

How To Choose The Best Water Filter

Unless you're living in a high mountain pass with access to virgin water from a glacier, chances are you're buying or filtering your water. There are a few options out there.

1. Many of us take the easiest route and use a water cooler with the big jugs from the grocery store. There's just one problem: in multiple studies, this water has been found to be no better than tap water (and we all know single use bottled water is an environmental disaster).
2. Tap water, on the other hand, can be full of 300+ chemicals and pollutants, according to research from the Environmental Working Group.

What to do?

3. Enter the bewildering array of filtering options, with filters starting at less than \$20 and progressing through the stratosphere.

Here's your guide to what's worth your while.



Pitcher Water Filters

Pitcher water filters usually use Granulated Activated Charcoal to remove some contaminants. They are the least expensive of filter options, but sadly, you get what you pay for. They will reduce chlorine, but are not effective at removing heavy metals, endocrine disruptors or fluoride.

Verdict: Better than nothing, but doesn't remove the worst offenders. It's necessary to replace the filters frequently for any benefit. If you go this route, it's worth spending a few dollars more for a brand such as [Santevia](#).

Reverse Osmosis

Reverse Osmosis filtration uses a membrane which removes many contaminants from water, including arsenic, asbestos, heavy metals, and fluoride.

Verdict: Costly, high water wastage, and doesn't reduce endocrine disruptors (bad guys that adversely affect your hormones).

Distilled Water

Often confused with Reverse Osmosis, the distillation process uses heat to cause the water to become steam. The steam rises and moves to a cooling chamber where it turns back into liquid, leaving behind many contaminants.

More often used in laboratory settings where purified water is a necessity, it's not widely used as a filtration solution for drinking water.

Verdict: Removes a large amount of contaminants, including arsenic, asbestos and heavy metals. Like reverse osmosis and pitcher filters, it does not remove endocrine disruptors. This method unfortunately removes all the minerals from your water, which are essential to your health.

Solid Block Carbon Filters

Recognized by the EWG as the best option for removing chemicals like herbicides, pesticides, and heavy metals. Quality carbon block filters will also remove bacteria, fluoride, and parasites (but, alas, not those pesky endocrine disruptors!).

Gravity-based, these work without electricity or running water. Tap water is poured in and filters through a series of chambers.

Verdict: An excellent option. More pricey than other filters up front, but in the long run it's worth it, with fewer filter replacements and better quality water overall. They come in a variety of sizes for different uses.

The most common type of SBCF is the [Berkey](#),

For gorgeous design, check out the [Aquaovo](#).

Multi-Stage Filters

This advanced water filter system meets all of the criteria and exceeds them. Water is filtered through an extensive process that removes virtually everything, including pharmaceutical residues and endocrine disrupting chemicals, then remineralizes it back to a state that's as close to 100% pure as you're going to get.

Verdict: This is the gold standard. A spigot attaches to your tap for easy use. This system does take up the most space, as it must be installed under or next to the sink. It's also (not surprisingly!) the most expensive option. Well known brands include:

- [Kangen](#)
- [Radiant Life](#)

The final takeaway

Water filters are a key component of your overall wellness, and it's worth your while to find the right one. You generally get what you pay for: consider that this may be one area that's worth investing in.

We're mostly made up of water, after all!

A purified source will pay dividends in your wellness, both in how you feel in the short term (yes, energy! yes, mental clarity! yes, fewer injuries!). It's also [critical to your long term vitality](#). I'd consider that money well spent.

