

How Do I Choose A Water Filtration System? Mistakes to Avoid

With so many water filters and products to sift through – all claiming to be “the best” – it can be overwhelming. So before you head to the store or hop online to begin searching for a new water filter, it’s important to know what to look for and some mistakes to avoid. Let’s address a few common mistakes and misconceptions surrounding water filters.

Mistake #1: Believing the Refrigerator Filter is Adequate

There’s no denying that it can be incredibly convenient and refreshing to simply press a button on your refrigerator and get a delicious stream of ice-cold water. And while it can be tempting to believe that refrigerator water filters are *actually* delivering pure clean water, the truth is, these filters leave much to be desired.

Most refrigerator water filtration systems are designed to simply make your water taste better. You see, most fridges pass water through a simple filtration system that removes some levels of chlorine so tap water smells and tastes better. But they remove little else – leaving behind a slew of toxins and contaminants that make their way directly into your glass.

Mistake #2: Thinking All Water Filters Are Created Equally

While most water filters may employ a similar filtration technique, not all filtration systems are created equally. In fact, there is an incredibly broad range of quality among water filtration systems – with many standard water filters removing only a small fraction of the contaminants found in tap water.

Unfortunately, many mainstream water filters work similar to refrigerator filters – removing chlorine and a handful of other contaminants to simply improve the taste of your drinking water.

Mistake #3: Purchasing Filters That Don’t Disclose Their Performance Data

When you’re purchasing a water filter to remove toxins and harmful contaminants you want to be sure that the product performs right? One of the best ways to ensure that you’re getting a water filtration system that can live up to its claims is by reviewing its performance data.

Any water filtration company worth their salt should have published, easy-to-access performance data so you can see exactly how well their filters perform. Performance data should show you which contaminants were found in the water tested and how high levels

were before and after filtration. And ideally, all testing should be performed by an independent third party that complies with what's known as *NSF standards*.

NSF standards are simply the guidelines set forth by the National Sanitation Foundation International – an independent research organization dedicated to testing products to ensure they comply with or exceed public health standards. If a water filtration company doesn't proudly provide their performance data results, chances are, it's not a water filter you want in your home.

Mistake #4: Not Replacing Water Filters

While it can seem inconvenient to have to regularly change your water filters, this is one of the most crucial components of keeping your water pure and contaminant free. As your water filter collects gunk, contaminants, and free-floating toxins, it inevitably becomes clogged up over time.

Not regularly replacing your water filter can defeat the purpose of having a water filtration system in the first place – with accumulated junk and toxins making their way into your drinking water. So it's crucial to choose a water filtration system that requires regularly replacing filters and makes it simple to do so.

Now that you understand the basics and the major no-no's to look out for when it comes to choosing a water filter, you're probably curious which water filtration systems can live up to this tall order?

Mistake #5: Not Structuring Water for Optimal Hydration & Health

Our modern so called progressive culture has and is destroying all things natural and water in its natural unadulterated state is no longer available to most of the world's population due to dams, straight pipes, pumps and chemicals. In order to attain optimal health, bio-mimicry principles must be applied in the research and development of water enhancement products. Here are the three simple principles nature uses to create spring like water:

1. Water must have a physical relationship with natural minerals.
2. Water must be free to move naturally with vortex actions.
3. Water must be exposed to NATURAL electromagnetic frequencies (EMF). This is NOT WiFi or 5G EMF's.