

# Plastic Water Bottles

by Nicole Lexandra

Plastic water bottles are seen and utilized all over the world. So, just how safe are water bottles for the environment as well as for human beings and animals? For the most part plastic water bottles are not safe for any of the above. For one thing, they are made from plastic which is a well-known harmful material. Second, plastic water bottles are non-biodegradable therefore they pollute our environment. Plastic water bottles are made from chemicals that when heated or frozen release toxins that are cancer causing. Such chemicals are released into the water or other substances in the plastic water bottle that are then being put into our body as well as into the ground. When released into the ground through sewage disposal or from just pouring out the substance in the bottle directly into the ground, this can not only get into our water supply but also into the soil which the plants are growing in. This then leads to the animals being exposed to toxins as well. It becomes a viscous cycle that continues to harm the world.

The utilization of plastic water bottles are not good all-around and should be replaced with glass bottles or stainless steel bottles. Although the utilization of glass bottles and stainless-steel bottles verses plastic bottles is more costly at first in the long run or in the large scheme of things we would actually be saving costs by switching. There would be less money spent on cancer treatments. Less money spent on production costs because glass and stainless steel can be reused over and over again. There would be less money spent on the production of recycling the plastic water bottles.

Therefore, in the act of replacing plastic water bottles with glass or stainless steel this can perhaps help reduce the amount of pollution, the cases of cancer, and the health and welfare of our planet and other creatures. Some young living oils that can be used for those who do use plastic water bottles are those oils that can help aid in supporting the immune system such as thieves vitality, frankincense vitality, lavender vitality, lemon vitality, and oregano vitality along with others.

The national geographic website is a great site to use to get more information about the harmful effects of the plastic water bottle:

<https://www.nationalgeographic.com/environment/2019/07/exposed-to-extreme-heat-plastic-bottles-may-become-unsafe-over-time/>

Another great site is: <https://www.livestrong.com/article/183101-the-negative-effects-of-using-plastic-drinking-bottles/>