

## Filter Your Tap Water

Now that the rains have finally stopped it's time to think about drinking water. What kind of water are you drinking? Our water is tested for about 100 different contaminants but it is estimated that there are over 21,000 different pesticides in use in the US today and many of them find their way into the water supply. Bottled water, tap water, filtered water? Of all the elements of healthy living getting clean water is very important and it is one of the few things we can take control of by installing a filter in our home or apartment. When you use a good water filter you know that certain toxins will be eliminated from your water.

As we approach the summer months it is important to think about staying hydrated. During a summer day we lose about 2 quarts of water through our skin. So what is the best way to get clean, pure drinking water? You can use a solid carbon block filter that is installed at or under your sink or you can use a reverse osmosis filter along with the solid carbon filter. These will remove toxic chemicals and even byproducts from water treatment facilities. Filtered water is only as good as the filter you are using. Fortunately in California water filters must be tested and registered with the state so we know how the filters compare with each other. The filters I recommend are made by the Multi Pure Company, a family run company who has been making water filters for over 40 years. They make solid carbon block filters and reverse osmosis filters as well as shower filters and whole house filters. Prices start \$225. The carbon filter is changed once per year and costs about \$70.00 to replace. These solid block filters take out some of the most dangerous contaminants in our water like chlorine, lead, asbestos, cryptosporidium, trihalomethanes and the gasoline additive MTBA.

## The Problem with Bottled Water

First of all the bottled water industry is not well regulated. They could be using local tap water and the processing facility may only be inspected by the health department once a year. The other issue is the plastic itself is leaching chemicals into the water. Only 10% of used water bottles are recycled, leaving the US awash in billions

of plastic bottles in landfill that takes 1000 years to degrade. And last is cost, you will save at least \$2000 over a 10 year period by switching from buying bottled water to using a water filter. I use a stainless steel drinking bottle filled with filtered water when I'm out or hiking.

Multi Pure has some of the best prices and highest quality for the water filters on the market. They also have payment plans and rental plans as well as special deals. I can help you choose and purchase the right filter for your circumstances.

When I think about the things I have control over in this world it makes me very pleased that I can get clean water from my tap that I know is safe. Drinking clean water is one of the healthiest things that we can do. So if I can help you further please call or e-mail me.