

## Part 2: My Personal Testimony Using Soft, Pure Water for Hair

October 2020

Back in 2017, over a 9 month period (from August 2017 up until May 2018 when I moved from Newport, WA and got married), I took only distilled baths, no longer bathing/ showering from piped city water (194 ppm). I had an amazing result with my hair. [I also had a small (never was bother-some) hemorrhoid that had dissolved on its own within a month or so from taking sitz baths before I had begun taking full tub baths].

I would take 12 gallon distilled baths (0 ppm), soaking for about 20 minutes; which included immersing my head. I carried the heated distilled water in a kettle from the kitchen to the bathtub. I would lay down in the bathtub filled with pure distilled water and it would cover just past my ears.

When I first started these baths, I noticed there was so much long hair in the tub that it would cling to me. I figured this was normal since when washing my hair, following with combing out afterward, there would always be a generous amount of hair in comb as well. This was not unusual as this has always been the case my whole life. I grew up with the understanding that it is “normal” to lose a certain amount of hair daily. I just noticed it more remarkably since it was all around me in the tub.

Well, one day (can't remember exactly how many months until I noticed—but was at least 5 or 6 months later), when taking a bath, I noticed there was absolutely NO hair in the tub—not even a strand. That caught my attention! After my bath, I followed with combing my hair and there was maybe 3 or 4 strands in the comb. I could actually count the number of hairs—this was impressive and astonishing to discover!

Later, when reading Sister White's quote below, I could relate with her by my own personal experience.

My husband has been free from the peculiar sensations he experienced while using these preparations, and **my experience has been for twenty years, that pure soft water is best for my head and hair.** {HR October 1, 1871, par. 30} E. G. W.

Now a thought about **PURE** water and **SOFT** water. **They are one in the same thing when coupled together.** Sister White always states “**pure, soft water**”. She never says, “**pure OR soft water**”. She may state “**soft water**” in one place and “**pure water**” in another place, but she never joins them by the conjunction “**OR**”. That's because **SOFT, PURE** comes as one unit as far as the optimum quality of water is concerned.

**...the most effective remedies for disease are PURE SOFT WATER...** {MM 225.1}

I should...**DRINK...PURE, SOFT WATER.** {CD 419.2}

**Thousands have died for want of PURE WATER** and pure air, **who might have lived...These blessings they need in order to become well. If they would** become enlightened, and let medicine alone, and accustom themselves to outdoor exercise, and to air in their houses, summer and winter, and **use SOFT WATER for drinking and bathing purposes, they could be comparatively well and happy instead of dragging out a miserable existence.** {CD 419.4}

After moving in May of 2018 (to Goldendale, WA), I began to use water piped from a stream (TDS meter reading was around 58 ppm so it was “**soft**” water by definition) and within a short time, I started to find generous amounts of hair in my comb again after shampooing. My skin felt tingly and itchy from the minerals in the water since my skin had become more sensitive being accustomed to bathing in distilled water.

Where I currently reside (in Oregon), we use a well, that has a **soft** water reading of 64 ppm. I still continue to have hair in my comb after a shower and this does not include the hair that went down the drain during shower. Also there is film on the shower doors and the distiller has residue as well (see photos on pg 4). So, the less minerals in the water, the better health I had for my hair.

Please read through the 2 water documents and you will see this is what the pioneers taught. They say **distilled** water is **pure** and it is good for us! And they taught that the use of inorganic minerals over a long period of time, causes arthritis, liver/ lung and kidney stones and other health problems.

**DISTILLED WATER is best of all. At the Sanitarium we use distilled water altogether for drinking purposes.** {February 15, 1895 N/A, GCB 170.8 JH Kellogg}

So why the hair loss with the use of non-distilled **SOFT** water from the stream and well? The only conclusion that I can come to is that even though the water is **SOFT** (with low mineral content), it is not **PURE**. How did the pioneers define **PURE**?

**THE QUALITY OF WATER TO BE USED.** - Water, to be of the highest benefit when used either by the healthy or the sick, should be **pure and soft**. By **PURITY** I mean **freedom from impregnation by mineral substances, or earthly salts, or the infusion of vegetable matter, either or all of which render it more or less unfit for external or internal application...** Hence **in addition to its purity it should be soft.** {1865 JW, HHTL 121.2} *This is taken out of James and Ellen's book, Health or How to Live and they are citing Dr. Jackson: "WE take the following from Dr. Jackson's lectures on the use of water upon the human body, published in the Laws of Life for April, 1860." {1865 JW, HHTL 121.1}*

**The Best Water**—The purest water is universally the best. Whatever beneficial effects are obtained from water drinking must be attributed to the water itself, and not to any ingredients which it contains. **Mineral water are simply diluted drugs.** The ingredients may be obtained at any drugstore, and if diluted to the same extent as that in which they are found in the so-called natural waters, the effects obtained from their use would be the same. **Medical experience has shown that the best of the so-called mineral water are those which contain the least mineral ingredients. The very best water is distilled water which has been well aerated.** Water obtained from natural sources is generally more or less contaminated, that from lakes, streams, and rivers being necessarily defiled by the fish and other creatures which live in natural bodies of water, and by surface drainage, which, after every rain, washes out quantities of filth.

**Water obtained from public supplies should always be boiled;** indeed, this precaution is a wise one under nearly all circumstances.

**Hard water** should always be boiled for a long time to eliminate, so far as possible, the lime which it contains; but even when boiled it is by no means free from this injurious ingredient. The larger the amount of saline ingredients, the more slowly the water is absorbed. The presence of acids encourages absorption.

**Carbonated distilled water and diluted fruit juices without sugar are the best drinks.** {Rational Hydrotherapy, John Harvey Kellogg, pg 929-30}

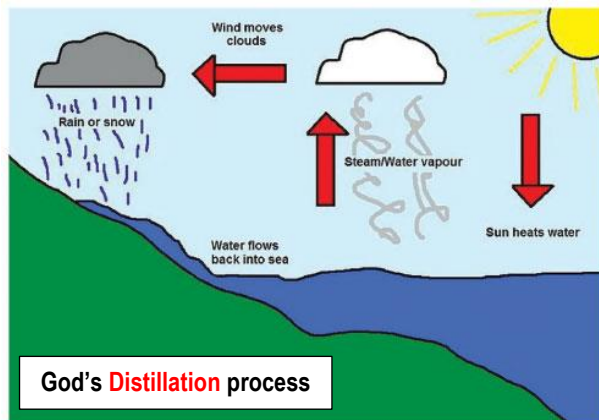
We now know that **PURITY** means freedom from mineral substances. And we read above that the water should be **pure AND soft** followed by "in addition to its purity it should be soft." So, how do we obtain **SOFT** water along with it being **PURE**?

If the **mineral content affects the PURITY** of the water then what determines its **SOFTNESS**? We know **HARDNESS is caused by the level of minerals in the water**—the higher the minerals, the **HARDER** the water, the lower the minerals the **SOFTER** the water. So **SOFT** water has very little or low mineral content. For this water to be **absolutely PURE**, it cannot contain any minerals. **Rainwater** is **PURE** water.

And I should advise every family who may read this lecture, and who use **hard** water either for drink or for culinary purposes, to take measures immediately to supply themselves with **SOFT WATER** in abundant quantities; and if it can only be obtained by being caught in reservoirs as it falls from the clouds, to filter it before it is used. **Filtered rain-water is perfectly unobjectionable as a drink**; and an expenditure of from five to twenty dollars in the purchase of a filter, would secure to any family in this land the means of **purifying** all the water they might need for drink and for cooking purposes." {1865 JW, HHTL 124.2}

The **clearest and purest air** contains it in large quantities as an invisible gas; **while in clouds, fogs, and mists, it appears in the form of minute drops.** {Practical treatise on the bath, its history and uses by J. H. Kellogg, M. D. 1876, p 9}

So, **RAIN WATER is SOFT, PURE water!** Rain water naturally has no mineral content (**PURE**) and therefore renders it **SOFT**. **Rain (SOFT) water can BECOME HARD** through contact with the dirty air, dust, rocks and/or pipes etc. and will then need to be filtered which can make it **SOFT** (by pulling out some **INORGANIC** minerals) but if there are **any inorganic minerals present, it is NOT PURE even though it may be SOFT**. **Rain** water caught directly into a cistern and filtered, can bypass the pipes and rocks (the minerals) and can be **PURE** water since there are no inorganic minerals present which results in "**SOFT, PURE water**". **PURE** water is also found in the juices of plants (fruits and vegetables) which contain **ORGANIC** minerals. **PURE** water (mineral free) can also be made in a **distiller**.



God's **Distillation** process

Who hath ascended up into **heaven**, or descended? who hath gathered the wind in his fists? **who hath bound the waters in a garment?** who hath established all the ends of the earth? what [is] his name, and what [is] his son's name, if thou canst tell? **Every word of God [is] pure:** he [is] a shield unto them that put their trust in him. Prov 30:4, 5

During the wilderness wandering, **God had assured them that He was guiding them to a country where they need never suffer for lack of rain.** {PK 135.3}

Moses said to them, "For the land, whither thou goest in to possess it, is not as the land of Egypt, from whence ye came out, where thou sowedst thy seed, and wateredst it with thy foot, as a garden of herbs. But **the land, whither ye go to possess it, is a land of hills and valleys, and drinketh water of the rain of heaven.** A land which the Lord thy God careth for. The eyes of the Lord thy God are always upon it, from the beginning of the year even unto the end of the year." {4aSG 54.2}

Waggoner regarding rain water and plant life:

A recent issue of the Daily Telegraph contained the following hint to gardeners, which ought to be to them as to all others a reminder of the care they owe to themselves. **Since mineral substance in the water does such injury to grass, what must be its effect on the tender tissues of the human body?** {August 7, 1902 EJW, PTUK 509.7}

**"The value of water as it falls from the clouds** or conserved in receptacles from the roofs of buildings is inestimable to the gardener. **The force it exerts on plant life in supplying the necessary food is very**

great, and in this respect a pailful of **soft** water is worth a tubful from a well or pipes. . . . Its use on a lawn in particular is far to be preferred to the hard, corrosive stuff that comes by force from a service pipe, which in time injures the very fine, growing grasses, as it clogs the surface, giving it the appearance of being concreted. **Soft water contains all the natural elements that are taken up by plants**, it sweetens their very existence, and assists them to thrive luxuriantly. **It is not so with hard water**, which may keep the most robust alive, but in time they are sure to show signs of dislike by an unhealthy and ungenerous appearance. **Dwellers in the suburbs are strongly advised to save all rain water, either in tube or tanks**, if only for the use of plants in pots, whilst those having either a pond or stream running through their crowns need not take the trouble." {August 7, 1902 EJW, PTUK 509.8}

According to H. Kellogg, water is considered **SOFT** when lower than 171 ppm, but for **PURE** water, it must also contain **NO MINERALS**. Only **RAIN** water and **DISTILLED** water have no minerals.

**“Ten grains per gallon of any of these salts is sufficient to render water hard and unfit for use,”**

**“For any use connected with the human body, the purest water is always preferable to any other.**

**Filtered rain water and distilled water are the purest forms of water attainable.”**  
 {Practical treatise on the bath, its history and uses by J. H. Kellogg, M. D. 1876, p 9-14}

1 grain per gallon hardness = 17.1 ppm

17.1 x 10 = **171 ppm is unfit for use**

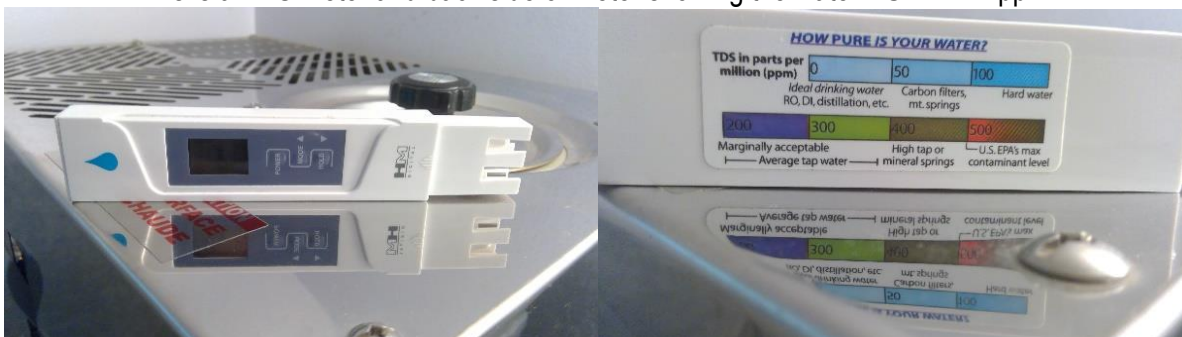
The following information is taken from the instructions that came with the TDS tester:

A TDS (Total Dissolved Solids) Water Tester, tests the combined total of **inorganic** substances found in water, including salts, metals and minerals. **TDS is directly related to water purity** and the performance of water purification systems. TDS, whether harmful or beneficial, affects everything that consumes, lives in or uses water. **The lower the number on the screen, the purer the water.** ← **This statement matches what our pioneers taught**

Here a water graph on the back of the meter indicating TDS in parts per million (ppm):

- 0-49 Ideal drinking water- RO, DI, Distillation, etc. [My distilled water read “2”]
- 50-99 Carbon filters, Mt. springs [My Berkey carbon filtered water read a shocking “181”]
- 100 + **Hard Water** [My tap water (in Newport, WA) read “194”]
- 200-374 Average Tap water
- 375-499 High Tap or **mineral springs** ← **The pioneers taught mineral springs are harmful to our health!**
- 500- U.S. EPA’s max contaminant level ← **No wonder people are sick!**

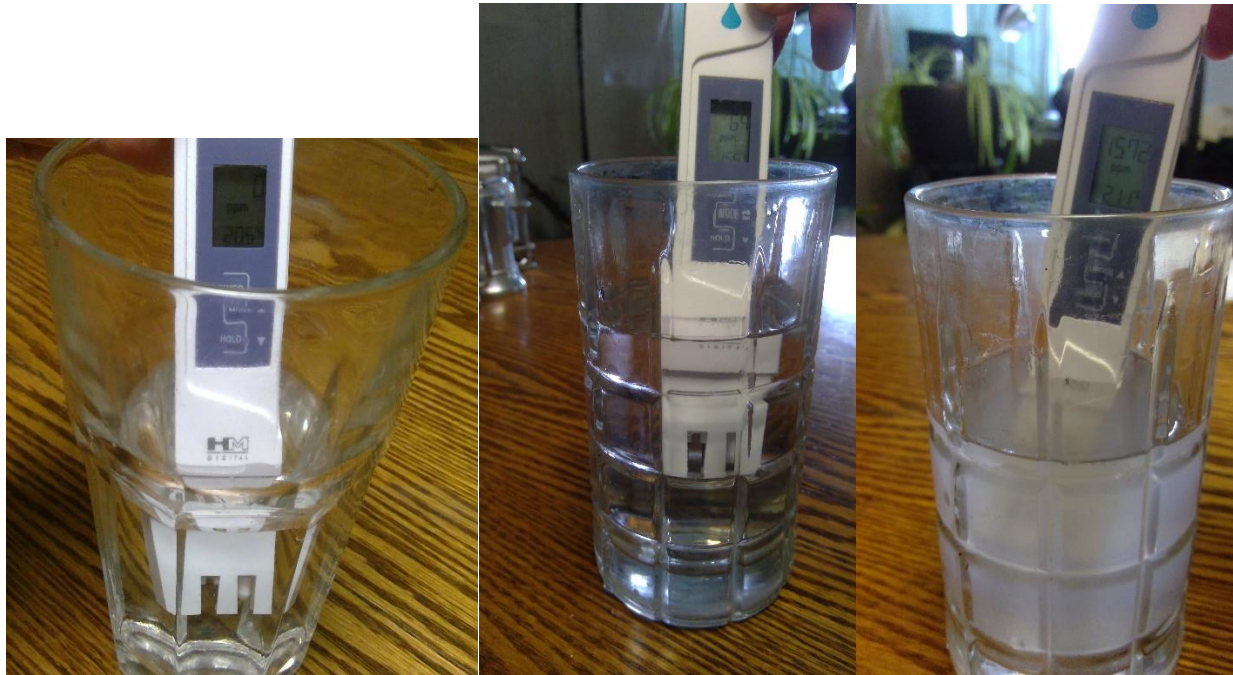
This is a TDS meter and back side of meter showing the water **PURITY** in ppm.



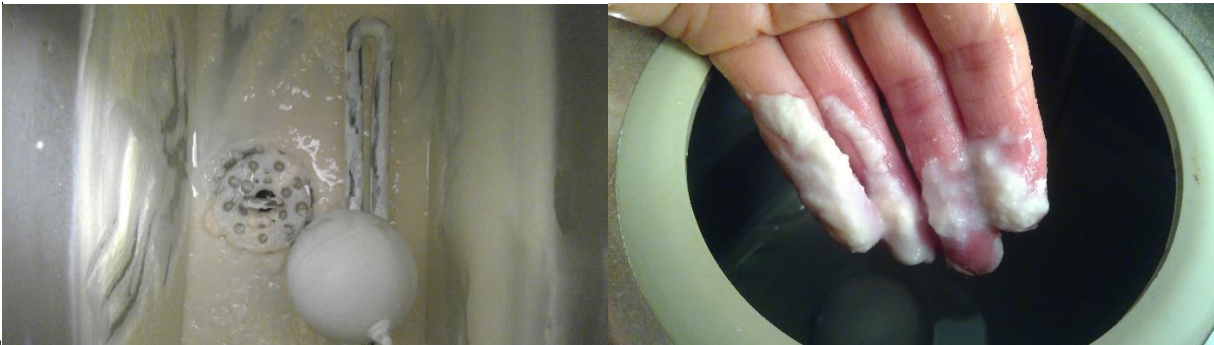
You can purchase a TDS on Amazon for around \$20:

[https://www.amazon.com/gp/product/B007KDYOMU/ref=oh\\_aui\\_detailpage\\_o05\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B007KDYOMU/ref=oh_aui_detailpage_o05_s00?ie=UTF8&psc=1)

First photo is distilled water from distiller with a reading of **0 ppm** (THIS IS **PURE** WATER at its man-made best) Second photo, well water reading directly from the tap of **64 ppm** (**SOFT** water). Third photo from water distiller boiling tank—about 6 months of use with accumulation reading of **1572 ppm** (**unhealthy**)!!! This is equal to 6 months of taking showers. This is absorbed over time into the skin and is the residue/ film seen on shower doors.



Looking down into the drained distiller boiling tank at residue from **SOFT** well water.  
**This well water is not PURE** since it contains minerals.



So we can do one of two things to obtain the best PURE water. We can **DISTILL** our water or we can catch **PURE** rainwater in cisterns or some suitable container, filter and use it. God's plan is always the best plan.  
**CONCLUSION: PURE water is always SOFT water, but SOFT water is not always PURE water. We should drink SOFT, PURE water for the BEST of health. ☺**

**Pure Water.—Absolutely pure water is not found in nature. Rain water is the nearest approach to it;** but even this gathers impurities of various sorts as it falls through the air, and often becomes very unwholesome by the absorption of foul gases and the collection of dust in this way. **For any use connected with the human body, the purest water is always preferable to any other. Filtered rain water and distilled water are the purest forms of water attainable.** *Uses of Water in Health and Disease—a Practical Treatise on the Bath, its History and Uses by J. H. Kellogg, M. D. 1876, pgs. 9-14*

**DISTILLED WATER is best of all. At the Sanitarium we use distilled water altogether for drinking purposes.** {February 15, 1895 N/A, GCB 170.8 JH Kellogg}

*Compiled by M Harris 10/28/20*