africa

So if you know a church group that supports missions abroad, talk to them about a Pure Water distiller or put them in touch with us. We will be happy to work with them. You know, we really do "improve the quality of life through the quality of water." It's nice to know you are someone's Valentine.

Also in this Issue…

- Heart Health with our own 'Dr. Water'
- Upcoming Spring Seminar!

Drink (Pure Water) to your Heart's Content

By Eldon Muehling

February is HEART month. In addition to being the time to send your sweetie a valentine, it is a time to recognize the important role the heart plays in one's health. Since heart disease is considered one of the top causes for premature death, it is important to do all that one can to prevent it. If one already has some form of heart disease, you should avoid any undue burdens on the heart.

There is very little doubt that our diet and exercise, or lacks thereof, are contributing factors to our heart

health. We are not here to discuss these factors in depth. We will leave that to nutritional doctors. What we would like to delve into, in more detail is the possible role the water we drink plays in matters of the heart. While the amount of water we drink certainly has a bearing on our overall health, the quality of the water we drink is equally important, if not more so!

Some would want you to believe that drinking distilled water will endanger one's heart, leading to a premature death! This is absolute nonsense in my opinion and the eyes of many medical doctors. Many of them prescribe the drinking of distilled water to their patients… especially if they have heart or kidney disease. One of the most famous doctors who tout's the benefits of drinking distilled water is one of the founders of Mayo Clinic. He is quoted below:

"Water Hardness" is the underlying cause of many of the diseases resulting from poisons in the intestinal tract. These (hard minerals) pass from the intestinal walls and get into the lymphatic system, which delivers all of its products to the blood, which in turn, distributes to all parts of the body. This is the cause of much human disease.

"Water Hardness" is inorganic minerals in solution (in water). When these minerals enter the intestines in drinking water, there is an immediate reaction between them and the fats, oils and fatty acids present, causing precipitation of inorganic calcium, magnesium, iron and so on---to form new, insoluble compounds." -Dr. Charles Mayo (Mayo Clinic, Rochester, Minnesota)

There is good reason to believe that hardness minerals (trash minerals as I like to refer to them) when combined with the triglycerides (fatty substances found in the blood) and cholesterol, form the various plaques found in the arteries of those with heart disease. The minerals act as the cement or glue to hold the plaques together. (Hardening of the arteries).

There are two similar sounding medical terms which are easily confused, both in spelling and in meaning. They are arteriosclerosis and atherosclerosis. Arteriosclerosis is a general term, describing any loss of elasticity (hardening) in the medium or larger arteries. This occurs mainly because of a plaque like buildup between the inside and outside walls of the artery. Because veins are single layered blood vessels, we do not hear of hardening of the veins. It apparently does not occur. (Thank goodness.) Atherosclerosis is the hardening of the artery specifically due to the atheromatous plaque in the lumen (opening) of the artery. I firmly believe that hardness minerals are atherogenic substances. (Cause atherosclerosis).

I cannot make health claims, but it is my long held belief and that of my own cardiologist, that if the glues (unassimilated minerals) were not there, the plaques *would not form in the first place! This is just one of the many reasons that I not only drink and cook with distilled water, but strongly promote it for use by anyone with heart disease or wanting to possibly avoid it. Naturally one reaps many other health benefits by drinking pure, distilled water. Happy Hearts Day to all.*

Have we got a Date for You!

By Courtney Meder

Our next training seminar will be **May 10th and 11th in downtown Lincoln** at the Holiday Inn. We think last year was one of our best seminars we've ever had and we are working to make this one even better!

Don't just take our word for it, when last year's attendees were asked in an anonymous survey, "What would you tell someone who is debating coming to a Pure Water Seminar?" We heard:

"Just Do it!"

"I've been to many seminars and this is BY FAR the best ever!"

"GO!"

"Very Impressive!"

"A necessity if you're serious about selling Pure Water Distillers!"

"Do it, no regrets!"

Whether you've been to several seminars or haven't been to any, we'll make it worth your while!

We have new product to introduce as well as an entirely new way for everyone to make money!!!

Courtney is the coordinator for the event so please contact her for more information, Courtney@pureandsecure.com or 1-800-875-5915 x327