



3 Steps To Choosing A Top-Notch Water Filter

Message from Milly

Greetings to all,

There are few things more foundational to good health than drinking plenty of pure and clean water.

But with all the chemical contaminants and toxins infiltrating our modern water supplies, it can be really hard to figure out which filters actually remove what.

Yes, chlorine, lead, and fluoride are all still important to filter out. But we now have several other toxins to be concerned about including:

- PFASs: aka: "forever chemicals" used in non-stick cookware, dental flosses, cosmetics, clothing, and water repellent gear and outdoor wear.
- Pesticides and herbicides: including glyphosate, found in municipal and well water.
- Untold amounts of pharmaceuticals, including birth control pills, cancer drugs, etc.
- Microplastics, and all the chemicals that go along with them (BPA, BPB, phthalates).
- The next-generation of fluoride, that many fluoride filters don't remove well.
- A variety of heavy metals, many of which come from pesticides.



Fortunately, there are progressive water

filtration companies with the technology and products available to filter out these toxins.

Can I list them all here? No, and I won't try to. Nor will I recommend just one "miracle" filtration system.

Instead, I'll share how to find the best water filter to fit your home, needs, and budget in 3 commonsense steps.

Blessings to all,

-Milly



Step 1: Figure Out What Chemicals You're Dealing With

The most confusing thing about choosing a filter is knowing how much filtration power you need.

Do you choose the \$3000-\$5000 Reverse Osmosis (RO) Whole House system that removes everything under the sun (including essential trace minerals)?

Or, do you go for a less expensive multi-stage carbon filter with an added fluoride filter?

And what about ceramic filters...are they better than carbon?

The answers depends on what chemicals and toxins are actually in your water to begin with.

The Environmental Working Group (EWG) analyzed over 50,000 public water utilities nationwide, and found 250 different contaminants in our various water supplies.* 93 of which are linked to an increased risk of cancer.**

Now, if that sounds terrifying that's because it is. And it's absolutely crazy that the authorities aren't doing more to protect the public. Especially given the concerns about the cumulative effects of ingesting, absorbing, and inhaling these toxins every single day.

However, not every water municipality will contain all these chemicals.

So, your next step is to figure out which chemicals are in *your* water supply.

The easiest place to start is to use [EWG's Tap Water Database](#) to search contaminants by zipcode.

I like this option because it gives you some analysis of the real toxicity risk, vs. just telling you which chemicals are in your water. Plus, it's quick and easy to use, and if you want to go deeper into researching the chemicals, EWG has everything you need right there.

You can also download your city or town's annual water report (just Google or Duck-Duck-Go it). This will tell you what types of chemicals were present at the time of testing and in what concentrations.

If you'd like to take it a step further (which I recommend you do), contact your local water municipality and ask for their more detailed, comprehensive water report. This will include information on un-regulated chemicals. You can then compare this to what you found on EWG.

If you're concerned about other toxins entering your home water supply, such as copper or lead from pipes or pesticides from a neighbor's farm, you can also have your tap water tested through various labs or purchase a home testing kit.

Most home testing kits only test for a few chemicals, but if you're concerned about something specific (like lead or pesticides for example) they can be helpful.

[My Tap Score](#) is an exception, as they offer more comprehensive levels of tap water testing for city, well, spring, etc.

[Radiant Life](#) also offers tap water testing kits that range from basic to super-

comprehensive.

These kits are a helpful option if you want real-time, super-accurate, independent testing, don't trust your city water report(s), you're concerned about contaminants specific to your home, and/or you're not on city water and need to DIY it.

Otherwise, your city water reports and/or the EWG tool should supply the information you need.

References:

*<https://www.ewg.org/tapwater/state-of-american-drinking-water.php>

**<https://www.ewg.org/news-insights/news/nearly-100-cancer-causing-contaminants-found-us-drinking-water-0>

Step 2: Look For Filters That Remove Local Chemicals

Now that you know which chemicals are in your water, you can look for water filters that remove them.

To help save time, here are some types and brands to consider for optimal chemical/toxin/contaminant removal:

Reverse Osmosis (RO) Systems will remove nearly all contaminants of concern. Including microplastics (which are in all types of water at this point!) and most fluoride.

The downsides to these systems are: they're typically more expensive, they waste some water in the filtration process, and they strip your water of minerals.

The mineral issue can be resolved by purchasing a system that also re-mineralizes the water, or by adding a trace mineral supplement to your water, like Energetix' SpectraMin (available at QHC), daily.

One good system to consider that does RO and re-mineralization is: [Aguasana](#).

Ceramic Water Filters are typically preferable



to carbon filters, because they have much tighter water filtration technology and a lower micron number. This helps keep toxins and things like parasites, viruses, and bacteria out.

[CWR Enviro](#) has a great selection of ceramic water filters (countertop, under sink, gravity-fed, whole-house, etc.) with MetalGone. The MetalGone technology not only removes heavy metals, but also microplastics and the next-generation fluoride that most other filters don't remove very well.

They also offer a free water consultation to review your city's water report and recommend the best filters based on that information. They can create custom filters too.

Multi-Stage Carbon Block Filters are also a decent choice if your water isn't that polluted/toxic.

Yes, ceramic is generally better due to the lower micron number. But if the carbon filter has multiple stages/mediums it may do the job just fine.

Pelican brand, for example, is an easy-to-find whole-house system that removes a good amount of chemicals and toxins.

[Radiant Life has a 14-stage filtration system](#) and [gravity-fed countertop filter](#) that are popular in the natural living space. They also offer a free water consult to help you choose the best type of filter.

Just be sure to include a fluoride filter (if you're on city water), and consider adding UV sterilization to enhance performance of carbon filters.

No matter which type of filter you're considering, ask to see third-party testing results of their filters' performance. This is the only way to ensure they are filtering out what they claim.

Step 3: Don't Forget About Your Baths And Showers!

Unless you opt for a whole-house water filtration system, you'll still be absorbing



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a good amount of chemicals from your bath and shower.

Chlorine, for example, turns into a gas when it's heated. Which means, we're breathing it in every time we take a steamy shower.

Plus, our skin absorbs what it comes into contact with. Including contaminants found in water.

The simple solution is to buy a separate shower and/or bath filter. [CWR Enviro](#), [Radiant Life](#), and [Aguasana](#) offer these. Just be sure to replace the filters every 4-6 months.

A bath filter is especially important for babies and children, who have thinner skin, are more susceptible to chemicals, and who take baths regularly.

A bath filter makes a great baby shower gift!