

The Problem With Plastics

Your Health

Research is starting to question the safety of the plastic bottles we're using. The major concerns center around two chemicals: Bisphenol-A and Antimony. Both chemicals are used in the manufacturing of plastic bottles.

Some of these chemicals leach out into the water.

The disagreement between the plastics industry and independent researchers centers around the amounts that are dangerous and whether they pose health risks to humans.

Some research has shown that low doses of Bisphenol-A can disrupt hormone systems. The industry disputes the levels of chemicals that are needed to cause problems and claims the results aren't valid because the research was not done on humans.

A paper published in 2005 shows that 100% of industry funded research found no harmful effects while 90% of independently funded research did find harmful effects of Bisphenol-A exposure.

In Summer 2007, a study by 37 experts found that Bisphenol-A is capable of altering the normal functioning of genes which could lead to prostate cancer, Type 2 diabetes, obesity, and neuro-behavioral problems.

Health Canada is studying the issue and is expected to release results in May 2008.

Companies like Mountain Equipment Co-op are starting to halt the sale of hard plastic bottles due to Bisphenol concerns.

To learn more about the dangers of antimony in plastic bottles do a Google Search on "William Shotyk".

The Environment

As a result of successful marketing by bottled water companies millions of consumers shun regular tap water in favor of bottled water. They pay from 250 to several thousand times the cost of regular tap water.

Almost 40% of bottled water sold in North America is municipal tap water that gets filtered and has minerals added to it to modify the taste.

Consider the energy it takes to manufacture the bottles, the oil used to produce the plastic and the gas needed to transport them. The demand for bottled water has resulted in a 50% increase in plastic resin manufacturing in the US.

Discarded water bottles litter the environment and swell landfills. Only about 25% ever get recycled.

Advertising by bottled water companies gives consumers the impression their product is safer and healthier than tap water. Municipal water, however, is more stringently tested. Canadian water bottling plants are inspected on average every three years while municipal water supplies are inspected daily.

FastCompany.com has an extensive article on bottled water in the July/August 2007 issue (available online).

More Information Available on
PlasticFreeBottles.com