

Aren't there minerals missing from distilled water (or RO water) that my body needs?

There is no doubt that the body needs minerals. This issue is perhaps the 'hottest' one regarding the use of distilled water. It is easy to find an equal number of 'authorities' or 'experts' on both sides of this controversial issue.

In short, virtually all nutritional and medical authorities agree that the body assimilates organic minerals from the daily food cycle. Where the authorities disagree is whether or not the body directly extracts any nutritional value from the minerals found in an inorganic source such as dissolved rocks, dirt, and stone found in tap or mineral waters.

Perhaps the best way we have found to sort out this problem is to evaluate various tap and mineral water sources around the world and determine the amount of inorganic minerals (by weight) which would be consumed by drinking an average of two liters of tap water daily. Then, we compare this number to the amount of minerals (by weight) found in a normal daily diet. Dr. Jon Kirschmann's Nutritional Almanac is one of several good sources for this data.

When these two sources of minerals are compared, the results are real eye-openers. On the average, over 95% of the major and trace minerals ingested daily (by weight) come from food (fruits, vegetables, animal products) - and less than 5% from drinking water.

The distilled water 'mineral issue' then can be focused into a much clearer question: Is it really smart to ingest all types of heavy metals, bacteria, chemicals used in water treatment processes, industrial and agricultural chemical residues, etc. simply to get that little additional percentage of daily mineral intake from water sources. We don't think so!

Continued ...

But don't just take our word for it, listen to what the experts say...

"The body's need for minerals is largely met through foods, not drinking water."

American Medical Journal

"The minerals which the human body needs that are in the water are insignificant to those in food... and anyone simply eating a varied diet, not even a balanced diet, could hardly suffer a mineral deficiency."

Dr. Henry A. Schroeder, Dartmouth Medical School

"Water hardness (inorganic minerals in solution) is the underlying cause of many, if not all, of the diseases resulting from poisons in the intestinal tract. These (hard minerals) pass from the intestinal walls and get into the lymphatic system, which delivers all of its products to the blood, which in turn, distributes to all parts of the body. This is the cause of much human disease."

Dr. Charles Mayo, world-renowned Mayo Clinic

"The only minerals that the body can utilize are the organic minerals. All other types of minerals are foreign substances to the body and must be eliminated. Distilled water is the only water that can be taken into the body without any damage to the tissues."

The Choice is Clear...by Dr. Allen E. Banik

"The greatest damage done by inorganic minerals - plus waxy cholesterol and salt - is to the small arteries and other blood vessels of the brain (75% water). Hardening of the arteries and calcification of the blood vessels starts on the day you start taking inorganic chemicals and minerals from the tap water into you bodies."

The Shocking Truth About Water...by Dr. Paul Bragg, ND.Ph.D.

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Does distilled water (or RO water) leach minerals from my body?

Absolutely, not...in fact just the opposite has been found to occur in cellular research studies. It is a mistaken belief that drinking pure distilled water reduces valuable minerals from living human tissues.

There are two types of minerals, **organic** and **inorganic**. Human physiology has a biological affinity for organic minerals. Most organic minerals for our body functions come from dietary plant foods. A growing plant converts the inorganic minerals from the soils to a useful organic mineral.

Tap water presents a variety of inorganic minerals which our body has difficulty absorbing. Their presence is suspect in a wide array of degenerative diseases, such as hardening of the arteries, arthritis, kidney stones, gall stones, glaucoma, cataracts, hearing loss, emphysema, diabetes, and obesity. What minerals are available, especially in "hard" tapwater, are poorly absorbed, or rejected by cellular tissue sites, and, if not evacuated, their presence may cause arterial obstruction, and internal damage. Even if the human tissue suddenly developed the ability to absorb inorganic minerals from tap water, it would take an enormous amount of tapwater to supply the bare minimal mineral quantities for human life functions. If (for example) the rich inorganic mineral content of the tap water in Reno, Nevada were modified so that it would convert the daily Calcium requirement (RDA) from its inorganic calcium solutes, you would have to drink 7.4 gallons of their tap water!

When inorganic minerals are "removed" from tapwater, by converting it into pure distilled water, the result is a remarkable biological mineral absorption for both health and maximal metabolic activity.

(This is an edited version of Dr Bill Misner's answer to the question above. For the full article complete with references, please visit the "[From the Experts](#)" section in the [Library](#).

Also...

ask  **Dr. Weil** [Is Distilled Water Dangerous?](#)

For reasons I don't understand, any number of myths — some quite extreme — have grown up over the years about distilled water....