

Pure H₂O:

Our Top Water Recommendations

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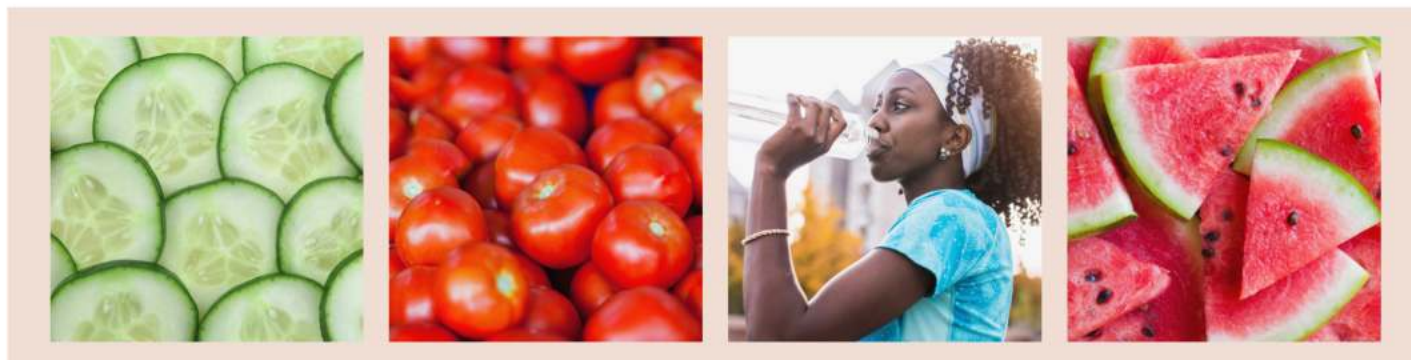


To live the most vibrant life, we need to select products, foods, and drinks that promote optimal health, including water. You may wonder, “But isn’t all water just... water?” All water can help hydrate the body, but the kind of water you drink may also affect your health and how you feel.

To be clear, we must remember that any kind of water that’s safe to consume is better than drinking no water at all. We are all made up of water and need constant replenishment to survive. Therefore, whatever safe and affordable water choice is available must always be considered.

For those of us who currently don’t drink water, the liquids we consume, such as milk, soda, or tea, might be water-based, but they aren’t optimal for hydration. In fact, some beverages can make you feel even more thirsty; drinks with caffeine act as diuretics that increase urination, resulting in water loss and the need to hydrate further. We also consume water through food, such as fruits and vegetables like watermelon, cucumber, and tomatoes. However, unless you primarily follow a plant-based lifestyle, fruits and vegetables alone likely won’t be enough.

So, what kind of water should we consider drinking, and from what source? Read on to learn more about the function of water in our bodies and which type to set your sights on for optimal health.



H₂O 101

Our bodies use water at every level of functioning. Water makes up part of our cells and blood plasma, eliminates toxins and waste, regulates body temperature, and transports vital nutrients and minerals throughout the body. Water protects our joints, tissues, and internal organs. It also provides moisture to the skin and mucus membranes. Furthermore, water aids digestion and helps maintain the body's pH balance and overall homeostasis.

An adult's body is made up of roughly two-thirds water. Just as plants need water to grow and thrive, so do we! Even though we're more complex in comparison to plants, we are still organisms that respond to the laws of nature. So, our water intake must also align with nature's intentions and our physiology.

Our Pure H₂O Recommendations

We've compiled our top choices for water sources based on the needs of the body.

Top Choices- Distilled or Reverse Osmosis Water

Our bodies need pure H₂O for optimal hydration. Therefore, we recommend drinking the purest form of water without chemicals, heavy metals, contaminants, or additives. Contaminants that can be present in water include plastics, aluminum, pesticides, and bacteria.^{1,2} Additives encompass fluoride and minerals, which are commonly used in tap water sources and bottled waters. Heavy metals frequently found in drinking water include arsenic, zinc, and lead.³ According to the Environmental Working Group, a total of 324 contaminants were found in tap water tests completed by local utilities.⁴ Furthermore, EWG states, "...many of the 324 contaminants detected by local utilities' tests are found at levels that may be legal under EPA's SDWA [Safe Drinking Water Act] standards or state regulations – though they far exceed levels authoritative scientific studies have found to pose health risks." EWG also explains that there are more than 160 unregulated contaminants while maximum levels for some regulated chemicals haven't been updated for 50 years. You can research your local water quality or get it tested to know what steps are vital to take next.^{5,6} This is especially important if your home has a private well.⁷



At this point, you may be wondering about mineral water and thinking, "Aren't minerals good for me?" The answer is a resounding "yes," however, our bodies can't utilize minerals as well in their inorganic form, which is how they are present in mineral or spring water. Minerals are, by definition, inorganic, meaning they're non-living, but plants can process them and create new organic compounds from minerals. Plants absorb nutrient ions from the soil, where they'll be combined to form enzymes and other plant compounds.⁸ This compounding, where different molecules are combined at the chemical level, is what creates an "organically bound" mineral that is more easily utilized by our bodies. This is why at Trinity, we commonly say, "Plants eat dirt. We eat plants," which describes the importance plants play in processing minerals from the soil and providing us with naturally occurring nutrients in our diets.



Based on this understanding and the importance of consuming quality water, we consider distilled and reverse osmosis as pure water with nothing but hydrogen and oxygen, the widely known molecule H_2O .

Distilled water is solely H_2O without any other substances because it is created by boiling water and then allowing the steam to cool and return to a liquid state.² This process removes pesticides, minerals, bacteria, and other additives or contaminants.² Similarly, reverse osmosis removes the same elements as distilled water, but the process differs. In reverse osmosis, water goes through a multi-stage filtration system and specialized membrane that can remove contaminants as small as a single atom.² Then, additional steps, like chemical-free ozonation or distillation, can be performed to disinfect it.² Certain bottled waters use this process. For example, Aquafina undergoes reverse osmosis and meets the stipulation for pure H_2O as they do not add minerals back after processing.⁹

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Common Questions about Water

How much should I be drinking?

For daily activity, we recommend drinking half of your weight in ounces. So, a 150-pound adult should aim for 75 ounces of water per day. It's also most beneficial if you only sip 4 to 8 ounces per hour to ensure your kidneys can process it adequately. Examining your urine is the best way to determine if you are properly hydrated. You want your urine to be pale yellow. Completely colorless urine can mean you're overhydrated, whereas dark urine can indicate that you aren't properly hydrated or even dehydrated.^{10,11} Call your doctor if you have changes in your urinary output along with irritability, bloody or black stool, diarrhea that lasts for 24 hours, or lethargy, which are signs of dehydration.¹⁰ You will also need more water when pregnant or breastfeeding, in warmer climates, while ill, and after exercising to compensate for these additional water demands required of the body.

Can I drink too much?

Yes. The kidneys can only process so much water at a time. Too much water throws off the sodium balance in our bodies, resulting in a potentially deadly situation. Drinking too much water is common in people taking medications for psychosis, individuals with mental disorders, military members, and endurance athletes who compete in rigorous sporting events such as marathons.¹¹ If you're concerned that you are drinking too much water, consult a healthcare professional. Always contact emergency services if you think someone is suffering from the effects of having too much or too little water in their system and need immediate medical attention.^{11,10}

What water temperature is best?

For regular consumption, we recommend drinking room temperature water without ice. This is because cold and iced water can slow digestion, lower heart rate, and prevent the absorption of nutrients.

Is distilled water a safe option?

Drinking distilled water under normal circumstances is a safe option. However, when fasting, distilled water should be minimally consumed since it can dilute the nutrient and mineral content in the body. Speak with a medical professional for further guidance on water intake and other needs during fasting.



Common Questions about Water

Can the contaminants in tap water harm me?

The EPA regulates tap water consumption. However, individual municipalities have different standards. Generally, tap water is safe to drink but is not optimal or completely natural since it can contain chemicals, contaminants, and additives such as fluoride. However, tap water can be filtered and purified. You can also allow water to sit for 30 minutes to eliminate chlorine.¹² Fluoride and other substances can be removed through reverse osmosis, distillation, or filtration.¹³ Filtration systems for your home can be attached to your faucet, pre-installed in your refrigerator, or come in a pitcher form. Research any at-home filter to determine its purification process and what it's able to remove from water. It's also a good idea to invest in a chlorine-removing shower head filtration system to promote skin health and thyroid function.

Conclusion:

Water is essential to life. Always remember that any clean, purified water is better than no water at all! However, if you want to optimize your health, consider drinking distilled or reverse osmosis water. Keep your personal water needs in mind depending on your weight, current conditions, and lifestyle choices. If you have a pre-existing condition, are pregnant or breastfeeding, are fasting or planning to fast, or take medications, consult a healthcare professional for additional guidance.

If you want to learn more about the benefits of water and how to incorporate natural lifestyle choices into your daily routine, consider taking our Certified Natural Health Professional program taught by experienced health practitioners. Call 800-428-0408, option 2, to speak with an Enrollment Specialist or visit trinityschool.org/program/cnhp to learn more.



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