

Water Filter Recommendations

When it comes to water filters, the range is wide and expansive. In reality, the chemicals and substances that make their way into our water means the purchase of a water filter will mainly/only be of benefit if it can remove:

- Fluoride (the majority or 100%)
- Chlorine
- Bacteria/ microbes
- Impurities (dirt/rust if an issue e.g. with rainwater tanks)
- Pharmaceuticals (e.g. antibiotics, antidepressants and sex hormones)
- Xeno-oestrogens/ endocrine disruptors such as chloramines
- Heavy metals such as lead, copper etc.

While cheaper countertop jug-style filters will remove *some* level of unwanted substances from water, and are better than nothing, the cost and size of their filters means they are simply unable to remove the toxins from your water that are having the biggest impact on your health (e.g. fluoride and chloramines).

While bigger or more serious filtration systems may need to be connected by a licensed plumber, I encourage you to consider some form of good quality water filter in your home for use with cooking and drinking. Consuming between 1-2L of water per day means our chance for exposure and ingestion of the toxic substances that water can hold is high, and will compound over time.

The general choices for filtering water:

- **Bench top/countertop water filter jugs**
 - Recommended if needing to filter water on a budget.
 - Otherwise they usually have short filter life and a limited amount of contaminants they can remove.
- **Water distillers**
 - Not recommended, as they remove **all** substances from water, including important minerals/ electrolytes (e.g. naturally occurring magnesium, calcium etc.). Drinking distilled water can be dangerous over a period of time, and minerals must be added back into the water to make it 'drinkable'
- **Ceramic bench top urns**
 - Can now remove fluoride from water, as well as impurities and bacteria.
 - Filter/ flow rate can be very slow, can easily break and take up a lot of bench space.
- **Carbon filters**
 - The common cylindrical shaped cartridge installed on the bench next to the sink. Can be adapted to filter out different substances depending on priorities

- Will filter out the most contaminants and good for rental properties
- **Under sink filters**
 - These can be carbon or ceramic as listed above, but take up less bench space
 - A Reverse Osmosis filtering system is also possible, which will remove all contaminants and is the ideal but is more expensive.
- **Whole House Filters**
 - If you are wanting all water in your home to be filtered, e.g. all water used for drinking, food preparation, bathing, by the dishwasher, washing machine etc., whole house filters are also available.

Our recommendation:

- **A bench top or under sink carbon filter or reverse osmosis filter**
 - This allows you to choose what filter cartridges you would like e.g. cartridges that remove heavy metals, impurities, bacteria, fluoride and chlorine.
- **Shower filter**
 - When purchasing a water filter consider also purchasing a shower filter, which will remove the chlorine from your water, which can displace iodine in the body if inhaled and/or absorbed in through the skin.

Water filter recommendations, tips and info:

For Australian residents:

- **Clear Choice Water Filters:** have a step by step guide that helps you chose what type of water filter will best suit your needs, depending on what you want to remove from the water and if you rent or own your property.
 - <http://www.clearchoicewaterfilters.com.au/which-water-filtration-system/>
- **Aquasafe**
 - www.aquasafe.com.au
- **Clarence Water Filters**
 - www.clarencewaterfilters.com.au
- **PSI Filters**
 - www.psifilters.com.au
- **My Water Filter:** offer a range of water filters, including whole house water filter system
 - <http://www.mywaterfilter.com.au/>

- **The Water Shop:**
 - <http://watershop.com.au/>

For US Residents:

- **Berkey Water Filter:** <http://www.berkeyfilters.com/>
- **Radiant Life water filters:** <http://www.radiantlifecatalog.com/>
- **Water Filter Reviews:** <http://water-filter-systems-review.toptenreviews.com/>
- **Pure Effect Filters:** <http://www.pureeffectfilters.com/>
- **ProPur Water Purification Systems:** <https://propurusa.com/>