Are cleaning products increasingly actually improving our drinking water?

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Since January 2023, more than 90 chemical treatment substances have been approved in German water treatment plants for the first time!

Sports scientists, doctors and nutritionists recommend drinking the purest, cleanest water possible, without harmful and added substances, yet to treat our tap water alone, water treatment plants must/may add more than 90 different treatment substances.

They are not only added to remove unwanted substances from raw water during treatment at the water plant and to disinfect the water, but also to alter the composition of the water so that its properties attack the distribution network as little as possible. Artificial substances are also added for water storage.

Noteworthy is the list of now 60 approved treatment substances that are added as a solution or as a gas; by January 2023 there were still 49. 28 additives are permitted to be used as solids and 5 substances for disinfection.

So chemistry is not only used for the cleanliness of water, but also for protection against deposits in filters, corrosion in pipes, etc.!

Here are some examples: polycarboxylic acid is used to prevent deposits on membranes and sulfuric acid is used to adjust pH value, salt content and acid capacity. Pentasodium triphosphate is used against corrosion and against scale deposits. Triphosphates are additives that are also used in detergents to soften water so that surfactants work better. In Switzerland, triphosphates in detergents are prohibited.

Limit values for the protection of pipe systems and the purity of tap water are achieved, when nothing more can be corrected chemically, through dilution with clean water. While the word "dilution" is considered a curse word for the vintner, it is the water monitor's daily bread and the consumer accepts it. Harmful substances thus land in small doses day after day in our households.

Over the course of a lifetime, the amount of water that flows through the body daily makes the health difference. The human body filters water very intensively before it lets it into its cells. For the body, that means tremendous work. But where do the toxins go? The body tries to get rid of them. According to Dr. Bragg, toxins accumulate year after year in the organism as well and burden it. Diseases of civilization, age stiffness, are often the consequence. They often lay the foundation for diseases.

For this reason, drink the purest, cell-available water. Your body can absorb it effortlessly, so it can fulfill its true task in the organism: transporting nutrients to the cells and removing spent material. Water is not actually counted as a food or foodstuff.

The personnel in water treatment plants do good work with the means available to them. However, given the many chemical additives that are necessary daily for mass treatment of drinking water and to protect pipe systems for millions of people, it should be considered that water treatment plants are not equipped to remove hormones, pain relievers, psychotropic drugs, street drugs, microplastics, PFAS, fertilizers and pesticides, approximately 1800 potentially health-damaging human pharmaceuticals as well as over a thousand industrial chemicals, of which there are more every year. Although all these substances can be detected in our tap water, they are not removed and end up at your kitchen tap. Here you can decide whether you want to prepare your food from this "cocktail" or not. A high-quality water filter guarantees clean, toxin-free water - like a "firewall".

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Link to the current list of treatment substances and disinfection procedures from the Federal Environment Agency

It's good.
to be truu.