

Is It Safe To Drink Out Of A Plastic Water Bottle?

Although drinking out of a plastic water bottle seems like a good idea, it is not. Inside a plastic bottle, there are microscopic plastics that can affect your body, the air, your food, animals, and even the planet. Researchers are finding that the amount of microscopic plastics floating in bottled drinking water is far greater than initially believed.

Using sophisticated imagery technology, scientists at Columbia University Lamont-Doherty laboratory examined water samples from three popular brands, and found hundreds of thousands of bits of plastic per litre of water. Ninety percent of those plastics were small enough to qualify as nanoplastics: microscopic flecks so small that they can be absorbed into human tissue, as well as cross the blood-brain barrier, causing severe organ and tissue damage. Nanoplastics bioaccumulate, bioaccumulation is defined as the increase of contaminant concentrations in aquatic organisms following uptake from the ambient environmental medium. Different sources of exposure contribute to contaminant bioaccumulation. In some cases, the particles are ingested with food and water. In other cases, they are inhaled—scientists have found them in outdoor and indoor air, as well as in clouds—or absorbed through the skin. Everyday you are inhaling, exhaling, eating, and drinking thousands of plastic particles.

During the past several years, researchers have identified microplastics from the deepest ocean waters to the planet's highest mountains. They've found it in human blood, lung tissue, and in organisms from worms and zooplankton to whales and polar bears, making it more and more difficult to stay alive and healthy.

Those are three reasons why drinking water from plastic bottles is not safe for you, animals, and the earth. Drinking water from plastic bottles should be banned to protect everyone, and everything, in order to make the world a better, healthier place.