



Special Report

The Shocking Truth about the Safety of Your Tap Water



Maintaining optimum health is highly dependent on having a good source of pure water. More than fifty percent of our bodies are comprised of water. Water helps maintain the correct body temperature and also helps the body dispose of waste.

Although many people think that common ordinary tap water is perfectly safe to drink, as much as it may be a surprise to you, this is often not the case. As reported in The New York Times, “Only 91 contaminants are regulated by the Safe Drinking Water Act, yet more than 60,000 chemicals are used within the United States, according to Environmental Protection Agency estimates.

Government and independent scientists have scrutinized thousands of those chemicals in recent decades, and identified hundreds associated with a risk of cancer and other diseases at small concentrations in drinking water, according to an analysis of government records.”

The purpose of this report is to reveal the real truth behind drinking safer water. You owe it to yourself and your family to fully understand the inherent risks in drinking ordinary tap water.

There are some immediate actions you can take to help insure your health and the health of your family.

The Health Threats Are Real

Here are some real threats from the ordinary tap water you drink:

Drugs: Although thousands of pharmaceutical drugs now being offered have reduced the risk of, or eliminated the threat of certain diseases, there is a dark side to the presence of these substances. According to the U.S. Health and Human Services Department in a 2001 report,



an average American filled more than sixteen prescriptions a year. The problem, from a water quality standpoint is that when these prescriptions are expelled from the body with other waste, they enter the water supply. Even worse, unused medications are often emptied into a sink or disposed of with garbage providing another way for these drugs to eventually wind up in our water. An inquiry by an Associated Press investigative team found that “Many communities do not test for the presence of drugs in drinking water, and those that do often fail to tell customers that they have found trace amounts of medications, including antibiotics, anti-convulsants, mood stabilizers and sex hormones. The stories also detailed the growing concerns among scientists that such pollution is adversely affecting wildlife and may be threatening human health.”

Chlorine: Chlorine is an additive to the drinking water supply of many municipal water systems. Used as a disinfectant, the detrimental impact of chlorine is now being debated. Opponents of its use in drinking are claiming that chlorine is toxic to the body and can result in cancer.



Lead: Lead can become part of tap water as a result of corrosion in the plumbing system supplying tap water. According to the Environmental Protection Agency, “Lead in drinking water can also cause a variety of adverse health effects. In babies and children, exposure to lead in drinking water above the action level can result in delays in physical and mental development, along with slight deficits in attention span and learning abilities. In adults, it can cause increases in blood pressure. Adults who drink this water over many years could develop kidney problems or high blood pressure.”

Drugs, chlorine and lead are just a few of the contaminants found in tap water. In fact, there are more than 2,100 known toxins that can be found in tap water according to many sources. The question is:

“What can you do about this potential health threat to your family?”

Why Bottled Water is not the Answer

Many people start using bottled water in an effort to secure healthier water. According to the Beverage Marketing Association, 9.1 billion gallons of bottled water are bought each year in the U.S. The safety of bottled water, however, is in question.

According to the Consumer Council for Water, “tap water is just as healthy as bottled water, did far less damage to the environment and is almost five hundred times cheaper”. NRDC conducted a four-year review of the bottled water industry and the safety standards that govern it, including a comparison of national bottled water rules with national tap water rules, and independent testing of over 1,000 bottles of water. They concluded that “There is no assurance that just because water comes out of a bottle it is any cleaner or safer than water from the tap.

And in fact, an estimated 25 percent or more of bottled water is really just *tap water in a bottle* -- sometimes further treated, sometimes not.”

In addition, testing of bottled water is often less stringent than tap water. Here’s a comparison based on a University of Iowa Water Confidence Report:

	Tap Water	Bottled Water
Disinfection required?	Yes	No
Confirmed E. Coli and Fecal Coliform Banned?	Yes	No
Bacteria tests per month?	hundreds	four
Must filter to remove pathogens or have strictly protected source?	Yes	No
Must test for Cryptosporidium, Giardia, Viruses?	Yes	No
Operator must be trained and certified?	Yes	No
Must test for and meet standards for asbestos & phthalate?	Yes	No
Must use certified labs to do testing?	Yes	No
Must report violations to State and Federal agencies?	Yes	No
Consumers have a right to know about contamination?	Yes	No

Use Water Filtering Systems

A better approach for protecting your tap water is to use a water filtering system because it will:

- Improve the taste of the water by removing chlorine and other contaminants;
- Eliminate the cost of bottled water if that is being purchased;
- Remove lead and prevent it from entering the body;
- Reduce cancer risk often associated with consuming harmful contaminants that are present in ordinary tap water; and,
- Improve overall health by the consumption of cleaner, purer water.

What Filter is Right for You?

There are many options available in purchasing a water filter. For example, you can simply buy a filter that attaches to your faucet or a whole house system that filters all of the water entering your home. It is just as important to understand the toxic substances currently in your tap water.

The best way to determine that is to have a test conducted of your current water supply. Simple do-it-yourself test kits are available or you can choose to have a test conducted by a company. This is a much better option because do-it-yourself kits do not detect all of the potential threats to your health from tap water.



Depending on the results of your test, an off-the-shelf filtration system may not be ideal because it doesn't filter for specific contaminants entering your home. Before buying an off the shelf filter, your best bet is to have a company perform your test and consult a company that sells both

standard, off the shelf units but also provides a customized filtration system to meet your unique need.

For help in deciding what is right for you, call 800-439-0263.

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