

March, 2025

AI's Corner

Everything you've always wanted to know



**The Truth
Is Out
There....**

**Greetings and
Salutations Fellow
Snowmobiling
Enthusiasts**

**PREPARE TO HAVE YOUR
MIND EXPANDED...**



THE FIRST WEALTH IS HEALTH Preventing coronary artery disease part 4

They say to put your money where your mouth is, and so after a few years of drinking distilled water as my go-to beverage, I went in and had one of those Life-Line Screenings. They use some sort of scanner and are able to determine what kind of blockages you have going in your heart, neck, and other areas. Both of my parents had plenty of blockages and my mother had quadruple bypass. So, statistically, I should be getting pretty plugged up by now. Went through with the screening, paid the bill, and waited for them to send me my health report. Needless to say, everything was WIDE open; it shouldn't have been, but it was. That goes to show that many things aren't "genetic," it's just that families generally eat the same food, and drink the same water, they have the same lifestyle.

So, my suggestion is to start drinking distilled water now, and start removing the buildup that can cause heart and other problems. Distilled water is water with NOTHING in it. It contains no minerals, hardness, chlorine, fluoride, and unfortunately, no taste, If you start drinking distilled water, you'll think it's gross. It took me a YEAR to get used to the taste, and even longer to actually start to like it. You can buy gallon jugs of it at the grocery store for generally under \$1.50, sometimes it's on sale for \$.99. If you're super adventurous, you can buy your very own distiller to have in your home. That way, there's no lugging the jugs of water home and finding a place to store them. Once you have your go-to jugs to fill, you'll cut down on plastic waste as well. The prices of a home distiller can be as low as \$200, or soar into the thousands of dollars range, depending on how much water you need. The cost has not really been worth it to me, as I just buy a few jugs each time i go to the store. You would have to buy a small sea's worth of water to justify a distiller, but I guess we pay for convenience all of the time, like buying a coffee in the drive through vs. brewing some at home.

I would suggest just buying jugs of distilled water for awhile, until you get used to the taste, and to see how much work it is to bring the water home from the grocery store. It would be nice to see how much you actually use. Keep a running tally of jugs used per month, so, if you ever decide to buy a distiller, you will know about what size you need. But Al, can't I just drink soft water and do the same thing, I have a softener at home. My answer is a definite.....maybe. Learn more next month!