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Chemistry_Questions_0032

Project #2: Water softeners and high blood pressure

Water softeners replace ions such as Ca^{2+} (that can cause precipitation and scaling in cookware and hot water heaters) with another cation (usually Na^+). Most commonly, a reservoir holds large amounts of 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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