

Mineralization of Distilled or RO water

I've drank pure distilled water for the last twelve years, where I've experienced marked health and healing benefits. Numerous individuals mention the need to mineralize distilled or reverse osmosis water. For me it is unnecessary, since enough trace minerals is obtained from your food if it was prepared with a good quality salt or preferably Himalayan rock salt. However should you think it is necessary below is a cost effective method to naturally mineralise your purified water.

Ingredients:

- | | | |
|------------------------|------|-------|
| 1. Pure Himalayan Rock | salt | 200g |
| 2. Distilled water | | 500ml |

Preparation of saturated mineral solution:

1. Measure the salt and water and decant it in a 1l glass jar.
2. Shake and stir until the salt cannot dissolve any more as it become a saturated solution. Undisclosed crystals will settle below.

Keep it in a dry, cool and dark place.

To use:

Add ¼ tsp of Himalayan saturated mineral solution within every 4 l of distilled water. This produces a ± 100 ppm (parts per million) of minerals in the water.

The rationale

My rationale of 100ppm is that I've measured numerous water samples with my TDS Meter (Total Dissolved Solids) to get their ppm values. My observation is that upper river, stream and spring water ranging between 50 -150 ppm. Essential the minerals that you put in the water represent how the water dissolve the rocks as it flow over it on its way to a stream, or river.

Enjoy it &



www.gonatural.co.za