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Time to kickstart change in water drinking for health, environment

SUMMER and the wet season is only weeks away and as the mercury and humidity starts to soar, there's a call for Australians to ditch expensive, unfashionable and potentially dangerous plastic bottled water in favour of non-toxic, reusable alternatives.

Pei-Shan Wu,
founder of Ash N
Juls

(www.ashnjuls.com.au), the online website embracing environmentally-friendly plastic alternatives, said many mass-produced plastics are manufactured using the compound Bisphenol A.

"BPA is known to migrate into and contaminate food and water stored in plastic containers, increasing risk of serious health issues such as developing certain cancers and diabetes, and decreasing fertility," Ms Wu said.

Recent 2010 studies from both the US Food and Drug Authority and the

National Toxicology Program at the National Institute of Health raised concerns about the potential effects of BPA on the brain and behaviour, along with highlighting exposure of fetuses, infants, and young children to BPA as cause for alarm.

"As a nation, we are taking some really positive steps to curb our behaviours. We've seen entire suburbs and schools ban bottled water and free public drinking fountains with filtered water are finally being reinstalled in popular locations," Ms Wu said.

"National Water Week (October 17-23) is a great event for individuals to use to kickstart change to their H₂O drinking habits."

Ms Wu said drinking from plastic was fast becoming unfashionable.

"It's damaging our environment and prices are completely exorbitant for a product that's potentially harming you and your family's health," she said.

"There are cheap and funky alternatives like taking a reusable stain-

less-steel bottle with you when travelling or seeking out BPA-free plastic containers. Over time, this will save you huge amounts of money, the health of you and your family plus you'll be doing your part to reduce your carbon footprint."

Consider these facts next time you plan to purchase plastic:

- Countless blind tests have shown we can't tell the difference between tap and bottled water; so why do Australian's waste around \$500 million dollars unnecessarily each year buying bottled water?
- Drinking one bottle of water has the same environmental impact as driving a car for a kilometre.
- Tap water costs approximately \$2 for a thousand litres but many bottled water brands charge more than that for one litre.
- It takes 10 litres of water to make a 1 litre disposable plastic water bottle with around 200ml of crude oil going into its production, packaging, transportation and refrigeration.



Drinking water from plastic bottles is potentially dangerous.