

Questions about distilled water

The Hydration Code · Chapter 9

BOOK

The Hydration Code

CHAPTER

9 of 10

AUDIO IN GERMAN

8 minutes

Here you will find the most important information on enjoying and handling distilled water.

At the end of this book, we would like to turn to common questions that arise in connection with distilled water.

QUESTION

Why is so little known about the advantages of distilled water?

ANSWER

Great fear and no technology? It is a justified question why this knowledge has not long since become standard. The main reason is purely practical. Until a few years ago it was technically hardly possible to produce water of this quality in one's own kitchen, since the devices were expensive, loud and designed primarily for laboratories. Today the tide has turned. Modern stills have become affordable and optimised for household use.

That this knowledge is only now slowly becoming popular is also due to old myths from times when distilled water was associated only with car batteries or horror stories. As with many health concepts, it takes time for the experience of users to overtake the old dogmas.

QUESTION

Where can I buy distilled water?

ANSWER

Unfortunately, hardly anywhere. In fact there are scarcely any suppliers who explicitly offer distilled water in retail as drinking water fit for enjoyment. Since the misconception that distilled water is hazardous to health still often prevails among the general public, there is simply no market for economic distribution. Moreover, production and logistics in food quality would be so elaborate that the prices for bottled water would be justifiable neither ecologically nor economically.

QUESTION

Can distilled water from the DIY store be drunk?

ANSWER

No, under no circumstances. Merely because the name is identical, this product does not have drinking water quality, since it is usually produced for technical purposes by chemical demineralisation or low-temperature distillation. Since pure water is an extremely strong solvent, during long storage in inferior plastic containers it dissolves harmful plasticisers such as phthalates or bisphenol A out of the walls of the canisters.

In the end, with this water you are taking in a chemically burdened concentrate of plastic residues.

QUESTION

Can one drink too much of it?

ANSWER

Yes, absolutely. The quantity of distilled water you should drink corresponds exactly to the general recommendations for healthy hydration. The guideline for healthy adults is around 1.5 to 2.5 litres a day, your individual need depending on activity, climate and diet. What matters is a mineral-rich diet of wholegrain products, vegetables and proteins, since water was never the main source of nutrients anyway.

So-called hyponatraemia, a deficiency of sodium in the blood, arises not from the purity of the water but from an excessive quantity drunk in too short a time, which, however, occurs almost only in extreme athletes or under extreme conditions.

QUESTION

Can one water plants with it as well?

ANSWER

Yes, it is even highly recommended. Before the industrial revolution, rain-water was regarded as the purest source of water and offered ideal conditions for plant growth. In this tradition, distilled water is today the perfect choice for your plants. Since it is free of lime, the fine pores of the root hairs remain open. The plants can thus take up the nutrients in the soil even more efficiently.

QUESTION

Is distilled water also suitable for preparing baby food?

ANSWER

Yes, absolutely. Distilled water is suitable for preparing baby food, since it brings no additional mineral load of its own and thus avoids an uncontrolled overloading of the infant's still immature kidneys. It is known in paediatrics that the kidneys of infants cannot yet achieve the full filtration performance of an adult and can therefore react sensitively to too high a dissolved load in the water.

QUESTION

Can pets drink it too?

ANSWER

Yes, animals usually possess a far finer instinct for the quality of their food than humans and instinctively prefer purer water. Numerous pet owners observe that dogs and cats prefer distilled water to ordinary tap water as soon as they have the choice. This preference underlines the biological acceptance of pure water as the optimal means of hydration, for the animal organism too.

QUESTION

How does this water taste?

ANSWER

Much softer and more neutral than any ordinary water. This is unfamiliar to many people, since they do not know, or rather have never been able to taste, how highly pure water tastes. How would they? The taste of distilled water is often described as softer and more neutral than that of ordinary

water. Since it is entirely free of minerals, chlorine residues, lime and chemical additives, many people experience the feel in the mouth as especially pure and gentle.

While the first sip may at first seem unfamiliar because accompanying substances are absent, the taste buds quickly recalibrate. Over time they perceive the clarity of the water quite consciously, as your senses are led back to the absolute zero point of neutrality, attainable only in this way.

QUESTION

Can one cook with distilled water?

ANSWER

Yes, it is even highly recommended. Cooking with distilled water is highly recommended and acts as a true turbo for enjoyment. Whether soups, hot drinks or fine sauces, everything dissolved in water gains greatly in aroma. Since distilled water brings no mineral load of its own, it has a considerably higher dissolving power for natural flavourings. The fine nuances of your ingredients are thus extracted more intensely and come into their own unadulterated.

QUESTION

Should distilled water be remineralised?

ANSWER

No, absolutely not. This is one of the most frequently discussed questions, and I would like to be very clear here. Trust in the power of food, for that is where minerals belong. The aim is an empty means of transport for cleansing the body. Minerals belong in organic form in food, fruit, vegetables, not in water. Remember that if you artificially add salts to it, it loses its hunger for dissolving.

QUESTION

Where should I keep distilled water?

ANSWER

This is a very important question. The answer is, only in glass or stainless steel. The choice of the right container is decisive. Use only vessels of glass or high-quality stainless steel and consistently avoid plastic. Since distilled water, because of its extreme purity, has a strong urge to take up substances

from its surroundings, it would interact chemically with plastic containers and actively dissolve plasticisers, microplastics and hormonally active substances such as bisphenol A, BPA, out of the plastic containers.

Glass and high-quality stainless steel, by contrast, are inert, that is, they release no particles and guarantee that your water remains as pure as when it left the still.

QUESTION

What happens when the water freezes?

ANSWER

That is a remarkable process. When distilled water freezes, crystal-clear ice forms. Freezing shows visually how pure this water really is. Ice cubes made from it become as clear as glass. Since no gases or minerals are trapped within, they crystallise perfectly without clouding. The purity is fully preserved on thawing. At the end of this round of questions we would like to let you know that, should you have any further questions, simply write to us. We shall be glad to answer your questions.

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