



Water filters

The quality of the water we drink is so important. Often we are conscious about eating food that is free from harmful chemicals, preservatives, sprays, etc and it's easy to overlook the quality of our water.

We drink 2lt+ of water a day and that water often contains harmful substances, heavy metals, chemicals leached from plastic or fluoride. These can come from exposure to heavy metals in the plumbing, chemicals added to the water, plastic leaching or contamination of the source.

How can we improve the quality of the water we drink? We can change how we filter, how we store and what minerals are in our water.

On fluoride.

The premise of adding fluoride to drinking water is that it will decrease tooth decay. According to the World Health Organization (WHO), there is no discernible difference in tooth decay between developed countries that fluoridate their water and those that do not. There have been over 34 human studies and 100 animal studies linking fluoride to brain damage, lower IQ in children, and studies have shown that fluoride toxicity can lead to a wide variety of health problems including lowered thyroid function, disrupted immune system and inhibited formation of antibodies.

The National Health and Medical Research Council has conducted a study on the health effects of drinking fluoridated water. It looks like NHMRC won't be changing their stance on fluoride in water – continuing to support it. To read their view on water fluoridation read here <https://www.nhmrc.gov.au/health-topics/health-effects-water-fluoridation>

The solidity of the water we drink places a role in how effectively the water hydrates our cells. The solidity of water is determined by the mineral concentration. Tap water generally has a low solidity, with filtered water having an even lower level (as the filter removes more of the minerals). Adding a pinch of sea salt to every litre of water will increase the solidity, as will a water filtration system that re-mineralizes the water after it is filtered.

When it comes to storing water we suggest using glass or stainless steel over plastic (even BPA free – there are other chemicals still in the plastic that are as harmful). You can use old jars (think of all those tomato salsa bottles) or go online and purchase your water vessel.

Another way to influence your water quality is to filter it. Here are some recommendations from very simple counter top systems to more thorough, plumbed systems.

Brita Filter

http://www.brita.com.au/brita/au-au/cms/cpd_explore_pitcher.grid?ctcCategory=cpd_explore_pitcher

The Brita water filters are a simple portable filter that you can buy at the supermarket or homewares stores. They don't remove any of the fluoride but they do reduce levels of heavy metals and chlorine in the water and are designed to make the water taste better. This is an entry level water filter that is not nearly as impactful on the quality of your water as other filters but it's a good first step.



Wellness Countertop filter system

<http://www.wellness.com.au/countertop-filters>

Removes about 85% of fluoride from the water, balances pH levels and removes heavy metals and chlorine as well as remineralising the water.

The filter system attaches to your kitchen tap so the water is filtered on its way out of the tap which means it isn't sitting in a plastic container.

Investment is around \$895 (prices current at May 2017) with filters costing around \$300 and lasting 12-18 months

Under the sink option

<http://www.wellness.com.au/undersink-filters>

Aquasana Countertop filter system

<http://www.mywaterfilter.com.au/aquasana-water-filters/aquasana-countertop-water-filter-aq-4000.html>

The Aquasana Countertop Water Filter (AQ-4000) is around \$180 and is a counter top unit that attaches to your tap.

NSF Certified Claryum® filtration technology independently tested and proven to remove over 97% of chlorine and chloramines. Also reduces:

- Heavy metals like lead and mercury
- Chlorine resistant cysts like giardia and cryptosporidium
- Organic chemicals like herbicides, pesticides and VOCs
- Pharmaceuticals like estrone and ibuprofen

Billabong Stoneware Water Purifier with ceramic candle

<http://www.mywaterfilter.com.au/ceramic-water-filters/white-12l-billabong-stoneware-water-purifier-with-ceramic-filter-candle.html>

Rigorous testing by Australian Government Analytical Laboratories has shown that Australis filter candles remove at least 97% of chlorine, iron, copper, lead, manganese, zinc, mercury, aluminium, lindane, dieldrin and chloroform from water.

Analysis by Water Eco-Science reveals that Australis water filters also remove upward of 99.999% of water-borne Giardia and Cryptosporidium bacteria.

Prices around \$330 plus cartridge (around \$52)