



Liza Twohill

The best drinking water tips

When it comes to clean water in your home or office, the best and most efficient tool in your strategy is clean, fresh, clear, cold water!

However, fresh water may just not be enough, or in some homes and offices, non-existent. The best and second most efficient tool is a water filter. But not just any water filter: the water filter that meets your home's needs and benefits you!

There are several types of water filters you can choose from: filters, Granular activated carbon filters, carbon block filters, Reverse Osmosis Filter, Carafe or pitcher style filter, etc. However, with countless water filters in the market, offering a variety of features and water filtering processes and technologies, and distinctly vary in price, I created a Water Filter Checklist for you

So without further ado, here is what I found are the best of the best when it comes to water filters ...

First, I look at what is the outcome you are looking for, and I ask 'will the water filter benefit you in your situation, your home or office environment?' Let's go through each part systematically and tick which is most required.

1. Pollutants

Check what pollutants affect you. I made it easy by grouping them together and you simply tick that pollutant which affects you the most.

Live particulates – bacteria, spores, viruses, others

Disinfectants – chlorine, aluminium, fluoride, others

Contaminants – organophosphate pesticides, plastics, copper, iron, lead, pharma drugs, others

Rain water tanks feature high in Australia's environment and so you don't have to run your filters or do you? Micro-organisms from animal droppings, leaf litter, insects. I would cover the tank with insect screening. Atmospheric pollution from heavy traffic and industry, bushfires, wood heaters, roofing material.

I recently wrote a blog post 'The Best Water Purifier Tips' to cover this in more detail, the Technology, the Terminology and What I Would Consider as a Building Biologist when shopping for water filters here www.miteyfresh.com.au/resources



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What can you do today

- Flush water that has been sitting overnight prior to drinking and food preparation.
- Use only cold water to prepare food and drinks.
- Use stainless steel / glass drinking bottles to carry water instead of plastic.
- Boil water in stainless steel jug where the element is covered instead of plastic jug and exposed element.

Choice of water filter depends upon

- where the water supply is coming from
- which water supplier delivers
- the quality of the faucet water
- the contaminants that are targeted for elimination
- the level of purification desired
- the filter certification
- the ongoing maintenance costs
- bench top versus plumbed in system, space availability
- water pressure
- point of use located in kitchen for drinking and / or shower for bathing
- upon financial budget.

So what would you recommended as a quick overview

- Purchase water filter certified to remove atrazine, dioxin, perchlorate, lead, arsenic, mercury, organophosphate pesticides
- Filter drinking water at kitchen tap or faucet.
- If you or a member of your family suffer skin irritations such as eczema and continual rashes, place a filter at the shower head / bath tap.
- Maintain and replace water filter systems as specified by manufacturers.
- Purchase water filter certified by National Association of Testing Authorities (NATA)
- and / or National Sanitation Foundation International (NSF).
- Filter water through bench top Granular Activated Carbon jug
- Filter water directly through system attached to kitchen faucet.
- Reverse Osmosis filter attached to drinking water faucet at best.
- Building Biologist Carol Parr phone consult (02) 9986 3432
- Visit www.miteyfresh.com.au

