

## OurwaterQuality

# Demineralized water depletes body?

In my most recent column, I focused on the inconsequential role of minerals in water compared to minerals consumed in the course of a healthy diet. Another notion regarding demineralized water (produced by reverse osmosis, distillation or de-ionization) that merits debunking is that demineralized water “leaches” minerals from the body. The hypothesis goes thusly: demineralized waters are categorically “aggressive” (low pH compared to water with dissolved solids) and drinking them will lead to the dissolution of organic minerals from the body. Depending on what you want the answer to be, you will find supporting evidence on the internet. But consider the sources.

I have searched extensively for reliable sources (peer-reviewed technical articles and publications) to support or refute this hypothesis. I am certainly not medically qualified to address this issue, but it is easy enough to assess the sources of the information. In my opinion, it is a technically unsupportable extension

of the erroneous assumption that demineralization always results in the lowering of pH and the creation of acidic water (pH less than the neutral 7.0, on a logarithmic scale of 0-14). The operative principle is actually not so simple as pH alone, but rather the chemistry of the feed water and the relative relationships of carbon dioxide, bicarbonate and carbonate.

So will low-pH water dissolve some metals? Absolutely. We see it locally with respect to copper and lead in particular. (But copper staining may also be a result of electrolysis and improper grounding.) Should we be concerned with the water we put in our bodies? Of course. But show us the proof that demineralized water leaches minerals from the body. I find that these claims have become part of a myth that just gets replicated in the websites of vendors who advocate wellness through water and who sell equipment and filters against the systems that produce demineralized water. I am open to changing my mind, but I don't

relate well to hocus-pocus. I prefer to lean on verification by independent water-testing laboratories.

The EPA's Secondary Standard is 6.5 to 8.5 pH units. Consider the pH of some commonly consumed liquids: orange juice (pH 3 to 4), carbonated soft drinks (pH 2.5 to 3.5), and coffee (pH 5 to 6). Different systems in the body (and even parts of individual cells) have buffering agents that maintain different, but internally consistent, pH values. One constant is the ability to instantly reduce the pH of everything we feed ourselves in preparation for the extreme acidity (pH 1 to 2) of gastric acid.

Given the naturally-occurring contaminants in local drinking water, combined with anthropogenic contributions (chemicals, radionuclides, pharmaceuticals, personal care products, etc.), I still recommend some form of demineralized water (preferably RO) and drinking water you can control as opposed to buying laxly regulated bottled water. If the pH of the water is your



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concern, and you have an RO system, pH is easily elevated to the alkaline side by adding an inline remineralization filter containing granular limestone or marble. The process is only different in relative scale to what one would do for a private well producing water with low pH.

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## Socialnetworking

# Are you LinkedIn for business?

LinkedIn is where business and professional people connect, communicate, collaborate, meet new contacts and market themselves and their companies. Whether you are just getting started or you want to enhance your experience there, it is important to know LinkedIn exists as a network of profiles with influence and contacts. Today, LinkedIn has nearly 100 million personal profiles. They may be entrepreneurs, consultants, employees, professionals, artists, freelancers, contractors and even your neighbors. Recently, LinkedIn created a company page feature adding a network of nearly one million unique company pages. Given this web of contacts, LinkedIn is no longer a place to park your resume and forget your password.

Now is not the time to be overwhelmed. LinkedIn still is a comfortable place to begin social networking. First, it is free and has excellent tutorials. Next, it is all about business. Your contract information is visible only to your connections,

making your private life private. The first step is to create your LinkedIn profile. Focus on what you have to offer and complete 100 percent of your personal profile. Include your current position or work, two past positions, educational experience, a background summary, your special skills and a photograph. No one wants to connect with a faceless person. If you have been “on” LinkedIn for a while, start by refreshing your profile.

Your LinkedIn profile is the key to leverage your presence on the site. It is your passport to building business or enhancing your career. Connections are the glue making LinkedIn work for you. You can grow your sphere of LinkedIn connections through professional colleagues, classmates and by networking in LinkedIn groups. Use common sense and social etiquette. Avoid sending an invitation to “link” with everyone on your email list or in your professional organizations. Spam does not create business relationships.

Here is an exercise to help you connect.

First, make a list of five people important to your business or career. Go to the Search tool within LinkedIn and search their names to discover if they are in your sphere of possible connections. Next, type in the keyword “Santa Fe” and scroll down the list looking at faces and titles. Next, within the same Search tool, toggle to Groups and type in “Santa Fe” and do the same review. Now you are starting to uncover common ground.

As your comfort zone increases, search by keyword, geography, profession or company. By connecting these profile dots, you will see how people are doing business on LinkedIn. These exercises will connect you to a like-minded sphere of people. Keep fine-tuning and focus on your passions what and your unique interests. Are you a lawyer who loves horses? Are you an entrepreneur who loves to paint? Are you a teacher who wants to be in a movie? Are you a Santa Fean who lived in Paris? Or do you live in Rome and love the Santa Fe Opera?

Can you see the value of making your



**EMILY MEDVEC**

LinkedIn profile more than a resume? People do business with people they know, like and trust. They are finding them on LinkedIn by making their profile come alive. See you next online.

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