

## Hidden Dangers of Tap Water

Some people believe that tap water has no hidden dangers. In fact, this is far from being true. Tap water contains noxious contaminants that get into your body when you drink it. Nitrates in this water are linked to miscarriage and kidney disease. Parasites, viruses and bacteria found in tap water may cause fever and diarrhoea. In some cases, more serious health problems occur.

Tap water becomes dangerous if the amount of chemicals in it gets too high. If the pipes leading to your house are old, they may leak copper, lead and the other impurities that will get into your tap water. Chlorine is used to purify water. However, this chemical can pose serious health risks. Most doctors agree that chlorine by-products increase the risk of miscarriage. Tap water is regulated by the government and is less expensive than bottled water. But these advantages do not make tap water healthy and safe.

You should buy a home-testing kit in order to make sure that your tap water is not extremely dangerous. A test-kit that you get must be able to measure bacteria levels, chlorine, lead and nitrates in your water. But if you drink water from the well, you should have it tested by a local lab.

Most people prefer to use water filtration systems that remove harmful contaminants from your drinking water. Water Ionizer are unique health appliances that filter and ionize tap water making it really safe to drink. It's critical to install a water filtration system if you have kids, are pregnant or suffer from a chronic disease that may impair your immune system.

Chlorine in tap water can dry your skin and worsen such conditions as psoriasis and eczema. That is why you should filter your shower water to protect your skin from it. Small amounts of chlorine that are added to our tap water kill bacteria. However, chlorine can also kill enzymes and bacteria essential for proper digestion.

Tap water can be really destructive to your body. More and more people choose bottled water to drink. They believe that this water is much safer than tap water. In fact, recent studies have shown that cancer-causing chemicals get into the water from plastic bottles. Bottled water is tested less frequently for chemicals and bacteria. This water is not required to be tested for cryptosporidium, asbestos, E. coli and giardia. Do you still think that bottled water is the best choice for you?

In fact, about 25 percent of bottled water is tap water put into bottles. Bottled water costs more than water from your faucet. However, bottled water, along with tap water, is not ideal for drinking.

### **What should we drink then?**

Consume alkaline water. It is the healthiest water that you can drink today. Alkaline ionized water has excellent antioxidant and hydrating qualities. Bottled water is known to be dead water. Alkaline water is alive. It is extremely beneficial to human health. Join those happy people who drink ionized water and feel well all the time!

*For more information, please contact your Water Specialist:*

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