THE BERKEY WATER FILTER

I was introduced to the [Berkey Water Filter](https://www.trueselftotalhealth/berkey.com) many years ago and loved the reviews. I kept telling myself, some day….. In the meantime, through my numerous relocations and moves I either installed whole house water filters or standalone filters that were good for removing heavy metals and pathogens and the taste was good. I used a company with a good reputation and felt safe and satisfied.

I recently visited my good friend and fellow chef and health coach who had a Berkey Water Filter. The best tasting water! After I read the FAQs, I was sold and purchased one for myself. There is a lot to love about this filter. If you think so too, [click here](https://www.trueselftotalhealth/berkey.com), to purchase yours today!

**Reverse Osmosis and Distillation FAQ’S (from website)**

Which of the three methods of water filtration, Reverse Osmosis, Distillation or Berkey® Purification is the healthiest for drinking purposes?

With respect to the healthfulness of the water, most health experts, that are up to date on current research, are no longer recommending drinking RO or distilled water on a long-term basis because these methods strip out all of the beneficial minerals from the water making the water an acidic “hypotonic” solution. A chemist will tell you that any time a hypotonic (de-mineralized) solution comes into contact with a “Hypertonic” (Mineralized) solution, the minerals within the hypertonic solution will transfer out of hypertonic solution and into the hypotonic solution until equilibrium is achieved. What this means is simply that when one drinks hypotonic water, the minerals in the blood and lymphatic system, which are hypertonic, transfer into the hypotonic RO or Distilled water that is consumed and the minerals are flushed out of the body upon urination.

In an effort to re-mineralize, the blood and lymphatic systems then begin to scavenge for minerals from other parts of the body, such as bones and other organs, and this process repeats itself every time de-mineralized hypotonic water is re-consumed. Several studies suggest that people who drink de-mineralized water (hypotonic) over a long period of time tend to be more prone to degenerative diseases such as osteoporosis.

Berkey® Purification systems do not remove the beneficial minerals from the water but they do extract harmful heavy metals such as lead and mercury as well as sedimentary minerals such as iron oxide. Therefore, the TDS reading will not typically change much unless there are a lot of heavy metals or sedimentary minerals within the source water.

Is there a way to verify for myself the effects of drinking de-mineralized hypotonic water?

Yes, you can check this out for yourself during a short fast. First check the TDS reading on your RO or distilled water, which should be around 1-3ppm. Then after drinking that water for several days check the TDS reading of your urine. Remember, the TDS only measures minerals not chemicals so any minerals that the TDS meter reads are minerals that are being leached or flushed out from your body.

What is the pathological removal capability of an RO system? 

With respect to Pathogenic Bacterial removal, Reverse Osmosis does not remove Pathogenic bacteria and that is why it is often necessary to add an additional UV light to the system. However, the UV sometimes does not kill all the bacteria because any turbidity in the water can create shaded spots preventing some bacteria from being exposed. Typically, the UV is installed before the bladder tank, however it is in the bladder tank that bacteria usually colonize. Therefore, if the bladder tank is not sterilized on a regular basis, it becomes a source for bacteriological contamination that is never exposed to UV. Additionally, the carcasses of the dead bacteria remain within the drinking water with an RO system whereas they are removed by the Black Berkey™ purification elements.

Which type of water will have the best taste?

With respect to taste, distilled water will taste flat unless you shake it up rigorously because the distillation process strips the oxygen from the water. The taste of RO water is typically very good. The taste of Berkey® purified water is typically very good unless there is an excessive amount of ionized minerals in the source water. Even in such circumstances the improvement in the taste of the water is usually remarkable.

With respect to maintenance, how do the three types of systems compare?

All Berkey® systems are easy to disassemble and clean. Typically the lower chamber should be washed in ordinary dishwater once per month. The elements need to be cleaned after 6-12 months of use.

Distillation systems need to be soaked and cleaned with vinegar solution to remove the scale, typically after each gallon or two.

Reverse Osmosis systems can have up to four filter elements, with each needing to be changed at differing intervals from four months up to two years. This requires that the water pressure be shut off and part or all of the system to be disassembled for maintenance. Additionally, the bladder tank should be washed with a chlorine solution at six-month intervals to kill any colonizing bacteria.

How do the three types of systems compare with respect to cost?

With respect to upfront cost, RO systems typically are the most expensive due to the cost of the system and the additional expense to have the system plumbed in. Next in cost would be a distillation unit. A Berkey® system will typically be the least expensive of the three.

With respect to cost per gallon of water, calculated upon the cost per gallon for replacement filters and energy costs, Distillation systems and RO systems properly maintained typically cost between 35-65 cents per gallon. A Berkey®system typically costs about 1.6 cents per gallon.