



Improving tap water

I don't know about you, but I recently realized that I have not been paying close enough attention to the water I consume. I did use my carbon filtered water to drink, but the water I put into the kettle to boil for tea, in the coffee machine, into ice trays, or in the pot for rice or soup, I usually took straight from the tap.

So I decided to be religious about my water to see if I would notice a difference. And I did. Within 2 weeks my skin improved.

My whole life I have had these tiny dry-skin pimply-like bumps on the back of my upper arms and also on my thighs. I would call it my chicken skin.

I went through phases where I would attempt to figure out what the problem was. I made sure my omega 3 levels were good, I dry brushed, I creamed, I drank more water ... Nothing seemed to work. But since I became crazy vigilant about all water that enters my body there has been a noticeable difference, and I am now hopeful that my skin and maybe my health, will continue to improve.

Even though my water filter claims to reduce chlorine, I was not convinced it eliminated it completely, so figured I would let the chlorine gas escape before putting it through the filter. So, I put hot tap water in my 2 cup (500ml) measuring cup and let the water sit uncovered for half-an-hour before putting it through the filter. If you are using cold water instead of hot, it will probably take an hour (double the time) to do the job.

If your community uses chloramine instead of chlorine, that same 2 cups or 500ml of hot water will take 2.5 to 3 hours to de-gas.

Lately I have been using only the treated water to make anything that I am consuming. I did not decide to do this with the intention of improving my skin, but it is the happy result.

My intent was to help my thyroid. Chlorine, fluorine, bromine (another water disinfectant) and iodine are chemically-related compounds called halogens, and in the body they all compete for the iodine receptors. Our bodies need iodine, so when a different halogen occupies the iodine receptors, our thyroid is deprived of the iodine it needs to function properly.

In my neck of the woods, the water is not fluoridated, but if yours is and you want to remove the fluoride, you will need to look for a water filter that will do that.

If you have a thyroid issue it is possible that making sure the water you consume is free of chlorine and fluoride may at least move you in the healthier direction. Do make sure you are also eating foods that contain iodine.

I refuse to use common table-salt and instead use the Paludier Sea Salt which has not been iodized. So I make sure I eat at least 1 nori sheet (8"x7.5" or 20.5cm x 19cm) per day. Wakame would be another great seaweed choice to get your daily iodine.

Well, that's it for today. I have another school deadline coming up (thesis protocol), so I may be silent for a couple of months. Thank you for your patience with respect to my inconsistency in writing. I do appreciate it.

Let me know what you think of this and other topics. We are in this health-thing together!

Vreni

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Villanueva CM et al. [Bladder cancer and exposure to water disinfection by-products through ingestion, bathing, showering, and swimming in pools.](#) *Am J Epidemiol.* 2007 Jan 15;165(2):148-56. Epub 2006 Nov 1.

[How Long Does it Take for Free Chlorine to Evaporate From Tap Water Entirely? Aquanswers.com.](#)
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