

I am not a doctor.

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WATER



Water Filter

A Reverse Osmosis system with remineralization is often considered the best option for comprehensive filtration that provides the highest purity level while maintaining essential minerals, supporting optimal health.

I use this RO system and have had it for 2 years now: Blueviva RO100ROPOT-UV Reverse Osmosis System Countertop Water Filter – 6 Stage Purification with UV and Remineralization, Counter RO Filtration, Portable Water Purifier <https://amzn.to/3XACM7H>



Replacement Filters

<https://amzn.to/4e00bnd>



Glass Water Jugs

Food Grade Glass with easy pour spout. Set of 3 and they are thin so they fit nice in the side door.

<https://amzn.to/47r80By>



WATER



Shower Head Filter

This one was recommended to me: AquaBliss High Output Revitalizing Shower Filter – Reduces Dry Itchy Skin, Dandruff, Eczema, and Dramatically Improves The Condition of Your Skin, Hair and Nails – Chrome (SF100)

<https://amzn.to/3TnGrDe>



What to Look for in a Shower Head Filter:

- **Multi-Stage Filtration:** Look for filters that combine different materials (like KDF-55, activated carbon, and calcium sulfite) to effectively target various contaminants.
- **Certification:** Choose filters that have been certified by reputable organizations like NSF or ANSI to ensure they meet specific safety and efficacy standards.
- **Filter Longevity:** Consider how often the filter needs to be replaced. Some filters last longer than others, which can impact convenience and cost.
- **Compatibility and Installation:** Make sure the filter is easy to install and compatible with your existing showerhead or plumbing fixtures.
- **Specific Contaminant Removal:** Depending on your local water quality, you may need a filter that targets specific contaminants (like chlorine, heavy metals, or bacteria).



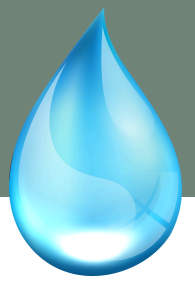
Water Bottles

Hydro Flask is currently the world's best selling stainless steel water bottle. Hydro Flask bottles are made from high-quality, food-grade 18/8 stainless steel that is BPA-free and resistant to rust and bacteria. They feature a proprietary TempShield™ insulation that ensures maximum temperature retention and durability, which is a key selling point.

<https://amzn.to/4dObNXy>



WHY?



1. Replacing Tap Water with Filtered Water:

Filtered water can help you avoid many contaminants commonly found in tap water. Depending on your local water quality, these contaminants may include:

- Chlorine and Chloramine: Used to disinfect municipal water, these chemicals can contribute to skin and eye irritation and are associated with increased risk of some cancers when consumed in high amounts over time.
- Lead: A potent neurotoxin that can leach into water from old pipes, potentially leading to neurological damage, especially in children.
- Fluoride: Some people prefer to avoid fluoride due to potential risks, such as dental and skeletal fluorosis from excessive exposure.
- Pesticides and Herbicides: Agricultural runoff can contaminate water sources with chemicals that have been linked to various health concerns, including endocrine disruption.
- Volatile Organic Compounds (VOCs): Such as benzene, which may be found in tap water due to industrial pollution and can have harmful effects on the liver, kidneys, and nervous system.
- Pharmaceutical Residues: Traces of medications, such as hormones and antibiotics, have been detected in tap water in some regions.
- Heavy Metals: Including arsenic, mercury, and cadmium, which can be harmful to health if consumed over long periods.

2. Using a Filter Shower Head:

A filter shower head can help reduce your exposure to the following:

- Chlorine and Chloramine: Inhaling or absorbing these chemicals through the skin while showering can contribute to respiratory problems, skin irritation, and hair dryness. A filter shower head can help minimize these risks.
- Heavy Metals: Lead, mercury, and other heavy metals can be present in shower water, and a filter can help reduce your skin's exposure to these contaminants.
- Volatile Organic Compounds (VOCs): Shower steam can release VOCs from unfiltered water, increasing inhalation exposure. A filter helps reduce this risk.
- Sediment and Rust: Shower filters can remove debris, rust, and other particles that could irritate the skin and scalp.

3. Using a Stainless Steel Water Bottle:

Switching to a stainless steel water bottle can help you avoid toxins associated with plastic bottles, including:

- Bisphenol A (BPA) and Bisphenol S (BPS): Chemicals used in some plastic bottles that can leach into water, especially when exposed to heat or sunlight. They are known endocrine disruptors linked to hormone-related issues and other health problems.
- Phthalates: Chemicals used to make plastics flexible, which can leach into water and are linked to reproductive and developmental issues.
- Microplastics: Tiny plastic particles that can break off from bottles, potentially leading to unknown health effects when ingested over time.
- Toxins from Aluminum or Painted Bottles: Switching to stainless steel prevents exposure to potential toxins that can leach from other materials, like aluminum, if they are not properly lined or coated.