

Early Death Comes From Drinking Distilled Water

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During nearly 19 years of clinical practice I have had the opportunity to observe the health effects of drinking different types of water. Most of you would agree that drinking unfiltered tap water could be hazardous to your health because of things like parasites, chlorine, fluoride and dioxins.

Many health fanatics, however, are often surprised to hear me say that drinking distilled water on a regular, daily basis is potentially dangerous.

Paavo Airola wrote about the dangers of distilled water in the 1970's when it first became a fad with the health food crowd.

Distillation is the process in which water is boiled, evaporated and the vapor condensed. Distilled water is free of dissolved minerals and, because of this, has the special property of being able to actively absorb toxic substances from the body and eliminate them.

Studies validate the benefits of drinking distilled water when one is seeking to cleanse or detoxify the system 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 (sodium, potassium, chloride) 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. The more distilled water a person drinks, the higher the body acidity becomes.

According to the US Environmental Protection Agency, "Distilled water, being essentially mineral-free, is very aggressive, in that it tends to dissolve substances with which it is in contact.

Notably, carbon dioxide from the air is rapidly absorbed, making the water acidic and even more aggressive. Many metals are dissolved by distilled water."

The most toxic commercial beverages that people consume (i.e. cola beverages and other soft drinks) are made from distilled water. Studies have consistently shown that heavy consumers of soft drinks (with or without sugar) spill huge amounts of calcium, magnesium and other trace minerals into the urine.

The more mineral loss, the greater the risk for osteoporosis, osteoarthritis, hypothyroidism, coronary artery disease, high blood pressure and a long list of degenerative diseases generally associated with premature aging.

A growing number of health care practitioners and scientists from around the world have been

advocating the theory that aging and disease is the direct result of the accumulation of acid waste products in the body.

There is a great deal of scientific documentation that supports such a theory. A poor diet may be partially to blame for the waste accumulation. Meats, sugar, white flour products, fried foods, soft drinks, processed foods, alcohol, dairy products and other junk foods cause the body to become more acidic. Stress, whether mental or physical can lead to acid deposits in the body.

There is a correlation between the consumption of soft 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.

The longer one drinks distilled water, the more likely the development of mineral deficiencies and an acid state. I have done well over 3000 mineral evaluations using a combination of blood, urine and hair tests in my practice. Almost without exception, people who consume distilled water exclusively, eventually develop multiple mineral deficiencies.

Those who supplement their distilled water intake with trace minerals are not as deficient but still not as adequately nourished in minerals as their non-distilled water drinking counterparts even after several years of mineral supplementation.

The ideal water for the human body should be alkaline and this requires the presence of minerals like calcium and magnesium.

Distilled water tends to be acidic and can only be recommended as a way of drawing poisons out of the body. Once this is accomplished, the continued drinking of distilled water is a bad idea.

... Disease and early death is more likely to be seen with the long term drinking of distilled water. Avoid it except in special circumstances.

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	Tap Water	Bottled Water	Distilled Water	Ionized Water
Low Environmental Impact	√	x	x	√
Oestrogen Free	x	√	√	√
PET Free	√	x	√	√
Very Economical (<5p / litre)	√	x	x	√
Organo-Phosphate Free	√	√	√	√
Chlorine Free	x	√	√	√
Flouride Free	x	√	√	√
Reverses Acid Build-Up	x	x	x	√
Energises	x	x	x	√
Boils Faster	x	x	x	√
Provides Beneficial Minerals	√	√	x	√
Instantly Available	√	x	x	√
Guaranteed Free of Water Borne Bacteria and Virus'	x	√	√	√

Comparing: Ionized Water Units with other methods of water treatment

It is difficult to directly compare Ionizing Water Units with other forms of water filtration because an ionizer is so much more than a filter. However as many customers have asked us to do so, we present

below our comparisons, based on many individual tests and research.

Types of Water Filters

- **Charcoal**
- **Reverse Osmosis**
- **Distillers**
- **Ultraviolet**
- **Backflush**
- **PiWater**

Charcoal

Charcoal Water Filters utilize charcoal derived from coconut husk as a filter medium. This absorbs impurities as the water passes through. This form of filter comprises possibly 95% of those in use domestically, because they are simple to install, relatively economical, and filter out the most deadly of contaminants, Cryptosporidium and Giardia. An average charcoal filter will last a family 6-9 months. Some charcoal filters are enhanced by the use of activated silver, which provides extra antibacterial protection. Minerals in solution can still permeate a charcoal filter. These minerals are essential to health.

Reverse Osmosis

These filters use a fine membrane to filter through osmotic process. They take everything out of the water, leaving it pure. Usually installed under-sink, they require a serviceman to come every few months to install a new membrane. Distillers use electricity to heat tap water to boiling point. Impurities are left in the boiling container and the purified condensate drains back into a clean container. They require a fair degree of power and cannot give immediate supply, because the boiling process must be completed before water is available. There is now a number of reports that distilled water is not good to drink long term because it leaches nutrients from the body, being the most 'unnatural' of water. Please refer to other articles we have on this important subject. Ultraviolet water filters use a UV light to kill bacteria in the water. They are very seldom seen in domestic units because of the problem of keeping the light clean. Some water ionizers have small UV lights fitted but they have been shown to have little or no effect.

Backflush Filters

Every now and then a 'new' system appears on the market claiming to offer extremely long life without filter changes. This is usually a backflush system. There are no proven long-term backflush systems on the market - probably because their claims of long life without filter change never live up to the facts. They are almost always two to four times the cost of the basic charcoal water filter unit, but justify this by their claims of longevity. Imagine how your sink would look if you used only hot water and no scrubbing to clean it!

None of these groups provide ionization

Other forms of water treatment

There are many forms of water filters and all have some merit. These include:

- **Magnetic**
- **Energetic**
- **Vortex**
- **Chemical additive**

Magnetic

Fundamentally, this involves passing the water over or through a magnetic field. This has the effect of rearrangement of ions. Without the fundamental 'splitting' of ions that occurs in the Water Ionizer (H₂O to OH⁻ and HO) lasting change is not possible, although many claims are made by the manufacturers. Free standing magnetic units do not filter or change pH. WE have tested units that utilize magnetism and have found a wide variation in results.

Energetic

These are usually attached at the entry of water to the home. They 'align' the water using various methods based to varying degree on the works of Viktor Schauberger, Pioneering water researcher. Although they do 'soften' the water, they do not change the pH or the REDOX (Positive or negative charge) of the water, nor do they filter the water. In our experience, water filters attached to systems with previously installed Energizers work extremely well. A number of units use vortex flow of water prior to output. They also appear to soften the water, but do not filter, ionize or change the REDOX potential.

OUR COMPARISONS

These comparisons on water filters are derived from our own experience and research. This comes from factory supplied test data plus certified laboratory tests we have had commissioned. We do not guarantee that every result is correct because we rely on data given us by suppliers.

Why should I remove chlorine from my drinking and bathing water?

Dr. Zoltan Rona, M.D. M.Sc. answers:

"Most people never give (the dangers of chlorine) a thought. After all, our elected public officials keep assuring us that chlorinated city tap water is completely safe for human consumption. Numerous scientific studies report that chlorinated tap water is a skin irritant and can be associated with rashes like eczema.

"Chlorinated water contains chemical compounds called trihalomethanes which are carcinogens resulting from the combination of chlorine with compounds in water. These chemicals, also known as organochlorides, do not degrade very well and are generally stored in the fatty tissues of the body (breast, other fatty areas, mother's milk, blood and semen). Organochlorides can cause mutations by

altering DNA, suppress immune system function and interfere with the natural controls of cell growth.

"Chlorine has been documented to aggravate asthma. Several studies also link chlorine and chlorinated by-products to a greater incidence of bladder, breast and bowel cancer as well as malignant melanoma. One study even links the use of chlorinated tap water to congenital cardiac anomalies.

Anything you can do to filter tap and shower water that eliminates or minimizes chlorine would certainly be helpful and possibly curative for some immune system problems. The use of at source water filtration devices is increasingly popular and affordable. Discuss their use with your health care practitioner".

(Dr. Zoltan P. Rona is author of "The Joy of Health" and "Return to the Joy of Health" and past president of the Canadian Holistic Medical Association).

What advantages does ionized water have over reverse osmosis or distillation?

Unlike Reverse Osmosis (RO) and distillation, which remove all minerals - leaving the water dead and acidic - ionized water concentrates health giving alkaline minerals like magnesium and calcium, after removing harmful contaminants. Water from RO and distillation is very acid (pH 4.5-6.5) and so contributes to the over acidity of our bodies. Alkaline water helps counteract acid / alkaline imbalance. Because RO and Distilled waters are mineral deficient and strongly acid, there are warnings from a number of physicians not to drink them on a sustained basis.

While RO and distilled waters are strongly oxidizing, alkaline ionized water is a proven powerful antioxidant, equivalent to fresh squeezed orange juice (without the sugar). Having been completely demineralized, RO and distilled water and most bottled water are understandably flat tasting.

The tastiness of water from water ionizers is one of its most immediate qualities: it brings delighted responses from everyone! Along with this go superior hydrating qualities due to the ionization. This ionization is also what happens in nature when water is allowed to bounce over rocks and waterfalls.

Finally, let's compare the ongoing costs: In home RO water is approximately 20% more expensive than ionized water. In home distillation is 700 - 1000% more expensive than ionized water. Bottled water is more expensive than RO or distilled water.

Typically, most bottled waters available in the USA are derived from municipally treated tap water which is then processed through reverse osmosis.

The pH of these waters is almost always below 7.0pH neutral, unless the water has been re-mineralized after the RO process.