

SEO■Optimized Scientific Writing Samples

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Microplastics in Water: What the Science Says and What It Means for Your Health

Microplastics are plastic particles under 5mm found throughout global water systems. Research confirms widespread exposure, though definitive human health outcomes are still under investigation.

Frequently Asked Questions

Are microplastics harmful to humans?

Current evidence does not establish direct disease causation, though laboratory studies suggest potential inflammatory and chemical exposure concerns.

Is bottled water safer than tap water?

Some studies show higher microplastic counts in bottled water due to packaging; water quality varies by source and treatment.

Can filtration remove microplastics?

Certain filtration systems can reduce particulate matter, though effectiveness varies by technology.

About the Author

Katie Cremasco, BScN, RN, is a Registered Nurse with nearly 20 years of experience translating complex clinical and scientific information into clear, evidence-based content.

Understanding pH Claims in Wellness: What's Science■Based and What's Marketing

pH is tightly regulated by the human body. Claims that alkaline products meaningfully alter systemic pH are largely unsupported by clinical evidence.

Frequently Asked Questions

Can alkaline water change body pH?

In healthy individuals, digestion neutralizes pH before systemic absorption.

Does alkaline water have any benefits?

Limited evidence suggests possible benefit for acid reflux symptoms in some individuals.

Are pH■based wellness claims reliable?

Many claims overstate benefits without strong clinical backing.

About the Author

Katie Cremasco, BScN, RN, is a healthcare writer specializing in evidence■based scientific communication for professional and public audiences.