

Fridge filters, gravity filters, straw filters, shower filters and what they do

You first need to know there is a big difference between a filter and a purifier.

A filter reduces contaminants and rarely will give a percentage of removal, as they are not consistent due to flow-rate and *channeling.

A coffee 'filter' is a paper filter to prevent coffee grinds to pass through and probably filters about 50 microns.

A purifier such as an RO system filters down to 0.0001 microns. This water is almost too pure because besides removing all chemicals and contaminants, it also strips the water of all natural minerals making the water acidic.

A common carbon block filter is usually 5 microns. This is a good filter, but still not good enough for micro-plastics, pharmaceuticals, heavy metals and microbes.

If a carbon block can't do this, then you cannot expect a GAC fridge filter to do any better when it has less than one tenth the media and adsorption.

Fridge filters and Britta style gravity filters are called GAC filters. **Granulated Activated Carbon** filters will improve the taste of the water as it will FILTER down much of the chlorine and bad taste. This often gives us the impression the water is purified.

There are a few problems with GAC (granulated activated carbon) filters.

- There is no media inside to remove or prevent growth of bacteria and microbes, so they can easily be a breeding ground for microbes and bacteria.
- *Because this is loose granules of carbon, water will travel through the bed where it has the least resistance, causing channels through it, preventing the water to have full contact with all the media. This is referred to as 'channeling'. Some shower filters are reversible and stops the channeling.
- There is no indication when the cartridge should be replaced and thus often you could be consuming unwanted contaminants without your knowledge.
- Frequent replacement is required.

So what is the best filter to buy? According to a quote from 'Alive,' the health magazine's article comparing all water filtration methods;

"The best type of filter to buy would be an activated carbon block filter with a sediment pre-filter to remove bacteria and parasites, and an automatic shut off point when the filter has reached its limit."

The Full Spectrum 4 and 6 stage washable ceramic purification cartridges will remove 99.99% of most everything all while allowing the free flow of all dissolved minerals. The flow-rate slows down to indicate it needs to be cleaned or replaced.

If you want to learn more about GAC filters and what our options are, go to

<https://canamwellness.com/i-want-clear-refreshing-water-what-are-my-options>