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Bottled Vs Tap Water: Uncovering the Myth to Protect Your Kids' Drinking Water

By Kori Puckett

Bottled Vs Tap Water: Uncovering the Myth to Protect Your Kids' Drinking Water

If you sit down and think about the bottled water you're sipping from, you realize something really peculiar. Bottled water companies sell a product freely available to every man, woman, and child. And they sell it very, very successfully.

Bottled water in America comprises a multi-billion dollar industry that's growing. In fact, it's the fastest growing segment of the beverage industry. And why is that?

Advertising gives you the impression that bottled water is healthier and safer for you and your kids. You're convinced to hand over your money for their product at the store with images of crystal clear water in ads and commercials, which have you believing bottled water provides higher quality than what comes out of the faucet at home.

Well, I've got some not-so-good news. Most bottled drinking water, at best, is as good as tap water. In fact, in the month of March in 1999, the National Resources Defense Council reported that over 40% of bottled water comes from city water systems, just like tap water. So in this case, you're unnecessarily paying for tap water wrapped in a bottle, label, and lid, not higher quality water from some natural spring.

Here's another eye opener: Companies who bottle and sell water are under the same regulations and purity standards as city water systems=85 if they sell their water across state lines. The key phrase being "across state lines".

Most companies get around those watchful government eyes by only selling their water within the same state they have it bottled! Because when they do that, they are pretty much unregulated by government agencies. So the next time you go the supermarket look on the label and see where it was bottled. More than likely, you'll see the same state you're currently residing in.

Here's what this all means:

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City water systems that provide tap water have to test for water pathogens that can cause intestinal problems in your children, like diarrhea. Bottled water companies don't have to do this.

City tap water has to meet a specific standard for some toxic, potentially cancer-causing chemicals. Bottled water isn't held to the same standard.

City water systems must inform you about what in the water they offer you every year. Bottled water companies actively resisted the same requirement for their water, and they continue to resist this and other policies that require them to be subjected to stricter regulations and be more upfront with you, the public. And the list goes on.

Bottled water companies don't deliberately try to put the health of you and your children at risk. Nor do they outright lie to you about the safety of their water.

But if you think drinking bottled water will spare you from any possible illness associated with contaminants found in tap water, you're buying on blind faith. And joining millions of people who make many companies billions of dollars based on an unproven premise. When it comes to your kids' health, why take a chance? And why waste your money?

Kori Puckett, an obsessed bottled water buyer for over a decade, is a self-proclaimed truth seeker who resides in suburban Atlanta, GA. Discover the best way to protect your child's drinking water at home. Visit

<http://tapwatersafety.koripuckett.com>

Bottled Water Is Better Than Tap Water?

By Dr. John Roberts

Is bottled water better than tap water?

Nov. 6, 2004

If you think bottled water is safer than tap water, you need to read the following.

A Dutch study presented at a recent meeting of the American Society for Microbiology in Washington, DC. found that 40% of bottled water is contaminated with bacteria and or fungi.

Chemical or biological contamination of bottled water has been already found for many years. Some readers might already have known that some so called spring water is actually tap water without any purification. Many brands of bottled water are indeed inferior to tap water in regard to their safety.

The package per se can be a problem. Years ago when I was in graduate school, we did a sensory evaluation on the odor of the bottled water. We found that the opaque bottles often times carry strong

plastic odor.

To avoid intake of pollutants through water, consumers need to use as less water as possible. Drinking 8 cups a day may not always be necessary. Let common sense be your guide. Drinking too much water could get you too much of pollutants.

If you buy and drink bottled water, make sure that the bottle is transparent. I suggest that opaque and colored bottles be avoided. At home, you'd better use a filter for the tap water, particularly when you have a kid or two. Filters need to be certified by a third party for its sound quality. There are some products on the market that just self-claim certain benefits. Do not use such products.

John Roberts works for

foodconsumer.com

– an online magazine promoting healthy food and diet.

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