

This Free E–Book is brought to you by Natural–Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Ultra Pure Drinking Water –Is it healthy ?

By Pauline Robinson

Ultra Pure Drinking Water –Is it healthy ? by Pauline Robinson

Over the past decade, the popularity of bottled water has increased substantially in North America(1). Sales of bottled waters have increased by 400%, and 1 in 5 households now use bottled drinking water (2). Annual per capita consumption has risen from less than 8 gallons in 1991 (1,2) to 12.7 gallons in 1997 (Arthur von Wiesenberger, personal communication). Since bottled water is beginning to assume a prominent place in the North American diet, its health effects require evaluation.

It is more important to remove any harmful pollutants from your water than to save beneficial minerals in it.

Drinking water produced by distillation alone is not free of all potential pollutants, regardless of the brand of distiller; drinking water produced by the combination of any distiller plus an adequate filter will insure the purest drinking water but without minerals. Also because of the lack of minerals the pH of this water will drop and become more acidic on standing.

Ultra Pure water produced by Reverse osmosis systems that have a UV light added are good and have a few electrolytes in it. The pH will drop as this water has no buffering capacity also.

The drinking water most conducive to good health is that which contains a moderate to high mineral content.

The acidic Distilled water and Ultra Pure Reverse Osmosis can leach pollutants from its containers, so the choice of storage containers is important. Glass is best and seamless stainless steel and inert plastics are next best. Don't store distilled or ultra pure reverse osmosis water in soft plastic bottles.

When your water has a pH below 6.5 it is considered acidic. When this occurs, water can actually start to eat away at pipes and stain silverware, imagine what happens elsewhere. Since this is happening, you will need to neutralize your water.

Where distilled water or reverse osmosis water is the drinking water of choice, the consumer should pay attention to insuring a plentiful source of minerals from food and/or supplements.

Ultra Pure Drinking Water –Is it healthy ?

With the CRL-pH+ remineralization filter developed at HealthSmart Nutrition placed after the RO system or distiller this problem with the pH drop is lessened. The water is adjusted to a mild alkaline pH for a smoother taste and a healthier water.

Pauline Robinson is the Health Consultant for HealthSmart Nutrition

<http://www.air-water-nutrition-healthsmart.com> to learn more about why minerals are so necessary

http://www.air-water-nutrition-healthsmart.com/coral-cal-min/why_minerals.htm more information about the CRL-pH+ filter see <http://www.air-water-nutrition-healthsmart.com/mineral-filter.htm>

Bottled Water – Good Or Bad?

By Lucy Bartlett

Water, water everywhere but not a drop to drink. You feel you have heard it before, recollecting those horror scenes showing victims of earthquakes, tsunamis, torrential rain and flood. No. It is the mantra of everybody - From Australia to Iceland, from Hawaii to San Francisco people are scared to drink water directly from any source. Bottled water carries a declaration that it is 100% pure and free from bacteria and other harmful substances, and is accepted by us as safe to drink.

Our body's demand for water is called thirst. It is quenched by an intake of water. Is pure bottled water needed? Why not some salts and minerals? Why remove the life saving minerals through osmosis? Many authorities, doing research in human health questions the habit of drinking pure water. They say leeching of minerals through osmosis is not needed and not natural. Is our body genetically designed to accept pure water? Is pure water good for our health? These are the questions many scientists ask now.

Pure bottled water is one of the biggest businesses in many developing countries now. The populations of these countries which used to carry their drinking water (mostly drawn from the communal wells) or drink directly from the water taps in railway stations are brain washed to think only pure water in bottles are fit to drink.

Even the people in developed countries cultivated their bias against water available from various sources in public places only a couple of decades ago.

Sustained researches about communities drinking a special source of water such as the fabled Hunza water shows that the citizens of Hunza lived up to 150 years drinking this water. Various studies points towards water for the longevity and other traits found in Hunza.

It is not only the fabled Hunza but also the springs of Lourdes, the well of Mexico, the Nordeneau Caves in Germany and the Indian Nadana springs are found to be undergoing ionization process naturally during its passage through earth. These waters are found to be one of the greatest antioxidant full of hydrogen and negatively charged. So water with various minerals is proven to be beneficial to the human body.

Arguments for and against pure bottled water will continue to rage as long as our body's demand for

Ultra Pure Drinking Water –Is it healthy ?

fluid continues. Depending upon the results of the ongoing researches, opinions for and against bottled water will continue to flourish without any end.

For more info visit

Lucy Bartlett is a proud contributing author. Find more articles

For

more info visit

or



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!