View

Environment

Is Purified Water the Most Healthy Choice?

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Consistently consuming purified water may be harmful. Drinking filtered water has been shown to provide short-term system cleaning advantages in studies. Mineral deficiencies and acidity in the body develop more quickly in those who drink clean water for an extended period of time. Avoid consuming water that has been purified except under certain circumstances. Longevity is linked to the usage of hard water (high in minerals) on a regular basis. Using filtered water for a long period of time has a greater impact on health.

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PEOPLE are increasingly worried about the quality of drinking water and its relevance to health, as it is a requirement of daily living. The majority will agree that parasites, chlorine, fluoride, and dioxins in unfiltered tap water pose a health danger. However, many health nerds are sometimes astonished to hear the explanation that drinking filtered water on a daily basis can be hazardous.

Distillation is the process of boiling, evaporating, and condensing water. As a result, water cleaned or processed by reverse osmosis releases dissolved minerals. As a result, it has the unique ability to actively absorb and remove hazardous chemicals from the body. Evidences support the benefits of sipping filtered water while seeking a short-term system cleansing or detox (maximum of a few weeks) (1). Owing to the quick loss of electrolytes (sodium, potassium, and chlorine) and minerals such as magnesium, consuming filtered water might be hazardous due to the risk of irregular heartbeats and high blood pressure (2-4). Cooking Food submerged in cleansed water loses its minerals and nutritional value.

Purified water is an active absorbent, and upon contact with air, it absorbs carbon dioxide and becomes acidic. The more pure water a person consumes, the more acidic their bodies become. Purified water is used to make the most harmful commercial beverages (such as Coca-Cola and others). Studies indicated that heavy drinkers of soft drinks (with or without sugar) routinely excrete substantial quantities of calcium, magnesium, and other minerals in their urine (5). The greater the mineral loss, the greater the risk of osteoporosis, osteoarthritis, hypothyroidism, coronary heart disease, high blood pressure, and a lengthy list of degenerative disorders linked with premature aging in general (6).

A vast number of doctors and scientists throughout the world think that the buildup of acidic waste in the body causes aging and disease (7). This notion is supported by a considerable quantity of scientific evidence. Poor nutrition may contribute to the buildup of waste (8). Meats, sugar, items made with white flour, fried meals, soft drinks, processed foods, alcoholic beverages, and other fast foods contribute to the acidity of the body (9, 10). Stress, whether mental or physical, can cause acid deposits in the body (11).

There is an association between the use of treated water (purified water is particularly mineral-free) and the prevalence

of cardiovascular disorders (12). Cells, tissues, and organs dislike being bathed in acid and will do whatever to remove it, including extracting minerals from the skeleton and producing bicarbonate in the blood (13). The longer a person consumes pure water, the quicker mineral shortages and acidity in the body develops (14).

Ideal human body water should be somewhat alkaline, and this necessitates the presence of calcium and magnesium (15). Purified water is often acidic and should only be used for detoxification (16). Once this objective has been reached, it is a terrible idea to continue drinking cleaned water. Alkaline water is filtered by solid carbon filters. This water's ozonation is appropriate for daily usage. Regular use of hard water (high in minerals) is connected with longevity (17). Long-term usage of filtered water is more strongly related to disease and early mortality (18). Therefore, avoid drinking purified water except under certain conditions like urolithiasis.■

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