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***Project #2: Water softeners and high blood pressure***

Water softeners replace ions such as  $\text{Ca}^{2+}$  (that can cause precipitation and scaling in cookware and hot water heaters) with another cation (usually  $\text{Na}^+$ ). Most commonly, a reservoir holds large amounts of  $\text{NaCl}$  that are used as need to replace the calcium (and other undesirable) cations.

People with high blood pressure are told to avoid sodium, however. However, there are ways to provide them with soft water. What tricks are used (or you think can be used) to help those with hypertension?

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