

## PARENTS WHOSE CHILDREN LOVE TO SWIM

It's summertime and the kids are spending a lot more time in and around the pool. Happy days. Not only is having your own pool the best fun you can have in the warmer weather, swimming is undoubtedly one of the best forms of exercise for grownups and children alike.

However, and it's a big however, if your children and their friends are swimming in chlorinated water, you are putting them at risk. Look at this recent posting from Healthy Child, Healthy World, a California-based organization dedicated to protecting the wellbeing of children around the world.

“For many kids, the smell of a chlorine pool triggers immediate sensations of joy because it means they'll soon be in the pool having fun. But those telltale fumes can potentially trigger a whole lot more, like asthma.

A recent Belgian study showed that use of indoor chlorine pools especially by children younger than 7 promotes the development of childhood asthma. More disturbing still, the researchers found that the kids who swam most frequently had proteins associated with increased risk of asthma at levels similar to those found in regular smokers.

More studies are needed, but we do know that when chlorinated water comes into contact with hair, body products, sweat, saliva, or urine (regular ingredients at the public pool) it creates certain volatile by-products like chloroform.”

The conclusion they reach is this: ”If you have your own pool, keep it chlorine-free”. This is all very well but you have to have some form of water sanitation to protect the bathers and they don’t tell you how that’s done. If your children love to swim, you owe it to them to check out the safe and healthy way the Enviroswim system works without the need to add chlorine.

Some links you may find of interest:

<http://poolsam.blogspot.com.au>

<http://forums.whirlpool.net.au/archive/1529192>