

Water Filter, Purification, and Treatment Systems Two-Page Buyers Guide Before You Buy Anything, Facts You Should Know

There are 6 basic types of water purification systems to consider

Virtually every brand of water filter uses one of these 6 methods of water treatment

Reverse Osmosis – Your Best Option - Highly recommended for drinking water. Basically takes everything possible out of the water and leaves only H₂O and energy behind.

Water Distillation - Your second choice for drinking water

Carbon Filtration - Carbon-block, Activated Carbon, and Carbon / KDF – all types of filters

Water Softening – Salt Versions very harmful to environment and possible humans - Effective non-salt alternatives exist.

UV Lights – Kills bacteria and living organisms, but does not take anything out of the water

Energy Systems - Not really a filtration type – but alters how your body responds to the water

Bottled Water – One of the same filtration methods as above - Except spring water.

Removes	RO	Distillation w/Carbon Filter	Carbon Block Type Filters	Activated Granular Carbon/KDF combo	Water Softener	UV Light
Bad Taste	YES	YES	YES	YES	NO	NO
Odor	YES	YES	YES	YES	NO	NO
Turbidity	YES	YES	YES	YES	NO	NO
Herbicides	YES	YES	YES	YES	NO	NO
Pesticides	YES	YES	YES	YES	NO	NO
Chlorine	YES	YES	YES	YES	NO	NO
Bacteria	YES	Some	Some	Some	Some	YES (Kills only)
Viruses	YES	NO	NO	NO	NO	YES (Kills only)
Cysts	YES	Some	Some	Some	NO	YES (Kills only)
Parasites	YES	Some	Some	Some	NO	YES (Kills only)
Arsenic	YES	NO	NO	YES	NO	NO
Heavy Metals	YES	Some	Some	YES	Some	NO
Aluminum	YES	NO	NO	YES	NO	NO
Sulfates	YES	NO	NO	NO	NO	NO
Nitrates	YES	NO	NO	NO	NO	NO
Detergents	YES	NO	NO	NO	NO	NO
Radioactivity	YES	NO	NO	NO	NO	NO
Asbestos	YES	Some	Some	NO	NO	NO
Lead	YES	NO	NO	YES	Yes	NO

Reverse Osmosis (RO) – RO filters almost always comes with 1-2 Carbon Filters. So you almost never get just RO water. RO produces pure water that is clearly the body's choice for optimal health. It is the best tasting because it is oxygen-rich. Downside, it is the most expensive system up front and produces some water waste. Upside – one of the cheapest and best water per gallon cost – so in the long run, the cheapest

Water Distillers have a high energy cost - approximately 20-30 cents per gallon. They must be carbon filtered before and/or after to remove most of what distillation doesn't. It is considered "dead" water because the process removes all extra oxygen and energy. It has no taste. **Your diet should be rich in electrolytes (not Gatorade either) as the aggressive nature of distilled water can "leech" electrolytes from the body.** Individuals drinking distilled water should eat lots of fruits, vegetables and minerals to replenish these electrolytes.

Carbon Block Filters – Most common type of filter – very similar – most Britta or Pur Filters (name brands) that you put in the fridge or connect to your faucet for under \$50

Granular Activated Carbon Filters – Like Carbon Block except are a little better. Back flushing is often recommended for this type of filter. Bacteria may become a problem. Usually found with KDF combination.

KDF/Carbon Combination is similar to a Granular Activated Carbon Filter but removes more metals including lead. You get a longer filter life because Chlorine is converted to chloride by KDF (zinc/copper composite),

Water Softeners use a system of ion exchange. Sodium or potassium is exchanged for calcium, magnesium or lead. Chlorine, chlorine by-products and chemicals are not removed by a water softener. These poisons may cause more damage to living organisms in soft water than in hard water. The body treats the sodium from this source as a poison. This may cause water retention until the sodium is eliminated. Non-salt alternatives to water softening exist and should be given priority whenever possible. Extensive damage to the environment can be caused by water softeners when salt is used in regeneration.

Effective non-salt and non-chemical alternatives exist and are affordable. Traditionally, water softening has been used to treat iron and manganese. The salt regeneration is highly destructive to the environment. Get a complete well-water test and have a reputable dealer recommend alternatives to water softening.

Bottled Water – Usually is spring or RO water. **Spring water** is the least treated of the bottled water and has the highest potential of stress to the body. It is often loaded with dead dirt minerals, salts, fluorides, sulfates and possibly heavy metals. It is not to be trusted unless the label states how the contents were processed. Look for a label stating "processed by reverse osmosis, activated carbon and ozonation." **Otherwise, you could be drinking tap water that has simply been transferred to a bottle!** Trinity (brand name) is one of the few Spring Waters that are actually healthy for you.

Water Filtered Through Carbon Only is not acceptable when bottled, since many harmful substances can pass through this type of filtration. (See Carbon Block description above). **Bottled Distilled Water** - Same as distilled water above

Essential Energy Technology

Water is H₂O – Two hydrogen's, one oxygen AND ENERGY. And the amount of energy and type of energy can vary greatly. With the Essential Energy System, natural "Earth" energy is transferred to any liquid or food, revitalizing like no other technology available. An excellent addition to any water filtration system!

So Which Water Filtration, Treatment or Purification System is right for you?

My Recommendations for the different levels of Water Filter combinations and their cost

- Shower Filters right now are all variations of Carbon Filters. The best will have the KDF (see above) or other Activated metal with the Carbon Filter

- Whole House Filters are usually all the different Carbon filters as well

#1 - Best Option – \$1,700 - \$2,600

Whole House Filter with RO under the counter Filter and Essential Water Energizer
\$1,700 without Essential Water Energizer

#2 - Good Option - \$940

RO under the counter with Shower Filters on each shower you use and Essential Water Energizer (for 2 shower filters and energizers – subtract \$170 for 1 shower filter)

#3 - OK Option - \$440

Shower Filters on all the showers and a good carbon filter for drinking water and Essential Water Energizer (subtract \$170 for 1 shower filter only)

#4 - Mediocre Option Simply – About \$205

Shower filter and Energizer on main shower and Pur or Britta type filter - \$170 for Shower and about \$35 for Pur or Britta type filter.

#5 - Mediocre Option with a little extra work – \$170 - This is actually a better option than #4 but more work for You. Shower filter with Energizer and use the water from the shower for drinking water - \$170

#6 Barely Acceptable Option - \$35

Britta or Pur type filter for drinking water. You can purchase at most major discount stores

Why Shower Filters? You actually absorb more toxins in a 10 minute shower than you do drinking a gallon of water. And most people take more 10 minutes showers than drink 1 gallon of water

To Order any of these options or for more information on the specific Products I recommend Go to:

<http://www.HealthProducts.BeingHealthyNaturally.com/water>