

Drink Clean Water for Your Best Health

Greetings!

As we enter fall, I've been thinking about one of my favorite topics. hydration and water filters. When we filter water right in our homes, we get the best, safest water possible. And you don't have to lug cases of bottled water to do so.

If you aren't using a water filter then you are the water filter.

Our municipal water departments only need to test and regulate for certain contaminants. Some contaminants such as lead are unsafe at any level however our state will allow some lead to remain in the water. Here are some other factors to consider:

The distribution of our water supply travels through over a million miles of pipes that may be 100 years old.

- ❑ Over 700 water mains break every day. Ask a water district employee what those pipes look like on the inside when it must be replaced.
- ❑ When a water main breaks the water district must flood the system with untreated water to keep the pressure up in the pipes. Then they issue a boil water alert, but this is after the fact.
- ❑ Also boiling water concentrates certain contaminants like lead and nitrates. You can protect yourself by using a good water filter.

I have been studying water safety and water filters and purifiers for over 30 years and I am happy to say that the Multipure water filter reduces and removes the greatest number of contaminants that effect our health. The family-owned company was started by 2 brothers who assembled water filters in their garage and sold them door to door. That was over 50 years ago and Multipure is the clean water industry leader. Multipure has grown into a worldwide distributor of water filters and purifiers that are sought after for home use as well as during disasters when the water supply is disrupted and/or contaminated. Multipure only makes water filters and is

always on the cutting edge of technology.

One aspect of choosing a home water filter is it needs to be independently evaluated by a consumer testing company. There are thousands of water filters on the market and wherever I see them in stores I look for what contaminants are removed and what independent testing agency has certified the product. Very often I find neither. NSF International is the agency that tests consumer products. You can look up a product on their website and see what it does. Multipure decreases and removes the most contaminants and comes out on top in Consumer Report reviews.

Multipure has several models for home and emergency use. They are easy to install, affordable and the filter is replaced once per year depending on your water usage. The stainless-steel housing has a lifetime guarantee.

The Water Quality Association surveys the public every 2 years and people are concerned about drinking water especially pharmaceuticals in the water. Multipure was the first to develop technology to remove drugs and hormones. Also, in 2015 when PFOA's were discovered contaminating the water supply in Hoosick Falls, New York Multipure filters could remove it. At that time, it wasn't a chemical that any agency was testing.

Staying hydrated is a very important aspect of staying healthy. We can go without food for many days, but we would die within 3 days without water. It keeps our nervous systems functioning, it helps the liver and kidneys remove waste, it is important for the health of our skin. Drinking enough water can prevent headaches, muscle cramps, constipation and urinary tract infections. You can have the highest quality water by using a Multipure Drinking Water System.

You can learn more about water and health by going to my webpage www.susanwallaceacupuncture.com and click on water filters in the top banner. This will take you to Multipure's site where you view the products, read about the science of water filtration and see all the contaminants that are removed by these filters. If you have questions or need help purchasing a filter please contact me.

In Health,

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