

Which water is healthy?

Water is the most important condition for our healthy life. It may seem trivial, but if we put attention to our body we will discover that it is obvious that it consists of 70% of water, and what is more, from 2 up 3 litres of this liquid runs through the human body, daily.

Unfortunately the water not only contains precious mineral substances but also additions of other very harmful indeed substances. We can imagine that human body is a filter through which a water runs, containing dissolved good and bad substances, and they all remain.

The quality of water running from the tap

In Poland drinking water right from the tap is still a normal thing to do. But the tap water that comes from domestic water intakes, is not always so tasty and of fine quality. The reason of that is an excessive chlorination which is being used to get rid of bacteria. Moreover it can contain many other pollutants like iron from corrosive pipes.

Types of filters

In order to improve the tap water quality many kinds of filters and devices are being used. Among them the most important and effective are:

1. MECHANICAL FILTERS

Mechanical filters are responsible for home installation security. They protect the installation from sliming and precipitation of pollutants. By using of the strainer they are able to stop: dust, sand, mud, rust, argil, microorganisms: algae, cyanosis and plankton. As a result they assure a longer usage of the installation. Consequently, the turbidity of water disappears improving the colour. However, they cannot protect from chemical pollution and different microorganisms.

2. CARBONIC FILTERS

Carbonic filters contain activate carbon that absorbs some organic compounds and chlorine and its compounds, but all azotans run like through the strainer. They improve the taste and smell of the water. Unfortunately, their efficacy is brief, as the carbon insert satiates very fast and it should be replaced often, because it is possible that some kinds of fungus or bacteria will appear on its surface.

3. IRON SEPARATORS

When the iron and manganese norm is being overdosed it often happens that these compounds appear in the well waters. Iron separators remove the iron coming from pipes or ferrated water, making the water taste and smell better, as well as removing the metallic flavour too.

4. WATER SOFTENERS

Their task is to remove calcium and magnesium from the water, so the compounds responsible for the formation of stone precipitate in pipes, boilers, washing-machines, dishers, tea pots and other devices used at home. The softened

water means saving of washing powders, it does not leave marks on glasses and cups, and it is also a good protection for hot water installation. However the lack of calcium and magnesium is not good for our organism, it means that removing it from the water we drink is a fundamental mistake.

5. MAGNETIZERS

Magnetizers prevent the inside walls in pipes, containers and home used devices (washing-machines, dishers, home water installations) from stone precipitate. Moreover they also dissolve the old stone precipitate. What is important, they do not change the taste and smell of the water.

6. REVERSED OSMOSIS

The process of filtering of the water by reversed osmosis is possible by using the semipermeable membranes it means, that they are permeable for the water but impermeable for the substances that had been dissolved in the water (organic and mineral substances, microorganisms, heavy metals etc).

The filters that use the reversed osmosis method are very economical. They remove 90-95% substances that the water contains. By using this method we get a demineralized water that is great in pharmaceutical and electrochemical industry (for example in the production of accumulators). It replaces the so far used distilled water. The water that is being produced in that kind of process is perfect for washing, bathing, hair washing, and using in heating devices – it prevents all that devices from the petrification.

However, dr. Teresa Latour, who works for the Public Hygiene Institute, says that “the consumption of that kind of water only, is quite risky for health. This demineralized water should not be drunk by people who have unrecognised illnesses (for example diabetes), pregnant and feeding women, young and old people”. We should not believe the dealers that ensure us that the same portion of lost mineral substances can be replaced by compounds of everyday diet.

To sum up, according to mgr Agnieszka Stankiewicz from Public Hygiene Institute, “the water treated by reversed osmosis method have the same natural compounds from the very beginning, but it lacks in mineral compounds that are fundamental for the regular functioning of our organism”.

The cost of the home installation is a serious matter as for carbonic filters we do not have to pay so much (200-300 zlotys plus the cost of new inlays), but the reversed osmosis installation costs at least 3500 zlotys (plus mineralizator that costs at least 500 zlotys). The matter that is also important is the fact that filters installations are not eternal and the inlays need to be replaced. In fact, the dealers will not inform us about it unless, in the moment we sign the contract.

What to do then to have a really tasty and healthy water?

Really tasty and healthy waters are the mineral and spring waters, which originally have natural clearness. Such waters must be used properly, it means that high mineralised waters should be drunk in smaller proportions (1-2 glasses daily) and even after visiting the doctors firstly, who will advise what kind of water is the best for our health. Spring waters that are lower mineralised (up to 500 mg/l) can be drunk without limits. It is good not only for just drinking but also for making coffee,

tea, drinks and various dishes. It is essential to put attention to marks, that should be visible on the label, like the Public Hygiene Institute certificate.

However, this kind of solution is not good for all people as the bottles with water need to be brought home, which is quite difficult to do all the time. But this problem can be easily solved. For over 100 years there is a system of large capacity water reservoirs delivery, it is already working in the USA and lately in Poland. In our market we can get 22 litres reservoirs with a tap and 19 litres bottles that work in special installations which care of the proper water temperature. The most important advantages of this system are:

- The high quality and clearness of the water that comes from examined tested sources.
- This water is completely natural, not tooled and canned, because doing it is forbidden by the law.
- By buying the larger containers we protect our enviroment from pollution. This bottles can be used several times and when destroyed they can be recycled.
- We do not have to carry all the heavy bottles by ourselves.

Nowadays in Wroclaw the counciousness of the water quality is the largest, as a result there are some companies that deliver the water in large containers.

Only the natural product can be actually good. In fact, even the most developed filter installations will not bring to the water all that the nature had given and what the human had taken by polluting it. What is more, according to the latest French studies, the water has its own “memory” and natural energetic information. Moreover, this “memory” makes the water “remember” about all the toxines which had been put into it, even after they had been artificially removed.

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