



I am a former holistic doctor of natural medicine, holistic chiropractor/kinesiologist and lifestyle educator.

Currently, I provide a variety of wellness resources to my clients, addressing 9 key aspects of our self-care, one of which is water.

Here's a comprehensive summary of water filter options for your information.

Let me know if you have any questions or you are ready to purchase the best water filter for your needs. Please feel free to share this document with friends and loved ones.

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Having clean water is one of the 9 key aspects of a healthy lifestyle.

Water is essential to optimize if you want to feel good, look good, have lots of energy and be your best.

I hope this information helps you do just that!

This is product information regarding the most popular 5 stage point of use granular activated carbon (GAC), micron membrane, and Kinetic Degradation Fluxion (KDF) media countertop or inline undersink home water filtration systems that I use, recommend and sell to my friends and clients.

I can provide shower filters, emergency manual and gravity fed water filters, emergency and portable water filters, as well as expert suggestions for the best options for your unique applications, including how to know what to buy if you must buy bottled water when you travel or can't filter your water yourself.

COMPONENTS AND FEATURES

KDF Process Media

KDF process media reduces or removes chlorine, iron, hydrogen sulfide, lead, mercury, calcium carbonate, magnesium, chromium, bacteria, algae, and fungi. KDF media exchange electrons with contaminants, changing them into harmless components. During their reactions, electrons are transferred between molecules and new elements are created.

Activated Carbon

Coconut shell granular activated carbon (GAC) is widely used as an effective adsorbent (not absorption) for numerous organic contaminants (herbicides, pesticides, certain industrial chemicals and trihalomethanes). GAC is highly porous offering a large surface area for collecting contaminants (the surface area of this carbon is equivalent to about fifty sports parks). Most carbon filters use bituminous coal for chlorine filtration, but don't work well for removing chemicals. However, we use coconut shell carbon which is very effective for removing chemicals like trihalomethanes (THMs) and other chemicals often found in municipal water systems. Also, because KDF removes chlorine before it gets to the GAC carbon, the carbon is left free to remove chemicals and organic matter, thus extending its life.

The filters below are designed for municipally treated water. If you have well or spring water, you will need reverse osmosis or a Berkey water filter.

KDF/GAC/Microfiltration Advantages

The combination of KDF/GAC and microfiltration membranes removes a wide range of contaminants including heavy metals.

The 5 stage filtration systems leave healthful minerals intact producing a tastier mineral water. Microfiltration removes cysts, bacteria, and viruses. KDF neutralizes chlorine, GAC adsorbs organic chemicals, such as pesticides, pharmaceutical drugs, agricultural and household chemicals, as well as trihalomethanes that result from the interaction of manmade chemicals.

The units require little to no maintenance and cost less than one cent per gallon. KDF media inhibits bacterial and fungal growth within the unit without using silver, which is toxic. The addition of KDF media to GAC gives your filter 5 to 10 times longer life than GAC-only filter and does a much better job. KDF permanently adsorbs/permanently bonds heavy metals so they cannot go into the water.

Chlorine removal

KDF removes over 99% of free chlorine by electrochemically reducing dissolved chlorine gas to water-soluble chloride ions. For chlorine removal in point-of-use applications, KDF media is incorporated into filters used at the tap and into shower filters.

Iron removal

KDF removes iron from water, either alone or in combination with other treatment technologies used at the point-of-entry. KDF acts as catalysts to change soluble ferrous cations into insoluble ferric hydroxide. KDF media removes more than 90% of iron.

Hydrogen sulfide removal

KDF eliminates H₂S by converting the hydrogen sulfide gas to insoluble sulfide, an inert, harmless precipitant. When hydrogen sulfide contaminated water enters the KDF filter, the copper in the KDF media loses an electron and the sulfur gains an electron and copper sulfide and water are formed. The copper sulfide is insoluble in water and is bound/adsorbed by the KDF.

Heavy metal removal

KDF removes up to 98% of water-soluble cations (positively-charged ions) of lead, mercury, copper, nickel, arsenic, cadmium, chromium, and other dissolved metals. When filtered through KDF media, soluble lead cations are reduced to insoluble lead atoms, which are electroplate onto the surface of the media. Other heavy metals bond to the media and may be recovered when the exhausted media pass through a copper smelter for recycling.

Will the KDF Process Media control microorganisms growth?

KDF media control the build-up of bacteria, algae and fungi in organic based media such as GAC filters and in-line carbon filters, extending the life of the carbon as well as protecting the membranes and ion exchange resins from fouling. KDF kills bacteria by direct electrochemical contact and by the flash formation of hydroxyl radicals and hydrogen peroxide, both of which interfere with a microorganism's ability to function.

Where is KDF Process Media applied?

KDF Process Media can be used alone or to protect existing water purification technologies.

KDF is used on municipally treated water to remove chlorine and other impurities from feed water entering public utilities, schools, homes, hospitals, hotels, businesses and restaurants. KDF is used to remove chlorine and help control bacteria and scale build up in large-scale industrial water treatment facilities serving cooling towers, food and beverage plants and industrial laundry facilities. KDF media are used in medical labs and centers or to remove mercury and other soluble heavy metals from feed water entering hospitals and from wastewater prior to discharging. KDF media is recyclable. It is available in four granular styles, each designed for a specific need. KDF media outperforms silver-impregnated carbons without the toxic effects of silver. For you techie types you can read more at the website for our manufacturer of components of our water filters. : <https://www.lenntech.com/kdf-filter-media.htm#ixzz6FwOpAHQp>

Our manufacturer is a leading manufacturer of POU/POE water filtration systems using GAC and KDF media. Our systems provide a high-quality product at an affordable price.

Popular Units for Home/Office Use: City water, Cold water only.

Countertop water filters -- two sizes

The adapter for the hose to the filter fits a standard sink faucet that has a removable aerator at the end of the faucet. Removing the aerator leaves threads you can screw the adapter/diverter into. If you do not have this kind of faucet, you will need an inline/undersink unit for installing in the cold water line by a plumber.

Portable Countertop Filter:

\$100 plus \$25 shipping

18 month prorated warranty (\$5.50/month)



- The small/portable countertop is a compact, light and economical countertop system
- 10"H x 2.75" diameter
- Sealed-construction unit with 3,000 gallon capacity
- 5-stage filtration process includes microfiltration, KDF® and GAC media Fits a standard faucet that has an aerator that unscrews.
- You install the filter adapter/diverter in minutes without tools. If you can change a lightbulb, you can install this water filter. It is perfect for tight spaces, bathrooms, dorms, travel, gifts and tiny budgets.
- Bacteriostatic media prevents bacteria growth (algae, fungi)
- Reduces most EPA listed contaminants (see above)

**Countertop Filter with Swivel Spout:
\$200 plus \$25 shipping
36 month prorated warranty (\$5.50/month)**



- A compact, light and economical countertop system
- 10"H x 5"diameter
- Sealed-construction unit with 12,000 gallon capacity 5-stage filtration process includes microfiltration, KDF® and GAC media - - The hose attaches to a standard faucet, installs in minutes without tools. If you can change a lightbulb, you can install this water filter. Includes chromed, swivel spout
- Bacteriostatic media prevents bacteria growth (algae, fungi)
- Improves taste and color, eliminates odors
- Reduces most EPA listed contaminants. (See above)

Undersink inline water filters are available in two sizes

I recommend you install the undersink units inline the cold water line so all of your cold water is filtered. If you prefer, you can install a line to an optional spigot through a hole in your sink so when you want filtered water, you use this spigot. However, because of the large capacity of these filters, why not have all of your cold water clean? This makes it easy to wash your fruits and vegetables, and you don't breathe and come into contact with chlorine or other toxins every time you turn on your cold water.

The smaller undersink inline unit (slightly slimmer than larger undersink filter, shown below)

\$200 plus \$35 Shipping

The larger undersink inline unit

\$225 plus \$35 Shipping



I recommend you have a plumber install the undersink/inline unit to prevent the possibility of flooding if a flawed installation fails. Both units have a 36 month prorated warranty (\$5.50/month) but in my experience either of these units last considerably longer than 36 months. The smaller undersink unit is recommended for smaller spaces. If you have more room under your sink, the larger unit provides an even longer lifespan and more clean water. I have personally had my undersink water filter deliver water as clean as the day I installed it for 5 trouble-free years. You can easily test your water for chlorine or other contaminants after three years or whenever you feel the need to know your filter is still doing its job. I use kinesiology (muscle response testing/dowsing) plus knowledge and research to make optimal choices. You can buy supplies for your own testing.

ADDENDUM: Addressing common questions and concerns about water issues:

While fluoride is very difficult to remove from water, sadly, even with reverse osmosis, the bonding of contaminants through the massive surface area and slow speed of filtration through the GAC combined with the microfiltration membranes that act like RO and KDF, these filters remove a high percentage of fluoride from the water. I have personally comparison tested the water from the 5 stage filters described above with reverse osmosis water, spring water and water from dozens of other popular water filter systems kinesiologically and clinically with dozens of patients/clients.

I prefer these filters personally and I am confident in recommending them to you. Reverse osmosis wastes water and can malfunction if damaged or not properly maintained. There are other issues with both RO and distillation that make both unacceptable to me. These 5 stage KDF/GAC/microfiltration-membrane filters, Big Berkey gravity fed filters with all 3 filters, Pro-Pur all in one filters, some atmospheric water generators that harvest and filter water from the ambient humidity, several manual emergency water filters like the Lifesaver Bottle all meet my high standards for the highest quality clean water under a variety of everyday situations and emergencies. I can get Berkeys (\$350) and emergency filters for you also, but the filters described above are my favorites for point of use home/office water filtration.

Frontier Pro makes a 2 ounce military grade water filter perfect for traveling and turning tap water into clean water.

One of the best emergency water filters I have used is the Lifesaver Bottle and the Lifesaver Jerry cans. You can find videos on YouTube. However, it's impractical to pump all the water you need daily with these great filters, but they do a great job when that's all you have. While camping stores have a variety of high quality portable water filters for drinking water, you can't filter water for cooking with, so they are supplementary, not sufficient for all your needs.

I do not recommend high pH water, as the alkalinity does interfere with digestion by neutralizing the hydrochloric acid in the stomach. Highly alkaline water and distilled water can cause a variety of other problems, so I only recommend distilled water for short term specific therapeutic reasons where they can be appropriate. The body has built in pH regulating mechanisms. Both acidosis and alkalosis are problematic. However, eating a diet full of nutrient-rich, mineral-rich fresh whole foods and keeping your stress levels low should be all you need to regulate arterial blood pH, which is naturally maintained between 7.36 and 7.42. Death occurs below or above 7.35-7.45 pH.

I have been researching, testing, using, recommending, distributing and providing customer service for these and other water filtration systems since 1995. I have owned and experimented with many popular water filtration technologies since 1973. I have compared the quality of the water using muscle response testing/dowsing/kinesiology and have not found better or more affordable point of use water filtration systems than these. My patients, clients, friends and family have all stayed adequately hydrated and happy with these filters. They buy additional filters when they need a new one. Water filters are great gifts that keep on giving.

Feel free to ask me about your specific concerns and needs. The many options, types and opinions about water filtration can be overwhelming, misleading and confusing. Just because something

sounds good doesn't mean it is. I've done the research and the trial and error so you don't have to. You can count on me to provide expert guidance, quick customer service and help you get your best answers to your water questions.

For questions contact me at...

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