Does adding ever more chemicals to our water really make it cleaner?

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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 utilities must/are permitted to add more than 90 different treatment substances.

They are added not only to remove unwanted substances from raw water during treatment at the waterworks and to disinfect the water, but also to alter the composition of the water so that its properties damage 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; until January 2023 there were still 49. 28 additives are permitted to be used as solids and 5 substances for disinfection.

Chemicals are thus used not only for the cleanliness of water, but also to protect against deposits in filters, corrosion in pipes, etc.

Here are a few examples: polycarboxylic acid is used to prevent deposits on membranes and sulfuric acid to adjust the pH value, salt content and acid capacity. Pentasodium triphosphate is used against corrosion and stone 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 maintaining the piping systems and the cleanliness of tap water are achieved, when chemical correction is no longer possible, through dilution with clean water. While the word "dilution" is considered a bad word for the vintner, it belongs to the normal daily work of the water treatment operator and the consumer accepts it. Harmful substances thus end up in small doses in our households. Over the course of a lifetime, however, the amount of water

that flows through the body daily makes the difference. The human body filters water very intensively before allowing it into its cells. For the body, this means enormous work. But where do the toxins go? The body does everything to get rid of it again. But according to Dr. Bragg, some of the toxins accumulate year after year in the organism and burden it. Civilization diseases, age stiffness, plenty of minor ailments and the foundation for many diseases are laid this way. A safe solution: It is best to drink ultra-pure, cell-available water. The body can absorb it effortlessly, so it can fulfill its actual task in the organism: the transport of nutrients to the cells and the removal of used material, because water itself is neither a food nor a foodstuff.

Good work is being done in German waterworks. However, given the many chemical additives necessary for mass treatment and distribution of drinking water daily for millions of people, it should be considered that waterworks are not equipped to remove hormones, painkillers, psychotropic drugs, street drugs, microplastics, PFAS, fertilizers and pesticides, as well as thousands of approved chemical industrial substances of which there are more every year. Only a high-quality water filter provides protection. It acts like a "firewall" for the kitchen against all the substances mentioned here that have no place in our bodies.

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Link to the list of treatment substances and disinfection methods from the Federal Environmental Agency (as of January 2023)

It's good.
to be truu.