

Water filtration

YOUR GUIDE TO WATER FILTER
OPTIONS



Why should I drink filtered water?

Did you know that the human body is comprised of 50-75% water depending on one's age. Water is a key player in many functions in the body and adequate hydration helps with things like regulating body temperature, removing waste from the body, balancing electrolytes, helping with digestion & elimination, and balancing blood pressure and heart function. Considering how much water we drink in a day and how important water it is, it is crucial that the water we drink be pure!

The last act passed to ensure the safety of our nation's drinking water was in 1974. This act is called the Safe Drinking Water Act, and it regulates 91 pollutants found in water. While this may seem promising the EPA's TSCA Chemical Substance Inventory lists 50,000 chemicals used today. With only 91 of those chemicals being regulated, we have a huge problem on our hands. In fact, it is estimated 132 million Americans in 45 states have unregulated pollutants in their tap water!

While the list of possible pollutants in the water is too long to write out, some of the most common ones are

- Heavy Metals
- Fluoride
- Chlorine
- Bacteria & Viruses

And if you are drinking plastic water bottles, there is a good chance that BPA and BPS is leeching from the plastic into the water you are drinking. Over time, these pollutants can and will contribute to a person's overall toxic load which is what later can lead to disease and dysfunction. Below are some ways to upgrade your drinking water

Types of Water Filtration

Pitcher Style: Under this category are filters such zero water filter and the Clearly Filtered water filter. Depending on the pitcher you get, the removal process is different!

- Zero Filter:
<https://zerowater.co.uk/pages/how-it-works>
- Clearly Filtered:
<https://www.clearlyfiltered.com/pages/technology>

Carbon Filters- The most common carbon filtration system is Berkey Filters. It is recognized by the EPA as the best option for removing chemicals like herbicides, pesticides, and VOCs, and high quality carbon filters will remove chemicals, pesticides, bacteria, fluoride (with filter attachment), heavy metals, nitrates, nitrites, and parasites.

Under the Counter- An under the counter system is a system that goes right under your sink and filters your sink water only. These filters are often the BEST ones out there as they involve several step processes to remove, purify, restructure and remineralize water. Pristine Hydro, Radiant Life, and Clearly Filtered are three highly recommended and tested brands.

- Pristine Hydro:
<https://pristinehydro.com/pages/the-science>
- Radiant Life:
<https://radiantlifecatalog.com/14-stage-biocompatible-water-purification-system/>
- Clearly Filtered:
<https://www.clearlyfiltered.com/products/3-stage-under-the-sink-filter-unit>

Whole House Water Filtration-This filters water for the whole house. While it is often recommended to additionally filter this water for drinking, this type of system removes around 85% of contaminants. There are many companies out there

- Radiant Life:
<https://radiantlifecatalog.com/whole-house-filtration-series-4/>
- Aquasana:
<https://www.aquasana.com/whole-house-water-filters/>
- Richards Water (local company):
<https://richardswater.com/>

Water on the Go

- **Glass Water Bottles**

- Boroux Glass Bottles:

<https://www.boroux.com/>

- Mason Jars:

<https://www.amazon.com/Ball-Mason-Jar-Regular-Jars/dp/B014V7RSE8>

- Life factory:

<https://lifefactory.com/products/22oz-water-bottle-with-silicone-sleeve-and-active-cap?variant=40246952100008>

- **Stainless Steel Water Bottles**

- Hydroflask:

<https://www.hydroflask.com/bottles>

- Healthy Human:

<https://healthyhumanlife.com/>