

# How Bad Is Tap Water for Health? | Dr. Andrew Huberman

<https://silosolo.com/959708>

## Summary

Tap water can contain compounds that negatively impact our health, including endocrine disruptors and disinfection by-products (DBPs). The concentration of minerals, such as magnesium and calcium, can also vary in tap water. Fluoride in tap water, even at low concentrations, can disrupt thyroid function. Simple and inexpensive steps can be taken to make tap water safe to drink, such as filtering to remove contaminants.

## Silo sample questions

- Is tap water safe to drink?
- What are the main concerns with tap water?
- How does tap water impact reproductive health?
- What is the impact of fluoride in tap water?
- Should tap water be filtered?

## Topics

tap water

endocrine disruptors

mineral concentration

disinfection by-products

fluoride

## Key Takeaways

- Tap water contains compounds that can negatively impact our health, but simple and inexpensive steps can be taken to make it safe to drink.
- The main concerns with tap water are the presence of endocrine disruptors, the concentration of minerals (magnesium and calcium), and the presence of disinfection by-products (DBPs).
- Tap water can negatively impact reproductive health due to the presence of endocrine disruptors and DBPs.
- Fluoride concentrations in tap water, even at 0.5 mg per liter, can disrupt thyroid function and impact thyroid hormone levels.
- It is recommended to filter tap water, especially to remove fluoride and other contaminants.

[Click here for the full transcript](#)

[Click here for the source](#)