

If you're hydrating with water straight out of your faucet, you may be getting more than you bargained for. With more and more harmful toxins sneaking their way into our water systems, your tap water is more than likely loaded with health-disrupting contaminants.

In our increasingly toxic world, it's more important than ever to ensure that the water you're drinking isn't chock-full of these sneaky, harmful contaminants. But choosing a water filter can actually be a little more complicated and overwhelming than you might think.

Let's explore how water filtration systems work, what to look for when choosing one for your home, some common mistakes to avoid, and most importantly – how to select the best water filtration system for your health. Let's dive in.

Why Is It Important to Filter Water?

While the United States is fortunate enough to have some of the safest drinking water in the world, it's far from perfect. You see, thanks to the molecular structure of water, it's excellent at dissolving things. This is highly useful when it comes to things like tossing your laundry in the washer with some detergent and voila – water dissolves the detergent and muck straight out of your clothes.

But water's highly solvent nature has a downside too. Our water circulates throughout the world – drifting in a cloud, raining down on our crops, rushing through a river, traveling through countless pipes that make up our water system – and eventually streaming from your faucet as you pour a glass of tap water. As this water circulates, its brilliant ability to dissolve and attract compounds means that a plethora of icky and toxic substances can be floating around in your tap water – leaving it tainted with a concoction of health-disrupting toxins like:^{1,2,3,4}

- Heavy metals
- Pesticides, herbicides, and fertilizers
- Pharmaceuticals
- Toxic chemicals
- Microplastics

To dive deeper into the details of the medley of toxic compounds that can be found lurking in our tap water, head over and check out my blog [Is Tap Water Safe? Dangerous Toxins That Might Be Lurking in Your Water](#). Because these toxins are rampant in our drinking water, it's impossible to avoid them without filtering water. So how exactly do water filtration systems work to remove these troubling tap water toxins?

How Do Water Filters Work?

Different water filtration systems utilize different processes and materials to purify water, but in general, they rely on two primary methods to purify water which are:

- **Mechanical filtration:** Mechanical filtration works sort of like a physical barrier or membrane – with tiny pores that allow water molecules through while trapping debris.
- **Adsorption:** Adsorption works like a sponge – drawing in and trapping contaminants as they pass through the highly absorbent material. Most filters use some form of granular activated carbon that’s full of nooks and crannies to ensnare free-floating contaminants.

So, how do you go about choosing a high-quality water filtration system that you can actually count on to remove harmful toxins?

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 filtrations 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.

Which Filter Is Best for Drinking Water?

As you know, when it comes to water filtration systems, they are far from created equally. The brand that I personally love, use, and trust is [Greenfield Water Solutions](#). Here are just a handful of the reasons Greenfield Water Solutions are some of the best systems available on the market:

- **Advanced filtration technology:** Greenfield Water Solutions utilizes their unique filtration and structuring technology. Unlike typical filters, combines both a strategic physical structure, magnet-like absorption and water structuring technology – filtering and structuring water through a maze of twists and turns to bind to harmful contaminants and restore water's structure to it's optimal form to nourish the body.
- **Removes contaminants:** Greenfield Water Solutions unique approach is able to remove a whopping 99.9% of hundreds of contaminants – locking them up tight and keeping them out of your water for good.
- **Extensive, easy-to-access performance data:** Greenfield Water Solutions doesn't just claim to have spectacular filtration results – they have the science to back it up. With extensive testing performed and verified by independent EPA-accredited laboratories at levels exceeding NSF standards, you can clearly see just how well their water filters perform.
- **Convenient and all-access filtration systems:** Greenfield Water Solutions has a wide range of convenient, easy-to-use products to match your needs and your budget.
- **Water Structuring :** Structured water is a term for water in its natural state as God created it. Water becomes structured via natural motions as it travels on, above and in the earth. These natural motions in turn enhance water's ability to uptake and release nutritive elements and minerals both physically and energetically. Structured water can also be defined as water in a perfect form and composition designed to optimize it's function of cleaning, feeding and protecting.

Greenfield Water Solutions is on a mission to provide people with the tools to take control of their water and live healthier lives. Their filtration system offers unparalleled water quality – delivering pure, clean, and fresh-tasting water on demand. If you're ready to experience Greenfield Water Solutions next-level water purification system for yourself, you can [click here to explore their entire line of products](#).

Don't Settle for Anything That Doesn't Optimize Your Ability

When it comes to creating a healthy lifestyle and attempting to avoid toxins in our increasingly toxic world, it can feel overwhelming to say the very least. But there are some lifestyle tweaks that simply have more bang for their buck when it comes to the impact they have on your health. And ensuring the water you're drinking on a daily basis is pure, clean, and free of health-harming toxins is one of the most potent health-supporting choices you can make.

Water is vital to nearly every aspect of our well-being – so when it comes to the water you're putting in your body, don't settle for anything less than the best. I only recommend products I personally use and truly believe in. So if you're ready to uplevel your drinking & bathing water, I encourage you to head over and [learn more about Greenfield Water Solutions incredible water filtration systems](#).

And if you're looking for more tips, tricks, and lifestyle tweaks that pack a powerful punch when it comes to up-leveling your health, head over and [join Health Recovery Ministry](#) – it's full of easy to comprehend information to arm you with the knowledge you need to protect and optimize your well-being.

Resources:

1. [Drinking Water Contaminants \(epa.gov\)](#)
2. [Drinking Water Concerns | Wisconsin Department of Health Services](#)
3. [Unsafe levels of toxic chemicals found in drinking water of 33 states – Harvard Gazette](#)
4. [All drinking water should be filtered to remove toxins | The BMJ](#)

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