



GuernseyWater

A DIVISION OF THE PUBLIC SERVICES DEPARTMENT

Why Tap Water is Good For You...



The Health Benefits of Tap Water...



We are always being told to drink more water but a lot of us struggle to get through a set amount every day. Almost two thirds of our body is made up of water, so it is not surprising that when we don't drink enough our health and wellbeing start to suffer.

Government guidelines recommend that we should drink at least eight glasses a day and some nutritionists claim that a staggering 80% of us are walking around dehydrated!

This lack of fluid could affect your health, your weight and even your job. Find out what the main benefits of water really are:

It Supports Your Heart...



The hardest working muscle in your body is the heart and it needs lots of water to keep it working at its maximum efficiency.

When you get dehydrated your blood gets thicker so the heart has to work even harder; if your heart is weak, this can lead to serious heart problems later in life.

Recent studies have found that drinking more than five glasses of water per day could reduce your chances of having a heart attack by 41%, compared with people who drink less than two glasses per day.

It Helps with Weight Loss...



If you are trying to lose weight, drinking water can naturally reduce your appetite.

This is because it is easy to confuse thirst with hunger, so people eat when their body wants them to drink.

When you're dehydrated, fat cells become harder to break down, making dieting much harder.

The Health Benefits of Tap Water...



It Keeps you Regular...



If you suffer from constipation or piles you may have been told to increase your fibre intake.

While increasing your fibre intake can help to improve digestion, you will need to drink more water for the fibre to be digested effectively. Otherwise it could have the opposite effect and make you worse.

It Boosts your Energy...



Not drinking enough water makes your brain slow down, and it also slows down your body.

In the body, your muscles consist of around 75% water, your bones about 22% and your blood approximately 83%.

If you are dehydrated, these body parts don't work as well as they should do, resulting in a lack of energy.

It Stops Headaches and Dizziness...



Don't reach for the pills straight away; a headache could be a sign of dehydration, so drinking water could make it better.

Even tension headaches and dizziness, which can be brought on by fatigue can be cured or eased by drinking water - this is because fatigue is also a sign of dehydration.

It Makes you Exercise Better...



It's common sense to maintain your body's hydration while exercising by replacing the fluids you lose when you sweat with water.

However, what might not be so obvious is that your body works better and harder during your workout if you drink water.

The Health Benefits of Tap Water...



In addition to the many physical benefits of drinking plenty of water, there are also a number of mental, immunological and dermatological benefits, as outlined below.

The mental benefits of drinking water are less well-known to the public, but they are just as important, particularly the improvement to concentration. This knowledge has led to a number of schools allowing pupils to bring water bottles into the classroom where they had previously not been encouraged to do so.

It Improves Concentration...



As your brain is made up of around 85% water, dehydration can affect your concentration and short-term memory.

Lack of hydration also has a particularly strong effect on your mathematic and arithmetic skills. This is because a lack of water can cause your brain's energy levels to decrease, making problem-solving harder.

It Fights Infections...



Drinking water can help fight infections all over your body and speed up the recovery process from illness.

This is because it flushes toxins out of the body, and being hydrated significantly reduces your chances of catching a bug. Water is especially good for getting rid of and preventing urine infections and kidney stones. Being well hydrated is also great for allergies and colds because it clears the airways.

It Clears your Skin...



Most people know that drinking more water can be good for clear skin and it can also help the symptoms of acne. If you've got dry skin, drinking water will give it more moisture and will flush toxins out of your body, clearing your skin of any dirt and bacteria.

Why Tap Water is better than Bottled Water...



It is Much Cheaper...

With bottled water you are paying for the bottle itself, the labelling and the costs involved in transporting the bottles.

It makes much more financial sense to buy a reusable plastic bottle for a couple of pounds and fill it regularly with tap water. A recent study showed that bottled water in Guernsey costs 95p per litre (similar to petrol), while the average cost of tap water in Guernsey is £1 per 1,000 litres.

It Tastes Just as Good...

Many taste comparisons between tap and bottled water have been carried out over the years and the majority of people cannot tell the difference between the two types of water, while many state a preference for tap water.

Most tap water contains safe levels of chlorine to keep it clean. If you can taste the chlorine, try placing a covered jug of tap water in the fridge for a few hours before drinking. Replace any leftover water in your fridge every 24 hours to keep it fresh.

It is Kinder to the Environment...

The production and transport of bottled water wastes large amounts of fossil fuels, and the used bottles become a major source of waste.

A recent study calculated that the bottled water industry in the UK generated about 33,200 tons of CO₂ emissions through transport a year, equivalent to the annual energy consumption of 6,000 homes. Industry figures state that the UK consumes 1.5 billion litres of water each year from bottles made out of polyethylene terephthalate (PET) - a plastic made out of crude oil, which takes 450 years to break down in a landfill site.

Why Tap Water is better than Bottled Water...



It is Safer...

Guernsey's tap water is tested 1,000's of times each year to ensure it is of the highest quality. These tests check for tiny amounts of over 130 different chemicals. The current compliance rate for meeting the stringent standards set by the UK's Drinking Water Inspectorate is around 99.7%.

Bottled water however, is tested for very few chemicals and there is no regulation as to when and how often tests are carried out. Research has shown that dangerous chemicals from the plastic can 'leach' into the water, particular in warmer temperatures.

The Water in Guernsey is Very Safe...

Guernsey Water takes thousands of samples each year from Water Treatment Works, Service Reservoirs and customer taps. Each sample is tested against a large list of bacteria and chemicals. A sample failure against any of the listed criteria is investigated thoroughly by staff to find the cause and solve the problem. Over 7,706 water quality analyses were undertaken during 2008, of which 7,683 were compliant. This gives an overall compliance level of 99.7%.

The permitted levels of chemicals in water is incredibly low in some instances. One way of describing it would be to think of a bag of sugar as being a litre of water. Take one tiny grain of sugar from this bag, then divide this by a thousand - that is the amount of certain chemicals that is allowed for the sample to pass! The new water treatment plant at Longue Hogue utilises the same membrane technology as the St Saviours plant and should increase the overall water quality compliance figure yet further in 2009. If you have any queries about water quality in Guernsey, please contact us using the details below.

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