

I started drinking distilled water when I was 19 years old and I'm 66 now. I was told way back then if I drank distilled water it would dissolve my bones and I would age way before my time. Well that didn't happen. I suffer from no aches or pains in my joints and overall I am very healthy. They said you needed the minerals in the water you drink. Well over the many decades I have been involved with water I have seen many water analysis results and I fail to see what beneficial minerals they are talking about. Further more there is one fundamental fact they are ignoring, that is "All living cells on this planet take on water by the process of osmosis". From the very fine root hairs of a giant pine to you and I. The simple fact stated "The purer the water the faster you will hydrate". The process of osmosis states that "A weak solution will permeate a cell wall towards a stronger solution via osmosis". So if you drink highly mineralized water over a long time it will have an overall negative effect on your health. If you drink water very high in "Total Dissolve Solids" or TDS expressed in PPM (parts per million) then you will dehydrate your body. That is why you can't drink sea water as in many places in the world sea water has a TDS of over 34,000 ppm. It is interesting to note the only way arteries in your body show up on an x-ray is if they are calcified. So for me I will continue to drink the purest water I can. Currently, and for the past 20 years I have been drinking the purest water known to man, 18 mg/ohm super high purity water through the process of deionizing through a resin bed that removes everything and produces nothing but H₂O.