

# Facts water

## Fact sheet

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Water for human consumption is referred to as drinking water in European [1] and national [2] legislation. This includes all water in its original state or after treatment, which is intended for drinking, cooking, the preparation of food and drink or for other domestic purposes, such as personal hygiene and the cleaning of objects, among others.

Drinking water must be pure and fit for human consumption. It must not contain any pathogens or substances in concentrations that are harmful to health. International guideline values exist for substances that can cause health hazards. These are converted into mandatory threshold values through national legislation. Water supply companies are obliged to regularly inform consumers about the condition of drinking water in a suitable manner. For the area of responsibility of homeowners and consumers, there are further guides [3, 4] with tips and information for various concerns. Water fulfils a number of important tasks in the human body.

Water transports nutrients and metabolic waste products, regulates the osmotic pressure of the cells, is an important heat accumulator in regulating body temperature and promotes purification and thus the elimination of toxins from the body. In addition, water forms so-called „structured water“ on the surface of molecules and membranes [5] and is thus essential for the optimal function of these cell components.

Such structures give water an undiscovered quality and a previously unknown energy. If these structures are disturbed, e.g. by the interaction with electromagnetic fields [6], the biological quality of the water and thus the functionality of living cells decreases. Drinking water is therefore much more than a liquid that has to comply with legal requirements and guidelines—it is our most important nutrient.

## References

- [1] Richtlinie 98/83/EG des Rates über die Qualität von Wasser für den menschlichen Gebrauch vom 3. November 1998 (ABl. L 330 vom 5.12.1998, S. 32). Letzte Änderung durch die Verordnung (EG) Nummer 596/2009 des Europäischen Parlaments und des Rates vom 18. Juni 2009 (ABl. L 188 vom 18.7.2009).
- [2] Trinkwasserverordnung, Volltext zu Änderungsverordnung, veröffentlicht im Bundesanzeiger, 7. August 2013.
- [3] Bericht des Bundesministeriums für Gesundheit und des Umweltbundesamtes an die Verbraucher und Verbraucherinnen über die Qualität von Wasser für den menschlichen Gebrauch (Trinkwasser) in Deutschland (2008 - 2010), Berichtszeitraum 1. Januar 2008 bis 31. Dezember 2010; <https://www.umweltbundesamt.de/publikationen/bericht-des-bundesministeriums-fuer-gesundheit-des-1>
- [4] Pollack, H. Gerald (2014): Wasser - viel mehr als H<sub>2</sub>O. 368 Seiten, VAK Verlags GmbH, Kirchzarten. Engl. Origin. al: The Fourth Phase of Water - Beyond Solid, Liquid, and Vapor, Ebner and Sons Publisher, Seattle.
- [5] Kiontke, S. (2014): Tatort Zelle - Wie Elektrosmog-Attacken unseren Organismus bedrohen. VITATEC Verlagsgesellschaft, Münsing.