

Water Comparisons

All water is not the same. Which type is right for you?



Reverse Osmosis

Reverse osmosis water uses the process of osmosis in reverse to remove contaminants that are in drinking water. It works by using energy to push water through a semi-permeable membrane that removes chemical contaminants and pesticides as well as sodium, chloride, copper, chromium, lead, arsenic, fluoride, radium, sulfate, calcium, magnesium, potassium, nitrate, and phosphorous as well as pharmaceutical drugs that may end up in our water system. Reverse osmosis has also been shown to remove estrogen which ends up in the water supply due to birth control.

Distilled Water

Distilled water is produced by boiling water and collecting the condensed steam and turning that back into water. Distilled water removes all chemicals, contaminants, and minerals from the water like reverse osmosis, but many complain that it tastes flat compared to tap water or other types of water. And just like reverse osmosis, it takes the good with the bad, so all of the important minerals are removed along with those you don't want. Critics claim that this could leach important minerals like calcium from your body.



Not all drinking water is created equal. You may not be aware of all of these varieties. Take all things into consideration, weigh the pros and cons and decide which option is right for you.

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Alkaline Water

Alkaline water has a higher pH than regular tap water which is why many claim that it can neutralize acid in the body and also provide more hydration. But alkaline water is controversial because there's very little proof that it does either of these things.

There's no evidence that drinking water with a higher pH can change pH in the body because the pH in the blood is highly regulated by the stomach, which neutralizes hydrochloric acid. Alkaline water is also often sold in plastic water bottles which can cause chemicals to leach into the water and causes way more waste than it could ever be worth.

Spring Water

Spring water is as broad a term as the word *natural*. It means very little but yet it's a compelling marketing term. While you may picture spring water coming from a remote mountain brook, that could be far from the truth. Some store-bought spring water is bottled in plastic and some aren't filtered at all. One [study done by NRDC](#) found that the federal government hardly regulated bottled water, so it's hard to know what you're getting. However, if you do your research and are careful where it is sourced, spring water can contain minerals that are essential for health and still be a better option than what comes straight out of a tap.

Filtered Tap Water

Tap water is the type of water that comes out of your water faucet. In most countries, it is usually supplied and controlled by a local government authority. Best to run it through a carbon filter usually found in refrigerators that dispense water or pitchers that contain a replaceable filter. Usually, the safest and cheapest water available.

CONCLUSION

There are pros and cons to each kind of water and it's important to weigh them all. How does the water taste, (remember you'll be drinking upwards of eight glasses daily) Are contaminants removed? What's the cost? Does the water dilute minerals from our body? And then come to a conclusion that works for you and your family.

REVERSE OSMOSIS

- ✓ Removes chemical contaminants/pesticides
- ✓ Removes sodium, chloride, copper, chromium, lead, arsenic, fluoride, radium, sulfate, calcium, magnesium, potassium, nitrate, and phosphorous, pharmaceutical drugs & estrogen
- ✗ Removes all minerals including some we need

DISTILLED WATER

- ✓ Removes all chemicals, contaminants & minerals
- ✗ Removes all minerals including some we need

ALKALINE WATER

- ✓ Higher pH – can neutralize acid, provide more hydration
- ✗ Very little proof it works
- ✗ Often sold in plastic bottles – can cause chemicals to leach & more plastic waste

SPRING WATER

- ✓ Contains minerals that are essential for health
- ✗ Broad marketing term
- ✗ Many not be "spring" and not filtered at all
- ✗ Not regulated by federal government

FILTERED TAP WATER

- ✓ Comes out of your faucet, usually supplied and controlled by local government
- ✓ Easy to filter yourself in multiple ways
- ✓ Usually safest and cheapest

Test Your Water Knowledge!

1	What percentage of the Earth's water supply is fresh water? A. 3 Percent B. 15 Percent C. 30 Percent
2	Most of the Earth's freshwater is in: A. Lakes B. Man-made reservoirs C. Aquifers
3	How many people in the world lack access to clean water? A. 1 in 8 B. 1 in 15 C. 1 in 50
4	Freshwater can be unsafe for drinking for which of the following reasons? A. Infectious disease B. Toxic chemicals C. Radiological hazards D. All of the above
5	What is the name of the first step in the water-purifying process during which particles clump together? A. Sedimentation B. Coagulation C. Aeration
6	Our bodies consist of what percent water? A. 20 Percent B. 40 Percent C. 60 Percent
7	To stay healthy, how much water should you drink per day? A. 1-2 cups B. 3-5 cups C. 6-8 cups
8	Which of these contains the most water? A. Bones B. Brain C. Muscles

ANSWERS

1. A. 3 Percent. Only 3 percent of the world's water supply is freshwater, and 77% of that is frozen. According to National Geographic, of the 23% that is not frozen, only 1/2 of a percent is available to supply every plant, animal and person on Earth with all the water they need to survive.
2. C. Aquifers. Most of the world's freshwater is contained in underground aquifers, which house about 2.4 million cubic miles of it. By comparison, lakes contain only 21,830 cubic miles, and man-made reservoirs contain merely 1200 cubic miles.
3. A. 1 in 8. A staggering one person out of eight – nearly 900 million people in total – lacks access to clean water. According to the WHO, in Africa alone 36 percent of people have no safe drinking water, and 40% have no adequate sanitation.
4. D. All of the above. Water can be contaminated by all of these, plus several more. Waste from farms and factories is the usual culprit, and there's growing concern over the effect medicines and toiletries are having on our water quality.
5. B. Coagulation. In coagulation, coagulants like lime and alum are added to the water, which causes particulates to clump together. Sedimentation and aeration come later in the process.
6. C. 60 Percent. According to the Mayo Clinic, our bodies are about 60 percent water. Water helps our bodies perform various functions, including transporting nutrients and regulating body temperature.
7. C. 6-8 cups. The body constantly loses water throughout the day, mostly through urine and sweat but also from regular body functions like breathing. To prevent dehydration, you need to get plenty of water from drink and food every day. Many factors affect how much water you need to stay healthy such as your health, activity, and environment, so the amount may differ person to person.
8. B. Brain. This is why water intake is so important and if you don't stay hydrated throughout the day, your energy levels and brain function start to suffer. There are plenty of studies to support this. Even mild dehydration caused by exercise or heat can have negative effects on both your physical and mental performance.