

**Subject:** Good And Bad Water. Part 2 of 2.

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This examines the nutritional value of some of these bottled waters.

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OWater

Water, natural lemon and lime flavor, electrolytes, and potassium sorbate (preservative)

As you can see, the majority of these "health" drinks contain a lot of dangerous chemicals that you wouldn't want to put in your body. (Three relatively safe flavored waters are listed above.) Not only that, but sugar is a common ingredient. In fact, some of these drinks have nearly as much sugar as Coca C-la! Take VitaminWater <http://articles.mercola.com/sites/articles/archive/2010/07/17/how-nutritious-is-vitaminwater.aspx>, for example.

**\*VitaminWater: A Candy Bar in a Bottle\***

Glaceau VitaminWater (made by the Coca-Co-a Company) has a whopping \*33 grams of sugar\* per 20-ounce bottle (and 130 calories), which is only 6 grams less than a can of Co-e. In fact, Coco-Col- Company was sued in 2009

<http://articles.mercola.com/sites/articles/archive/2009/05/26/what-is-erythritol-doing-in-vitamin-water.aspx>

for promoting VitaminWater as a healthful product. Not surprisingly, VitaminWater was rated the "Worst Healthy Drink" by Eat This, Not That.

<http://eatthis.menshealth.com/content/20-unhealthiest-drinks-america-exposed?article=2&page>

VitaminWater is not water-it's a candy bar in a bottle. Much of the sugar in VitaminWater is the worst possible kind-crystalline fructose-which is even more damaging to your health than high fructose corn syrup (HFCS). Crystalline fructose is 99 percent fructose, whereas HFCS is only 55 percent fructose.

Fructose

<http://articles.mercola.com/sites/articles/archive/2001/01/14/fructose-part-one.aspx>

is known to significantly raise your triglycerides, which in turn raises your risk of heart d-sease because it metabolizes into triglycerides and fat, not glucose. And if that's not bad enough, crystalline fructose may be contaminated with arsenic, lead, chloride and heavy metals.

But it doesn't end there.

Many of these so-called health drinks contain as much caffeine as 6 -ounces of St-rbucks coffee or 12 ounces of Fo-gers mountain brew. If you are curious about the caffeine content of your beverage of choice, check the following databases, Overcaffeinated

<http://www.overcaffeinated.org>

or Energy Fiend

<http://www.energyfiend.com/the-caffeine-database>

. But what about the nutritional claims made by some of these companies-how accurate do you think they are? One journalistic group decided to actually have these beverage products tested.

**\*Men's J-urnal\*\*Puts Enhanced Water Claims to the Test\***

It's pretty clear these beverages have tons of garbage in them that you don't want or need in your body. But do they really offer the nutritional benefits advertised? Men's Jou-nal

<http://www.mensjournal.com/vitamin-waters-exposed>

decided to test that out. They sent samples of several enhanced waters to an independent lab to investigate whether or not the beverages contain the nutrients claimed, in the amounts advertised on the label.

Guess what?

They found major discrepancies between what labels claimed and what was actually present.

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For example, Fruit20 Essentials (Peach Mango) contained only HALF the vitamin B5 it claimed, and NONE of the vitamin E. Its total dissolved solids (TDS) is advertised to be less than 2.5 grams but tested at 7.0 grams. According to the lab, those solids could be anything "from flavoring to dirt."

In general, the vitamin-enhanced waters contain negligible amounts of vitamins and minerals, far less than if you were to take an oral supplement. In most cases, the drinks provide less than 10 percent of the recommended daily serving of any one vitamin. The sugar content negates any health benefit you could hope to gain—and even worse are the artificial sweeteners.

The electrolyte waters contain insufficient amounts of electrolytes to replenish you, if you were truly dehydrated. And it's unlikely that most people exert themselves hard enough, and for long enough, to develop dehydration and electrolyte depletion—unless you are running an all-out marathon.

But saying a sports drink contains "electrolytes" just sort of sounds good from a marketing point of view.

The bottom line is, you are far better off relying on fresh whole foods for your nutritional needs, rather than falling for ridiculous boasts by the beverage industry. If you suspect you need extra vitamins due to a less than optimal diet, you are much better off taking a good quality vitamin/mineral supplement with a tall glass of PURE water. You'll come out ahead, in terms of both your budget and your health.

#### **\*Duped by the Bottled Water Industry\***

The bottled water business has become a multi-billion dollar industry. But bottled water isn't the pristine elixir you've been told it is.

Consider the following:

- \* Studies show that 40 percent of bottled water is actually regular tap water with possibly no additional filtering treatment.
- \* The EPA standards that apply to public water supplies do NOT apply to bottled water. Overall, bottled water is less regulated than tap water.
- \* There are no restrictions preventing a source of bottled water from being located near industrial facilities or waste dumps.

A recent EWG report

<http://articles.mercola.com/sites/articles/archive/2011/01/21/best-and-worst-bottled-water-brands.aspx>

uncovered 38 contaminants in 10 brands of plain bottled water, including DBPs, nitrate, caffeine, arsenic, Tylenol, bacteria and industrial chemicals. There is every reason to expect that, if tested, these new flavored bottled waters would be found similarly contaminated with hormone disruptors and industrial waste chemicals. Not the type of "enhancement" you thought you were paying for!

#### **\*The High Cost of Plastic Water Bottles\***

In the time it takes you to read this one short sentence, over 8,000 empty water bottles are being thrown into the trash worldwide. According to the Container Recycling Institute, in the U.S. alone, \*more than 67 million plastic water bottles are discarded each day\*. That's enough plastic water bottles to fill 5,500 garbage trucks each day or wrap around the Earth 149 times each year.

Plastic bottles have become an enormous problem for humanity due to the following four problems:

1. The sheer volume of plastic waste they create
2. The lack of adequate recycling capability for plastics
3. The amount of oil required to manufacture these millions of plastic bottles
4. The adverse health problems caused by the plastic itself

As good as it feels to haul your plastic bottles to a recycler, realize that 86 percent of plastic bottles never get recycled

<http://www.treehugger.com/files/2008/03/pharmaceuticals-in-water.php>

, leaving a massive number of them sitting in landfills and floating like massive plastic islands in our oceans. In fact, the enormous plastic

"stew" of bottles discarded into the Pacific Ocean is currently twice the size of Texas and growing steadily. Only 5 percent of all discarded plastic waste is currently recycled in the U.S.

And the plastic bottle you toss out today will not finish biodegrading until the year 3011.

But waste isn't the only problem. It takes a lot of OIL to manufacture those plastic bottles.

According to the Sierra Club, the United States alone uses 1.5 million barrels of oil to create the water bottles we toss into those landfills every year, releasing toxic by-products like nickel, ethylbenzene, ethylene oxide, and benzene into the environment. 1.5 million barrels is enough oil to fuel 250,000 homes or 100,000 cars for a year!

And to compound the issue, drinking from plastic water bottles can pose serious health risks

<http://articles.mercola.com/sites/articles/archive/2011/01/15/dangers-of-drinking-water-from-a-plastic-bottle.aspx>

from industrial chemicals like BPA and phthalates, which leach from the plastic itself into the contents of the bottle.

BPA (or Bisphenol A) is an estrogen-mimicking chemical linked to reproductive defects, learning and behavioral problems, immune dysfunction, and prostate and breast cancer. Phthalates are also endocrine disruptors and have been linked to a wide range of developmental and reproductive effects, as well as liver cancer.

There is an excellent 2009 documentary called "Tapped

<http://www.hulu.com/watch/192680/tapped>

, about the high cost of plastic water bottles to human health, as well to as the environment, which can be watched online for free.

Another excellent film is the recently released "Waste Land," which poignantly illustrates the sheer volume of our plastic waste. This award-winning documentary tells the uplifting story of how New York artist Vik Mizin teams up with Brazilian locals to artistically turn waste into money at the world's largest landfill near Rio de Janeiro. You can watch the trailer here

<http://www.wastelandmovie.com>

### **\*Your Bridge Over Troubled Waters\***

The answer to all of this is to minimize your use of plastic water bottles (and plastics in general) and refrain from buying plastic-bottled waters, enhanced or otherwise. Why not make plain, pure water your beverage of choice?

You can filter your own water at home

<http://waterfilters.mercola.com>

, inexpensively and easily, and take it with you in reusable glass water bottles

<http://waterfilters.mercola.com/water-bottles.aspx>

, which have a much smaller ecological footprint. The very best water

<http://www.mercola.com/article/water.htm>

, however, comes from a natural spring.

If you want to jazz it up with something, why not add natural ingredients that are actually GOOD for you? By avoiding the sugar, chemicals and caffeine in so-called energy drinks, you'll be able to truly rehydrate while avoiding the energy "crash" that inevitably follows.

Here are a few suggestions for spicing up your water without sacrificing your health:

- \* Add fresh lemon or lime juice (or peels) to your water, whole gingerroot, or even slices of cucumber can add a refreshing twist. If you want it sweet, you can add natural stevia, which is an herb that has no downsides for your health.
- \* Try adding a drop or two of natural peppermint extract or a few crushed mint leaves from your herb garden.
- \* If you're adventurous, there are mint-flavored chlorophyll drops on the market that can be added to a glass of water. Chlorophyll may help flush toxins out of your blood and improve your breath.
- \* If you want an electrolyte type "sports drink," try coconut water, which is a rich natural source of potassium and electrolytes. Look for one that has no additives. Or choose a fresh, young coconut and harvest it yourself!
- \* If you want the ultimate refreshing vitamin-rich drink, make up

some green juice from fresh, organic veggies. Avoid adding fruits due to their high sugar content when juiced. Add a pinch of sea salt and some lemon juice for a very refreshing beverage that is heavy on nutrition and light on calories.

\* Iced green tea

<http://articles.mercola.com/sites/articles/archive/2009/11/14/Is-Drinking-Tea-or-Coffee-the-Smarter-Choice.aspx>

is also a great pick-me-up that's high in antioxidants. Although green tea contains caffeine, it also contains a natural protein called theanine, which actually mediates caffeine's adverse effects.

\* Here's a recipe for a refreshing homemade fruit drink

<http://articles.mercola.com/sites/articles/archive/2008/08/23/splash-into-summer-with-a-refreshing-fruit-drink-that-s-actually-good-for-you.aspx>

that's actually good for you. You can even throw in frozen berries, instead of ice cubes.

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Part 2 of 2.

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