DISTILLING THE TRUTH ABOUT ONLINE PROPAGANDA

By Joe Letorney, Jr.

At its best, the Internet promulgates the Information Age by allowing people to share information on a multitude of topics. The Internet is a great place to search for anything and everything. In a matter of seconds, you can receive just about whatever information you desire. Getting information is easy; getting the truth is another matter. At its worst, it's also a worldwide forum for those seeking to further their own agenda – much of this can lead to half truths or all-out falsehoods. Distillation is just one of many topics that come under attack.

I ran a word search on my computer, typing in the phrase "distilled water". Over 4,000,000 results popped up and, as expected, there were pages of distiller companies selling products and various articles in support of distilled water. Then, I came across some eye-catching titles such as: "Early death comes form drinking distilled water," "Physical proof that distilled water is inferior" and "Why our customers are abandoning their distillers and reverse osmosis systems" – just to name a few.

Having already written several published articles over the past 15 years dispelling myths about distilled water, the Internet bombards us with even more "stuff " regarding the truth of the matter. Whenever I read derogatory, baseless and fraudulent claims about distilled water, I feel compelled to answer these accusations and inform and educate people about the *truth* and *facts*.

Truth and Fiction

Following are four myths about distilled water sampled from the aforementioned articles.

"<u>Harmful to your health</u>?"

Distilled water is acidic and harmful to your health: This is partly true in that distilled water is slightly acidic and distilled water will test around pH 5.8. Very simply, the pH scale goes from 0 to 14 where 7.0 is neutral. If the pH is above 7.0, the water is alkaline. If it is below 7.0, it's acidic. Look at Table 1 and compare the different beverages and see where distilled water fits. I also included battery and stomach acid for comparison.

Let's say one was to consume a beverage or food that was acidic or alkaline for that matter. According to the Merck Manual, the world's most widely used medical reference guide, the human body uses buffers to balance the pH. For example, if you were to consume something acidic your blood would produce more bicarbonate and less carbon dioxide to neutralize the acidity. Likewise, if you were to consume an alkaline substance, your blood would produce more carbon dioxide and less bicarbonate to balance out the pH. Also, excess acid is excreted by the kidneys.

These Internet frauds want you to believe that consuming distilled water will put your body in an acidic state and they recommend drinking water that is slightly alkaline (7.5pH). Don't blame distilled water, just look gain at Table 1. Millions of Americans consume coffee, tea, sodas, beer and orange juice. These everyday beverages are extremely acidic compared to distilled water.

Even if one was to consume alkaline water, once it hits the highly gastric fluid in the stomach, its alkalinity is gone. Claims about the health benefits of drinking alkaline water aren't supported by credible scientific evidence.

pH Comparison Chart

Beverages	pH
Milk	6.5
Distilled water	5.8
Beer	4.0 – 5.0
Coffee	2.5 – 3.5
Orange juice	3.5
Tea	3.0
Soft drinks	2.0 – 4.0
Wines	2.3 – 3.8
Stomach acid	2.0
Battery acid```	1.0

Leaches Heavy Metals

Distilled water leaches nickel from stainless steel: I read this statement from website that mentioned a man being "poisoned" by his distiller because it was leaching nickel from the stainless steel. I've been drinking distilled water for over 30 years from a US-made type 304 stainless steel distiller and was curious about how to answer this falsehood.

There is about 8 – 10 percent nickel content in type 304 stainless steel and the higher the grade os stainless steel, the more nickel content for its strength, durability and corrosion resistance. Could distilled water, because of its high purity, leech nickel from the stainless steal?

I found the answer in some tests I performed a few years ago. I had sent samples of my tap water (before) and tap water that ran through my stainless steel distiller system (after) to the National Testing Labs of Cleveland, Ohio. The results were: the Nickel content of my tap water was ND (none detected). The nickel content of my Tap water that ran through my stainless steel distiller and was also stored in the stainless steel storage tank was also, ND.

Oxygen-less

Distilled water had no oxygen: I read this false statement from a website that was selling "ionized" water systems that "alkalize" the water. This website claims that distilled water has no oxygen. The author's reasoning was fish can't live in distilled water (another fallacy) and as a result, it must

be oxygen less. So, what is the truth? Water is made up of H_20 – two parts hydrogen and one part oxygen. If distilled water had no oxygen, then it wouldn't be water. (Maybe, this guy overfed his fish?)

Mineral deficiencies and High Blood pressure

Soft drinks are made with distilled water: This was a statement made from the author of "early death comes from drinking distilled water." This is a very strong statement where the author makes numerous unsubstantiated claims against distilled water. One of them is that soft drink manufacturers use distilled water. He mentions that heavy consumers of soft drinks have significant mineral deficiencies, which are linked to high blood pressure, osteoporosis, premature aging, etc.

The fact is soft drinks are not made with distilled water but rather filtered tap water. I knew this answer from sheer common sense, but just to be 100 percent positive, I contacted both Coke and Pepsi directly from their toll-free numbers on their cans. Both of the representatives confirmed they use filters water, not distilled water.

For argument's sake, let's assume soft drinks were made with distilled water. Could you actually blame the distilled water for these health issues? What about the "**other**" ingredients contained in soft drinks such as high sugar content, caffeine, phosphoric acid and coloring?

References

1. The Merck Manual of Medical Information. Home Edition, Pg. 676, 1997 www.merckhomeedition.com/home.html

About the Author

Joe Letorney, Jr., has been a Certified Water Treatment Specialist VI level with the Water Quality Association. He attended Boston College and received his BS in Marketing from the University of Massachusetts. Joe Letorney, Jr. has over 20 years experience in the water treatment industry with an expertise in the distillation field. He has travelled internationally representing **Durastill Export, Inc.** and has authored seven articles published in the water trade journals over the past 15 years. Currently he is writing his first book about the **benefits of distilled water**.