# The Ultimate Handbook To Water Purification And Filtration

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# Helpful Points For Water Remineralization, Purification, and Filtration

The water that you can gather from natural sources can contain many contaminants. The same could be said about the water that flows into your home during an emergency. You can never be too careful when it comes to your water and how safe it is.

You will need plenty of water for your daily living needs. You need about two to three liters of water per day, although that total might vary based on your physical needs.

This guide will help you identify many things that you can do for remineralizing and filtering your water. You can use all the points in this guide to help you recognize what may work for when you're aiming to keep your water safe for consumption no matter what the concern surrounding your water supply is.

The points in this guide will also help you out even if you aren't dealing with any emergencies in your area. The problems with living these days, particularly in urban spots, is that even the most modern water treatment services might not work all the way. Sewage systems can leak in many cases. Plumbing fixtures may be old and likely to wear out. The existing water delivery and filtration systems where you are might also wear out after a while. Major tests of water supplies in urban areas can even find various chemicals, pathogens, pesticides, and prescription medications hanging around.

You should use this guide if you are in a home with children, the elderly, people with immune system issues, or pregnant women who women who may become pregnant in the future. Also, those who live in spots around waterways like lakes, rivers, or streams should take heed of the details in this guide, what with these spots that people gather water from often being risky for use.

Don't forget that the methods in this guide may work well if you are off the grid. You can use these filtration efforts to ensure you can gather water from any space. Besides, it might be difficult for you to carry water with you all day long, what with a single gallon of water weighing around 8.3 pounds.

## *Reviewing Your Water*

The first thing you should do is to review your water to see if it is safe. You should test and inspect your water. You might assume that your water is safe to consume if it looks clear. But the truth is that sometimes nature might be misleading.

Let's say that you were in a pond where the water appears clear and doesn't have bugs flying around. That sounds like a safe spot for gathering water, right?

Well, the truth is that water that has plants and insects around it would be safer to consume. The water in such a spot would be oxygenated. The water would not be overly acidic, nor would it have lots of minerals. You could gather water from that space and then filter the water while using a purification tablet if needed.

Of course, you should always treat your water the right way no matter where you gather that water from. The treatment process should ensure that the water you gather is safe for use.

Now that we have gotten that out of the way, let's talk about some of the tests that you can complete for your water. You can use these tests to help you with seeing if the water you wish to gather for any intention is safe.

Here are a few things to notice in your water:

1. Review the scent of the water.

Water with a bleach-like scent will contain chlorine. Water with a rotten smell may contain sulfur. That sulfur scent may also suggest that there is a sizeable amount of bacteria inside the water.

Some scents may feel metallic. Anything that smells like this might include elevated amounts of dangerous minerals like copper, mercury, or lead.

2. Parasites may be visible, including some worms.

Not all parasites are easy to see. These include single-celled parasites.

3. Check on the color of the water.

Iron is present in water that has an orange color. Meanwhile, manganese can cause the water to look dark.

4. See if there are any unusual gasoline-like scents. Avoid any water that smells like gas or turpentine or another chemical.

Water that smells like this may include oil or gas byproducts among other chemical compounds. You should avoid water from such a source. Not even a purification tablet can treat water from such a space as this.

5. Look at how musty or earthy the water is.

Any water that appears to be dirty could have decaying organic matter in it. The water would have to be heavily filtered to ensure no fecal matter will appear.

These points are to help you with figuring out if the water you want to consume is safe for use. You can always use a separate testing material that you can buy online if needed. A water testing kit can be found online to help you with identifying some pathogens and other harmful compounds.

The main point to see here is that you look for water that can be filtered accordingly. Many of the hardest forms of water would require you to use a purification tablet. You can only have so many of these at a time though. Also, some water testing kits might not always work, what with the quality of water changing over time.

## *What Makes Filtration and Purification Different?*

You will read in this guide about many aspects relating to filtering and purifying your water. But the two processes are different from one another in many ways.

Filtering is required for when you're aiming to remove metals, bacteria, and cysts from your water. These are compounds that can be very small in size.

Purification is for when you need to clear out viruses. A filter will not work on viruses in that those are much smaller than what a filter can effectively clear out. Whereas bacteria or cysts can be 1 micron in size or greater, a virus may be as small as 0.005 microns in size.

## *Natural Solutions For Filtering Your Water*

The best way how you can ensure your water supply will be safe for consumption is that you filter your water. The process entails removing the pathogens, bacteria, and other threats that might persist in your water.

Contamination can be a threat in any disaster. The resources that you rely upon for treating your water might not work during a disaster. Therefore, you'll have to find a way to filter your water to ensure it is safe for your use. Of course, you can use filtration solutions for taking care of your water if you're in an urban spot where the water is difficult to consume.

The process of filtration entails the following steps:

1. Review the initial water filtration material that you want to use. You might find a filter that features sand, charcoal, or carbon among other items that do well for cleaning out water.
2. Add a second filter to go alongside the first one. You can use the second filter to take care of anything that the first filter used.

3. Use a container to add your filtered water in. Be sure that the container does not take in any runoff from the first two filters.

You can find many water filters on the market today. But what if you don't have a filter?

You can also consider the following process:

1. You can clean your water containers to clear out anything on the side. Make sure the container air dries.
2. Add a small funnel for the process. Make sure the funnel is clean.
3. Add a fine mesh pantyhose inside a clean white sock.
4. Pour the water into the opening to allow the water to drain from the sock and pantyhose and eventually into the water container.

This solution may work if you don't have the proper filters on hand. You might have to run this process through a few times to ensure that your water is safe for use.

## *Solar Water Disinfection*

Another option for taking care of your water is to use a solar disinfection process. An intriguing part of water is that UV rays may help with keeping water safe for consumption. Those ultraviolet rays from the sun will kill off parasites and other forms of bacteria in your water.

The process of solar water disinfection entails these steps:

1. Review the quality of the water before you start treating it. You might have to filter the water at the start, especially if the water is turbid or cloudy.
2. Gather a series of clear plastic bottles.
3. Fill the bottles up with water.
4. Place those bottles in the sunlight. Keep the containers out there for at least six hours.
5. Allow the UV rays to kill off the bacteria.

The best part of this process is that you can use solar water disinfection in even the coldest conditions. The water should be at 30 degrees Celsius or 86 degrees Fahrenheit for at least five hours for this to work. The sun's rays should help with allowing the water to stay warm.

The risk of recontamination should be minimal as well. Chemical residuals may develop from the effort, but the chance is small because the water will come from the small bottles that you use in the treatment process.

## *Boiling*

Many communities issue boil water advisories when the water in their areas becomes dangerous to consume on its own. The effort is because boiling water can help you with killing off many forms of bacteria.

You can use this purification process with the following steps:

1. Check on the pot and cover you plan on using. Make sure these parts are both clean.
2. Add your water into the pot.
3. Boil for at least three minutes. Try to boil for longer if possible.
4. Make sure the container is covered during the process so you will not lose lots of water due to evaporation.

The process can work well if you have access to a working heat source. This could entail a stove top, but an open flame may be needed if you don't have power. You should still watch for how the heat source might work and that it does not get out of control where you are.

### An Off-Grid Strategy For Boiling Water

An idea to consider for boiling water when off the grid is to apply a shirt, bandana, or another fabric over a container. You can use this to filter out the twigs, sediment, and other things that might be in a water source. This will allow the water that you add to the boiling vessel to be easier to treat.

## *Lime or Lemon Juice*

You might have heard about how lime and lemon juice can work for many applications. Much of this is thanks to how these juices are useful disinfectants that can kill off bacteria in many forms. You can use a few drops of citrus juice to control the development of bacteria in your water.

## *Charcoal*

Charcoal is found in many filters for how it can remove chemicals of all sorts. Charcoal can also remove lead with ease. The material can also clear out any odors within your water.

For the best results, use compressed charcoal or carbon block. The material can be ground and used for your filtration needs. You can apply the compound with a sediment prefilter for the best results.

You can also use a powdered charcoal compound in a filter if desired. You would have to be careful here to ensure the charcoal does not become overly messy.

Avoid using granular charcoal for your filtration needs. It is easy for water to flow through the charcoal without being filtered.

### Creating a Charcoal Filter

You can create a charcoal filter with the appropriate materials. You can produce a filter with charcoal, sand, a plastic bottle, a cloth, and a knife to help you with cutting the materials needed.

1. Cut off the end of a plastic bottle.

You can use a two-liter soda bottle in this process.

2. Apply a firm fabric around the small opening on the other end.

The fabric will ensure that the charcoal you apply will not fall out.

3. Gather a sizeable amount of crushed charcoal and add it to the container.
4. Add an extra piece of cloth to the top part of the charcoal if desired.
5. Apply sand to the top area for an added space for filtration needs.
6. Add the filter on top of a container that you will store your treated water in.
7. Pour the untreated water in slowly so the water can go through.
8. The clean water should drip out from the filter.

The filter should produce about one quart of clean water per minute, but this is provided that you are gentle and careful with getting the water filtered accordingly.

You will need to replace the sand and charcoal on occasion. The materials are not necessarily going to last forever when it comes to the treatment process.

## *Banana Peels*

Banana peels are surprisingly useful for your filtration needs. You can use banana peels if you cannot get access to charcoal or if you have water that might contain a sizeable amount of dangerous heavy metals.

A banana peel will contain acids that can help with purifying various molecules. The peel naturally keeps the banana fruit on the inside from being infected with numerous outside compounds. The peel can absorb lead, copper, mercury, and other harmful materials. These compounds will not get in touch with the banana fruit, thus ensuring the food is safe for consumption. The protective qualities of the peel will work well after you are finished with the banana fruit itself.

Banana peels work like some of the more heavy-duty materials that engineers often used like silica or aluminum oxide to clear heavy metals out of the water. A peel will contain sulfur, nitrogen, carboxylic acid, and other materials that work well for controlling heavy metals.

The best way to describe a banana peel is that it is like a magnet for heavy metals. The carboxylic acid ions in the banana peel are negatively charged. Meanwhile, the heavy metals you'd find in water are positively charged. Therefore, the metals would be attracted to the peel. The metals would be removed after the banana peel gets out of the water.

It will take about ten minutes for you to get the most metals out of your water. But the process itself should be simple for your use if planned well enough.

But as you will find out, you're not necessarily going to use a whole banana peel for purifying your water. You will use a more intricate process. Here's how you can use banana peels for your filtration needs:

1. Take a banana peel and allow it to dry.
2. Cut the peel up into a series of chunks.
3. Add the chunks into a food processor. You should get good dust out of the bits.
4. Add the powder or dust to a coffee filter.
5. Pour your water through the powder.
6. Make sure you have enough powder so the water will take a bit for it to move through. It is best to allow the water to take about ten minutes or so for it to go all the way through and to get enough metals collected over time.

7. Pour your water through a strainer to remove the powder. This step works best if you have a smaller amount of water to work with.

The most appealing part of the process is that your banana peels can work as a filter for up to eight times on average.

Remember that you can always use water test strips to see how well your banana peels are working. These strips may help you to see how well the water is being cleaned out. This is an optional feature for your use, but it is worth exploring to be safe.

Also, you might still have to use water purification tablets depending on how well your water is treated. Added filtration processes can also work if needed. But the good news is that the banana peel solution will help you with making any of those extra filtration efforts a little more effective. Of course, the banana peels are best for when you've got lots of metals to remove.

## *Using a Pump and Filter Combination*

One idea to consider for finding materials that can treat your water is to look for a pump and filter combination. Such a material may work with a few steps.

1. Water is added to an opening.
2. The pump will move the water through a filter.
3. The purified water will come out to another spot. This may include a container that you can attach to the end.

The pump and filter combination should be easier for you to carry around than something much larger.

There are far too many choices for you to consider when finding something of value. One option to see if the Katadyn Microfilter, a washable ceramic filter that can filter out various particles. The product weighs about 20 ounces and can filter organisms of 0.2 microns in size and then work with a filter life of about 13,000 gallons.

## Choosing the Right Filter

All of the options you've come across in this guide are useful for your filtration needs. You'll need to get any of these options ready for ensuring you'll keep your water safe. But at the same time, you will need to look at how well a filter can work for you. Not all filters are appropriate for your use.

The truth about taking care of water is that a filter might contain lots of bacteria and other things that might be dangerous for consumption. The risk of a water treatment facility no longer working in the event of an emergency or another disaster could be too dramatic. You cannot afford to ignore what might come about over time.

There are many filtration materials that you can utilize for your demands:

1. A standard water filter will clear out sediment and some forms of bacteria.
2. A microfilter focuses on small microorganisms and may work with a disinfectant.
3. A water purifier will require an outside compound like iodine. The surface works like a filter but with an emphasis on viruses.

You should review the micron size of what the filter can handle. Many filters on the market are useful for particles that are very small.

## Questions to Consider For Buying a Filter

Always ask these questions about a filter that you want to get:

- Do you need a filter that is portable or designed for permanent use at your home?
- What do you plan on using the water that you filter for? You could use the water for drinking or washing, for instance.
- How large can the filter be? This is for when you need something you can carry with you.
- What is the micron rating on the filter?
- How long can the filter work for?
- Can you clean or replace the filter in moments?
- How much water can your filter clean out in a day? The total includes what the unit can safely handle.
- Does the filter waste lots of water in the cleaning process?
- What is the cost of the filter? It should be at a total you can afford to work with.
- How can you use the filter? The product should be easy to install and use.

## Types of Water Filters

You also have many options to consider when finding a water filter. Here are a few of the more common options you can use:

1. Home Unit

A home unit should work at the point where water enters your home. A distillation or reverse osmosis solution may be installed at your home. You can get a reverse osmosis option that uses force and a filtering membrane installed in your sink. Basic carbon or ceramic filters may also work for you.

Be advised that your water bill might rise if you have a home unit at your home. This is due to some home setups, particularly reverse osmosis models, possibly using more water just to produce clean water. The reverse osmosis requires water to be pushed through a filter to ensure the water will go through and stay clean.

2. Refrigeration Unit

You can also opt for a refrigeration unit for your needs. This kind of unit works as a ceramic model that holds several gallons of filtered water.

Such a unit works in that you'll remove many materials from your water while ensuring what you store is handled when you use it. Companies like Brita have been making these unique units for years. But you should also look at how well you refrigerate your water and keep the filter secure.

3. Portable Unit

A portable filter will entail a water bottle-like shape. The water bottle will include a straw or other dispensing material that will filter out the things that come through your bottle. The feature can be useful for when you need something to carry with you. You can find such a unit through various companies like LifeStraw and Brita. But at the same time, such a material might not filter out viruses.

4. Desalination Unit

A desalination unit is best for use in homes near coastlines. Such a device works by removing bacteria and other harsh items from salt water. A fiberglass membrane can work well in many cases. You can use this with a pretreatment setup that uses a reverse osmosis process to clear water out the right way. The treatment effort takes a bit of time, but this can work well when clearing out your salt water.

## *Iodine For Purification Needs*

Purification is a different process in that you'll use something that will treat the viruses in your water. The purification routine requires an extra bit of effort with iodine being critical for your success.

Iodine is a popular material that is used for many water treatment processes. Most water purification tablets include iodine. You will particularly require iodine if you are looking to consume water that might contain pathogens. Iodine does well with killing off the diseases that water might contain. These include various diseases that might be produced by pathogens. However, you should watch for how you're going to use iodine.

Iodine works by controlling the ionic balance within the pathogens in the water. The chemicals that the bacterium or virus needs are replaced with iodine ions. The effort reduces how well those compounds might work, thus making the water safer to consume.

You can find many iodine products out there, including tablets and crystals. You can also find some iodine tincture products for sale.

It is true that iodine can create an orange dye if you use too much. Make sure you only use a small bit of iodine for the best results.

### Using the Three Processes

You have three processes to work with when purifying your water. These processes entail the following:

1. Iodine Tincture

A tincture can work if you add two drops for every quart of clear water. Add ten drops for every quart of cloudy water. Allow the tincture to stand for 30 minutes.

The tincture will cause the water to look orange. The compound may also promote a slight change in the flavor of the water.

2. Iodine Tablets

You can use two tablets for every quart of water that you wish to treat. You should let the water settle for 30 minutes before you consume it.

These are the directions for most iodine tablets. You might need to use a different process depending on the tablets you wish to use. Always check the packaging on your tablets to see what works.

3. Iodine Crystals

Iodine crystals can work if you use them in accordance with the directions on the bottle. But while you only need a few crystals to take care of your water, it might be difficult for you to get access to the crystals that you need. Legal authorities have made it harder for people to acquire iodine crystals these days because the product can be used to create crystal meth.

## Critical Notes For Iodine Use

Remember that iodine is to be used as a last option for when you're trying to take care of your water. Iodine might be toxic if you consume too much at a time. Also, young children and pregnant women may be at risk of harm when they consume iodine.

Iodine can be essential for your body if you consume it in a smaller dose. The American government created a requirement in the 1920s stating that all salt products must be iodized. But you should still use iodine only with the proper total so you will not develop any negative reactions to the compound.

Don't forget that you might find some products called betadine that work in the same way as iodine. However, betadine has a slightly different formula and may not work well with purifying water. You should use iodine instead for the purification process so the treatment will not be too risky or otherwise hard to manage.

The last thing to note is that the iodine will kill the pathogens in your water, but it will not kill anything else. You would have to use a filtration process to remove the metals and other items in your water. Use the filtration effort before adding the iodine for the best results.

## *Purification Through Reverse Osmosis*

You can also consider reverse osmosis when taking care of the purification process. The process requires an extensive array of materials, but it can work well when handled accordingly. Here's how the process works:

1. Water is applied to a reservoir.
2. Pressure builds on the water.
3. The water will go through a semipermeable membrane.
4. The water that comes out from the membrane will have a lower concentration of contaminants.

This is an intriguing purification process, but it can create lots of wastewater, what with much of the water being cleared out to make room for something cleaner. The process can

be very effective if handled accordingly, so take a look at how well this can work when you need something of value.

## *Understanding Remineralization*

One process that often works when it comes to taking care of water is known as remineralization. While you can purify water with a reverse osmosis process or by distilling it, you should be cautious. Many purification processes can cause many of the necessary minerals in water to be lost.

Your water may include traces of beneficial minerals like potassium, magnesium, and calcium among others. Small amounts of these minerals are safe to have.

You can restore many of these positive minerals in your water by using a remineralization process. This works in that the water that goes through your unit will become ionized. That is, the water molecules will break off into smaller groups while minerals are added back to the water. The water should be easy for your body to absorb at this point.

There are many ways how you can use a remineralization process:

1. Reverse Osmosis System

As you saw earlier, a reverse osmosis system may work for purifying water. But you can also use the system for adding minerals to your water. The water is purified through reverse osmosis while extra cartridges help add magnesium, calcium, and other minerals of value to the treated water.

2. Celtic or Himalayan Salt

Celtic sea salt is known for how it includes about eighty trace minerals. You can get this added to your water supply as needed.

Himalayan salt is a pink type of salt that also contains the minerals that Celtic sea salt includes. The salt has less sodium on average.

Either of these salt materials can be added to a water treatment system. You could use these on a water treatment system.

3. Pascalite Clay

Pascalite clay is a material that has a cream-colored look and includes added natural minerals. This may function as part of a filtration setup.

Whatever you use, make sure the remineralization material is applied beyond the filters that you can use for treating water. You might also consider adding your water through the filter that you wish to use before making it available for use.

4. Mineral Drops and Tablets

There are also various mineral drops and tablets that you can use for your water treatment needs. These include products from brands like SeaMD and ConcenTrace. These are attractive items to have, but these cost a little more than the other solutions listed here.

## *A Final Note*

The options you have for purifying, filtering, or remineralizing your water are all useful choices worth trying. Be sure to see how you can take care of your water the right way regardless of the option you prefer to work with. You'll find that it is not overly hard for you to make the most out of your water when you have the right choice on hand.