

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?

The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Grisanti and his functional medicine community. Dr. Grisanti encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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