

Sterilisation

Laboratories and surgeries use only pure water to sterilise their autoclaves. This prevents the build up of minerals, which will damage the autoclaves. The inside of a kettle which has boiled only distilled water always looks brand new. There is no build-up of calcium, or scaling ,commonly found in kettles used to boil tap water.

Colloidal Silver

Only distilled water can be used in colloidal silver generators. The use of impure water will cause cloudiness in the solution.

Photography

Top-of-the-line photographic studios routinely use pure water as part of the development process to ensure perfect prints every time.

Printing

When distilled water is used in water-based printing plates, scumming is avoided.

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Uses for Pure Water

Drinking

With its clean, fresh taste, distilled water is more palatable. This will encourage a greater intake of water, thus leading to better health.

Tastier Drinks

As there are no impurities in distilled water to dilute the flavour, coffee grounds and tea leaves retain their richness and aroma far better than in other water.

Improved Cocktails

Cocktails taste and look better when mixed with distilled water. Chlorine in tap water can react with alcohol to form by-products which affect taste and colour. There is no such problem with distilled water as it does not contain any contaminants.

Better Ice Cubes

Distilled water freezes faster than tap water and, due to the lack of impurities, forms ice that is shinier, clearer and harder.

Baking

You will find that flour is better absorbed into a batter mixed with distilled water than with tap water. And baked dishes have a smoother texture. Also, as distilled water is free from contamination, there is no chance of the flavour being altered because of impurities found in the water.

Cooking Vegetables

Cooking with distilled water is an excellent idea as there is no fear of contaminants being introduced to the dish. For example, potatoes cooked in distilled water will not discolour, while vegetables retain their colour and taste.

Cooking Wheat or Rice Products

Pasta, macaroni, noodles or rice will actually absorb more distilled water than any other kind, giving them a fuller body, texture and flavour. Also, they tend not to stick as they do when cooked with ordinary water.

Reconstituting Concentrated Drinks

There is a definite improvement in the taste of fruit juices which are reconstituted with distilled water. And, because it tastes so much like the fresh product, you can get much more juice for your money. Vitamin content is also protected by the use of distilled water. Vitamin C is partially counteracted when tap water is used because the chlorine in tap water actually oxidises the vitamin. This does not happen with distilled water.

Reconstituting Dehydrated Food

Powdered milk, instant potatoes and dried fruit such as prunes and raisins taste better when reconstituted with distilled water as there are no nasty chemicals to spoil it. The greater density between the dried food and the distilled water creates more pressure for pure water to seep into the dehydrated items.

Fasting

Fasting is a time-proven and effective way of cleansing the body. Distilled water adds immeasurably to the cleansing and detoxifying effects of fasting.

Canning

Distilled water makes a big difference to the natural colour and flavour of canned fruit and vegetables. Flavour remains rich and robust, and colour is retained. Also, the risk of spoilage is much lower, especially when cold packing.

Germinating Seeds

Seeds such as alfalfa and beans will germinate faster and achieve a higher percentage of germination. Pure water is actually an essential ingredient in the fertilisers used for hydroponic farming. Vegetables grow in a contamination-free environment and thus retain crispness and freshness for a longer period of time.

Heart Patients

Heart patients are always advised to go on a low-sodium diet. Spring and mineral waters usually contain some sodium. Distilled water is absolutely free from sodium.

Kidney Patients

Kidney patients must avoid contaminants in their drinking water as their kidneys are unable to filter impurities anymore. To prevent infection and complications, they must only drink distilled water, which is free from any kind of contamination.

Wet Cell Batteries

Using distilled water in batteries prolongs the life of the battery.

Steam Irons

Steam irons remain as new if distilled water is used. This is because you do not get the build up of minerals which block and soil the steam vents that you would do if tap water was used.