Book Tip
The System of Basic Regulation.

Introduction to the classic book by Prof. Dr. med. Alfred Pischinger on basic regulation in connective tissue. The article explains why cell-available, mineral-poor water is crucial for the removal of waste substances and thus for biological performance.

Prof. Dr. med. Alfred Pischinger (1899-1983),
Viennese histologist and embryologist who recognized a basic regulation in the living organism. It unfolds in the space between cells, blood vessels, lymphatic pathways, and nerve endings. Cell-available water is therefore a prerequisite for optimal biological performance.

Prof. Pischinger says:
"Human performance is determined in the space between cells, in connective tissue. All toxic substances with which humans come into contact through breathing, skin, and food spread between the cells. If they become embedded there because removal does not function, the body's performance is diminished. All substances that do not belong in the body and accumulate there are toxic to that body, even if they are not considered poisons outside of it."
- Prof. Dr. med. Alfred Pischinger

Cell-available, hexagonal, "empty" water (that is, with as few minerals as possible) ensures the removal of these waste substances from the cell!

Source:
"The System of Basic Regulation: Foundations of Holistic Biological Medicine" Hardcover - August 4, 2021 Thieme Verlag.

It's good.
to be truu.