

THE IMPORTANCE OF WATER QUALITY



Drinking tap water (city or well) can pose health risks due to the potential contaminants like lead, chlorine, bacteria, and pesticides (AKA poisons).

Tap water from public water systems also contains fluoride. Fluoride is considered a neurotoxin because it interferes with brain function. Studies show that fluoride intake during critical periods of brain development, such as in early childhood, impairs cognitive abilities and lowers IQ. Fluoride can accumulate in the brain, disrupt neural communication, and damage brain cells, leading to long-term neurological effects.

High-quality water filters are effective at removing a wide range of contaminants, including heavy metals, chlorine, and bacteria. However, only a reverse osmosis (R/O) filter will remove contaminants AND fluoride. Fortunately, R/O filters are much easier to come by and install. Likely the DIY'er in your life will be able to install one. Costco and Amazon both have options under \$350.

Tip: Avoid plastic water bottles! Carry your R/O water in a stainless steel water bottle.

*Reach out if you'd like sources for above.