

Many times it does not take a lot of words to convey valuable information. Distilled Water Cure is one of these little pamphlets. Only through one of our wonderful customers suggestions did we launch a search of our archives and found this hidden gem. Written by Otoman Zar-Adusht Hanish in 1943. He claims there is only one way of washing the blood and that is by distilled water. By virtue of it's weight it effects a consistent pressure upon minerals and acids which clog the bloodstream. In a short time it eliminates appreciable quantities of impurities from the blood. Recipes for curative treatments of Stomach Acidity to Diabetes. A rare find indeed.

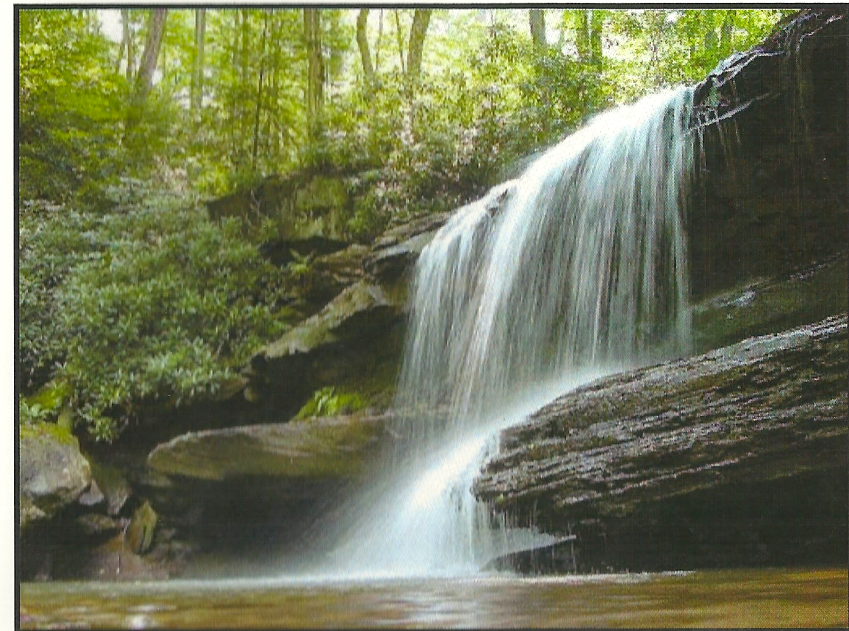
ISBN 0-7873-1460-9  
Health Research Books  
PO Box 850  
Pomeroy, Wa. 99347  
[www.healthresearchbooks.com](http://www.healthresearchbooks.com)  
Phone 509-843-2385

ISBN 0-7873-1460-9



# Distilled Water Cure

## Mazdaznan



By  
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MAZDAZNAN  
DISTILLED WATER CURE

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Reprinted 2011  
By  
Health Research Books  
P. O. Box 850  
Pomeroy, Wa 99347  
[www.healthresearchbooks.com](http://www.healthresearchbooks.com)

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# THE M A Z D A Z N A N DISTILLED WATER CURE

is being given to the public as the result of many earnest requests of appreciative friends. All disease comes as a result of impurities in the blood. These impurities can be washed out of the blood by fluid lacking all impurity and that must be *Distilled Water*. This is to be taken exactly according to prescription, which means with a *pressure* of one pound, in order to force the impurities through the blood stream. The iodine is to be replaced by the frequent use of sea-weed.

There is one city in America, where the authorities caused the water-supply to be laid on after all water has been distilled. In this way the public health has been protected and the standards of well-being and of intelligence, as a result of normality, are there very high.

It is impossible to enumerate all the benefits one enjoys from taking this cure. All phases of illness are relieved thereby, and, when the cure is persisted in, are entirely overcome.

The following are among the troubles which find Cure when Distilled Water is taken as herein prescribed :

Nerve troubles	Liver troubles	Stomach weakness
Indigestion	Dyspepsia	Constipation
Kidney trouble	Lung trouble	Heart trouble
Change of life	Fibroids	Tumors
Cancer	Skin trouble	Scrofulosis
Dropsy	All organic disorders	Consumption
Gout	Tuberculosis	Ulcers, Gastric
Ulcers, Dudenal	Intestinal affectations	
Bladder disorders	Catarrh	Colds
Coughs	Dysentry	Toning the glands
Acidity	Mineral deposits	Bright's Disease
Diabetes	Rheumatism	Etc., Etc., Etc..

From the above, it can easily be seen that Nature's Panacea is—

## D I S T I L L E D   W A T E R .

In the thought that individuals keenly interested in themselves and their personal progress may make good the wrongs under which they are suffering and that all such impositions may cease, thus bringing greater happiness to the world, we take pleasure in republishing this little booklet of Dr. Ha'nish—and in again distributing it to such as are awake to the benefits possible to be derived from

The Distilled Water Cure.

*Mrs. Clarence Gasque*  
December, 1943.  
Kashmir.

# Distilled Water Cure

Oftentimes the blood becomes tainted and needs to be purified. There is only one way of WASHING THE BLOOD and that is by means of *dead water, undiluted water, distilled water* which contains no life organism, chemical or similar substances. It has to be *dead water*, i. e. : *water condensed from steam*.

Distilled water, by virtue of *its weight*, effects a consistent pressure upon the minerals and acids which clog the bloodstream; it presses them right through the system. Even in short time it eliminates appreciable quantities of impurities from the blood.

There is no hard and fast rule as to how to take *the Cure*; it may be taken quickly or slowly, hot or cold. It is left entirely to the individual to decide according to temperament and physical condition.

For *Nerve* and *Liver* troubles, the water should be taken quite hot. The main thing is to obtain the necessary *pressure* and to ensure that *two glasses* are always taken at one time—a total of seven pints per day. This is quite easy of accomplishment if the quantity is systematically regulated as follows:—

1. On awakening take two glasses.
2. Another two glasses shortly before breakfast.
3. Two glasses in the middle of the morning.
4. Two more 20 to 30 minutes before the mid-day meal.

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5. Two glasses in the middle of the afternoon.
6. Another two glasses 20 to 30 minutes before dinner.
7. The last two glasses in the evening shortly before retiring.

If desired, two more portions may be taken—one, two hours after lunch, and the other two hours after dinner.

As regards eating and drinking, it is a matter of individual choice. Nothing is forbidden and there is no need for fasting nor privation. One may eat and drink according to individual needs. One eats only moderately after having taken two glasses of distilled water.

The principle of *the Cure* must be maintained, i. e. *seven times* per day *two glasses* of water, making sure to take two glasses shortly before each meal.

It will soon be discovered that even at breakfast time one eats very moderately after having taken two glasses of distilled water. After three days one observes a loss of taste for this and that and quite different desires assert themselves for dishes which one may have previously disliked. If really desirous of becoming rid of ailments, take with each meal one tablespoonful of Agar-agar. To quicken the process take also at night one tablespoonful of Irish Moss broken up in a cup on which boiling water has been poured; drink both the moss and the liquid.

Day by day one eats less; soon only half and then only a third of what one normally takes. After three days the complexion becomes clearer and more rosy

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and a feeling of lightness is experienced. After two to three weeks, the eyes become clearer and more penetrating; one is able to think more clearly and one becomes less easily irritated. After three weeks the thin ones become a little stouter and the stouter ones a little less corpulent. In case of sufferings of an acute nature, *the Cure* need last but three weeks; in other cases five weeks. If *the Cure* be resorted to for from 5 to 12 weeks in succession, sixty-five per cent of all ailments become eliminated, and the other thirty five per cent will be eliminated if one continues afterwards with a correct diet.

As water which has been distilled is deprived of its iodine content, it is desirable to take, during the period of *the Cure*, various sea-weeds such as Agar-agar, Irish Moss, etc., in order to replace this deficiency. Sea-weeds possess many curative properties and they should find a place in the ordinary dietary.

By the time one has almost completed *the Cure*, one has become so accustomed to the drinking of water that one likes and takes regularly a couple of glasses of distilled water before each evening meal. The adoption of this habit wards off all disease. The body is already composed of 85 per cent water, and by adding thereto two glasses of water regularly each evening, all acids and crystals are eliminated therefrom in a natural way and the bloodstream is no longer burdened thereby.

Three highly important effects are assured through the *Water Cure*:—

1. The blood becomes washed and made free of all foreign substances.
2. It effects a proper working of the individual organs and thereby that of the whole organism.

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3. It provides a youthful freshness in a measure that often youth does not possess, as the whole glandular system becomes normalised, thereby increasing the brain power, and life becomes more joyous.

Always remember, therefore, to resort at intervals to the *Water Cure*. If feeling unwell, start again for a few days or even weeks.

Take the *Water Cure* for five to seven weeks every three, five, seven, nine years, as it purifies the whole organism, and, becoming thus renewed, continuous progress is assured. Distilled water is therefore of the greatest value for the individual as well as humanity at large.

Where distilled water is not available, use water—preferably rain water, having boiled it three times for ten minutes, allowing it to cool in between each boiling. Use an enamel pan. Avoid aluminium utensils.

After a few weeks on *the Cure*, one learns to choose the food that nature requires to build up the system; one begins to live anew. Even after three days the purification and renovation of the bloodstream is noticeable.

One does not necessarily gain or lose weight by taking *the Cure*. The purer the blood the more normal the cells of the body become. If one gains too much one simplifies the diet by discarding butter and oils.

The great advantage of the *Water Cure* is that one need ask no questions; one just takes it; everything comes by itself so long as one resorts thereto.

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As a result of the *Water Cure*, one begins to think for oneself instead of asking questions; one becomes a thinking human being. *The Cure* is so simple one cannot make a mistake, not even a mistake in diet. The wonderful feature of it is that no efforts are required and yet the maximum of benefit is obtained. Moreover, one is sure of the expected result, whether one resorts to it for a weak stomach, indigestion, dyspepsia, constipation, or a liver which does not function normally, or because the kidneys are affected; or for the lungs, nerves, heart trouble, change of life, or for growths—including cancer.

All ailments have to give way to Distilled Water, and in the ordinary way nothing needs to be added thereto.

When taking a hot drink of any kind for curative purposes, make it a point to breath in fully and take a swallow of it on the breath; then breathe out slowly and to the the limit before taking another breath, and with it a sip on the breath. In the first place one can take a hotter sip, and secondly, one derives immediate results.

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#### LINSEED TEA

Start with say, three teaspoonfuls of linseed (flaxseed) in three cupfuls of hot water and let it boil for ten minutes. Put into your cup the juice of limes (or lemons) and either honey, or rock-candy and fill the cup with the tea. Take every three hours; will break up colds, coughs and check consumption. Drink very hot and inhale the steam. Every home should administer this cure, to all every early autumn and spring, as well as throughout the winter, as a preventative. Schools should be doing the same.

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## GLAND CULTURES

Sea water has a great healing and stimulating effect upon the body and sea-weeds absorb out of the ocean-brine the salts, tonics and vitamins so invigorating to the physical constitution.

The spring is the most appropriate season for taking the treatment of cultures like Agar-Agar, Irish Moss and Iceland Moss, inasmuch as nature at this time responds more readily to any and every change in diet.

## AGAR-AGAR

AGAR-AGAR is a seaweed which is invaluable in all cases of organic disorders, including cancer, consumption, gout, tuberculosis, ulcers, etc., and acts mildly upon the liver. It contains organized potash and iodine which assist elimination and regulate bowel action. It should be taken dry to obtain the best results.

Take every morning for a period a tablespoonful of dry agar followed by a glass of hot water or other liquid; also a similar quantity between meals. Gradually all the organs will adjust themselves and one becomes invigorated despite all weaknesses.

Agar-agar may be sprinkled over vegetable or fruit salads, or used in hot milk; also to thicken soups. Owing to its gelatinous properties, it may be used for making fruit or milk moulds; also puddings of various kinds, with the addition of eggs, if so desired.

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## IRISH MOSS

IRISH MOSS is a seaweed rich in iodine and sulphur and is excellent in all cases of intestinal affections, pulmonary complaints, kidney and bladder disorders. It causes peristaltic action to commence and cleanses the intestinal tract. Irish Moss may be taken freely and is more agreeable to the taste when orange or lemon juice is added thereto. It should be thoroughly cleansed and drained. Afterwards take a cupful of moss to a quart of distilled water and simmer slowly until the gelatinous substance is extracted, then strain through a sieve. The dregs should be preserved in order to obtain a second extraction or for use dry in salads.

## ICELAND MOSS

ICELAND MOSS is similar to Irish Moss except that it contains a bitter principle known as centrarinic acid. It may be used in precisely the same manner as Irish Moss. Iceland Moss is excellent in chronic pulmonary affections, catarrh, coughs, digestive disturbances, dysentery and general weakness; it will be found invaluable for toning up the glandular system, especially the gonoidal glands. In the case of pulmonary affections linseed tea should be taken in conjunction therewith.\*

The above-mentioned sea-weeds are the best substances for quickening the flow of glandular secretions necessary for re-energizing cell tissue and toning up the system generally; they are invaluable in warding off ageing tendencies.

*\*Please see page 7 for linseed tea.*

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## CURATIVE TREATMENTS

### ACIDITY

Continued acidity in the stomach and in the system generally turns into sugar. When sugar appears in the urine one must stir the digestives. Abstain from all starchy food and fruits—including the small berries.

To neutralize acidity, take shortly before each meal a tumblerful of heated distilled water to which has been added a half-teaspoonful of bi-carbonate of soda; continue for a period of five ( 5 ) weeks. Drink copiously of distilled water.

### ANAEMIA

Grate raw beetroot and add thereto twice the quantity of distilled water. Simmer very slowly for one hour, adding thereto a few anise or fennel seeds, and allow it to come up to the boil once, then remove from the fire. Strain and take a small teacupful every  $2\frac{1}{2}$  to  $3\frac{1}{2}$  hours. The addition of a little lemon juice makes the drink more palatable. Do not allow longer intervals between the doses. Continue the treatment for five weeks.

Vegetable marrow, either raw, grated, or baked, also water melon combined with lemon juice, are excellent remedial agencies. Use onions freely. Pomegranate juice is likewise beneficial; it may be used in conjunction with rice. Practise rhythmic breathing.

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### BLOOD TONIC

Take one bunch of parsley, one of spinach and one of celery tops ; run them through a mincer. Place in an earthenware or glass receptacle. Pour thereover 2 quarts of distilled water. Next morning strain and drink one cupful every 2 hours. Continue for 10 days. Make it fresh every day.

### BRIGHT'S DISEASE

Drink six quarts ( 24 glasses ) of distilled water per day, two glasses at a time, with three pinches of bi-carbonate of soda for three times, and then three pinches of cream of tartar for three times, and so on alternatively; continue for five weeks. Restrict the diet.

### CANCERS AND TUMOURS

In the case of cancer of the stomach, liver, intestines, breast, throat, and of sarcoma, the distilled water treatment must be continued for from 3 to 14 months, according to the severity of the case.

Cancer is caused by irritation arising from the accumulation of toxins in the system. Commence with a fast of 48 hours, resorting to colon irrigation during the period.

Bathe external parts every 15 minutes with a solution of permanganate of potash—3 to 5 crystals to a tumblerful of distilled water. Make a weaker solution —3 crystals to a tumblerful of distilled water—and take internally a tablespoonful each time the external parts are treated until the throbbing ceases. Then repeat the treatment every three hours for awhile and afterwards

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at longer intervals as necessary. For injections heat the water to 114 degrees fahr. and administer every 12 hours.

Avoid all acid and starchy food, pulses, yeasted bread, condiments, sugar, cheese and eggs. Choose an eliminative diet of raw green salads, e.g., cress, cucumber, dandelion, lettuce, radish, sorrel, spinach, violets, nasturtium leaves—including the seeds and flowers; also grated raw turnip. Asparagus, artichoke, seakale, beans (string) and marrow are permissible. Take two six-grain willow bark charcoal tablets or biscuits after each meal.

Radish of all kinds are remedial, acting directly upon the blood, dissolving any crystals which may have formed. *Black radish* is one of the finest specifics in cancerous cases as it contains carbolic acid in its organized form. It is excellent also in kidney affections. Take one heaped tablespoonful of *grated black radish* blended with a dessertspoonful of olive oil three times a day. Owing to its piquant flavour olive oil should be always combined therewith in order to soothe the membraneous lining. (Avoid the combination of radish with buttercups and nasturtiums.)

In the case of cancer of the stomach, the patient should subsist upon puffed maize (popped-corn) and raw green vegetables prepared as a salad, over which heated olive oil is poured to make it shrivel so as to avoid eating too much. Occasionally, a baked dish may be served and a small portion of hot milk. Avoid all acid foods.

A tea made from violet leaves and blossoms is an excellent specific for fibroidal growths and tumours; it is more effective when made with rain water gathered during the month of March.

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Violet leaves may be used as a poultice with beneficial results; they contain a potency which is effective in eradicating all cancerous conditions.

Breathe consciously and rhythmically in order to attract to the apical regions of the lungs the chemicals required to maintain the healthy functioning of the whole glandular system.

#### DIABETES

Diabetes, even in its worst stages, can be overcome in six months. Take  $3\frac{1}{2}$  quarts of distilled water per day in the prescribed manner. Discard all fruits and starches. Turnip—raw, grated, or baked, combined with dextrinized raw rolled oats, gives beneficial results. The purple top variety of turnip is best; it is rich in potassium and supplies nerve energy, besides combating acidosis.

Green and other vegetables which mature above the ground are in order. Take also after meals 12 drops of grain alcohol on a lump of sugar.

Finely ground raw pea-nuts in hot milk will be found beneficial; take two tablespoonfuls to a tumblerful every two hours. The beaten white of egg may precede the drink. Frozen pear juice is also remedial.

#### DYSPEPSIA AND INDIGESTION

Add a level teaspoonful of bicarbonate of soda to a glassful of hot distilled water and take on an empty stomach. In acute cases use 2 ozs. gum arabic to 1 quart of distilled water. Boil the water and pour it

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over the gum; when dissolved, it is ready for use. Take two tablespoonfuls before meals. Buckbean (Bogbean)\* and squaw weed in equal parts made into a tea is an excellent tonic for the stomach. Persimmons are beneficial for dyspeptics; take one per day when in season.

#### GASTRIC AND DUODENAL ULCERS

For a period of 10 days take a treatment of two-thirds milk and one-third *Vichy* water. In place of *Vichy* water the following may be used:--

Three tablespoonfuls of Epsom Salts; three teaspoonfuls of Bi-carbonate of Soda; half teaspoonful of Sulphur. A pinch each of Boneset and Carcara Bark and one teaspoonful of Buckthorn may be added with advantage. Pour over the afore-mentioned ingredients one quart of heated distilled water; when dissolved add a further quart of distilled water. Bottle and shake before use.

To counteract the binding tendency of the treatment, add each day one tablespoonful of Agar-agar to a tumblerful of hot milk. To further assist the eliminative processes resort to senna pod tea.

Three times per day take a tumblerful of heated distilled water to which has been added one crystal of permanganate of potash.

On completion of the treatment a very light diet is indicated, avoiding all acid and starchy foods. The following are in order:--

\*Bitter Clover

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- (a) Apple grated and baked in the oven, adding thereto when cool the beaten white of an egg.
- (b) Banana whipped into a cream, adding a pinch of salt and blending therewith a teaspoonful of lemon juice and the beaten white of an egg, or alternatively a little almond or olive oil.
- (c) Beetroot baked in the oven and then grated with the addition of olive oil and lemon juice.
- (d) Green salad combined with grated raw vegetables in small quantities and thoroughly masticated, with the addition of dextrinized raw rolled oats or crispbread; raw rolled oats act as an absorbent and neutralize acids.

The yellow variety of tomato, which is less acidulous than the red, is beneficial in duodenal affections and also jaundice. Take the tomato alone, discarding the seeds. Cucumber likewise is excellent.

Slippery elm bark tea is very soothing in the case of digestive derangements and may be used without reserve. It also acts as a cleanser in all female generative affections; take it for three days in every ten and linseed tea for ten days each month. For those who suffer from gall stones, slippery elm bark tea is invaluable; drink it freely until normal conditions are restored.

#### DROPSY, RHEUMATISM, GOUT, DYSENTERY, SCROFULOSIS

*The Distilled Water Cure* is to be taken for 21 days, then an interval of 21 days, then distilled water again for 21 days, and so on. If necessary, to be continued for nine months in the manner indicated.

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## NERVOUS AFFECTIONS

In the case of *nervous affections*, it is recommended to live on puffed maize (popped-corn) for 21 days and discard for a while all *fruits* until the system becomes normal again. Where the stiffness has set in, i.e., where the veins have become contracted, hammer the affected parts in order to break up the conditions, taking the distilled water treatment the while.

## TUBERCULOSIS

Tuberculosis can be eliminated if the patient counteracts the wastage by the additions to the diet of goat's milk—half milk and half water—and adds to each meal two tablespoonfuls of pine kernels; these may be ground and added to the milk. The liquid may be flavoured with liquorice. The distilled water treatment is to be taken for a period of months or longer as necessary.

Linseed tea is excellent to combat tuberculosis. Take a cupful or two every 3½ hours half an hour before meals. Use the tea *boiling hot*; sip it. Keep as closely over the cup as one can bear so as to inhale the steam. Persevere with the treatment for weeks—even months. It is not only the *linseed*, but the *steam* arising therefrom which helps to heal the membranous lining beginning with the nostrils, down into the throat and throughout the whole system. Eat judiciously and masticate thoroughly in order to ensure proper assimilation.

A wineglassful of heated fresh ripe pineapple juice taken just before meals is beneficial; take a similar dose after meals. To heat the juice, pour it into a glass container and place it in a pan of water.




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