Pure drinking Water is Indispensable for a Healthy Life by Johnstuard

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Pure drinking water is a key to a healthy life. What is pure water? Pure water or purified water as the name suggests is the water, from which all kinds of impurities have been removed. The most common form of pure water is distilled water. Water containing traces of impurities and micro pollutants can be purified using various processes such as carbon filtration, ultraviolet oxidation, and micro-porous filtration. Pure water thus obtained can be used for various purposes such as drinking, cooking, laboratory treatments, and scientific studies.

Water is the fundamental necessity of life. With increasing population clean water supply is gradually becoming scanty. According to a survey report conducted couple of years back nearly a sixth of the entire human population does not enjoy access to clean and safe drinking water. There are several causes behind the problem. They are:

Global activity

Climate variation

Wealth disparities

Unsustainable extraction

Sea water is not fit for human consumption as it contains high level of minerals and salt. In order to obtain pure drinking water from the sea water you can apply the basic principles such as water evaporation and water condensation. This particular technique has been in use for several years and has proved to be the primary source of pure drinking water in countries like the Middle East.

How can you determine that the water is free from impurities?

Pure drinking water can be obtained by filtering water.

Purify water to make it safe for drinking.

Water must be sterilized by using ultra violet rays in order to remove impurities.

To meet with the purity standards you must subject drinking water to strict hygienic conditions.

Pure drinking water must contain sodium, iron, calcium, magnesium, and chloride.

There are three benefits of pure drinking water. They are:

Pure drinking water is very helpful in removing toxins from your body. Increase your intake of water. More water intake makes it easier to remove the wastes of your body either in the form of sweat or it is flushed out in the form of urine.

Intake of pure drinking water will make your skin look young and will impart a healthy glow. It prevents you from suffering the seven signs of aging. Pure drinking water eliminates free radicals from your body, which acts as a catalyst for the aging process.

If you make use of the right kind of filtration system to filter water, pure drinking water which will be

obtained, will provide your body with minerals like potassium, calcium, and magnesium. These minerals are required for the daily activity of your body.

Reverse osmosis is a phenomenon which is used to purify water. Reverse osmosis water is obtained by forcing the water from tap through small holes on the membrane. The small holes are smaller than the particles of microscopic impurities. These holes ensure that only the pure water passes through it and all the contaminants, micro organisms are left behind. Reverse osmosis water has gifted several families a healthy life.

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John stuard who is a freelancer writes articles on a Pure drinking water & a Reverse osmosis water. For more information on it he suggests to visit a http://www.pureh2o.net/.

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