

Poison Water

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You need water to live. Not only do you need it to live, but you use it to cook with, wash your body, clean your house and your car, give to your pets and your plants, to cool yourself off and to warm yourself up.

But what if water is harming you?

You want all the water that enters your body to be safe. The reality is that even in developed countries unsafe water is becoming a problem.

The Problems With Tap Water

You've probably heard that some tap water is unsafe. Some potentially dangerous substances found in tap water are:

- Fecal matter
- Sediments from aging water lines – Things like rust and slivers of metal.
- Bacteria, algae, parasites, and other microorganisms – These can give you long-term, difficult to diagnose diseases.
- Excess amounts of calcium, iron, and other minerals - These are hard on your kidneys.
- Fluoride – Toxic at high levels.
- Chlorine – This too is toxic at high levels.
- By-products of chlorine treatment; examples are trihalomethanes and haloacetic acids - These can give you cancer and reproductive problems.
- Arsenic, radon, perchlorate (rocket fuel) and other toxic chemicals - These can cause long-term health problems such as cancer.
- Lead and other heavy metals – These collect in your body slowly over time and cause nervous system damage and brain damage.

The fact that most cities don't violate national drinking water contamination standards might sound like good news until you take a closer look and realize the health standards for public drinking water are terribly low.

For example, arsenic causes cancer. There is no truly safe level of arsenic in your water.

Yet the EPA standard for arsenic in your drinking water for 2006 is 10 ppb (parts per billion).

The truth is that about 22 million Americans drink water that has average levels of arsenic of 5 ppb. Sure, it's just a trace amount, but do you want to be drinking any arsenic?

You can't rely on EPA regulations to keep your water safe.

But where does the contamination in your water come from? Most of it comes from pollution:

- Farm pollution. This is especially a problem with well water. Waste from animals, chemical fertilizers, and pesticides are washed into the drinking water every time it rains.
- Industrial pollution. Businesses sometimes dump hazardous wastes right onto Mother Nature for her to deal with.
- Biohazards. Many hospitals and nursing homes don't properly dispose of used needles and syringes, plastic tubing, or contaminated bedding properly. These may be covered in germs that get washed into the water supply. Then you drink them and get sick.
- Natural pollution. This includes urine and fecal matter from wildlife and human septic systems. The soil can only filter out so much. When it rains, these things get washed into the water supply.
- Natural contamination. Arsenic and radon leaches from rocks into your groundwater.
- Urban pollution. Rain washes chemicals and microorganisms out of the air and ground and into the water supply,

It doesn't stop there. Here are some more sources of water contamination:

- Some people still dump chemicals on the ground where they soak into the soil or sit until the rain washes them into the ground, where they make their way into your drinking water. Examples are motor oil, transmission fluid, and antifreeze.
- People sometimes let their washing machines and dishwashers drain out their window directly into the ground rather than into the sewer.
- Garbage dumps are full of chemicals that seep into our water supply.
- Runoff from cars that have been washed or waxed with chemicals.
- Insecticides from farms.

What a cocktail, huh?

Pollution isn't even the whole story!

Even if you get your tap water from the city instead of from a well you're still not safe.



That's because the city adds poisonous chemicals to help "clean" the water. If chlorine kills the stuff in the water, what do you think it's doing to your body?

Here's another problem: City water treatment systems often can't get rid of all the dangerous stuff in the water, especially if the purification techniques are outdated. After all, most of them were designed and built around the 1940's.

There were also far fewer homes and businesses back then so the facilities didn't have to pump out so much clean water at once.

The facilities now are outdated and can't handle the modern workload.

So despite regulations, there are frequent spikes above the EPA's contamination standards. These don't usually trigger a violation though, because the EPA uses an average level of water purity to determine whether the water meets its standards.

And even if the water was safe when it left the treatment facilities, you can't be sure that it's still safe when it comes out of your tap because water may become contaminated on its way to you. Old pipes crack or break and let in dirt, chemicals, sewage, and contaminated groundwater.

Pipes can also corrode. Rust, metal slivers, and heavy metals (such as lead) end up in your water.

As Flint, Michigan, taught us, many US cities have dangerous water supplies.

Impurities in your water can cause cancer, brain damage, and nervous system damage, just to name a few. You can also get infectious diseases and parasites from your tap water.

According to the CDC (Center for Disease Control) website, here are some of the diseases you can get from contaminated water:

- **E. coli infection**
Escherichia coli infection can give you severe bloody diarrhea and abdominal cramps. In people with weak immune systems, especially young children and the elderly, the infection can also cause a complication called hemolytic uremic syndrome (HUS). HUS can destroy your red blood cells and cause your kidneys to fail. In the United States, HUS is the most common cause of acute kidney failure in children.
- **Viral Hepatitis A**
This disease can give you jaundice, fatigue, abdominal pain, loss of appetite, nausea, diarrhea, and fever.
- **Amebiasis (Entamoeba histolytica Infection)**
Amebiasis can cause amebic dysentery which causes stomach pain, bloody stools, and fever. E. histolytica can cause abscesses on your liver. It can also spread to other parts of your body.
- **Cryptosporidium Infection (Cryptosporidiosis)**
The most common symptom of cryptosporidiosis is watery diarrhea. Other symptoms include stomach cramps or pain, dehydration, fever, weight loss, nausea, and vomiting.
- **Cyclosporiasis (Cyclospora Infection)**
Cyclospora usually causes watery and explosive diarrhea. It can also cause muscle aches, loss of appetite, fever, weight loss, bloating, stomach cramps, gassiness, nausea, vomiting, and fatigue.
- **Dracunculiasis (Guinea Worm Disease)**
Symptoms show up when the worms begin to emerge from your body - usually on your legs and feet. When the worms emerge, they usually cause painful skin lesions which get infected and become even more painful. These lesions can lock up your joints and even cause you to be permanently crippled.
- **Giardiasis (Giardia Infection)**
Giardiasis can cause diarrhea, flatulence, stomach cramps, nausea, weight loss, and dehydration.

And bottled water can be just as bad...

The Problems With Bottled Water

Problem #1: Fraud

Bottled water manufacturers go way out of their way to make you think you're getting "special water." Something from a clear mountain stream or a spring in Alaska. The truth is a lot of bottled water is actually tap water, not spring water.

The pictures on the labels may show pristine mountain landscapes.

But the glaciers, mountains, and other artwork on the bottle labels usually have nothing to do with the real source of the water.

The FDA (Food and Drug Administration) only requires the labels on the bottled water to tell you 3 things about the water: what type of water it is, who manufactured it, and the volume of water in the bottle.

Don't think that just because it says spring water, that it actually comes from a clear blue spring.

That "spring water" can come from any source of water that occasionally bubbles to the surface —even if it bubbles up in a parking lot!

You can't trust the advertising on the labels.

Some of them flat out lie about where the water comes from. For instance, one bottled water had a label that read "Alaska Premium Glacier Drinking Water: Pure Glacier Water from the Last Unpolluted Frontier."

The water was actually tap water from the Juno Public Water System!

Problem #2: Bottled water is NOT necessarily SAFE

Bottled water can be less pure than tap water!

In most cases, tap water has to follow stricter purity standards than bottled water. The Environmental Protection Agency (EPA) regulates tap water, but not bottled water. The EPA has no authority at all over bottled water!

Bottled water has very few manufacturing, handling, and storage restrictions compared to public water supplies.

There are holes in the system that allow bottled water manufacturers to market substandard water. This water can be especially dangerous for people who get sick easily, such as elderly people or babies.

The NRDC tested more than 1,000 bottles of 103 brands of bottled water. The results? 1/3 of the brands contained contaminants (arsenic, for example) that exceeded state or industry standards.

If you can't count on the bottled water to be purer than tap water, then why are you paying so much for it?

The Kansas Department of Health and Environment did similar tests on 80 samples of bottled water and came up with scary results. They found:

- Nitrate in 78 samples;
- 33 contained bromodichloro-methane;
- 53 tested positive for chloroform²⁵ and had arsenic in them;
- and 15 held detectable amounts of lead.

- Chloroform. Lead. Arsenic.

This is a list of poisons!

The moral of the story: Why pay for something you think is healthy, when it could contain substances known to promote cancer and other fatal health conditions?

Problem #3: The Price

Bottled water can run you about \$6 a gallon if you buy it 12 ounces at a time from a gas station - maybe even more! In comparison, filtered water costs much, much less.

Problem #4: Negative Environmental Impact

Both Co-op America and the World Wide Fund for Nature (the parent organization of the World Wildlife Fund) consider bottled water to be environmentally unfriendly. “Friends of the Earth” encourages people to avoid bottled water to save waste.

Here are some of their many concerns...

- Bottled water relies mostly on gas-guzzling trucks to move water from point A to point B rather than pipes.
- Keeping bottled water cold until you buy it uses extra energy.
- Bottled water processing takes energy.
- It takes about 1.5 million tons of plastic each year to make plastic water bottles.

Most water bottles are made of polyethylene terephthalate or PET. Manufacturing PET creates large amounts of toxic emissions such as nickel, ethylbenzene, ethylene oxide, and benzene.

Making enough water bottles for one year uses enough oil to fuel 100,000 cars for a year.

Bottled water plants pump so much water out of nearby aquifers that they deplete municipal water supplies and run wells dry.

It's not fair for these companies to deplete the water supply in their region just so they can make a ridiculous profit. Not to mention the damage this dry-up can do to local ecosystems. *This is a big problem in California.*

Then there's all of the waste the bottles generate. Bottles which end up as trash can take up to 1,000 years to biodegrade.

And a LOT of plastic bottles end up as trash - in one case 18% of the litter recovered from the Hudson River was comprised of beverage containers. In fact, 9 out of 10 plastic water bottles end up as either garbage or litter.

When they're buried in landfills, toxic additives in the plastic can leach out into the groundwater. Disposing of all of these water bottles is an ecological nightmare.

Problem #5: Hassles

Let's face it, it's a pain lugging those heavy, expensive, polluting bottles all over the place.

You have to drive to the store to get the bottles. Move stuff around in your trunk to make room for them. Move more stuff around on your shelves to store them.

Then you have to do it all over again when you run out of bottled water!

So what's a cheap, convenient, environmentally friendly way to get clean water?

Filtered water is the solution!

Filtered Water

Filtered water has many benefits over tap water and bottled water.

Filtered water is:

- Pure
- Good for you and your family
- Good for your pets
- Better for your plants
- Great for Cooking
- Inexpensive
- Hassle-free
- Convenient
- Environmentally friendly
- Easy on your clothes
- Easy on your appliances
- Odor-free
- And delicious!

It's easy to see that when you want water, filtered water is clearly the best way to go!

Benefits Of Pure Water

Consuming pure, filtered water can help you stay healthy. It flushes impurities, chemicals, internal waste, and other health-stealing substances out of your body. This helps you look and feel healthy and young.

A quality water filter will remove:

- germs
- fecal matter
- dirt, soil, and mud
- iron
- metal slivers
- industrial chemicals
- and chlorine

Filtered water also tastes better. If you currently drink bottled water you're probably not using it to cook with or for ice cubes. When you own a water filter you can use it for everything!

And, if you use a whole-house filter, your shower water will improve too.

You can find almost any style of water filter on Amazon using the links below.

[Whole House Water Filter](#)

[Countertop Water Filter](#)

[Under Sink Water Filter](#)

[Shower Water Filter](#)