

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Be cautious when drinking from plastic water bottles

Health concerns with plastic water bottles

When drinking bottled water you need to think not only about the water but also about the bottle itself. Plastic is not an inert substance as its manufacturers would like you to believe. It contains chemicals like BPA and phthalates, which mimic hormones in your body.

Even tiny concentrations can cause problems such as: structural damage to your brain; hyperactivity, increased aggressiveness, and impaired learning; increased fat formation and risk of obesity; altered immune function; early puberty, stimulation of mammary gland development, disrupted reproductive cycles, and ovarian dysfunction; changes in gender-specific behavior, and abnormal sexual behavior; stimulation of prostate cancer cells, increased prostate size, and decreased sperm production.

Anytime you drink from a plastic bottle you risk exposure, but if you leave your bottle of water in a hot car or reuse it, your exposure is magnified because heat and stress increase the amount of chemicals that leach out of the plastic.

About 1.5 million tons of plastic are used to manufacture water bottles each year around the world, and the processing itself releases toxic compounds like nickel, ethylbenzene, ethylene oxide and benzene. Further, according to the Sierra Club, the U.S. alone uses 1.5 million barrels of oil to make plastic water bottles, the majority of which then end up in landfills. In fact, 1,500 water bottles are thrown away every second! This massive waste is one reason why there is now a plastic "stew" twice the size of Texas swirling through the Pacific Ocean.

Also extremely harmful to the environment is the way corporations are pumping water from underground aquifers. These natural springs serve as water sources for nearby streams, wells and farms, but the aggressive pumping can easily dry them out prematurely.

A simple solution is at your disposal. Once you realize that many sources of bottled water are no safer than tap water, extremely expensive, often contaminated by plastics chemicals and contribute to massive environmental harm... the choice to stop using it becomes simple. Fortunately, the alternative to having pure water is also simple: filter your own at home.

Source: Mercola.com