

Say No to RO!

Reversing Our Opinion on Reverse Osmosis

Just recently we learned that some of our friends were considering buying an RO unit for their home. This particular couple is intelligent and health minded. Learning about their possible purchase led us to the realization that there may be a need for further education on the pros and cons of reverse osmosis water.

Reverse Osmosis (RO) is a filtration method that removes pollutants from the source water by applying pressure to the solution when it is on one side of a selective membrane. Reverse osmosis units remove substantial amounts of inorganic chemicals (such as salts, metals, minerals). Sounds good but many people believe RO water is harmful to drink.

The Japanese refer to **reverse osmosis** and **distilled water** as dead water because they lack the minerals, which are a vital part of what our body needs for good health. They do not allow these waters to be sold for human consumption. Japan is one of the healthiest countries in the world. It has been stated on the Internet that the UK and India have also banned reverse osmosis

According to Culligan, included in their list of "other contaminants" that are removed from their water by reverse osmosis: Calcium—97% removed; Magnesium—97% removed; Potassium—92% removed and Selenium—97% removed. Are these "contaminants" or **minerals necessary to our health?**

water. The United States with its large number of reverse osmosis drinkers, both from home systems and bottled water users, is number 50 or worse in the world in regards to the health of its people. In case you didn't know, most bottled water is RO water.

In doing the research for this article, we found that the reasons to NOT drink RO water were more numerous than we previously thought. In an article entitled, "*Health Risks from Drinking Demineralized Water*," by F. Kožíšek, World Health Organization, Geneva (2004), the following points were emphasized, among others. There is substantial research to support these points. Drinking de-mineralized water (such as RO) is not recommended because of:

- **Practically zero calcium and magnesium intake**

Sufficient evidence is now available to confirm the health risk from drinking water deficient in calcium or magne-



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sium. Many studies show that lower water magnesium is related to increased risks for CVD (cardio vascular disease) and especially for sudden death from CVD.

- **Low intake of other essential elements and trace minerals**

Other essential elements and trace minerals are usually present in water as free ions and therefore, are more readily absorbed from water compared to food or supplements where they are mostly bound to other substances.

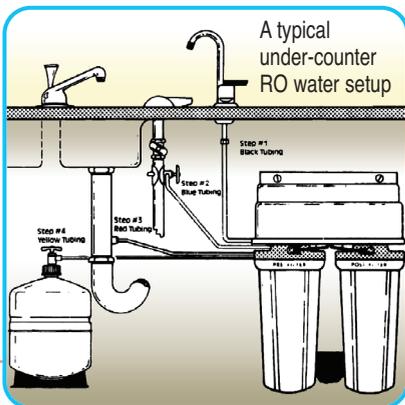
- **Loss of calcium, magnesium and other essential elements in prepared food**

When used for cooking, RO water was found to cause substantial losses of all essential elements from food (vegetables, meat, cereals). In contrast, when hard water is used for cooking, the loss of these elements is much lower. In some cases, an even higher calcium content was reported in food as a result of cooking in hard water.

- **Possible increased dietary intake of toxic metals leached from water pipes**

Low mineralized water is highly aggressive to materials it comes into contact with. Such water more readily absorbs metals and other toxic substances from pipes, coatings, storage tanks and containers as well as hose lines and fittings.

The following quote brings a sobering note to the discussion: "RO water should not be used, even if alkaline minerals are added to correct the corrosive and high acidic nature of the water." Ask any plumber this question: "Why can't I use copper pipes to plumb my RO water filter?" He will tell you that the corrosive nature of RO water must be plumbed in specially designated plastic piping or the corrosive water will corrode the copper, metal pipes and the solder. [Source: IdealEarthWater.com]



Possible negative side-effects of drinking RO water over an extended time:

- **Tiredness, weakness and headache; muscular cramps and impaired heart rate**
- **Increased morbidity and mortality from cardiovascular disease (CVD)**
- **Higher risk of disorders of the nervous system, pregnancy disorders (pre-eclampsia and sudden death in infants) and some types of cancer**
- **Higher risk of fractures in children**

Is calcium really that important? The physiological functions of calcium are vital to the survival of the body. The body needs calcium for muscles to move and for nerves to carry messages between the brain and every other body part. In addition, calcium is used to regulate blood pressure and move blood throughout the body. Calcium further helps release hormones and enzymes that affect almost every function in the human body.

In an attempt to counteract the increasing acidity levels that our bodies deal with on a daily basis, the body utilizes an alkaline, organic calcium, found in most water sources, to neutralize the excess acid. When calcium is removed from the water through reverse osmosis, the body uses the next best source of calcium, which is from its own bones and teeth. Is it any wonder that osteoporosis is reaching epidemic proportions in a country

where a large percentage of its people drink reverse osmosis water?

Besides being a very bad choice in terms of your health, reverse osmosis water is not a good choice for the environment. Household reverse osmosis units use a lot of water because they have low back pressure. As a result, they recover only 5 to 15 percent of the water entering the system. The remainder is discharged as wastewater. An RO unit delivering 5 gallons of treated water per day may discharge up to 90 gallons of wastewater per day.

On a happier note, there are good alternatives to reverse osmosis water. The first is just plain tap water. We believe the effects of chlorinated water are less harmful to the body than RO water. A much better alternative is to get a filter for your drinking and cooking water. There is a vast array of available filters ranging from an inexpensive Britta® water pitcher to a high-end carbon filtration system.

Perhaps the best alternative is a **Kangen water ionizer**. Kangen water is sometimes referred to as “liquid life” in contrast to the label of “dead water” for reverse osmosis. The Kangen water ionizer first cleans the water with a high-grade carbon filter and then ionizes the water. After ionization, the water is alkaline, anti-oxidizing and six times easier to absorb than non-ionized water. It is also full of the life-sustaining minerals found in the natural ground water.

If cost is an issue, consider what many people do. Go in on a Kangen ionizer with several friends or neighbors. It is certainly a better option to go to a friend’s house to pick up your Kangen water than to go to the local coop or health food store and pay for reverse osmosis water. Ask your local store what kind of water they sell. We did and it was RO water. Just say NO to RO!

If you would like to protect your pipes from an excessive build-

up of calcium, consider an electronic water softener. This water softener prevents the minerals from collecting on the inside of your pipes but does not remove the minerals from your water. The cost is from \$275 to \$500. Call us for more information. ■

For more info on Kangen™ water, call (406) 579-5621 or e-mail paul.mynewwater@gmail.com. Visit www.mynewwater.com and www.mynewwater.info. Arlene Hoag and Paul MacDowell are independent distributors for the Kangen Water Ionizer systems.

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