

What you need to know about the water you are drinking

In chapter 7 of my book, *The DETOX System*, we talk about the importance of water.

Not all water is created equal. Drinking water in many areas of the United States is unsafe. More than 16 million Americans have polyfluoroalkyl PFASs (nonstick chemicals), lead, and perchlorate (a chemical in explosives) in their water. Because water treatment does not filter out drugs, 10% to 80% of people have painkillers, hormones, antidepressants, antibiotics, cholesterol drugs, and more in their water.¹

I discourage my patients from drinking tap water or bottled water. If you must drink tap water, leave it out in a glass pitcher for eight hours to release the chlorine. The best thing to do is get a water filtration system.

What about bottled water?

According to the National Resources Defense Council, 30% of bottled water has more contaminants than tap water. And at a price of 1,900 times the cost of tap water plus polluting the environment why would you do it.

How to Choose a Drinking Water Filter

- NSF Certified: Choose a system that is certified by NSF International & the State of California to reduce the broadest range of contaminants.
- Sustainable Company / Product: Choose a company committed to sustainable products and manufacturing.
- Compare prices for the system, replacement cartridges, and financing options.
- Compare the cost of replacement filters. Figure the cost per gallon to know the true cost of what you are buying.
- Compare the warranty on the housing and the accessories, and if there is a 30, 60, or 90-day Satisfaction Guarantee.
- Make sure that the water tastes good. Minerals give water its taste, are good for you and are not contaminants.

You need a good carbon filter for all your water needs (reverse osmosis and distilled water remove minerals, so they are not my favorites). I have gone through several filters and now only recommend one water filtration system. It has a carbon filter that reduces MTBE, chlorination by-products, PCBs, chloramine, VOCs, heavy metals, and numerous other contaminants. It consistently meets the highest standards. I believe it is the best filter for your needs. It is simple to install, inexpensive, and the best value for your money.

Multipure Water Filtration System

I believe it beats all others in the above comparison.

At a cost of only 19 cents per day you can't go wrong with Multipure.

What does it take out?

Multipure has recently been certified for NSF Standard 401—Emerging Contaminants—which includes some prescription/OTC drugs, new types of herbicides and pesticides, chemicals used as flame retardants, and detergents which have been found at trace levels in drinking water. These are Meprobamate, Phenytoin, Atenolol, Carbamazepine, TCEP, TCPP, DEET, Metolachlor, Trimethoprim, Ibuprofen, Naproxen, Estrone, Bisphenol A, Linuron, and Nonyl phenol.

CLICK HERE TO ORDER YOUR MULTIPURE WATER FILTER OR CHECK OUT MY SHOP

And for your reading pleasure, check out this article on water:

“Big Pharma’s Drugs in Our Water Supply, A Big Problem.” *Live Trading News*

<http://www.livetradingnews.com/big-pharma-drugs-water-supply-big-problem-5271.html#>.
