



WORLD HEALTH ORGANIZATION

WORLD HEALTH ORGANIZATION ISSUES CAUTION

“Water softeners are very popular in areas where the water is judged *hard* because it requires too much detergent for doing washing or because it causes pipes to become blocked with mineral deposits. However, studies done by the **WHO** (World Health Organization) suggest the *softened water may be harmful to your health*.

“Water contains organic substances of which our bodies need certain amounts. Moreover, our digestive system absorbs some minerals more easily when ingested in water rather than in food. Calcium and magnesium together account for 95 percent of the ‘hardness’ in the water. **Calcium is necessary for the body’s cardiovascular system: it constitutes one of the main elements in bone structure and is needed for the normal functioning of the nervous tissues. It also provides some measure of protection against the harmful effects of sodium.** Unfortunately, the water softeners available on the market, require strong concentrations of salt to be added to the water in order to eliminate calcium and magnesium.

Magnesium is important for the human body because it maintains the functional integrity of the myocardium (the muscular tissue of the heart wall). In some cases, owing to a high magnesium content, water can provide us with up to 20 percent of our daily magnesium needs. This is no negligible amount if we consider that in the western countries we take in, on average, only 80 percent of our daily magnesium requirement.

“According to **WHO**, a decision to demineralize or soften water should be made only with the greatest caution and only after an in-depth study has been done of the range of minerals contained in the water. **The WHO also points out the water softeners used in the home can create a breeding ground for bacteria that could have harmful effects if the water is ingested without being boiled or pasteurized beforehand. Demineralize water also corrodes pipes faster than hard water does.**”

Reference: “**PROTECT YOURSELF**” – Consumer Magazine, Feb. 1985 (pgs 14-15)