



Chlorine Water Filtration Information

Most urban / city tap water has been treated with the chemical chlorine in the water treatment process, which helps to kill bacteria in the water, but also negative health impacts for you in the home.

Chlorine dries out the skin and hair in shower water and in drinking water affects the digestive tract, basically killing off the gut bacteria needed to digest food. The chlorine is absorbed through your skin from showering, especially in hot water as that is when your pores are most open. Supposedly, taking a hot shower in chlorinated water for 10 minutes has the same effect as drinking eight 8oz. glasses of chlorinated water - yikes! Most drinking water pitchers filters (like the Brita or the Pur) only remove the chlorine taste and odor, but not the actual chlorine (gotta read the small print carefully!).

You can install a shower filter on your existing shower plumbing fixture quite easily (no tools needed in most cases!) that will remove the chemical chlorine (and other chemicals also) from the water, both for showering and for drinking. What I have found works best is to install a chlorine filter for your shower (you can get them at Lowe's or Home Depot in the water filtration section for ~\$18 and then just fill up a Brita pitcher from your shower to use for drinking water). Below are links for some info on the shower filter; it is really easy to install, just unscrew the existing showerhead from the pipe, screw on the filter and then screw the showerhead back on. The filter only needs to be changed every six months or so, so it lasts for a while.

<http://www.qualitywaterfilters4you.com/sprite-chrome-slim-line-shower-filter-no-head.html>

http://www.lowes.com/pd_123951-51915-SL2-CM-R_0/?productId=3354682&Ntt=sprite+shower+filter&pl=1¤tURL=%3FNtt%3Dsprite%2Bshower%2Bfilter&facetInfo=

Another option is to put tap water in a glass pitcher or jar, let it sit overnight, loosely covered with a clean cloth or paper, then the chlorine will evaporate off, leaving good drinking water.

Another possible solution (more expensive though - about \$150) is a reverse osmosis water filtration system installed at your kitchen sink for drinking water. Super delicious and refreshing! This doesn't help with shower water, obviously, but there are also whole house filtration systems available (~\$1500-\$2500) for that if you really want to invest a lot in this area. A good intermediate step below a whole house system would be to install the reverse osmosis system in the kitchen and shower filters on each shower.

Hope this helps you have more refreshing, cleaner water at home! Let me know of any questions and enjoy!



Christina Borland, Owner
Go Veggie Girl, LLC