# Former Married at First Sight Contestant Daniel Holmes Speaks Out Against Tap Water



Former Married At First Sight contestant Daniel Holmes recently expressed his strong opposition to tap water in a series of Instagram Stories. The Queensland-based personal trainer shared videos from his apartment on Tuesday, highlighting his preference for purified water over tap water. Holmes labeled tap water as dangerous and unsuitable for drinking, claiming it could have adverse health effects.

Holmes referenced his use of Pureau pure water, which he described as "100 percent pure of everything," and criticized both tap and bottled water for containing harmful substances. He suggested that future generations would view tap water consumption similarly to how medieval practices are now seen.

Drinking water in Australia is subject to the Australian Drinking Water Guidelines, established by the National Health and Medical Research Council, to ensure safety and quality by keeping harmful contaminants such as bacteria, viruses, chemicals, and heavy metals in check.

Holmes, recognized from the 2022 season of Married At First Sight, has also garnered attention for his involvement in boxing. He competed in the Team Ellis Pretender to Contender boxing event last year, where he defeated fellow MAFS participant Harrison Boon. Holmes' boxing debut was notable, further establishing his reputation in the celebrity boxing arena.

Holmes and Carolina Santos, his partner from Season 9 of Married At First Sight, ended their relationship in August 2022.