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Increasing contaminants in tap water are also leading more and more people to take private precautions to protect themselves and their family members from these contaminants. In this channel, we regularly report on both individual types of contaminants in drinking water as well as on the safest protection - a kind of "firewall" for your drinking water line. This refers to an effective, professional and absolutely reliable filter system that guarantees measurably pure and cleanest water.

Many people who do not have such private protective measures in place may have been alarmed last week when newspapers cited a Dutch study showing that scientists from the cancer center at Amsterdam University Medical Center, together with scientists from the Department of Environment and Health, provided evidence that microplastics were present in the blood of their test subjects.

Two years earlier, scientists from Arizona State University presented research findings at the "American Chemical Society Fall 2020 Virtual Meeting" proving that small plastic particles are now present in 100% of human organs. The nearly imperishable particles had previously been detected in the stomach and stool as well, but now even in blood?

In the blood samples of 22 anonymous volunteers, researchers found microplastics in almost 80 percent, consisting of various types of plastics. Half of the samples contained PET, the material used to make most plastic bottles. Prof. Dick Vethaak, an ecotoxicologist at Amsterdam University, told journalists from the newspaper "The Guardian" that earlier investigations had shown that the feces of babies contained ten times more microplastics than those of adults because they were fed with plastic bottles. As a result, they swallow millions of microplastic particles daily. Infants and small children in general are more susceptible to contamination from chemicals and particles." Microplastics enter the environment through car tire wear, destruction of construction debris, and cosmetics, among other sources. Microplastics enter the human body primarily through beverages.

On March 17, 2021, the AOK magazine reported on a study by Heriot Watt University in Edinburgh. It found that consumers who drink beverages from plastic bottles alone consume approximately 90,000 particles per year from this source alone. Those who drink tap water instead still consume 4,000 particles per year. However, those who purify their water with a professional filter system reduce this largest part of the contamination to zero!

Through food, people without protection from a professional filter system consume nearly 70,000 particles per year. In addition, 74,000 to 121,000 particles from tire wear or dust are inhaled. The WWF compares the unintentional consumption of plastic to the size of a credit card: "Every week each of us eats a credit card". Converted, that is approximately five grams of plastic or 540 credit cards in 10 years. There is still enormous need for research on health consequences. An Indian study, which has also only been available since May 2022, names the first health impairments in this regard: Tumors, cancer, cell and tissue damage, metabolic disorders, DNA damage, inflammation, immunological reactions and much more. However, the study emphasizes above all the "potential risks" and "knowledge gaps" and therefore recommends further investigations in this field!

We from the editorial team therefore recommend the consumption of exclusively pure, clean, contaminant-free water. Anyone who uses a filter system from truu GmbH simultaneously supplies themselves with cell-available water. Further studies, books, videos, expert statements on the elixir of life water can be found at: https://t.me/truuinfochannel

Microplastics detected in human organs
https://forschung-und-wissen.de/nachrichten/medizin/mikroplastik-in-menschlichen-organen-nachgewiesen-13374084

It's good.
to be truu.