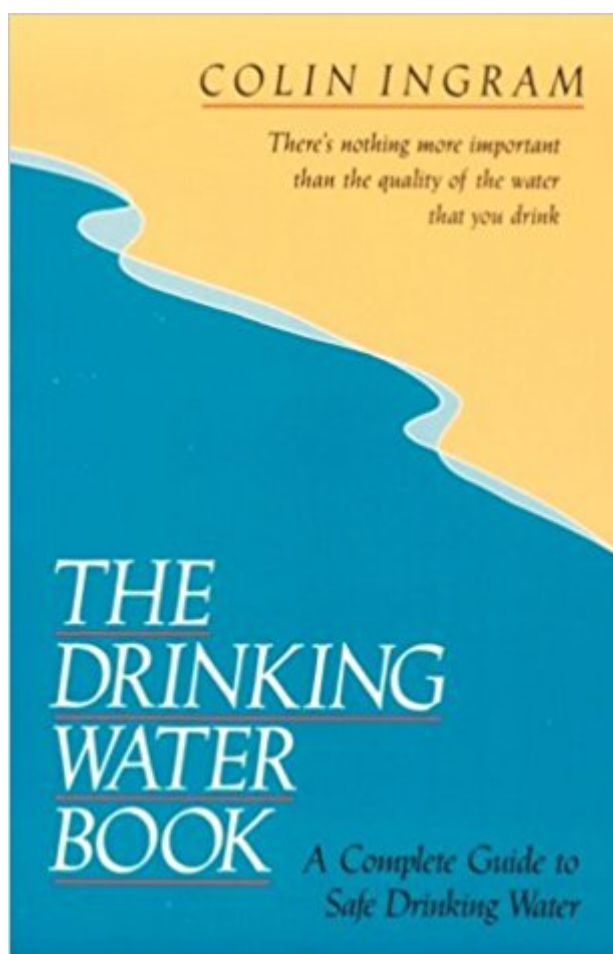




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# The Drinking Water Book: A Complete Guide To Safe Drinking Water



## Synopsis

THE DRINKING WATER BOOK takes a level-headed look at the serious issues surrounding America's drinking water supply. Unlike water purifier manufacturers and public health officials, Ingram presents unbiased reporting on what's in your water and how to drink safely. Featuring all the latest scientific research, the book evaluates the different kinds of filters and bottled waters and rates specific products on the market. 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. From the Trade Paperback edition.

## Book Information

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Average Customer Review: 4.4 out of 5 stars 40 customer reviews

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## Customer Reviews

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 He quotes prices; these will be outdated quickly but could at least be used for comparative purposes.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. Copyright 1991 Reed Business Information, Inc.

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

Has more info on water and ALL the filters they have. What you need after you figure your water type . Also tons of info on filters and at the end his recommendations for best ones in the class like pitcher filter, faucet, whole house and more. Don't think you could get more info than he has. Easy to read and lots of information.

This is a good book if you are at all wanting to know more about water filtration. The author also includes different products and his rating of each of these. I was a bit surprised to not see a company called multipure mentioned that has been in the water filtration business for many years though. That is the filter I have used for the past 20 years and they have independent lab tests to prove they do a great job of filtering. I thought it would be useful to look at various types of filtering and see what is new. I would suggest this book to anyone who is concerned about drinking clean water and wants to understand how filtering works.

This book was one of the best books I have read recently. I have recommended it to all my friends.

Mr. Ingram really did his work well! It is well researched, well thought out and formatted, well edited!! and very informative! He divides the books into sections on various types of water care: He even rates different means of treating water and gives his recommendations with pricing! I highly recommend it as it is very useful whether you are a homeowner, a camper, a hiker, an outdoors person or anyone who drinks water!

After all, almost everyone consumes more water everyday than any other single substance. Everyday we MUST ingest a certain volume of water just for our bodies to function. But how many of us know exactly what we are ingesting along with the water? This book covers every aspect of water quality as well as purification equipment and methods. The author has spent years doing extensive research and testing on water quality and the product effectiveness of all types of water filtration and purification. In my opinion, for the modest price of \$10, everyone one should know this. Just because you only drink bottled water, doesn't mean it's completely toxin free. This book helps you make informed decisions whether you are purchasing the water or the filtration/purification equipment. You will be able to sort the facts from the advertisement jargon. I gave it 5 stars because it contains an incredible amount of knowledge for just \$10!

This book does it all. It explains the potential pollutants that can be in your drinking water, evaluates some of the risks, gives you criteria to decide whether or not to get your water tested (with resources for reputable testers), evaluates several different methods of drinking water filtration, and even reviews and rates available systems. I've been going round in circles trying to get some clear answers and finally found them in this book. The author has his preferences, but if an issue is controversial (e.g., fluoridation) he presents a balanced discussion and/or points the reader to other sources of information. Great resource. Thank you Colin Ingram!

Good info

It really helped me decide what kind of water filtration system you need for your home. Everyone needs some kind of filter system. Just ask your water supplier for lab reports on your water. Then you will put in some kind of system on your home.

A good book to keep in your sustainable kit. Also consider water purifying tabs and straws as water everywhere does not mean drinking water.

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