

What is better – bottled or tap water?

Question: I know I am supposed to drink eight glasses of water a day, but the kind of water I should drink is very confusing. What do you suggest?

Answer: According to a group that studies water called Co-op America as much as 40 percent of bottled water is actually bottled tap water, sometimes with additional treatments, sometimes not. Bottled water is a monstrous industry. Americans paid \$77 billion for bottled water in 2002 according the consulting and research firm Beverage Marketing Corp.

There is an environmental issue with bottled water because 90 percent of water bottles end up as either garbage or litter at a rate of 30 million bottles a day. Potentially toxic additives along with chlorine are released into the air from their incineration.

Bottled water may not be safer than tap water according to some studies. There are regulations in most municipalities for water but many other studies have shown higher risk of certain diseases when regularly consuming city tap water. To combat the potential toxic exposure to contaminated or infected city water I suggest a home charcoal or reverse osmosis water filtration which will leave your water pure and tasting great. When you are on the road use bottled water that you have verified to truly be pure.

Your exclusive beverage should be water and yes, eight glasses a day is essential to maintain optimum health. It is best to drink water at room temperature.

Avoid distilled water since it has the wrong ionization, pH, polarization and oxidation potentials. It will also drain your body of minerals.

I also suggest you avoid purchasing the one-gallon cloudy plastic (PVC) containers from your grocery store since they transfer too many chemicals into the water. The five-gallon containers and the ones in the clear bottles (polyethylene) are a much better plastic and will not give the water a plastic taste.

To assure purity, call the water company selling it and get an “independent lab assessment” of water quality and stick with companies that can provide this information.

Quote of the week: *“In helping others we shall help ourselves, for whatever good we give out completes the circle and comes back to us.” – Hora Edwards*