



# The Drinking Water Book: How to Eliminate Harmful Toxins from Your Water

By Colin Ingram



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**The Drinking Water Book takes a level-headed look at the serious issues surrounding America's drinking water supply.** In the completely revised comprehensive guide to making tap and bottled water safer, you'll find unbiased reporting on what's in your water and how to drink safely. Featuring the latest scientific research, Ingram evaluates the different kinds of filters and bottled waters and rates specific products on the market. *The Drinking Water Book:*

- Honestly and thoroughly tackles a subject vital to ongoing environmental, health, and safety concerns
- Shows how to avoid bogus safety tests, scams, and unnecessary expenditures
- Explains the toxins in our water, how to test for them, and how to get rid of them
- Details which toxins aren't regulated by federal and state water standards



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**Bibliography**

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### **Editorial Review**

From Library Journal

Should we be concerned about the quality of our drinking water? Absolutely, according to Ingram. In these days of heightened environmental concern, more people will be investigating their water supply. In layperson's terms, Ingram discusses potential pollutants and their sources. He mentions water testing but questions its usefulness as results are often unreliable. He offers ideas for reducing pollutants in the home water supply without spending a lot of money and discusses virtually all the possible alternatives, from purchasing bottled water to using a home treatment system. Ingram outlines various water purification systems with details of how each one works and the advantages and disadvantages of each. He quotes prices; these will be outdated quickly but could at least be used for comparative purposes. Less technical than John Stewart's *Drinking Water Hazards* (LJ 7/90), Ingram's book is addressed to general audiences. Not all readers will share this level of interest in drinking water, but for those who do, this volume is informative.

- *Deborah Emerson*, *Monroe Community Coll. Lib.*, *Rochester, N.Y.*

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### **Review**

Drinking eight glasses of water a day may take inches off your waistline, but it could also take years off your lifeline. According to Colin Ingram, a scientific researcher/writer of 30 years, chances are you have poor quality drinking water flowing from your faucet. Water treatment today is focused on short-term health risks, instead of long-term health effects; no one knows what is a safe level of water pollution for any individual—not government health officials, not scientists, not doctors. *The Drinking Water Book* is a complete guide to safe drinking water. Colin's goal is to illuminate the potential problems of water, and to provide working solutions. He identifies the different kinds of pollutants, how to find out what's in your water, how purifiers work or don't work, and compares all types of bottled water. -- *From The WomanSource Catalog & Review: Tools for Connecting the Community for Women; review by SH*

From the Publisher

- The completely revised comprehensive guide to making tap and bottled water safer, covering the toxins in our water, how to test for them, and how to get rid of them. - Honestly and thoroughly tackles a subject vital to ongoing environmental, health, and safety concerns. - Shows how to avoid bogus safety tests, scams, and unnecessary expenditures. - Details which toxins aren't regulated by federal and state water standards.

### **Users Review**

**From reader reviews:**

**Ronald Finch:**

The reason? Because this *The Drinking Water Book: How to Eliminate Harmful Toxins from Your Water* is an unordinary book that the inside of the publication waiting for you to snap this but latter it will distress you with the secret the idea inside. Reading this book close to it was fantastic author who also write the book in such wonderful way makes the content inside of easier to understand, entertaining technique but still convey the meaning totally. So, it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of gains than the other book get such as help improving your expertise and your critical thinking technique. So, still want to hesitate having that book? If I were being you I will go

to the e-book store hurriedly.

**Robert Young:**

This The Drinking Water Book: How to Eliminate Harmful Toxins from Your Water is great book for you because the content which can be full of information for you who all always deal with world and get to make decision every minute. This specific book reveal it data accurately using great coordinate word or we can claim no rambling sentences included. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but tricky core information with beautiful delivering sentences. Having The Drinking Water Book: How to Eliminate Harmful Toxins from Your Water in your hand like having the world in your arm, data in it is not ridiculous one particular. We can say that no publication that offer you world within ten or fifteen moment right but this reserve already do that. So , this can be good reading book. Hello Mr. and Mrs. stressful do you still doubt that will?

**Ines Patterson:**

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**Terry Palladino:**

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