

EcoHabitat

2012 study translated

The advantages of salt based water softeners (descalcificadores) are only for appliances (short term), not for the health. The water softeners replace calcium ions (well tolerated by humans) by ions of sodium (salt). Drinking water high in sodium leads to an increase in blood pressure. So the remedy is worse than the disease.

If you look at bottled mineral water, all are low in sodium. So, honestly, I cannot understand why people who drink bottled water (low-sodium), would want to install a water softener that will give them soft water (which is HIGH in sodium). The companies (that sell water softeners) make it appear nice (that it's good for skin, bla bla bla, like talkative parrots), because no company would ever criticize their own products negatively.



Many European countries have PROHIBITED treatment with water softeners in waters intended for human consumption. The new environmental regulations will soon force companies to rigorously control discharges of water from decalcification based on chemicals such as salts and resins. Even in some autonomous communities, the counters for measuring reject water are already in operation and the amount corresponding to the recycling of the waste is being invoiced.

Each company, building, complex or establishment would be required to inform the type of water treatment used. In this regard, we offer an extract from a report received from a laboratory specialized in water treatment, which describes characteristics of the softeners (water softeners) and that surely will be interesting: The water softener is incomprehensibly used, on many occasions, as a source of water.

"The softener as its name indicates, softens the water, that is, it eliminates calcium and magnesium salts that are the ones that give the hardness of the water. The softener does not produce pure water, the softener produces a water that has neither calcium nor magnesium, ie, it is not a hard water, but in exchange for all cations (metals dissolved in water) to be transformed into sodium cations; ie the total number of salts is the same, for that reason we say that it does not produce pure water, because pure water should have low content in total salts.

The softener or softener, therefore, greatly increases the sodium concentration, breaking its ionic balance and makes the water **chemically undrinkable**. The softener acts as a filter and is exposed to bacterial proliferation. If the water has pathogenic germs, the softener does not eliminate them, on the contrary, it increases them. What is more, if the water has banal bacteria, over time they proliferate, that makes the water **bacteriologically undrinkable** as well. If the water that feeds the water softener is chemically drinkable, the softener makes it undrinkable by exchanging all the cations present (calcium, iron, sodium, magnesium, potassium, etc.) with sodium salts. It is not natural, there is no drinking water in the world that contains sodium salts. Decalcifiers do not improve the drinkability of water either chemically or bacteriologically, furthermore they can be a danger to human health. "

Conclusion

A water softener is not good for the health, and it is not in any way ecological.