

## You Can Learn How to Purify Tap Water At Home

It is not necessary to undertake an apprenticeship with a plumber in order to learn how to purify tap water at home. There are easily understood and maintained whole-house or individual faucet models of efficient home-water filtration systems. Everyone needs clean, pure, abundant water to keep all the cells of the human body working at peak capacity. Dehydration is a prime cause of depression, fatigue and metabolic instability.

Consider these facts: The human body is made up of more than 70% water. The blood is more than 80%, the brain more than 75% and the liver, the organ that helps detoxify our bodies, is more than 96% water. No wonder we feel bad when we aren't drinking enough water. And coffee, tea and soda don't count. In fact they are more likely to cause the problems associated with dehydration than remedy the situation.

So, if you know how to purify tap water at home, you can increase the quality and quantity of this valuable resource without being dependant on uncertain municipal systems or even worse, bottled water. The dangers of bottled water are increasingly in the news. Recently new studies have shown that even the bottles themselves may be toxic. There is certainly no doubt that the over 60,000,000 plastic bottles disposed of each year in the U.S. are a pollution problem of great significance. Don't be a part of that whole issue.

Water is critical to human life, but U.S. drinking water contains more than 2,100 toxic chemicals according to the Ralph Nader Research Institute. Good grief! What's a person to do? Every chemical we use will eventually end up in the water supply. Other people's prescription drugs are becoming a major pollutant in tap water. Everything that goes down the drain including pesticides, herbicides, petroleum products and paint can be in your drinking water. The answer is clear.

Learn how to purify tap water at home. Take the matter into your own hands. Begin today to research and learn about quality home water filtration systems made to exacting standards and evaluated by Underwriters Laboratories. High capacity systems are available with easy to replace filters and free lifetime warranties. Home water filtration is one of the best investments you can make in your health and that of those for whom you care.

### About the Author

Christy S. endorses John Lim Cher Sern who is an avid proponent of natural health and a researcher of water purification systems. Visit his site now at <http://www.CleanHomeWaterFilters.com> to get his "Free Guide to Home Water Purifiers" and learn how to choose the [best water purification system](#).

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