- Drinking water



SMART MOVE

A GOOD REASON TO SIP TAP WATER

It can slash your exposure to potentially harmful microplastics, say researchers in *Brain Medicine*. They estimate that opting for tap water instead of bottled could decrease your intake of microplastic particles by more than 95% in a year. And since microwaving foods in plastics can produce "staggering amounts" of microplastics, they advise using glass containers instead. Why bother? Research suggests microplastics undermine health by damaging organs, impairing immunity, impeding metabolism and more.

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