

**GET A WATER FILTER**



We are finally realizing the importance of water and we drink more, but black tea and coffee do not count! Stull, many of us are still dehydrated. Realize that there are few water sources that are free of detectable contaminants and that people, animals and industry contribute to contaminants in our water supply. In this chapter, I explain later what unexpected toxins you may be drinking with your water without knowing about them. I will also shed some light on various forms of water purification and on plastic water bottles, but first, here are practical tips from me:

## HERE ARE MY RECOMMENDATIONS:



- Get at least 8 glasses of filtered (not purified) water a day, including soups and herb or green teas. Soda and coffee do not count.
- Get a water filter, whatever that is. It will save you money over bottled water and will save you from many toxins. Below are my recommendations.
- Stop drinking ice water at the restaurants and tap water at home.
- Get a filter for your showerhead as well. Your exposure to chlorine through the skin from a shower or a bath is at least as much as the chlorine you drink in a glass of water.
- Refuse to drink anything that tastes of chlorine.
- Avoid water in plastic bottles.
- Travel with our own filtered water in your own stainless steel or glass bottle (make it a fashion statement too).
- Urine color: if you are hydrated, it should be very pale yellow, unless you had B vitamins, as they color it fluorescent yellow. The darker yellow the urine is, the more dehydrated you are.
- Thirst mechanism: do not trust it if you are a senior, as thirst mechanism decreases with age. I train my senior patients to fill up a large pitcher with water in the morning and remember to use it up during the day!
- At times when you are hungry even though you haven't skipped meals, you may actually be dehydrated. Drink some filtered water and see if your hunger stops.

- The reason why coconut water is more rehydrating than water is because it is isotonic; with the same osmotic pressure as your bodily fluids: sweat, saliva, blood and tears, coconut water is recognized by the body as “self” and readily absorbed.
- Coffee is not hydrating. On the contrary, for every cup of coffee you drink, you need an extra cup of water to bring your hydration balance to zero.

## HERE ARE MY PERSONAL PICKS FOR WATER FILTERS – I HAVE THEM ALL

Pure H2O kitchen faucet water filter is my favorite. It is easy to install and replace and I prefer it over reverse osmosis purifiers (golden standard) because it is as good but retains the needed minerals and does not waste as much water. It also eliminates a substantial percentage of fluoride, which is hard to do. If you have a traditional small faucet, you can attach it to the faucet. If you have a wide mouth or a pullout faucet, then you have to buy a separate spout (photo in the middle). The filter is replaced every 6 months, and please do so, or otherwise you will start growing bacteria in it! The replacement filter set is the photo on the right (blue and white filters).

Go to [www.kineswellnesssolutions.com](http://www.kineswellnesssolutions.com) and type in *Pure H2O* for the kitchen sink water filter and traveling bottle below (prices may have changed slightly):



**FREE SHIPPING**

Your Price: **\$101.95**  
 **get \$2.04 Cashback**

Quantity:

 **Save 5% with AutoShip**



**Quick info**



**FREE SHIPPING**

Your Price: **\$60.00**  
 **get \$1.20 Cashback**

Quantity:

 **Save 5% with AutoShip**

Below is a stainless steel traveling Pure H2O bottle with a filter that filters water out as you drink it. I use it when traveling especially when I am stuck with plastic-bottled or fountain water. I literally pour that into my bottle. I also use it as my go-to carry-with-me bottle: I remove the

filter and pour in filtered water from the faucet into it. I absolutely love its tight anti-leak design. Even when my husband hits a bump while driving, I will not get water splashed all over me while trying to drink from this bottle. I love that I can clip it to my back pack and that it is stylish and light weight. Note: you replace the filter every 3-4 months. If you stop using the filter, put it a zip log bag and store in the freezer until you use it again to prevent bacterial growth. You are seeing the bottle with the filter and next to it is just the replacement filter on the right.

<p><b>FREE SHIPPING</b></p>  <p><b>Your Price: \$25.95</b>   <b>get \$0.52 Cashback</b></p> <p>Quantity: <input type="text" value="1"/> <b>Add to Cart</b></p> <p> <b>Save 5% with AutoShip</b>  <b>add to AutoShip</b></p>	<p><b>FREE SHIPPING</b></p>  <p><b>Your Price: \$16.95</b>   <b>get \$0.34 Cashback</b></p> <p>Quantity: <input type="text" value="1"/> <b>Add to Cart</b></p> <p> <b>Save 5% with AutoShip</b>  <b>add to AutoShip</b></p>
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*Aquasana* has my most favorite showerhead filter (see photos below). You also replace them every 6 months. I have tried a number of shower case filters over the years and this is truly the best. I am able to replace that one myself without any help, which is a great advantage too. Here is the link to their website: <http://www.aquasana.com/shower-head-water-filters> and here are their options:

<p><b>SHOWER FILTER &amp; CHROME WAND</b></p>  <p>MSRP: <b>\$119.99</b></p>	<p><b>SHOWER FILTER &amp; WHITE WAND</b></p>  <p>MSRP: <b>\$99.99</b></p>	<p><b>SHOWER FILTER</b></p>  <p>MSRP: <b>\$84.99</b></p>	<p><b>SHOWER FILTER - NO HEAD</b></p>  <p>MSRP: <b>\$79.99</b></p>	<p><b>SHOWER REPLACEMENT</b></p>  <p>MSRP: <b>\$52.50</b></p>
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### *Berkey Water Filter with PF-2*

This is an alternative to Pure H2O kitchen faucet water filter. Both filters eliminate substantial amount of fluoride (toxin that is especially detrimental to thyroid – more on my posts at Kasiakines.com under resources) and retain minerals, which is very important. Berkey, as you can see, is self contained and not attached to anything. As long as you keep pouring water into it, the gravity will filter the water through the spout at the bottom. There are various sizes available. Just make sure you buy a size that accommodates the PF-2 fluoride filter (it is an additional filter).



## **WHICH WATER FILTER SHOULD I BUY? PURE H2O OR BERKEY?**

Both filters are excellent and both retain minerals while filtering substantial fluoride out. The choice depends on your lifestyle. We have both in our kitchen!!!!

**Berkey** is excellent for house renovations/traveling/rentals/frequent moving/student life because it is not attached to anything. It was developed for emergencies – so it can even be used to filter river or lake water, according to the claims. The upfront cost is a little high, but the filter lasts a few years. The biggest drawback is that you only have access to your filtered water if you fill out the container, so you have to fill it out every single day!

**Pure H2O** is excellent for a kitchen sink – it either attaches directly to the end of the kitchen faucet, or, if the faucet is a wrong size, you can use a soap dispenser hole in the sink to install the additional spout, so your filtered water will run from a separate faucet. The advantage is that the water is always available and the filter is extremely affordable for this level of quality. The disadvantage is that you may need a plumber for the installation and that you have to replace the filter twice a year (but that is common for most water filters). If your faucet is the wrong type and you cannot drill the hole for the separate spout, then you may need Berkey instead.

## TAKE A BATH- BUT FILTER OUT CHLORINE PLEASE!

Over the years I have used filter balls hanging off the faucet, but inevitably, I have had challenges running all the water through the balls, no matter what brand I tried. I have recently discovered pure Vitamin C that eliminates 100% chlorine and chloramine. It is called *Effervescent Vitamin C Dechlorination Tablets by Vitabath* and is 100% pharmaceutical grade Vitamin C. It contains ascorbic acid (vitamin C), citric acid, sorbitol, and sodium bicarbonate (baking soda) and is 100% organic. If it makes your skin too dry, add more baking soda. This product meets the dechlorination requirements of the US EPA's Clean Water Act. Only one tablet is needed per bath and the box contains 100 tablets, all for less than \$30, easy to get online. While there is no product available on the market that I am aware of that eliminates fluoride from your bath water, at least we have a simple and inexpensive solution for the chlorine, so that you can enjoy more safely while taking a hot bath soak. This product is also safe for small children, and works well especially when their skin gets very itchy and irritated from chlorine. FYI, the kitchen water filters we discussed previously both filter out chlorine.

