It has been widely known for centuries that water is the substance a living being cannot do without. We spend every day feeling this unbreakable bond with this amazing substance. Up to 80% of our body is water and no vitally important biochemical process in the human body can do without it. It enables all metabolic processes digestion and harmful substances excretion from the organism. Bearing in mind this significant role of water for us it is not surprising that a lot of efforts are being taken to provide people with pure and healthy water what leads to constant development of water filtration techniques and accumulation of knew knowledge in the sphere of healthy drinking. We have covered this issue in our previous article about currently known healthy water characteristics. The subject of this article will rather be devoted to the water being a good means for therapeutic purposes.
Nowadays most of people do not even think that water can be very effective remedy against many diseases and getting sick they immediately go to a drugstore seeking for medicine which is very often quite expensive. Thus, we would like to tell you about the way to make your water beneficial in terms of medical purposes. Normally, any doctor would strongly advise you to steer clear of high amount of drinks with low pH levels or using it for cooking (especially for people with high levels of stomach acid) since your body may become too acidic (acid-base imbalance) producing a negative effect on your health. Our blood pH ranges from 7.35 to 7.45. The average blood pH of a healthy human being is 7.42. A person with a higher blood pH or changes in pH of 0.2 may develop a disease. However, acidic water is known to be highly effective in treating certain diseases.

He is a list of the diseases that are recommended to be treated with such water. Some of them require specific water acidity levels. Click on a particular disease to find out a detailed recommendation. Allergy, allergic dermatitis, Tonsillitis, Angina, Sore throat, Joint pain in the arms and legs (caused by tophus), Brucellosis, Colitis (inflammation of the colon), Herpes (virus infection resulting in small blisters on the lips), Gingivitis (periodontal disease), Headache, Foot fungus, Dysentery, Disinfection, Dermatitis (allergic), Skin fungal infections, Toothache, Laryngitis,
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- Stuffiness, running nose
- Inflammation of the ear
- High blood pressure
- Diarrhea
- Prevention of insomnia, irritability
- Salmonellosis
- Facial seborrheic dermatitis, teenage acne, pimples
- Acne
- Chronic tonsillitis
- Abscesses
- Prostate adenoma
- Atherosclerosis in the arteries of lower extremities
- Bronchial asthma, bronchitis
- Hepatitis
- Hemorrhoids
- Helminth infection
- Septic wounds, postoperative wounds, trophic ulcers, fistulas, abscesses
- Headache
- Flu
- Diathesis
- Foot odor
- Vaginitis
- Conjunctivitis
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- Burns
- Swelling in the arms and legs
- Osteochondrosis
- Paraproctitis
- Polyarthritis
- Cuts, wounds, scratches
- Prevention of acute respiratory viral infections during an outbreak
- Bedsores
- Psoriasis
- Radiculitis, rheumatism
- Varicose veins
- Removal of dead skin from the feet
- Digestion disorders
- Furunculosis
- Cholecystitis
- Eczema, lichen
- Cervical erosion
- Gastritis
- Jaundice / Hepatitis A
- Constipation
- High levels of stomach acid
- Gastric ulcer with anacidity
- Cough
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Low blood pressure, Sexual dysfunction, Skin irritation, Diabetes, Stomatitis, Disturbed blood circulation, Hair problems, Gastric ulcer and duodenal ulcer caused by high stomach acid levels.

Knowing that acidic water is advised to be used for therapeutic purposes another question arises: how to make such water and what should be used for that? The best way for that is using natural mineral sorbents found in natural environment which would be able to purify the water and adjust it to the characteristics needed. Shungite has recently proven to be one of the best minerals in this regard due to its unique properties. It excels the efficiency of many other sorbents such as activated carbon, but costs less. For these reasons it is now widely applied in water filtration both for therapeutic and drinking purposes. This is a short list of the things shungite removes from water making it a good purifier: iron, manganese, phenol, chlorine, nitrates and nitrites, free radicals, bacteria and microorganisms, bad odors, color, turbidity, fluoride.

Passes through the layers of shungite, water becomes acidic, with its pH ranging from 3 to 5.5, exactly what is needed. There are several methods of preparing water with the use of shungite:
1. **By infusing shungite sets in water for a certain period of time using different-size containers.**
2. **By using filters.**

**What size of shungite should you use to prepare shungite water?**

To make pure water with a pH of 5.5 from 6.5 pH water, use regular 5-20 mm shungite in the proportion of 100 g of shungite to one liter of water. Infuse for one day.
To make pure water with a pH of 3.5 from 6.5 pH water, use regular 1-3 mm shungite in the proportion of 500 g of shungite to one liter of water. Infuse for two days.

To make pure water with a pH of 3.5 from 6.5 pH water, use modified 3-5 mm shungite in the proportion of 100 g of shungite to one liter of water. Infuse for three days.

To make pure water with a pH of 4.5 from 6.5 pH water, use modified 3-5 mm shungite in the proportion of 500 g of shungite to one liter of water. Infuse for three days.

To make pure water with a pH of 3.0 from 6.5 pH water, use modified 3-5 mm shungite in the proportion of 500 g of shungite to one liter of water. Infuse for five days.
Thus, in order to get water with a specific pH, you need to wait for one to five days. Besides, regular shungite needs to be rinsed thoroughly to wash off shungite dust.

Another important thing is that the smaller shungite minerals you use, the higher the acidity of the water you make will be. To measure your water’s pH, use a pH meter.

A water filter with shungite media is what can help you make shungite water fast.

To make pure water with a pH of 3.0 from 6.5 pH water, use a single-circuit water filter with 3-5 mm shungite. This filter will lower the pH of your water almost instantly.

By diluting your shungite water with regular water in the proportion of 1:1, you’ll get 3.5 pH water.
By diluting your shungite water with regular water in the proportion of 3:1, you’ll get 4.8 pH water.

By diluting your shungite water with regular water in the proportion of 5:1, you’ll get 5.7 pH water.

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Getting pure and healthy drinking water

If you are interested in having pure and healthy drinking water then you should use shungite as one of the components of water filtration process. To ensure that this drinking water is good for your health, you need to condition it (the ideal pH standard for the drinking water is 7.2-7.3).

To reduce the acidity of the water after it’s been filtered with the use of shungite, dolomite and glauconite (quartz sand) are used. Passing through dolomite, low pH water partially dissolves the mineral which then enriches the water with calcium, magnesium, and other useful elements. This is how acidic water’s pH is neutralized up to the level of 7 to 7.5. As a result, iron
and aluminum hydroxide sediments capture heavy metals and radionuclides. Then, the water passes through layers of sand that detains iron and aluminum hydroxides allowing the water to restore its natural structure. To find out which shungite filter is the best to receive the pure drinking water regularly, click here.

What are the advantages of using a water filter with shungite media?

- You get shungite water with the required acidity fast.
- You can use your shungite filter any time you want.
- Your shungite minerals don't need to be rinsed.
- You don’t need large containers to make a lot of shungite water.
- It'll take you just 2 minutes to mount your shungite water filter on a kitchen faucet.

What illnesses can be treated with shungite water?

Shungite water can be used to treat a number of diseases. It has an antibacterial effect and can help you disinfect surfaces, killing bacteria and getting rid of mold and fungi making it a good tool when it comes to house cleaning. Cleaning toys of your children with it ensures that they do not catch any undesired bacteria or virus. It is effectively used for wounds treatment and also relieves itching and inflammation after insect bites. We recommend washing your vegetables and fruit with shungite water to keep them fresh longer. We don’t recommend drinking this water on a daily basis. It should be rather used for therapeutic purposes.

Here is a list of illnesses that can be treated with shungite water. Some of them require specific water acidity levels. You can use a pH meter to measure the pH.
Allergy, allergic dermatitis

Tonsillitis, Angina

Sore throat

Joint pain in the arms and legs (caused by tophus)

Brucellosis

Colitis (inflammation of the colon)

Herpes (virus infection resulting in small blisters on the lips)

Gingivitis (periodontal disease)

Headache

Foot fungus

Dysentery
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Disinfection

Dermatitis (allergic)

Skin fungal infections

Toothache

Laryngitis

Stuffiness, running nose

Inflammation of the ear

High blood pressure

Diarrhea

Prevention of insomnia, irritability

Salmonellosis

Facial seborrheic dermatitis, teenage acne, pimples
Acne

Chronic tonsillitis

Mold

Shungite water in combination with alkaline water can help you treat the following illnesses:

Abscesses

Prostate adenoma

Atherosclerosis in the arteries of lower extremities

Bronchial asthma, bronchitis

Hepatitis

Hemorrhoids
Helminth infection

Septic wounds, postoperative wounds, trophic ulcers, fistulas, abscesses

Headache

Flu

Diathesis

Foot odor

Vaginitis

Conjunctivitis

Burns

Swelling in the arms and legs

Osteochondrosis

Paraproctitis
Water as an excellent healing elixir

Polyarthritis

Cuts, wounds, scratches

Prevention of acute respiratory viral infections during an outbreak

Bedsores

Psoriasis

Radiculitis, rheumatism

Varicose veins

Removal of dead skin from the feet

Digestion disorders

Furunculosis

Cholecystitis
Eczema, lichen

Cervical erosion

The use of alkaline water without shungite water can help you treat the following illnesses:

Gastritis

Jaundice / Hepatitis A

Constipation

High levels of stomach acid

Gastric ulcer with anacidity

Cough

Low blood pressure
Sexual dysfunction

Skin irritation

Diabetes

Stomatitis

Disturbed blood circulation

Hair problems

Gastric ulcer and duodenal ulcer caused by high stomach acid levels