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Project on Health Sciences and Medicine Effect of Drinking from Bottled Water For the survival of human being, water is the most essential resource. The increase in demand for pure and clean water, made the platform for business individuals to venture in production of packaged drinking water. It has been seen that though it has many usefulness to quench the thirst of people but it has many disadvantages also. The disadvantages are the following,

Empty plastic bottles are not disposable so it causes many harmful effects to our environment. Manufacturer needs to make the bottle recyclable and reusable to reduce serious waste problem.

Bottled water usually contains chemicals like BPA, which is hazardous to health and causes serious problem and illness afterwards.

Socialists think that bottled water should be banned or government should restrict business of bottled water as at the end it treats water as commodity and for profit.

The presence of fluoride ions in bottled water causes teeth decay.

Many companies are accused for their unethical practices such as using tap water or unpurified water or not maintain regulations prescribed by FDA.

Aside from all these disadvantages there are many advantages also which are the following,

Bottled water can be of different types such as spring water, distilled water, mineral water etc. Now according to the needs consumer can purchase their preferred kind of water, which is not possible for tap water.

Production of bottled water is under strict regulations and monitoring prescribed by FDA which ensures cleanliness and purity of the water. In case of tap water most of the time water lines are affected due to contamination

which can be avoided by using bottled water.

It is always readily available in grocery stores and come in different size pack.

As there are, both negative and positive aspects related with bottled water so according to me it is better to use bottled water from a reputed manufacturer (Azoulay, Garzon and Eisenberg). Before consume bottled water it is always recommended that to verify the content level and make sure that it is purified according to FDA regulations.

Ergogenic Aids:

Ergogenic aids are mainly the supplements, which has a quality to enhance performance for a certain time by increasing energy utilization. The external influence provided by ergogenic aids is associated with not only performance but also can remove certain restraints, which can limit capacity of an individual (Tokish, Kocher and Hawkins).

International Olympic committee has an independent body of that is World anti drug doping agency (WADA) has a prescribed guidelines for ergogenic aids and there mode of legality. Blood doping is a kind of ergogenic aids, which is illegal as it cause severe side effects in human body. There are also some supplements also which are permissible according to the WADA.

Supplements such as creatine, caffeine, amino acids are legal in a permissible range. There following questions can be asked to an athlete before taking this kind of supplement,

Do you know the manufacturer of the supplement? Do they have proper quality controlled slandered?

Do you use it to increase your performance?

Is there any side effect you fill with the supplement?

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Are there any prohibited substances in the supplement?

Is the supplement you are taking affected any other medications or other kind of supplement?

Further research needs to be done on the effect on performance and side effects of the supplements. Athletes and their coaches who are using these kinds of supplements need proper counseling. Awareness program can be organized to give a proper picture of the side effects. Most importantly Legal action should be taken to the users of banned supplements.

Works cited

Azoulay, Arik, Philippe Garzon, and Mark J Eisenberg. " Comparison Of The Mineral Content Of Tap Water And Bottled Waters." Journal of General Internal Medicine 16. 3 (2001): 168--175. Print.

Tokish, John M, Mininder S Kocher, and Richard J Hawkins. " Ergogenic Aids: A Review Of Basic Science, Performance, Side Effects, And Status In Sports." The American journal of sports medicine 32. 6 (2004): 1543--1553. Print.