

Re: Is Pure Water Bad to Drink?

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-07/0789.html>

From: Jeff (*kidsdoc2000_at_hotmail.com*)

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"MelbaTatum" <melbatatum@wmconnect.com> wrote in message news:20040721050618.22465.00000178@mb-m11.wmconnect.com...
> *I'll start with a brief summary, then let you read and would like your*
> *comments.*
>
> *The gist of this posting is that Distilled Water (or RO water or pure*
> *water) is*
> *said by some experts to be damaging to the body, used in long term. That*
> *because pure water is so corrosive, so active in leeching out minerals and*
> *in*
> *creating an acid environment that it prematurely ages and damages the*
> *body.*

This is utter bullshit.

The concern about distilled water is that it does not contain trace minerals.

> *When I read this, I thought....probably that is nonsense. But, I got out*
> *my pH*
> *tester I used for my fish tank and I decided to check and see if Pure*
> *Water was*
> *acidic or alkaline. I tried first my tap water and it was mildly alkaline*
> *at*
> *7.4 pH. Next I bought a gallon of distilled water and it tested acidic at*
> *a pH*
> *of 6.2. Then I tested the gallon of Reverse Osmosis filtered water which I*
> *usually buy (and refill myself) at WalMart. It also tested quite acidic at*
> *6.2*
> *pH. This got me thinking, "Is this guy onto something, here?" Here is the*
> *link*
> *to an article by a Dr.Zoltan Rana,*

You body has these neat things that keep the pH of your body in the proper range: kidneys. That right. Drink a little too much acid (or make too much acid) and you will literally pee out the extra acid.

> http://www.mercola.com/article/water/distilled_water.htm

If you are citing an article by that asshole Mercola, you aren't thinking much at all. Mercola is a total idiot. His site can't be trusted for anything.

> *Btw, I have nothing to sell to you nor anything to buy. I suggest us folks get*

> *out our pH tester and test the "pure" water we are drinking. I tend to agree*

> *now that our main drinking water source should be slightly alkaline and*

> *definitely should not be acidic. Here are some quotes from the above link,*

(Garbage quotes from Mercola deleted).

The pH of water doesn't tell you how pure it is. Only how acidic or alkaline it is. And as long as the water tastes good, the pH is ok.

Jeff