

Southern Nevada Fun & Fit Life

August 2007

News & Tips to Help You Live a Better Life

What's In Your Water?

Newcomers to Las Vegas discover that along with really hot summers and bad traffic, the smell and taste of Las Vegas tap water leaves a lot to be desired. In our desert climate, we need to drink enough water to stay hydrated, but that can be challenging if you are using water from the kitchen faucet.

The Las Vegas Valley Water District makes sure our water meets all federal standards, but they cannot remove all the contaminants or the chlorine used to treat the water. "While the levels are not exceeding the water quality standard's regulations for what can and cannot be consumed, it should cause people to take notice and make changes in their water use and consumption," says Mike Paice, President of Good Water Company. Companies like Good Water use reverse osmosis to remove the remaining contaminants and bad taste, making the water much more palatable.

While the amount of water we should drink varies, living in the desert increases your body's need for water. Experts say that if you are drinking enough water, your urine will be clear. –TM