



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 He quotes prices; these will be outdated quickly but could at least be used for comparative purposes.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:

Manuel Thomas:

Have you spare time for a day? What do you do when you have far more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a walk, shopping, or went to the Mall. How about open as well as read a book titled *The Drinking Water Book: How to Eliminate Harmful Toxins from Your Water*? Maybe it is to become best activity for you. You recognize beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with its opinion or you have other opinion?

Irma Kellner:

The reserve untitled The Drinking Water Book: How to Eliminate Harmful Toxins from Your Water is the publication that recommended to you you just read. You can see the quality of the reserve content that will be shown to you actually. The language that publisher use to explained their way of doing something is easily to understand. The article writer was did a lot of research when write the book, hence the information that they share to your account is absolutely accurate. You also can get the e-book of The Drinking Water Book: How to Eliminate Harmful Toxins from Your Water from the publisher to make you much more enjoy free time.

Antonio Mock:

In this period of time globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The particular book that recommended to you personally is The Drinking Water Book: How to Eliminate Harmful Toxins from Your Water this reserve consist a lot of the information on the condition of this world now. This particular book was represented so why is the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. Typically the writer made some exploration when he makes this book. This is why this book acceptable all of you.

Ernest Nunez:

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