



## Calcium and Magnesium in Groundwater: Occurrence and Significance for Human Health (IAH - Selected Papers on Hydrogeology)

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Calcium and magnesium are abundant in groundwater, but the role of groundwater as the essential source of these important nutrients is very often neglected. Hydrogeochemical studies have focused mainly on the distribution and behaviour of constituents that cause deterioration of water quality, such as: nitrate, nitrite or iron and manganese. Therefore, most recent books and papers concentrate mainly on these constituents and only a small number of papers describe the results of groundwater studies on other important water components such as calcium or magnesium. Calcium and magnesium are of great importance to human wellbeing and inadequate intake of either nutrient can impair health. The main objective of this book is to present a selection of studies on calcium and magnesium in groundwater and to highlight their importance for human health.

The chapters in this book are written by hydrogeologists and hydrochemists as well as medical doctors and include: methods of investigation of calcium and magnesium in groundwaters, distribution and behaviour of calcium and magnesium in different aquifers, calcium and magnesium in bottled mineral and spring waters, and the significance of calcium and magnesium in waters for human health.

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### **Editorial Review**

#### Review

"I strongly recommend this book for all those interested in Ca and Mg in drinking water. It is the first book of its kind presenting these important elements. I hope that it will be followed by a new book on more global aspects."

Dr Olle Selinus

Linneaus University Sweden, former Geological Survey of Sweden

#### About the Author

Lidia Razowska-Jaworek is hydrogeologist and hydrochemist at the Upper Silesian Branch of the Polish Geological Institute-National Research Institute in Sosnowiec, Poland. She graduated from the University of Silesia in Katowice, Poland and the University of Keele, UK.

She received an award for her doctoral thesis: "Hydrogeochemical changes in the Czestochowa region caused by the flooding of the iron mines" from the International Mine Water Association in the category: Hydrochemistry. She is engaged in a wide range of hydrogeological studies including: regional hydrogeology, aquifer pollution and protection, hydrogeochemical modeling, CO<sub>2</sub> storage in geological formations, acid mine waters and mineral waters and is also interested in medical geology. She is a regional editor of the Hydrogeological Map of Poland, author of 33 and co-author of 58 articles and co-author of 6 books and was an editor of the IAH SP volume "Nitrate in Groundwaters".

She was a chairman of the seminar "Calcium and magnesium in groundwater – distribution and significance" in Katowice in 2012, and is author of 3 and co-author of 5 articles on the importance of water chemistry and pollution for human health.

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