



The 8-Week

# Toxin Elimination

Plan

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Cleaning Your Environment and  
Making It Baby Ready



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# Water

It turns out that our drinking water can contain a lot of contaminants! A 2017 study done by the Environmental Working Group unfortunately found over 250 chemicals in United States' public water systems. Even more unfortunate is that many of these chemicals are not regulated, and therefore water systems do not need to meet any specific safety requirements regarding certain chemicals.

Contaminants found in drinking water include things like bromodichloromethane, chloroform, chromium, haloacetic acids, trichloroacetic acid, and many others. While some of these are legally regulated by the EPA, others (and most!) are *not*. If you're wondering what these chemicals do in the body a lot of them are known carcinogens, meaning they cause cancer.

Everyone's water is different so it's important to learn what's in *your* water so you can decide which filter is best. In order to do this you're going to want to find the information from your water utility's website. It should be relatively easy to find. If you're in the United States, then you can check with your zip code on the [EWG's site](#) itself. You can also check out their [Guide to Safe Drinking Water](#).

Once you find out what types of things are in your water then you can decide on which filter to get. There are many different types of filters. The easiest one to start with is a filtered water pitcher. There is also the option to get an under-the-sink filter so that you don't have to continually change a filter in a pitcher, and for the benefit of having filtered water for your dishes and other things. As mentioned above, you can also get a whole house filtration system. It's up to you which you'd like to get but I recommend that you at minimum get a filtered pitcher to filter your drinking water - make your morning tea/coffee using this, as well as any water you drink throughout the day. There are also filtered shower heads that you can install so that your showering water is cleaner as well. Read [EWG's Water Filter Guide](#) for some more info.

Springwell, Clearly Filtered, and Berkey are a few high quality brands, but again you'll have to find which one is best for your specific water. Carbon filter water pitchers are the least expensive but don't filter everything. Reverse osmosis filters are able to filter more chemicals out than carbon filters but are a bit more expensive.

Again, getting something to filter your drinking water is recommended, and once you know what's in your water you'll definitely agree!