



BOTTLED WATER VS. TAP WATER: WHICH ONE IS BETTER?

Richard Winters | Circuit Rider

Most of the following information was from this website: Bottled Water vs. Tap Water | US News (<https://health.usnews.com/wellness/articles/bottled-water-vs-tap-water>). I know that this article may bring forth many conflicting arguments both for and against bottled water, but I thought the information was worth mentioning. The Centers for Disease Control and Prevention reports that water helps your body "keep your temperature normal, lubricate and cushion joints, protect your spinal cord and other sensitive tissues and get rid of wastes through urination, perspiration and bowel movements." In short, adequate hydration helps your body do what it needs to do every day. The bottled water industry has become a multi-billion-dollar business in the United States and around the world. Meanwhile, most Americans have access to a municipal water supply. This is the water that comes out of the tap in the kitchen, and for lots of people, it is their primary source of drinking water.

The Environmental Working Group (EWG) is an American activist group that specializes in research and advocacy in the areas of agricultural subsidies, toxic chemicals, drinking water pollutants, and corporate accountability. EWG is a nonprofit organization (501(c)(3)). Founded in 1993 by Ken Cook and Richard Wiles, EWG is headquartered in Washington, D.C., in the United States. Tasha Stoiber, Senior Scientist with the Environmental Working Group, says, "We don't recommend using bottled water unless it's in the case of an emergency or something has gone very wrong, like in the case of Flint, Michigan, where there's no safe water for anyone to drink. This is obviously a strong opinion against using bottled water. And here is another person's opinion: Cathy Leman, a registered dietitian nutritionist and founder of Dam. Mad. About Breast Cancer, a nutritional consulting firm aimed at helping breast cancer patients and survivors, says bottled water comes with several pros and cons. On the benefits side, bottled water gives you the "ability to stockpile for emergency use," and it is convenient and portable, making it "readily, easily accessible most anywhere." Because the bottles are sealed in sanitized packaging, there is typically a reduced chance of contamination and many people say it tastes better.

On the drawback side, that same plastic that seals bottled water uses a lot of petroleum, which raises environmental concerns and causes a "negative environmental impact," Leman says. Discarded one-time-use plastic water bottles turn up everywhere, potentially threatening wildlife, and as it breaks

down in the environment, it finds its way into the food chain and eventually into our bodies.

The plastic used to make these single-use water bottles also contains chemicals called endocrine disruptors such as bisphenol A, better known as BPA. BPA and other endocrine disruptors alter the way the body makes and uses certain hormones, which could have negative health consequences. BPA exposure has been linked to breast cancer and other health problems. And because there's "no mandatory testing program in place, the quality of bottled water can be questionable," Leman says. Bottled water is also "more expensive than tap water and it takes more energy to produce," not to mention the environmental concerns associated with distributing and marketing it. By comparison, tap water is "inexpensive and monitored by the EPA," she says. She also had this to add to her opinion: Some bottled water contains added nutrients, such as vitamins, electrolytes like sodium and potassium, calcium, magnesium and amino acids," Leman says. If you drink bottled water, check the label to understand what else might be in there besides just water. Stoiber says the EWG recommends using filtered tap water over bottled water unless there is a compelling reason to select bottled water. "We recommend filtered tap water because it's tested regularly – not as often as we'd like – but still it's tested, whereas bottled water is not required to be tested, so you don't know if there are contaminants in it or not.

Like I stated earlier, this is only a thought-provoking article, I am not trying to swing your vote either way. If you get the chance, visit this site (<https://health.usnews.com/wellness/articles/bottled-water-vs-tap-water>) yourself to see the rest of the information on this topic. I know this debate could go on forever, but I have concluded, for me at least, to use both whenever I need a drink. Go easy on me with your comments please. 💧💧

