

## Gardening Tips

### Plastic Water Bottles

By John Ferguson

I was walking around our facility the other day and noticed that there were many plastic water bottles in the leaves that were dropped off for composting. First - plastic bottles are not compostable!

Bottled water is often just plain ole tap water. Brands like Pepsi's "Aquafina", Nestle's "Pure Life", Coca Cola's "Fasani" are just city tap water but into a toxic plastic bottle and the prices marked up over 2,000 times!

Other brands like "Fiji" have been found to contain traces of arsenic a known carcinogen. German researchers have found endocrine disrupting chemicals that affect the development and reproduction in 18 popular brands of bottled water. Of the 24,520 suspect chemicals found in bottled water di(2-ethylhexyl) fumarate showed consistent anti-androgenic and anti-estrogenic activity. These chemicals interfere with the hormone system of our bodies. They also cause cancerous tumors, birth defects, cardiovascular disorders, metabolic disorders, etc.

Note: This also applies to soft drinks in plastic bottles.

A few years ago, I was at an environmental seminar and Mountain Valley spring water in glass bottles was provided. For the first couple of hours that was all that was available. Then they had us drink the same spring water from plastic bottles. One could then taste all the chemicals from the plastic. All the water was in ice chest in an ice-water bath so they were served at exactly the same temperature.



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I purchased the Mountain Valley spring water from Whole Foods and I just refill the bottles as needed from my filtered water supply at my house. It is much cheaper and better for your health.