



NEWSLETTER 1 / 2019

<http://fns.uniba.sk/lifewaterhealth>

Improvement of health status of population of the Slovak Republic through drinking water re-carbonization

SHORT DESCRIPTION OF THE PROJECT

The negative influence of drinking water with low Ca and Mg content on cardiovascular diseases has been known approximately since the middle of the last century. This effect is best conceived by the familiar slogan of American scientist Schroeder: "soft water – hard vessels, hard water – soft vessels". Based on the two previous projects under the LIFE + program (GEOHEALTH and LIFE FOR KRUPINA), it was confirmed that Ca and Mg in drinking water are the most important chemical elements for human health. With their increased content (Ca > 50 mg · l⁻¹, Mg > 25 mg · l⁻¹), people live in Slovakia longer (up to 4 – 5 years) and we observe reduced mortality rates for different diseases.

In this project, we will re-carbonatize (increase the Ca and Mg content) drinking water in two water sources used to supply the population. Along with the monitored increase in Ca and Mg contents in drinking water, we will monitor the elasticity of vessels of the population drinking water enriched with Ca and Mg and we will monitor their health status.

[Read more](#)

Project goal:

The main objective of the project is to improve the health status of the population in two towns/villages of the Slovak Republic based on improved drinking water quality by re-carbonization.

Main investigation:

- Risk analysis
- Selection of two drinking water sources for water re-carbonization
- Laboratory tests
- Biomonitoring
- Construction of prototypes
- Installation of two prototypes into testing operation
- Installation of two prototypes for water re-carbonization into continuous operation

INTERNATIONAL WORKSHOP

Re-carbonization of drinking water and expected health effects

Bratislava 11. June [Read more](#)

2019