



TERRAIN
NATURAL MEDICINE

The Importance of Water

You've probably heard that we, as humans, are around 70% water. That means that we need a lot of water to keep our bodies running well AND the quality of the water that you're drinking matters. Most tap water contains pesticides, pharmaceuticals, chemical run off from agricultural practices and possibly higher than recommended levels of certain heavy metals. If you live in a larger city, it's also possible fluoride is added to the water. While there really isn't any issue with topical fluoride, there is plenty of evidence to support the harm it can pose when ingested. Even with really clean water sources (like we have in Bend, OR), chlorine is still added to the water and we also have to consider the state of the plumbing pipes in our homes. For that reason, at the very least, a countertop or in-line water filter is a good idea.

You've seen on your plan the recommended amount of water for you to drink. That's primarily based on drinking half your body weight in ounces of water per day. The best trick I have for getting that amount of water in regularly, is to start your day with 16 ounces of room temperature or warm water first thing in the morning. This is also great to flush your digestive system and kidneys after sleeping, when your body does most of its detoxification and tissue repair.

In the fall and winter, it can be harder to remember to drink enough water. Having a reusable water bottle and keeping track of how many times you fill it up is a great way to gauge. Or you can fill a pitcher or half-gallon mason jar with water and refill your water bottles and glasses from that until it's empty. Sticking to room temperature or warm water during this season is also a good idea so your body isn't using extra energy to warm up the water once it's in your system. Keeping your water warm is like warming your self from the inside out. You can also boil water and fill half your water bottle or cup with that hot water and then add filtered water the rest of the way up to make your water a drinkable but warm temperature.

So what filtration system is the best? It really depends on your situation. The priorities should be filtering your drinking water and, if possible, the water in your shower. Shower filtration is important because chlorine becomes volatile and you actually breathe it in the steam from the shower in addition to absorbing it through your skin. Below are top recommendations for water filters with options to fit whatever living situation you're in and considerations. We have no affiliations with any of these companies.



Whole House Filtration

The benefit of whole house filtration is that it takes care of both drinking water and the water you bathe in because it's attached at the source of where water is delivered to your house. This is definitely most appropriate for home owners and is more of an investment, but once it's installed, you don't really have to think about it again.

Radiant Life: This whole house filtration system has several options based on budget and how complex a system is recommended for your water source (ex. if fluoride is added to the water, etc.). The filter life is about 10 years so there is an added benefit of not needing to replace any filters on a regular basis.

Countertop Units

Countertop filters are great for homeowners or renters alike. The only downside is seeing the unit and that you have to fill up the tank and allow time for the water to move through the unit to be filtered. Otherwise, they're easy to install and because they are filtering water that comes out of the faucet, they are also removing anything that might be present in the plumbing of your home. Both the units below require no installation, which makes them really easy to get started using and especially good if you don't want to mess with the plumbing in your home.

AquaTru: This is a Reverse Osmosis (RO) filter that is particularly good if there is fluoride in your water. Tank size is important when deciding on a RO filter and this one is optimal to prevent mold and bacterial growth. We do have a wholesale discount with this unit so if you're interested, let us know and we can order the unit for you and pass that discount on to you.

Berkey: This unit is a simple gravity-fed, carbon filter. It does a great job and looks relatively nice given it's entirely stainless steel.

Under-sink Unit



Under-the-sink units are nice because they are plumbed into their own faucet that sits next to your main kitchen sink faucet. There is no filling of tanks and it still filters anything that might also be present in your home plumbing.

[Multipure](#): The Aquaperform unit can be installed below the sink or as a countertop unit, which makes it versatile. It's also a carbon filter that needs to be replaced yearly. If you follow the link, you can enter your location and other specific circumstances to determine which unit best for you.

Shower/Bath Filters

Both [Radiant Life](#), [Custom Pure](#) and [Multipure](#) make shower head and bath filters that are simple to install and remove impurities and chlorine from your bathing water.

A note for those with fruit intolerance...

Carbon filters are often made from coconut fibers so they are not the best choice for you. The AquaTru unit or a water filtration system from [Custom Pure](#) (request the carbon filter made from hardwood because the default option is coconut-based).

A note for those with potato intolerance...

Unfortunately, given that potato is present in many plastics today, water bottled in plastic often tests positive for potato and should be avoided as much as possible. If you have to buy water, choose water bottled in glass. Eldorado Natural Spring Water, which can be found at Natural Grocers, tests potato-free.