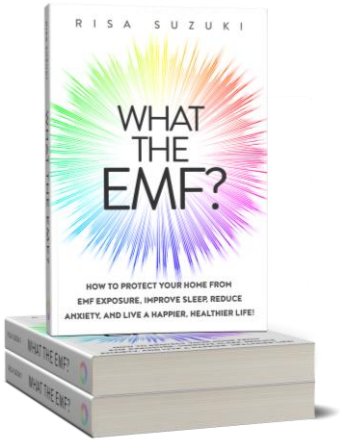

WHAT THE EMF?
FREE GIFTS

Creating a Healthy Home: Air and Water

Cleaning up EMFs in your home is a great start to making your house start working *for* your health and not taking away from it. But what else can you do? I get the most questions from clients about air and water filters, and this mini-guide will point you in the right direction.

PORTABLE AIR FILTERS

Before we jump into what type of air filters are going to be the best for your situation, a short primer on particles is needed. Particles exist in the air we breathe in and take a toll on our immune system and can be dirt, dust, bacteria, pet dander, or mold, for example.

Particles are measured in what's called *microns*. For example, a single strand of hair is about 100 micron. When you look at air filters and the particle sizes they filter it will say something like .5 micron, or .3 micron.

This is important because 97% of the particles in our homes are .3 micron or smaller. At this size, they're classified as "inhalable" meaning they're so tiny, we breathe them in and they're too small for our immune system to catch and filter out, so they basically just sit in our bodies.

The catch here is if you were to measure the particles .3 micron or smaller by *weight*, they only make up about 3% of the particles that exist.

When you evaluate air filters, most of them advertise they filter out 97% or 99% of the air particles. But it doesn't specify by particle size or weight. If you look at the details and the

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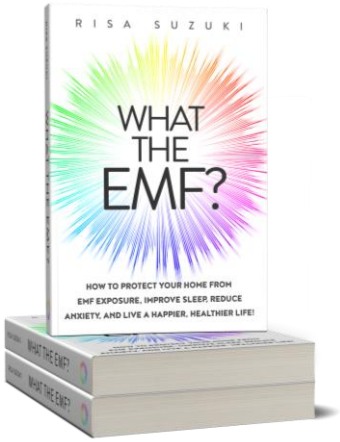

particle sizes, it usually turns out that they don't filter out the tiny particles .3 micron or smaller which is what you want.

Key takeaway: When you evaluate air filters, go straight to the product specifications and look for the particle size that they filter out. Ideally you want them to filter out at least .3 micron.

There are filters that can filter out less than .3 micron and that's typically where you see the price will increase.

I typically recommend a good quality HEPA filter that will filter out at least .3 micron and if your budget allows, .1 micron.

Filter Parts and Mechanics

The next thing to look at is whether or not the filter parts can easily be replaced. When they're filled with all of the dirt and grime they've been collecting, they can easily be replaced with just the part instead of having to purchase an entirely new unit. I personally prefer these type of filters because you can change them out as often as you like.

From a "keep it as pure and simple" perspective, I also prefer these types of filters over ozone-based filters simply because of the ozone regardless of how little ozone there is, and because I also don't care for the odor they tend to produce.

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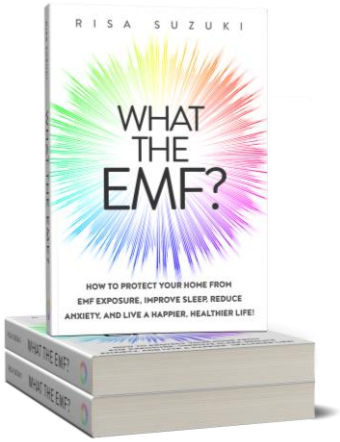

WHAT THE EMF?
FREE GIFTS

Creating a Healthy Home: Air and Water

WATER FILTERS

Water filters are another important area when it comes to minimizing the toxins in our bodies and we'll be focusing on these types:

- Whole house
- Under the sink
- Portable

If you're considering a reverse-osmosis filter, two things to take into consideration is the amount of water that is "wasted" or unusable as part of the filtering process (usually around 75%), and secondly to have a process for adding back in all of the healthy minerals that your body needs, which could be as easy as manually adding them to your drinking water.

Certifications are other criteria to look at when purchasing a water filter and there are two types:

- NSF International which has several categories that list out what contaminants are included in each category
- Water Quality Association (WQA)

As you're evaluating water filter brands, I highly recommend checking to see what, if any certifications their products have.

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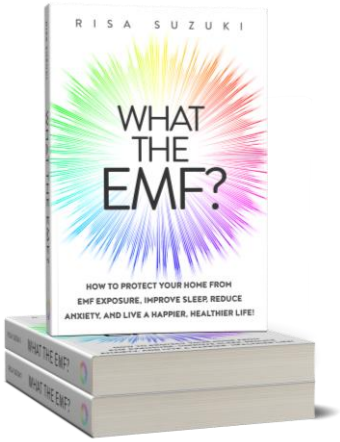

Creating a Healthy Home: Air and Water

Whole House Filters

These are permanent installations where the water comes into your home and tend to be the most expensive type of filters. If you have the room for these, whole-house filters are my top choice because after the initial installation you only need to worry about replacing the filters on a regular basis and all of the water coming into your home is filtered. However, if you're in a townhouse or condominium, it will be difficult if not impossible to find a whole-house system that's small enough if you have a water closet where your water main comes in.

These do require professional assistance from a plumber or other certified professional to plan and install the system.

Whole house systems can be more flexible depending on the toxins that are in your water because they typically allow you to customize with additional filters for other chemicals.

The nice thing about whole house filters is they're typically more robust from a maintenance perspective.

Under the Sink Filters

Under the sink filters are a less-expensive option and are also a permanent installation under the sink. These will require a plumber or other professional to install as they usually have to install a separate faucet and sometimes cut a hole into the countertop depending on the system.

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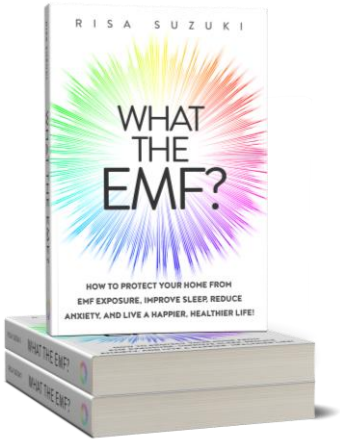

The nice thing about these filters is that they don't take up as much room as whole-house filters and with advances in technology many of them can do a fairly good job at filtering out toxins. Plus, they're less expensive and less complicated than whole-house systems.

The downside of these is they typically aren't as flexible when it comes adding special filters for specific contaminants as a whole-house system and they tend to not be as durable as a whole-house system. The parts for under-the-sink filters tend to be plastic or rubber and can wear out more quickly within a year or two after installation.

These types of filters also need to have the filter changed more regularly, but they're definitely a better option for smaller spaces.

Portable Water Filters

Admittedly, these are my least-favorite type of filters because of their filtering capabilities. However, they've come a long way over the last ten years and worth considering if you don't have the option for installing an under-the-sink system.

When you're evaluating portable water filters, you want to look not only at what contaminants they filter out, but their filter replacement system and how fast it takes to filter the water.

The pitchers that you fill up with water and let the water filter through don't do an effective job of filtering contaminants in my experience. The other potential issue these create is that

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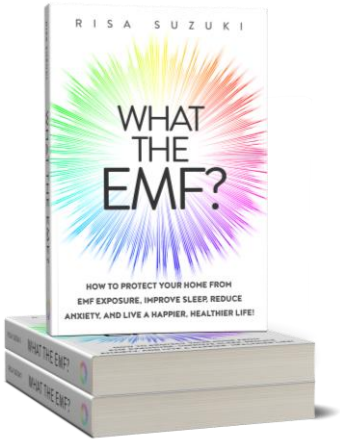

mold and bacteria can easily grow easily in the filter because it's damp and especially if you're in a warm area. After learning this while I was in certification, I promptly tossed mine into the Goodwill pile after returning home!

What's in Your Water?

The only way to know for sure what exactly is in your water is to get it properly tested. I use National Testing Laboratories and highly recommend them. Their quality is top-notch and each testing kit is assembled by hand which adds on a bit of production time (allow for a few weeks depending on their workload), and the test results are very easy for anyone to read and understand.

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