



Tips for healthier water

There is no doubt that keeping ourselves hydrated, preferably with water, is key to our wellbeing. However, it is important to be aware that plastic bottled water, often stored at high temperatures before distribution, can reach the end user with seeped plastic contaminants already present in it – these contaminants posing a threat to our health.

The good news is that water filtering systems are becoming more and more readily available and, as such, more affordable. Water filters remove more dangerous contaminants than any other purification method, and are uniquely designed to work with municipally treated tap water. So, compared to relying on bottled water, they prove cost effective for a household of two within a year of purchase. However, for those not in a financial position to make an upfront investment of around €300 upwards for a comprehensive and approved filtering system, there are thankfully some interim solutions.

If you do stick with plastic bottled water, at least be sure not to leave it sitting in a heated car or stored in sunlight after purchase – the familiar taste of melted plastic that this produces is reflective of the added plastic contaminants that your body will be consuming. Glass bottles, although admittedly breakable and bulkier, are a safe option. Even buying plastic bottled water and decanting it straight to glass bottles significantly protects the ongoing quality of the water. Plus, it is important to know that used plastic bottles, with their chemical composition already compromised, should not be refilled - once drained, they should be deposited in the nearest recycling bin. Glass bottles, on the other hand, are safe to reuse. For something lighter than glass, unbreakable, and equally safe – go for stainless steel reusable bottles that can be found at homeware stores.