

Why not drink boiled water many times?

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Let's find out why, why when the boiled water has cooled, we should not boil it again.



What happens when boiling water many times?

1. The amount of oxygen in the water is changed, substances that are potentially dangerous will accumulate.
2. Dangerous gases and toxins such as iodide, arsenic, nitrate, etc. can form due to the changing chemical structure.
3. Boiling many times, minerals that benefit your body are also dangerous to health.

4 adverse health effects can occur if you drink the boiled water again and again

1. Digestive problems

The arsenic content of water when boiled is the cause of your intestinal problems. Early symptoms may be a mild stomach pain that makes it difficult to recognize.

2. Neurological problems

According to research results conducted worldwide, water fluorine has a negative effect on the nervous system, and even affects children's IQ.



3. Cancer

In nitrate-containing water, this substance is exposed to high temperatures, which can easily turn into nitrosamine toxins, which can lead to some cancers such as colon, bladder, ovary and pancreas.

4. Heart and kidney problems

Boiled water does not remove arsenic, one of the most toxic substances present in water. Especially when water is boiled again, this substance tends to grow and harm the heart and kidneys.

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