

The Overlooked Health Benefits of.... Tap Water!

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It seems like everywhere you look there are promotions for the latest supplement that supposedly will make you healthier. These advertisements drive public health experts crazy because the many of the most beneficial things to our health are right in front of us, but have no marketing campaigns to promote them. The simplest, most effective health interventions are going for a walk and drinking water, but they have no advertising campaign! What is often overlooked is that local tap water is just as safe as bottled water, plus it has a healthy ingredient that is often overlooked – fluoride.

The history of fluoride in water is an interesting read if you have some time, but I'll summarize it here. Fluoride is present naturally in ground water, but in widely varying amounts. In the early 1900's, some dentists noted that people who lived in areas where the water supply was high in fluoride had many fewer cavities. This led to an experiment in 1945 where the city of Grand Rapids, Michigan decided to try supplementing its low fluoride water supply which resulted in a more than 60% drop in cavities in Grand Rapids children. Many communities followed their lead resulting in a huge reduction in cavities across the country.

Nebraska's ground water varies between areas that have naturally fluoridated water like those the dentists first discovered, and those that need some extra

supplementation. Many are surprised when they learn that more than 35 Nebraska cities don't need to add fluoride because their ground water is already naturally fluoridated in ideal amounts! <http://infohouse.p2ric.org/ref/20/19715.htm#dw>

The other main health benefit of drinking tap water is more indirect. When you are drinking tap water, you are not drinking something else that is bad for you. Half of the obesity epidemic in the United States is caused by the calories we drink. Water has no calories, so you are not adding any extra calories to your diet. Plus, water does not have the sugar and acidity present in other less healthy beverages, so it is healthier for your teeth.

One simple overlooked way of making tap water taste better is making it colder. When you fill up

your glass straight from the tap, it isn't as cold as the bottle you pull from the refrigerator. One old time way of dealing with this is simply to have a pitcher of water in your refrigerator so that when you are thirsty, you have something close at hand that is cold to drink.

So, if you want to improve your health, look at two simple things you can do that are free and always available - a glass of water and a nice walk!

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