

# Water Myths

<p>Myths that Persist About Water*            Particles in Water            Myth: All water            Myth: Fluoride, a public drinking water additive, has been proven to be safe            Myth: Chlorine, a chemical used to sterilize public and private water supplies, has been proven to be safe            Myth: Distilling water removes beneficial minerals            Myth: Distilled water robs your body of the essential minerals            Myth: Bottled water is the same as distilled water and pesticides.</p>	<p>See a Graph of the Relative Size of Common filters remove bacteria, viruses, and pesticides            additive, has been proven to be safe            sterilize public and private water supplies, has been proven to be safe            water removes beneficial minerals            water robs your body of the essential minerals            Distillers are expensive            Bottled water is the            All water filters remove bacteria, viruses, or</p>	<p>pesticides.            In order to be classified as a water purifier, a system must remove greater than 99.999% of all living organisms. A filter that effectively reduces even 99.99% of living organisms is not classified as a purifier. The Super Sterasyl Ceramic element made for use in Berkey Gravity filters is classified as a filter, since it removes only 99.99% of pathogenic bacteria, while the Black Berkey purification element is classified as a purifier, since it removes 99.999% of all pathogenic bacteria. Distillation and Ozone are two of the most common "Purifiers". Although ozone is a powerful oxidizer that kills microorganisms, it does not remove anything from water. Distillation consistently kills greater than 99.999% of microorganisms and removes greater than 99% of ALL contaminants from water. Distillation is nature's water purification method.</p>
<p>Be aware that those cute cheap tabletop pitcher-type filters usually caution you in the fine print to use only treated water from a public water supply in the filter.            back to top</p>	<p>Myth: Fluoride, a public drinking water additive, has been proven to be safe.</p>	<p>Truth: Fluoride is listed as a contaminant in The National Primary Drinking Water Standards. The potential health effects of fluoride include skeletal and dental fluorosis.</p>
<p>Myth: Chlorine, a chemical used to sterilize public and private water supplies, has been proven to be safe.</p>	<p>Truth: While chlorine is not listed as a contaminant in the National Primary Drinking Water Standards, chlorine mixes with other contaminants to produce trihalomethanes (THM's), known carcinogens, which are even more dangerous than chlorine alone...and remember, chlorine only kills most living organisms. Chlorine removes NOTHING, including pesticides, herbicides (0.001 microns) or harmful minerals such as lead, mercury, and arsenic. .</p>	<p>Myth: Distilling water removes beneficial minerals.</p>
<p>Truth: Distillation removes minerals which are considered inorganic contaminants. It also drastically reduces or removes radioactive substances, volatile organic compounds (via a post-distillation carbon filter), herbicides, pesticides, and heavy metals. Distillation kills and leaves behind bacteria, viruses, and cysts. According to some experts, our bodies need organic minerals. The theory is that only growing plants can draw up water containing inorganic minerals and convert those minerals into an organic form that your body can use. That is why our main source of minerals comes from the plants we consume. According to the book, "Drinking Water Quality" by Susan Conner and Lloyd Freeman, "if you could drink a swimming pool full of water, you would not get as many minerals as there are in one carrot." The logic behind this particular myth seems to be, "Distillation may remove one or two things that could be good for us so let's leave ALL the contaminants in the water we drink". After all, no filter is intelligent enough to distinguish between the good things, if they indeed exist, and the bad things. Consequently, any filter that claims to leave "beneficial" minerals in the water must also leave in place many inorganic minerals, some known to be toxic to</p>		

humans. Aside from filters that are specifically designed for these, the "left behind" minerals could include lead, mercury, and a host of others. Why not just take 99% of ALL the contaminants out? If you feel that drinking distilled water omits some beneficial vitamin from your diet, then, by all means, feel free to take a vitamin supplement or eat more foods rich in that vitamin. But do not keep drinking contaminated water simply because someone suggested that distilling water takes out the "good" minerals!

[back to top](#)

**Myth:** Distilled water robs your body of the essential minerals.

**Truth:** This is physiologically impossible. Your kidneys filter between 40 to 50 gallons of water everyday. When you drink clean, distilled water your kidneys can concentrate on removing inorganic toxic minerals from your blood without having to first filter the toxins from the polluted water that you may drink.

**Myth:** Distillers are expensive.

**Truth:** To make pure, fresh, steam distilled water in your home with a water distiller, the cost averages between 25 and 35 cents per gallon. That's all that it costs. Compared to buying bottled water at an average of \$1.00 per gallon, that's a savings of 75 percent.

**Myth:** Bottled water is the same as distilled water.

**Truth:** Bottled water is a general term which describes several forms of water, among which, include filtered water, flavored water, "Spring" water, and "Distilled" water. Filtered water is simply water that has been run through a charcoal filter or a reverse osmosis filter, neither of which, provide you with pure water.

Flavored water is usually filtered water that has had sugar and other flavorings added. Spring water is purported to be good for you based on the prevailing mindset that any water that comes out of the ground must be good for you. On closer investigation, you may find that the water you thought was "spring" water is nothing more than filtered water from, say, the city of Houston. Even if it is actually "spring" water, do you know what is in spring water? All water that comes from the ground has an amazing amount of inorganic chemicals, unless, of course, it is filtered.....

Distilling water is the only water purification method that, not only kills 100% of living organisms, but leaves their little dead carcasses and 99% of everything else behind in the boiling chamber. However, buying distilled water in a plastic bottle in a supermarket seems to defeat the purpose of distilling the water in the first place, since plastic has a tendency to leach into the distilled water. We recommend that you store your distilled water in glass or stainless steel. ©1998- 2007 \*

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