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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Bottled Water – Good Or Bad?**

**By Lucy Bartlett**

Water, water everywhere but not a drop to drink. You feel you have heard it before, recollecting

those horror scenes showing victims of earthquakes, tsunamis, torrential rain and flood. No. It is the mantra of everybody - From Australia to Iceland, from Hawaii to Sanfrancisco people are scared to drink water directly from any source. Bottled water carries a declaration that it is 100% pure and free from bacteria and other harmful substances, and is accepted by us as safe to drink.

Our body's demand for water is called thirst. It is quenched by an intake of water. Is pure bottled water needed? Why not some salts and minerals? Why remove the life saving minerals through osmosis? Many authorities, doing research in human health questions the habit of drinking pure water. They say leeching of minerals through osmosis is not needed and not natural. Is our body genetically designed to accept pure water? Is pure water good for our health? These are the questions many scientists ask now.

Pure bottled water is one of the biggest businesses in many developing countries now. The populations of these countries which used to carry their drinking water (mostly drawn from the communal wells) or drink directly from the water taps in railway stations are brain washed to think only pure water in bottles are fit to drink.

Even the people in developed countries cultivated their bias against water available from various sources in public places only a couple of decades ago.

Sustained researches about communities drinking a special source of water such as the fabled Hunza water shows that the citizens of Hunza lived up to 150 years drinking this water. Various studies points towards water for the longevity and other traits found in Hunza.

It is not only the fabled Hunza but also the springs of Lourdes, the well of Mexico, the Nordeneau Caves in Germany and the Indian Nadana springs are found to be undergoing ionization process naturally during its passage through earth. These waters are found to be one of the greatest antioxidant full of hydrogen and negatively charged. So water with various minerals is proven to be beneficial to the human body.

## Bottled Water – Good Or Bad?

Arguments for and against pure bottled water will continue to rage as long as our body's demand for fluid continues. Depending upon the results of the ongoing researches, opinions for and against bottled water will continue to flourish without any end.

For more info visit

<http://www.purebottledwateronline.info>

Lucy Bartlett is a proud contributing author. Find more articles

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### **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

## Bottled Water – Good Or Bad?

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

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– an online magazine promoting healthy food and diet.

[Bottled Water Is Better Than Tap Water?](#)

[Bottled Water Tastes Better](#)

[Bottled Vs Tap Water: Uncovering the Myth to Protect Your Kids' Drinking Water](#)

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