Welcome back to Mirror one eleven.

In the first drinking water reflection, we noticed the symptoms.

In the second, we began defining the problem:

safe water is not always optimal water.

Now we move to the third step:

Ask better questions.

Mirror one eleven uses a simple problem-solving arc:

Notice symptoms. Define the problem. Ask better questions. Gather evidence. Include stakeholders. Define success. Take action through daily votes. Protect the solution. Refine. Preserve. Teach.

This method applies to water, food quality, pesticides, privacy overreach, service fees, community decisions, public health, environmental damage, and places where human agency is reduced.

By agency, Mirror one eleven means a person's practical ability to understand, choose, act, participate, and protect what matters.

Asking better questions matters because people often stop too soon.

They notice a symptom. They accept the first answer. They move on.

But if the answer does not reach the root problem, the symptom keeps returning.

Mirror one eleven says: keep asking until the deeper pattern becomes clear.

Sometimes, enough questions expose something as important as an answer:

a knowledge gap.

A knowledge gap means we do not yet know enough to declare the problem solved.

In drinking water, the questions are simple but powerful:

What minerals remain? What was removed? Was it remineralized? What form are the minerals in? What counter ions are included? What contaminants remain? What does the label disclose? What does the report leave out? Who did the research? Who funded it? Who benefits from the conclusion? Who decided this was good enough?

At the point of purchase, citizens should not have to guess.

A bottle should disclose calcium, magnesium, potassium, Ca:Mg ratio, TDS, contaminants tested, lot or batch number, and risks from storage, heat, plastics, microplastics, or low-mineral water.

If that information is missing, citizens are asked to vote with money while lacking the facts needed to vote wisely.

These are not extreme questions.

They are basic questions about what people drink every day.

Mirror one eleven respects science, but research is not gospel. Funding, incentives, methods, omissions, and beneficiaries all matter.

This reflection is grounded in the publication:

“Drinking Water Quality Beyond Safety: Mineral Composition and Long-Term Health Implications.”

The paper asks whether modern systems focused so heavily on removing harm that they failed to restore what the body needs.

Purification can remove contaminants.

That matters.

But purification can also remove beneficial minerals such as calcium, magnesium, potassium, bicarbonate, silica, and trace elements.

Low-level lithium deserves deeper study for neurological and longevity-related benefits, while fluoride remains widely distributed despite debate about neurodevelopmental risk. Bottled water can lose minerals while gaining risks from heat, plastics, storage, or microplastics.

These are gaps citizens should not ignore.

Historically, humans received minerals from food grown in richer soils and water moving through mineral-rich environments.

But if food is processed, soils are depleted, and water is stripped, then drinking water may need to carry a heavier role than it once did — not a smaller one.

That leads to better questions:

Is this water merely clean, or is it complete? Is it optimized for pipes, shelves, branding, and profits, or for human physiology? Is “pure” being used as marketing while mineral depletion is ignored? Is the public given enough information to choose wisely?

An uncompromised citizen does not need to know everything.

But an uncompromised citizen keeps asking when the first answer is too shallow.

This is where one hundred and eleven daily votes matter.

A vote can be what we drink, buy, ask, discuss, teach, and refuse to normalize.

Asking for mineral composition is a vote. Comparing water sources is a vote. Talking with family about purified water and minerals is a vote. Asking a school, workplace, store, or town what water they provide is a vote.

Questions create pressure. Pressure creates transparency. Transparency creates better choices. Better choices create better systems.

Ask better questions.

Ask until the answer is clear. Ask until missing information is exposed. Ask until affected people can understand what is happening.

In the next drinking water reflection, we move to the fourth step:

gather evidence.

We will look at how citizens can move from vague trust toward usable information about the water they actually drink.

Thank you for listening. I hope you'll join the next reflection as we continue from better questions into better evidence.