

DEMINERALISED WATER – THE FACTS

Many people are concerned that demineralised water is harmful to their health. The basis of these concerns lies in the fact that demineralised water has very low levels of essential minerals and/or electrolytes, which are essential for a balanced and healthy body.

Minerals are essential for the basic functions of the human body to take place. They help to control bone growth, regulate fluids, normalize nerve and muscle functions, keep up metabolism, grow connective tissues, and so much more.

The main source of minerals is always from our food and diet, not from our drinking water. In order to receive enough minerals for our bodies from water, we would need to drink around 30 litres of water every day at WHO-recommended mineral levels, which is not very practical!

If we have a healthy and natural diet, all of the required minerals and electrolytes will be found in that diet, with or without demineralised water. This shows how little effect the minerals and electrolytes in water play in our health.

People who are fasting though, but still drinking water, should ensure that the water they are drinking contains the recommended levels of electrolytes.

Below is a list of the seven major electrolytes in our bodies, and where we can source them in foods:

Electrolyte	Food Source
Sodium	Table Salt
Chloride	Table Salt
Potassium	Meat, milk, fruits, and vegetables
Magnesium	Nuts, spices, leafy green vegetables, coffee and tea
Calcium	Dairy products, Sardines, Dark leafy greens like spinach, Soybeans
Phosphate	Seeds (sunflower, flax, sesame), Cheese, Fish

References:

- Electrolytes, Potassium, Sodium, Chloride, and Bicarbonate Information. Medicine.net (2012)
- What Are Electrolytes? Fit Health & Discovery (2012)
- Sodium (Na) in Blood. WebMD (2010)
- Johnson, Larry E. Electrolytes: Electrolyte Balance: Merck Manual Home Edition (2008)
- Armstrong, Larry. Magnesium Deficiency & Alcohol. Livestrong.com (2010)
- Electrolyte Balance. Nano-Cal (2005)

Atmospheric Water Generation – A Healthy Alternative to bottled water

Cirrus Water Management provides equipment that produces an unlimited supply of high-quality drinking water, where it is needed, that has an extremely low impact on the environment whilst being cost effective, as an alternative to any other source of water. The equipment achieves this by extracting water out of the atmosphere where there is always a supply of humidity.

To find out more, visit www.cwmsa.co.za or contact us at +27 11 064 4884