

## Alternative Healthcare: Potential Risks of Distilled Water

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While distilled water is the purest type of water, it's not necessarily the healthiest.

The distillation process is very effective at removing potentially harmful contaminants, but it also removes the natural minerals and electrolytes found in water.

If you drink distilled water, be aware that it may have some drawbacks. The lack of minerals could prove problematic if you aren't getting them from another dietary source. In addition, the water might cause intestinal discomfort.

Along with unwanted impurities, beneficial minerals like calcium and magnesium are also left behind as the steam rises during the distillation process.

In fact, distillation typically removes around 99.9% of all minerals found in tap water.

The lack of naturally occurring minerals, such as sodium, chloride and potassium, in distilled water can pose a negative health effect. These minerals are known as electrolytes.

Therefore, your body is forced to give electrolytes to the mineral and nutrient-free water. With this, your electrolyte level will slowly decrease and eventually cause electrolyte imbalance in your body.

To sum up, if you drink distilled water consistently, you are putting your health at risk. It has no sufficient amount of minerals and nutrients that can protect your body against diseases and illnesses. Second, it can potentially lead to certain health problems such as bone deformities, digestive tract disorders, and even blood-related sickness.

I personally believe the best source of drinking water is spring water.

Of course, I expect some debate about my opinion but spring water from a reliable source has proven to have many health benefits.

Here are some valuable benefits:

Balancing the pH of your body

Natural source of necessary minerals

How to choose a good spring water brand?

The points to remember when choosing a water company are as follows:

Determine how long they are in the business

The source of water

Does the water pass purification and tests

Is there a water test report available (especially on their website)

Does the bottle have the label of the brand?

Dr. Badanek has been and currently is 41 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at [Dr.Badanek.com](http://Dr.Badanek.com) and [www.alternativewholistic.com](http://www.alternativewholistic.com), and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151