



## Pillar 1, Week 2

### The “How-to” Water Guide

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## How Much Water to Drink

Depending on your unique body size, the amount of water your body requires will vary greatly. A good rule of thumb to follow is to drink half of your body weight in fluid ounces/liters.

- For example, if your body weight is 150 pounds / 68 kilograms, then you need to drink approximately 75 ounces / 2.2 liters of water per day.

## The Amount of Water You’ll Drink Depends On:

- Your level of activity (how much you sweat)
- How much caffeine or alcohol you drink daily
  - Both caffeine and alcohol are dehydrating, so be sure you go “1-for-1”
- The temperature where you live
  - Super hot summers require more water

## You Can Tell That You’re Drinking Enough Water When:

- Urine is on the light side
  - If the urine is dark and there’s not much of it, then you’re likely not drinking enough water
- Urine is abundant
- You have to empty your bladder about every two or three hours
  - If you’re going constantly, you could be drinking too much water

**NOTE:** When you first start to increase water consumption, you WILL need to go to the bathroom more often than you’re used to, but that will only last for a few days and then the body will adjust.





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## How To Drink Water When You Don't Like the Taste of Water

- Add slices of lemon, lime, cucumber, or orange to water
- Add mint leaves to water
- Heat water and drink with lemon

## Bonus “How-to” Tips for Water

- Drink 20 ounces / 0.5 liters (1-2 glasses) of water first thing in the morning
  - You've been asleep for 6 to 10 hours, so it's time to hydrate!
  - This can even replace morning coffee, as rehydrating the body and brain will lead to clearer thinking and better energy
- Keep a lovely pitcher of filtered water in your fridge at home or near your workspace containing the amount of water you want to drink each day
  - This makes it easy to remember to drink water and to track your intake
- Drink 8 ounces / 0.2 liters of water before exercise
- Sip water slowly and at intervals during exercise
- Bottles, bottles everywhere! Keep glass bottles of water in your car, at the office, or around your work areas

## How To Choose the Healthiest Kinds of Water

Filtering water improves the taste and smell of water, often by reducing chlorine, which is added to kill harmful bacteria. Some filters can also reduce other contaminants such as lead, benzene, MTBE, chloramines, and PCBs.

There are many types of water filters as well as many types of water filtering technologies. Finding the “best one” depends on the amount of space you can afford to clear out for it, your budget, and the specific water contaminants in your area.

These are some of the top filters and ways to help you decide what best fits your needs.

### Types of Filter Technology

#### **REVERSE OSMOSIS:**

This process pushes water through a semi-permeable membrane that blocks particles larger than water molecules. Reverse osmosis can remove many contaminants that have not been removed by activated carbon, including arsenic, fluoride, hexavalent chromium, nitrates and perchlorate as well as some parasites.





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#### **ACTIVATED CARBON:**

Activated carbon is charcoal that has been treated with oxygen to open up pores between the carbon atoms, which increases the surface area of the carbon, allowing it to absorb and trap contaminants. When the pores become full, the filtering stops and the carbon filter needs to be replaced.

Activated carbon cannot effectively remove common pollutants such as arsenic, fluoride, hexavalent chromium, nitrate and perchlorate. Generally, carbon filters come in two forms, carbon block and granulated activated carbon. The former appears to be more effective. Carbon filters remove fewer contaminants than reverse osmosis filters but are less expensive and use less energy and water.

#### **Types of Filters**

##### **PITCHERS OR LARGE DISPENSERS:**

These are typically fitted with an activated carbon filter that can remove contaminants and improve taste and odor. Many can reduce chlorine, lead, and mercury contamination. They’re easy to use, don’t require installation and can be stored in the refrigerator.

★ **TOP PICK** Clear20 Water Filtration Pitcher

##### **FAUCET-MOUNTED FILTERS:**

Attach directly to the end of the faucet with an on/off switch. Faucet-mounted units can be convenient for households that drink more filtered water than a pitcher can hold. These styles typically use an activated carbon filter that can remove contaminants and improve taste and odor. Many can reduce chlorine, lead, and mercury contamination.

★ **TOP PICK** Culligan Faucet Filter FM-15A

##### **COUNTERTOP FILTERS:**

These typically sit on the counter, hence the name, with a line connecting directly to the faucet. A diverter valve allows you to switch between filtered and unfiltered water. You collect filtered water from an extra spout or faucet on the filter unit. Models use a range of technologies, including activated carbon and reverse osmosis. Effectiveness varies widely between models, but many on-counter filters will reduce a wide array of contaminants.

★ **TOP PICK** AquaCera HCS Countertop Water Filter with CeraMetix Filter





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#### **UNDER-SINK FILTERS:**

These are mounted underneath the kitchen sink where they are fitted into the water supply line. Some models have a separate spout or faucet for water collection. Models use a range of technologies, including activated carbon, to reverse osmosis. Effectiveness varies widely between models but many under-sink filters will reduce a wide array of contaminants. These are ideal for filtering both drinking and cooking water.

#### ★ **TOP PICK**

**Whirlpool Reverse Osmosis Filtration System WHERE25**

### **Bottled Water Choices**

Bottled water is easy and convenient, but there are many different kinds of water.

It's important to be informed about where your water comes from as many companies have been found guilty of filling their brands with regular tap water to increase their profit margins. Make sure to research and go for the brands you trust most.

#### **MINERAL WATER:**

This water comes from a mineral spring that contains various minerals including salt and sulfur compounds.

- **Example:** Evian

#### **ARTESIAN WATER:**

This ground water is confined under pressure between layers of underground rock called a confined aquifer. Artesian water rises to the top of the aquifer when a well taps that confined aquifer.

- **Example:** Fiji

#### **SPRING WATER:**

This water is derived from underground formation from which water flows naturally to the earth's surface. It must be collected at the spring or underground through a borehole feeding the spring.

- **Example:** Arrowhead Mountain Spring Water

#### **PURIFIED WATER:**

Water produced by distillation, deionization, or reverse osmosis.

- **Example:** Aquafina

