



Water Purification Systems

Tap water contains many contaminants and pollutants, including chlorine, that can be a problem for those of us who are sensitive to chemicals or who have MCAS. These are an added strain on our detoxification systems, and also can trigger immune reactions and fuel inflammation. There are many water purifiers on the market which remove many of these impurities, and it is worth doing research to find the right one for you. A good water filter that does a good job represents a considerable investment, but it is worth it as clean, fresh water is one of the most healing things that we can provide for our bodies.

The following water filters are suggestions to guide you in your research, but are not recommendations. I am not affiliated with any of these products and have no financial benefit from recommending them. It is important you do your own research and ensure a product is suitable for your needs before investing. This is not an exhaustive list and other types of water filter are available.

Basic Glass Jug Water filter

Dafi Glass Water Filter Jug. <https://www.amazon.co.uk/Filter-Dafi-Crystal-Classic-Cartridge/dp/B0186BZQLW>

Invigorated Water

https://www.amazon.co.uk/gp/product/B07V4PGBQY/ref=ewc_pr_img_7?smid=A3U2TKE1D8U8L1&pssc=1

Berkey. <https://berkey-waterfilters.co.uk/>

See also here for deals <https://www.waterfilterman.co.uk/boat-caravan-water-filters/633-royal-berkey-water-filter-system-large-stainless-steel-gravity-fed-water-filter.html>

Bear in mind, the filters for this model require considerable 'scrubbing' before they can be installed, which is quite physically demanding, and you may need help.

British Berkefeld, a cheaper alternative to Berkey which is very similar. They can also be found on Amazon. <https://doulton.com/products/british-berkefeld-stainless-steel-gravity-system>

Aquatru Water Filters <https://aquatru.co.uk/>

This one is recommended by Beth O'Hara and you can read her review of it here. <https://mastcell360.com/aquatru-water-filter/>

Reverse Osmosis Systems – such as this one https://www.uk-water-filters.co.uk/products/reverse_osmosis_system_with_pump

Megahome Reverse Osmosis Water Filters

<https://www.megahome-distillers.co.uk/>

Factors to consider are whether the water filter jug is made of plastic or aluminium, both of which are toxic. Glass or stainless steel water containers are essential for toxin removal.

Also consider whether the water filter will grow mould, and whether you will be able to keep it clean easily. In-built water filters in fridges can be difficult for this reason, and many can harbour toxic moulds, so are best avoided. Standard water filter jugs such as Brita use plastic, and so are also best avoided. Also, their filtration methods, whilst being better than standard tap water, are not as effective as other methods.

Shower Filters

Many people find they are itchy or reactive after showering, and this can be because of the chlorine in the shower water. There are a number of shower filters that are available to purchase. Some of the options are below, again these are not recommendations and I am not affiliated with any of these companies.

Pure Showers <https://www.pureshowers.co.uk/>

UK Water Filters Shower head water filters | UK Water Filters (<https://www.uk-water-filters.co.uk/>)

Showery

<https://showery.co.uk/collections/water-softening-shower-heads/products/showery-eco-flow>