

Minerals in water

Dear reader,

The question of the bioavailability of minerals in drinking water is still being controversially discussed.

We would like to describe and elucidate our knowledge of this topic in this context to you.

Minerals are a natural ingredient of every type of water. Among these minerals are potassium, calcium, magnesium, sodium. The question of whether our drinking water must or under no circumstances should contain minerals is frequently discussed with more passion than that of the actual toxic substance content of water.

Proponents speak of "essential minerals"; detractors claim knowledge of an "acute health hazard" due to minerals. On the one hand, they argue that the human cell is not capable of metabolising the minerals found in water and that they even hinder the excretion of poisonous substances.

In contrast, the other group considers water containing minerals to be the natural supply of these essential substances and fears that mineral-free water will wash out the body's own minerals. You will find corresponding literature in both camps. However, you will not find comprehensive and scientifically documented studies in either of the two camps.

Why don't we simply let nature answer this question of whether water should be with or without minerals.

If we consider pure, untouched spring water in the mountains, we discover that they also contain minerals, even though only a few. **Naturalquell** has oriented itself to exactly these guidelines in the process technology of all its instruments: demineralisation – yes; complete demineralisation – no.

The French hydrologist Professor Louis Claude Vincent determined then on behalf of the French government that there is a connection between drinking water quality and the morbidity or mortality rate. In long-term experiments he was able to prove that the poorer the water quality of the water drunk, the higher the disease and mortality levels were. He determined the water quality with three parameters: the pH, the redox potential and the electric resistance.

According to Vincent, the ideal pH of drinking water lies in the slightly acidic range between 6.5 and 6.8. Additionally, the neutral value of 7 is meanwhile considered to be ideal.

The redox potential (rH₂) specifies the degree of oxidation, which is dependent on the quantity of electrons. The lower the value (0 – 42), the more electrons the water contains. The neutral rH₂ value is 28. According to Vincent, the ideal value is 24 – 26.

The electrical resistance (r), measures in ohms, indicates the quantity of dissolved substances in water. The higher the resistance is, the lower the quantity of dissolved substances contained in it. For the most part, this procedure measures minerals. The minerals and all other contents are partly dissociated into their ions, thus they are present in their electrically charged form. The greater the quantity of minerals in ionised form contained in water, the lower the resistance and thus the ohmage. According to Vincent, the ideal resistance is more than 6,000 Ohm or less than 165 µS = 1/1 Ohm x 10⁻⁶. Vincent analysed innumerable waters and in the process determined that all natural and classified as high quality waters had this ideal value.

The question of whether you should drink your water with, without or with small quantities of minerals should or can only be answered individually. But without doubt, as a healthy and vital person this should be water with low mineral content and thus natural water. However, if a strong detoxifying effect is of primary importance, a mineral-free water can be the right choice.

If you suffer from mineral deficiency, it would be advisable to leave the minerals in the water. In their inorganic form, as they occur in water, minerals are difficult for our bodies to metabolise, but even so a small percentage (approximately 5%) can be assimilated. If you lose electrolytes as a result of excessive perspiration, it is advisable to use mineral water to compensate for this loss of electrolytes.

In everyday life and without therapeutic reason or abnormal requirement for minerals, it is clear that a natural and low mineral water is to be favoured.

Only natural and low-mineral water is able to function optimally as a means of transport and a solvent. Such water neither disturbs the osmotic equilibrium nor does it result in an alkalinisation of the blood.

The quality of water is not assessed by what it supplies but rather by what it carries away. (Professor Huchard)

Water is not a source of nutrition but simply a source of life.

In water purification the [Naturalquell](#) company is clearly oriented toward the specifications of nature and has thus implemented the results of Professor Vincent's work, which certainly represents one of the very few studies which investigated the correlation between water qualities and minerals.

Water should be as natural and as low in toxic substances as possible. In this context, compromises are sometimes necessary in water purification so that the purified water is as close to natural mountain spring water as possible in its two most important properties: degrees of mineralisation and purity.

The instrument technology and materials of all our instruments are oriented toward these circumstances and fundamentals. Only when these fundamentals are taken into consideration, can we purify our most important source of life in accordance with the model that nature originally made available to us.

We, the [Naturalquell](#) team, would be very happy if we have succeeded in conveying our opinion and philosophy on this matter with this presentation and are gladly at your disposal to also answer further questions on the topic of water at any time.

With best regards and wishes,

Your [Naturalquell](#)

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