

The Proper Way to Distill Water

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Water is first brought to a boil in a sealed chamber, causing the steam to rise while leaving the majority of the contaminants behind. Certain chemicals in water such as chlorine are volatile when boiled – the volatile gases which rise with boiling are vented at the top of the boiling chamber. The steam is cooled back into a liquid. The liquid water then passes through activated carbon, which does the following:

- Removes any remaining contamination (a few molecules of volatile contaminants may pass with the steam).
- Neutralizes the hydroxide and hydronium ions causing the pH to be slightly alkaline which is ideal for the body.
- Gives life force to the water.

Note – Distilled water must be stored in stainless steel, glass or polycarbonate plastic to prevent contamination from the materials of the container.