

# Distilled Water

## The purest form of water on the universe

### What Is Distilled Water?

Distilled water is steam from boiling water that's been cooled and returned to its liquid state.

All water -- no matter if it comes from a natural spring, artesian well, or regular faucet -- may have trace amounts of minerals, bacteria, pesticides, and other contaminants.

Distilling rids water of all those impurities.

### **What is the difference between tap water, distilled water, filtered water and purified water**

As the name says, **tap water** is the one that comes out of a faucet usually connected to a municipal water source. It has likely been disinfected with chlorine, plus filtered to remove sediments and treated with chemicals to neutralize dirt. In many communities, fluoride has also been added to prevent tooth decay.

**Filtered water** is tap water that has been run through filters to remove chlorine to improve taste and some bacteria and some chemicals. Different types of filters remove different things. The quality of the water will depend on the number of filters, the type of filters, and the age of the filter. Most bottled water is filtered in some way.

**Purified water** is a legal term defined by the Environmental Protection Agency to contain less than 10 parts per million of dissolved solids. It does not assure any particular level of bacteria

or other contaminants. Manufacturers of purified water use different methods to process their water including the following:

- Reverse osmosis (forcing the water through a membrane to get rid of chemicals, minerals and microbes)
- Ozonization (disinfecting water using ozone rather than a chemical) or distillation.

**Distilled water** is a type of purified water. Salts, minerals, and other organic materials are removed by collecting the steam from boiling water.

### **Is Distilled Water Safe to Drink?**

Distilled water is safe to drink. Consumers may find, however, that distilled water tastes flat or bland. This is because it's stripped of minerals like calcium, sodium, and magnesium.

Human taste buds have gotten accustomed to the familiar flavor of these contaminants and thus find the taste of distilled water to be flat. Distilled water contains nothing more than just hydrogen and oxygen making it the purest form of water on the universe.

Manufacturers who sell other types of water products claim that distilled water is unhealthy since it does not contain essential electrolytes (calcium, sodium, chloride, potassium, magnesium).

There has never been a scientific study published proving that drinking distilled water is unhealthy.

### **Uses of Distilled Water**

Distilled water is ideal when purity is important. Common uses include:

**Medical tools and procedures.** Hospitals clean equipment with distilled water to help avoid contamination and infections. Kidney dialysis machines use distilled water to filter waste from blood.

**Lab tests.** Distilled water is used in most laboratory tests. Nothing in distilled water reacts with or affects the accuracy of laboratory experiments.

**Cosmetics.** The water ingredient in most moisturizers, deodorants, and shampoo, is almost always distilled water.

**Automobiles.** Since it lacks minerals, distilled water won't corrode metal engine parts or interfere with batteries.

Other uses for distilled water:

- Infant formula
- CPAP machine
- Neti pot
- Iron
- Brewing coffee and tea

### **How to make your own distilled water.**

- Fill a large pot of water halfway.
- Tie a cup to the pot's lid so the cup will hang rightside up inside the pot when the lid is shut. The cup should be high enough inside the pot that it does not touch the water.
- Boil the water for 20 minutes. Boiling creates vapor that rises and then condenses back into water.
- The water that drops from the lid into the cup is distilled.