

# TODD CREEK VILLAGE

METROPOLITAN DISTRICT

*Proud to be your area water provider*



## The Hard vs. Soft Water Debate

Water isn't "just water". There really are different types of water—the most obvious difference being how hard or soft. Most people tend to prefer softer water, hence the popularity of installing a water softening system. What many do not realize, however, is how the hardness or softness of the water can impact the many ways in which we utilize it. So it's important to have some level of awareness so you can determine the best kind of water for your needs.

### *The "Nuts and Bolts and Good and Bad"*

**Hard water** is water that comes from the ground, has not been through a rigorous water treatment system, and still has natural minerals in it, including calcium and magnesium, among others. Hard water is not bad for your health, and in fact, some of the naturally occurring minerals have been known to help prevent certain heart and cardiovascular diseases. One downside of hard water is that many people believe it has more of a distasteful aftertaste than soft water, but since everyone's taste is different, there's no real scientific way to test or prove this. Another common downside to hard water is if it's too hard, it can occasionally cause some residue to build up on surfaces when cleaning and dishes when run through the dishwasher.

**Soft water** is water that has been through a filtration system, either at the water treatment plant or your home, and in some cases, both. Many of the naturally occurring minerals are eliminated during filtration, making it clear and odor-free, but leaving behind quite a bit of sodium. In terms of hydration, it may seem counterintuitive, but it's best to not drink too much soft water. Since most diets already contain more than enough sodium, too much soft water can actually cause issues with muscles and bones, as well as contribute to high blood pressure. Additionally, the chemical process that turns water soft also leaves it vulnerable to unwanted toxins as it flows through the pipes. Lead is a perfect example, though not generally something to worry about in modern plumbing. Using soft water to wash your hair can also, for some people, leave it looking unclean with an oily feeling and decreased volume. Washing clothes with soft water can leave a residue on the fibers.

### *So which is better?*

As it turns out, that isn't really the question. The question is actually, "What are you using the water for?". In terms of hydration and personal hygiene, some hardness to the water is beneficial. Whereas for washing dishes, soft water is better because it's less likely to leave residue on your utensils and glassware. Both hard and soft water have their pros and cons. Todd Creek Village maintains a balance between hard and soft water in order to deliver water to you that is both safe and palatable.

***Transparency Notice: Board meetings are held the second Thursday of each month at 2:00 pm via Zoom. The public is always welcome and encouraged to attend.***



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