

Using demineralised water long term gives the following problems (Article Dr F.Kozisek)

Consequences for your body:

1. Diuretic increase of 20% due to water retention
2. Water retention
3. Sodium increase in serum gives hypertension
4. Loss of Potassium
5. Excretion from the body of Sodium, Potassium,calcium,Magnesium and iron

Symptoms of these body consequences:

Feel tired, no energy, muscle cramps, heart arhythmias, osteoporosis, bloodpressure increase and anemia, pre-cancerous colon polyps

Pregnant woman: Oedema, Anemia and preeclampsia

Food preparation: Loss of several minerals, up to 86% while preparing the food.

Risk groups: Expecting woman, baby formula and hypertensive patients

Kidneys: a) Atrophy of Glomeruli
b) Swelling of endothelium and thus less bloodflow
c) kidney stone formation

Low Magnesium symptoms:

High bloodpressure, Arythmia, Atherosclerose, Eclampsia, coronary heartdisease, decreased insulin sensitivity and Diabetes 2, Osteoporosis, insomnia, anxiety, constipation, muscle soreness, fatigue, headaches, difficulty swallowing and breathing, elevated CRP, endothelium dysfunction, metabolic syndrome

Low calcium symptoms:

High blood pressure, Osteoporosis, hearth problems, Muscle cramps, Blood clotting, more menstrual pains, candida infections, dry skin and brittle nails,nerve transmission problems,nephrolithiasis(kidneystones), colorectal cancer, insulin resistance,obesity