CONCLUSION

Since minerals in water play virtually no role in meeting the body's mineral requirements but instead contaminate the body, burden it, and can make it sick in the long run, you should most healthily switch immediately to the purest, cleanest water. As explained multiple times in the channel: ...

Since minerals in water play virtually no role in meeting the body's mineral requirements but instead contaminate the body, burden it, and can make it sick in the long run, you should most healthily switch immediately to the purest, cleanest water. As explained multiple times in the channel: https://t.me/truuinfochannel by various experts and scientists, water is primarily a solvent and transport medium for the body. A transport medium is most effective when the capacity of its payload is as high as possible. If you wait at a bus stop with a school class and already see standing passengers in the approaching bus, you might not get on. What if all the other buses are also constantly full and occupied? It is similar with drinking water for the body. Water should be as "empty" as possible. The company truu GmbH manufactures such a high-quality water filter system that everyone can turn their tap water at home into a true "high-performance transport medium." Another advantage of such a filter system: you have full control over all the ingredients in your drinking water at home and thus control over which substances enter your body through the water for food preparation or as a beverage. You always have it at home, it is more environmentally friendly than any bottled water, and it is also more economical.

It's good.
to be truu.