Part 1

Part 2/2: When minerals in water really help During heavy exertion (sports, sauna, heat, diarrhea, fasting) your body loses electrolytes like sodium, potassium, magnesium. Russian research ...

Part 2/2: When minerals in water can really help

During heavy exertion (sports, sauna, heat, diarrhea, fasting) your body loses electrolytes like sodium, potassium, magnesium.

Russian research and studies from the Czech Republic, Poland and Slovakia indicate that a TDS value of at least 100 mg/l is recommended to contribute to mineral supply during significant fluid loss (e.g. sweating). You can find the relevant passage on pages 50/51 (PDF pages 58/59) in this source.

Important: This recommendation does not apply across the board - but rather in cases of increased mineral loss.

Studies show clearly: Humans cover their mineral requirements almost entirely through solid food. Potassium, magnesium, sodium & co. are found mainly in fresh vegetables, fruits, nuts, legumes and dairy products.

Drinking water? Provides only minimal amounts - often in inorganic form that the body can barely utilize.

National Academies Press (USA): "Drinking water contributes only minimally to daily potassium intake." Source

Federal Institute for Risk Assessment BfR (DE): "The body's mineral supply occurs primarily through solid food." Source

Bottom Line: You eat minerals - you don't drink them.

Stay clear. Stay supplied. Stay truu

* what you should avoid: * extremely hard drinking water (TDS > 500 mg/l) can, according to studies, increase calcium excretion in the kidneys by 50 % - and thus strain the kidneys and promote kidney stones. Source * PET bottles with mineralized water - often contaminated with microplastics Source

In summary:

* Everyday: -> Pure water with low TDS (e.g. reverse osmosis, distilled, artesian) = optimal for hydration. * Heavy exertion: -> Minerals targeted & supplementary, not necessarily through the water itself.

For the curious: measure TDS yourself (e.g. with a TDS meter) or ask your local water authority.

Stay clear, stay permeable, stay truu.

It's good.
to be truu.