

Early Death Comes from Drinking Distilled Water

by [Zoltan P. Rona](#), MD, MSc

During nearly 19 years of clinical practice I have had the opportunity to observe the health effects of drinking different types of water. Most of you would agree that drinking unfiltered tap water could be hazardous to your health because of things like parasites, chlorine, fluoride and dioxins.

Many health fanatics, however, are often surprised to hear me say that drinking distilled water on a regular, daily basis is potentially dangerous.

Paavo Airola wrote about the dangers of distilled water in the 1970's when it first became a fad with the health food crowd.

Distillation is the process in which water is boiled, evaporated and the vapour condensed. Distilled water is free of dissolved minerals and, because of this, has the special property of being able to actively absorb toxic substances from the body and eliminate them. Studies validate the benefits of drinking distilled water when one is seeking to cleanse or detoxify the system for short periods of time (a few weeks at a time). Fasting using distilled water can be dangerous because of the rapid loss of electrolytes (sodium, potassium, chloride) and trace minerals like magnesium, deficiencies of which can cause heart beat irregularities and high blood pressure. Cooking foods in distilled water pulls the minerals out of them and lowers their nutrient value.

Distilled water is an active absorber and when it comes into contact with air, it absorbs carbon dioxide, making it acidic. The more distilled water a person drinks, the higher the body acidity becomes. According to the U.S. Environmental Protection Agency, "Distilled water, being essentially mineral-free, is very aggressive, in that it tends to dissolve substances with which it is in contact. Notably, carbon dioxide from the air is rapidly absorbed, making the water acidic and even more aggressive. Many metals are dissolved by distilled water."

The most toxic commercial beverages that people consume (i.e. cola beverages and other soft drinks) are made from distilled water. Studies have consistently shown that heavy consumers of soft drinks (with or without sugar) spill huge amounts of calcium, magnesium and other trace minerals into the urine. The more mineral loss, the greater the risk for osteoporosis, osteoarthritis, hypothyroidism, coronary artery disease, high blood pressure and a long list of degenerative diseases generally associated with premature aging.

A growing number of health care practitioners and scientists from around the world have been advocating the theory that aging and disease is the direct result of the accumulation of acid waste products in the body.

There is a great deal of scientific documentation that supports such a theory. A poor diet may be partially to blame for the waste accumulation. Meats, sugar, white flour products, fried foods, soft drinks, processed foods, alcohol, dairy products and other junk foods cause the body to become more acidic. Stress, whether mental or physical can lead to acid deposits in the body.

There is a correlation between the consumption of soft water (distilled water is extremely soft) and the incidence of cardiovascular disease. Cells, tissues and organs do not like to be dipped in acid and will do anything to buffer this acidity including the removal of minerals from the skeleton and the manufacture of bicarbonate in the blood.

The longer one drinks distilled water, the more likely the development of mineral deficiencies and an acid state. I have done well over 3000 mineral evaluations using a combination of blood, urine and hair tests in my practice. Almost without exception, people who consume distilled water exclusively, eventually develop multiple mineral deficiencies.

Those who supplement their distilled water intake with trace minerals are not as deficient but still not as adequately nourished in minerals as their non-distilled water drinking counterparts even after several years of mineral supplementation.

The ideal water for the human body should be slightly alkaline and this requires the presence of minerals like calcium and magnesium.

Distilled water tends to be acidic and can only be recommended as a way of drawing poisons out of the body. Once this is accomplished, the continued drinking of distilled water is a bad idea.

Water filtered through reverse osmosis tends to be neutral and is acceptable for regular use provided minerals are supplemented.

About the Author

Dr. Rona is a leading proponent of natural, harmless, health-building alternatives to conventional medical care. He has a general practice where he has provided preventive medical counselling for seventeen years and is a past president of the Canadian Holistic Medical Association. His books [The Joy of Health: A Doctor's Guide To Nutrition, Alternative Medicine](#), **Fertility Control: The Natural Approach**, **Return to the Joy of Health**, and [Childhood Illness and the Allergy Connection](#), have been well received, as have his countless articles on natural health topics. Dr. Rona is also a consultant to the Motherisk Program of the Toronto Hospital for Sick Children Department of Pharmacology and is known for his many public lectures and media appearances.

Chet's Comments

I stopped drinking distilled water after consuming it exclusively for several years. These days my family and I enjoy a pure, filtered water right from our kitchen tap.

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