

January, 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 2

Whether you believe in creation, evolution, or aliens deposited us here long ago, what is true in all of those cases, is that we humans originally drank soft water. Soft water was our default fluid. What is soft water? Soft water is water that the dissolved minerals have been removed, or the water was naturally soft, and no minerals were added.

Types of soft water include lake water, river water, rainwater, and melted snow. However, drinking these surface waters created its own set of problems. Bacteria, and other types of germs make their home in surface water, especially stagnant water. We certainly need to drink water for a healthy life, but drinking the bacteria that's in water can really mess you up, and even kill you. So, long ago, people figured this out and started drinking wine, and also dug shallow wells to get the water they needed. That worked decent as far as health was concerned, but the daily trip to "the well" every day was a giant burden.

So, early in the 20th century, man devised a bit that could dig far into the earth. Voila! Fresh clean water with no bacteria in it, and with a hand pump or modern electric pump, we solved the crisis that afflicted humanity for centuries. Unfortunately, we created another in the process. Water that is deep down in the ground absorbs minerals from the surrounding soil. Some of those minerals are the same minerals that cause 'karstification', i.e. they form stalactites and stalagmites. The question one must ask is: What are those minerals doing in my body? Are they harmful? My answer is a resounding YES!

The CDC does not recognize that calcium and lime in drinking water are harmful, even though we know scientifically, that if you slug your system with those minerals, you'll get kidney stones. If you get a calcium carbonate kidney stone, i assure you, it will get your attention. O.K., what about doses of minerals that aren't so bad as to cause kidney stones, something dramatic like that, but are slowly ingested over 20, 30, or 40 years? What happens to those minerals?

Many of you are thinking right now, "But Al, we need calcium in our diets, to keep our bones strong." Well, personally, i think there is a difference between organic and non-organic sources of calcium. I can't prove that, but i'd bet money on it. Let's just say you're right, and our bodies do use some of the calcium that's dissolved in our water. How much is too much? And the bigger question is this.....How much lime do our bodies need? We might use a little bit of the calcium in lime, but what about the rest of the mineral? Let's not forget to mention that lime is a primary ingredient in concrete.

Is it possible that we ingest enough lime to not cause kidney stones, but to plug up veins going back to the heart? Some of those veins are only the size of a large drinking straw! hmmm, I think we'd better dig into it a little deeper in the next corner.....