

Where Toxins Are Found In Our Day To Day Lives – Tap Water

Q. What is the quality of tap, bottled and spring water?

A. Avoid tap water (unless you have a good filter- Dr. Phil recommends Still Water in Oshawa 905-436-2893 - ask for owner Matt) and plastic bottled water. Not just for the chemicals that are associated with cancer and other diseases but also for the effect with all the bottles in land refill and the effect on our environment including our drinking water as mentioned above.

BUYERS BEWARE- It may not be what it says it is! Water bottling companies only get inspected on average every 3-4 yrs. There have been lots of reports of tap water in your plastic water bottle that is supposed to be distilled or spring! Our tap water gets far better inspection!

Tap water has many contaminants in the water despite being filtered. Chlorine is used to kill bacteria in our drinking water. Is this safe? See Resources.

Fluoride is highly controversial. Why is fluoride banned in Europe?

Any filtration is better than none. Reverse Osmosis is the best solution for most people because it removes more toxins from tap water than most systems. The knock on R.O. water is that the good minerals such as calcium and magnesium are removed. Distilled water is recommended for a few days to weeks at most to promote detoxification because all or nearly all of the healthy minerals are removed in addition to toxins. Spring water is what Dr. Phil's family drinks from Chalk Lake, on Lakeridge Road. By the way this is the water used for our tea and drinking water at the office.

The government has a sign at the Chalk Lake Spring that warns the Public that this spring water is not recommended and to use at your own risk because it is not tested daily like our tap water is. The sign is there for liability purposes. Please note that Dr. Phil has had conversations with Public Health Inspectors from the Environmental Health Division at the Durham Region and the manager at Public Works. The Chalk Lake Spring water has been tested since 1974 by the Durham Region for bacteria on a monthly or near monthly basis. The water has never once tested positive for bacterial contamination. Despite 24 hr/day chlorination of our tap water, it still has had bacterial and other growths that occur above the government's own safe level. Please see the link to Toxins measured by Government in Durham Region Water below. The government likewise does not recommend drinking your own well water- "Use at your own risk" due to liability issues. In my opinion most well water sources will be far better than tap water- make sure you test your water where ever the source is from!

References:

I. ["The cancer risk to people who drink chlorinated water is 93 percent higher than those who don't"](#)

II. [Countries that have banned Fluoride](#)

III. [Durham Region Government Water FAQ](#)

IV. Toxins Measured by Government in Durham Region Water:

<https://www.durham.ca/departments/works/reports/2016/OWAReport.pdf>

V. [Find a Spring/ Why Spring Water/How to care for your bottles](#)

VI. [Spring water is Living Water](#)

VII. [Dr. Mercola compares Water Sources including Filtration Systems](#)

VIII. <http://environmentaldefence.ca/2017/03/22/atrazine-water-canada-ban/>