

# 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:<sup>1,2,3,4</sup>

- 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?