



Clean Water is as Important as Clean Food

Studies show consumption of tap water and tap water based drinks such as coffee and tea increase the risk of bladder cancer. This is due to the cancer-causing contaminants in tap water, such as disinfection by-products, chemicals generated through reactions of disinfectants such as chlorine with organic matter naturally occurring in water.

Sources: *Scientific American*, Jan. 18, 2007; *International Journal of Cancer*, April 2006, as reported in Nutrition Hints by Dr. Betty Kamen, PhD, www.bettykamen.com

Note: To learn which water purification systems Healing Cuisine recommends, visit the Cooking Essentials section of the website, www.healingcuisine.com.