

I very rarely take any medication, even over the counter medication. It has been years since I have taken anything, at least knowingly. The fact is that most people in the United States take drugs every day, in our drinking water.

Municipal water treatment facilities are designed to kill bacteria and filter some chemical contaminants, but they aren't designed to filter out many organic chemicals including drugs. Pharmaceutical drugs enter our water supply in two ways. The manufacturing facilities dump millions of pounds of waste chemicals into rivers and streams each year and they do so legally. Many of these chemicals eventually enter our water supply.

While the drug companies do dump chemicals directly into our water supplies, the largest contributors are the consumers of the drugs. By their nature, most drugs are foreign to the body. They are unnatural substances. The body is designed to eliminate any substances that are unnatural. This is why medications must be taken repetitively. The body eliminates these compounds as quickly as it can.

Elimination of most chemical compounds from the body is done through the urine. So when we take medications, a significant amount of the drugs pass through our bodies into the toilet. This waste water eventually makes its way back to our municipal water supplies.

Hospitals and other medical facilities also throw away approximately 250 million pounds of drugs each year which can work their way into our water supplies.

While these medications may not be in our water at toxic levels, many are at the level of concentration that can influence normal body function. Psychotropic drugs like anti-depressants, as well as antibiotics and medications that contain hormones are of most concern. They can alter behavior, lead to germs that are more resistant to treatment and lead to increases in cancers that are related to abnormal hormone levels like breast and prostate cancer.

Since our water treatment facilities are not designed to filter these substances and in many cases don't even test for them, you might want to consider installing additional filtration in your home. Normal carbon filters will not remove many of these substances. Reverse osmosis systems are much more effective.

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