

How Much Water Should a Person Drink a Day? Drinking Tap Water Causes More Harm Than Good?



Jan H Roos asked:

New studies show that you may not have to force down 8-10 glasses of water a day to be healthy. Your total daily water intake comes from the water in foods, beverages like soft drinks, tea, and coffee, and of course, plain water. While it turns out there is no magic answer to the question, "How much water should a person drink a day," water is still essential to help our bodies function. Is the water you're drinking doing more harm than good?

How much do you actually know about the water that you drink? Tap water is usually treated septic water, and the chemicals used to treat it tend to linger. Even if your water comes from a well or aquifer, there is a good chance that there are contaminants that treating and filtering won't clean. According to an Associated Press investigation, dangerous pharmaceuticals were found in the water supplies of at least 41 million Americans. Is it healthy to drink eight glasses of that a day?

Think bottled water is safe? Some brands simply use municipal tap water as a source. Even if the water comes from a different source, there are no "lists of contaminants" on the labels. And how safe are the plastic bottles for the environment?

To get your daily intake of water, you should consider crystal clear atmospheric water. It looks like a water filtration system or a dispensing cooler, but an atmospheric water generator does so much more. It collects water from the air you breathe, filters it, and then dispenses it to you as nothing more than clear, clean, pure water. Pure water tastes and looks better than tap water or even bottled water. Foods you boil taste and look better. Anything you cook, brew, or drink with atmospheric water will taste better and be free from tap water contaminants. Your pets will even benefit from cleaner water.

The Environmental Protection Agency allows drinking water contamination in 35 states of a known toxic rocket fuel ingredient, perchlorate. Imagine the number of contaminants we haven't yet discovered in our tap water. Are you going to continue to blindly drink until someone else does something about contaminants in our water?

The best way to get your daily water is to drink crystal clear, healthy water from an atmospheric water generator. Once your body is getting pure, clean water every day, your body might function better than it ever has on contaminated tap water!

There you have it, I hope you enjoyed this article and hopefully you have some more clarity of how important it really is to have pure, clean drinking water.

Yours sincerely,

Jan Roos

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