

The following is an article reprinted from ALIVE, Canadian Journal of Health and Nutrition by Zoltan Rona, MD, MSc.

THE DANGER OF DISTILLED WATER

Dear Dr. Rona:

Currently we obtain household water from a pond by our house, and for drinking, I buy filtered town water. We are considering a change. Is distilled water the way to go? HZ

During nearly 21 years of clinical practice I have had the opportunity to observe the health effects of drinking water. Drinking unfiltered tap water could be hazardous to your health because of things like parasites, fluoride and dioxins. Many are surprised to hear me say that drinking distilled water is also potentially dangerous.

Distillation is the process in which water is boiled, evaporated and the vapor is condensed. Distilled water is free of dissolved minerals and, because of this, has the special ability of being able to absorb toxic substances from the body and eliminate them. Studies validate the benefits of drinking distilled water when seeking to cleanse or detoxify for short periods of time (a few weeks at a time). Fasting, using distilled water, can be dangerous because of the rapid loss of electrolytes and trace minerals like magnesium, deficiencies of which can cause heart beat irregularities and high blood pressure. Cooking foods in distilled water pulls the minerals out of them and lowers their nutrient value.

Distilled water is an active absorber and when it comes into contact with air, it absorbs carbon dioxide, making it acidic. Soft drinks are made from distilled water and studies have consistently shown that heavy consumers of soft drinks spill huge amounts of calcium, magnesium and other trace minerals into the urine. This mineral loss increases the risk for a long list of degenerative diseases associated with premature aging.

There is a correlation between the consumption of soft (acidic) water (distilled water is extremely soft) and the incidence of cardiovascular disease. Cells, tissues and organs do not like to be dipped in acid and will do anything to buffer this acidity including the removal of minerals from the skeleton and the manufacture of bicarbonate in the blood. I have done well over 3,000 mineral evaluations in my practice. Almost without exception, people who consume distilled water exclusively eventually develop multiple mineral deficiencies.

The ideal water for the human body should be slightly alkaline and this requires the presence of minerals like calcium and magnesium. Water filtered through reverse osmosis tends to be neutral and is acceptable for regular use provided minerals are supplemented. Water filtered through a solid charcoal filter is slightly alkaline. Ozonation of this charcoal filtered water is ideal for daily drinking. Longevity is associated with the regular consumption of hard water (high in minerals).