

## Is Reverse Osmosis Filtered Water Healthy - or NOT?

July 16th, 2016

We are a vendor of non-reverse osmosis water filters. So we understand you'd be a little cynical of us saying 'RO' is not healthy.

So we're going to be very, very careful in our claim that reverse osmosis may be so unhealthy that it may even kill you.

In a previous post we introduced the Israeli scientific study directly linking RO water to hundreds of CVD deaths every year. The report is the only one we've seen, and so one can be forgiven for being cynical. But.. let's score ourselves on this. If we can show you five good reasons you absolutely should NOT drink 'pure' RO water.. then we assume you have accepted what we said, and we will be happy to help you make the change to healthy water. Our water.

Let's look at the next study we've been privy to. This is from the World Health Organisation. (download it [here](#)). In our last report we said that humans have never had pure water. Let's see what the WHO says:

**“The composition of water varies widely with local geological conditions.**

**Neither groundwater nor surface water has ever been chemically pure H<sub>2</sub>O, since water contains small amounts of gases, minerals and organic matter of natural origin. The total concentrations of substances dissolved in freshwater considered to be of good quality can be hundreds of mg/L.”**

and...

**“It was clear from the very beginning that desalinated or demineralized water without further enrichment with some minerals might not be fully appropriate for consumption.”**

*Let's be clear about this. We are saying that it is NOT natural to drink pure water.*

*We understand that your RO salesman has already heard this complaint and has an answer ready for you. He will try to sell you a 'remineralising' cartridge' to add the minerals you just paid to have removed, back in. Our report on remineralizers follows, and we'll help you steer clear of the majority of duds sold to people like you.*

But let's try for another 'brownie point' in your decision. Just WHY isn't pure water good for you? We all agree that we require an adequate supply of electrolytes.

## So.. what is an electrolyte?

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Electrolytes are electrically charged minerals in your body.

They are in your blood, urine and body fluids. Maintaining the right balance of electrolytes helps your body's blood chemistry, muscle action and other processes.

Sodium, calcium, potassium, chlorine, phosphate and magnesium are all electrolytes.

They are there because we need them and we need them because we have evolved over many thousands of years to utilise their health benefits. Our 'Paleo' metabolism is the same as it was thousands of years ago, our 'paleo' food needs are same, and our 'paleo' water needs are the same.

Dr Lynda Frassetto (UC) has published some excellent work showing how our paleo metabolic template still operates – and she highlights the problems we have when we try to go against its needs.

### **Demineralised water, then, is just not natural.**

Because it's not natural, like anything unnatural, there are consequences from drinking it.

### **The Health Risks of Drinking 'Pure' Water.**

Demineralized or pure water commonly tastes bad to most people. This may be why people consume less and whether they are hydrated or not. The same WHO report conclusively showed that pure water has a negative effect on functions in the body that control water and mineral metabolism.

This imbalance increases urine output. (and thus the additional loss of calcium, magnesium, potassium, and chloride ions). It changes the minerals/water inside and outside cell membranes, and it affects the hormones that are key to the managing of body water balance.

*It's a kind of downward health spiral. Drinking 'pure water' causes us to lose even more minerals!*

### **More Health Risks of Drinking Pure Water.**

The German Society for Nutrition came to the same conclusions in 1994, warning the public against drinking pure water.

The society explained that water in the body needs specific ratios of electrolytes.

When we drink pure water our intestines call for electrolytes, demanding them from our body's mineral buffers. When we have a limited supply (because we have been drinking RO Water) this causes a dilution of essential electrolytes plus insufficient water redistribution.. which may compromise the function of vital organs.

Early stages may include fatigue, headaches, weakness, muscle cramps and even heart rate abnormalities.

**There's an insidious aspect to this. Don't expect that you are going to die tomorrow from drinking pure water. Depriving your body of electrolytes and alkaline minerals won't manifest problems overnight. It will take time.**

But time, when we don't have it, is enormously precious!

We mentioned in our previous post that filtration technology has advanced in quantum leaps in the last decade. Twenty years ago there was little choice other than RO to get the water you were told was the safest because it was the purest.

**Today one small benchtop filter delivers filtration efficiencies so similar to RO but does NOT remove essential electrolytes. Not only that, it adds magnesium, the mineral whose loss caused the Israeli problems, and it adds molecular hydrogen to the water, now the subject of over 700 scientific studies into its health benefits.**

**Unlike a reverse osmosis system, it can be installed in minutes, it doesn't need six filters, it wastes no water, and it doesn't need a special visiting expert to change filters.**

It's our invention, conceived in Australia, made in the USA, home of the finest filtration technology in the world.  
[Learn more here.](#)