

POTABLE WATER OVERVIEW - Legal does not necessarily equal safety.

Just because drinking water meets federal legal standards doesn't necessarily mean it meets the latest health-based safety guidelines.

The Environmental Working Group (EWG) is an independent nonprofit that compares municipal water test results to peer-reviewed health guidelines rather than older federal legal limits.

Many towns rely on surface water (lakes and reservoirs). The town must treat the water heavily with chlorine to kill off bacteria and viruses. When chlorine reacts with naturally occurring organic matter in lakes and reservoirs, it can create chemical byproducts, including trihalomethanes (THMs). After long exposure, it will affect your liver, kidneys, and cancer.

The town I live in has exceeded 100 times over an EWG selected health guideline established by a federal authority.

Trihalomethanes in water (THMs) are a group of four volatile organic chemicals found mainly in disinfected drinking water: Chloroform, Bromoform, Bromodichloromethane, and Dibromochloromethane.

THMs are not only ingested by drinking but also absorbed through the skin or inhaled as vapors during showering and bathing.

When these volatile trihalomethanes chemicals are used with hot water, they vaporize into the air meaning you breathe them while you do dishes, take a bath or shower. If showering in very hot water, it will eventually cause dry skin and brittle hair.

These chemicals will also destroy your laundry, a fabric degradation. Over time, high residual chlorine and disinfection byproducts act like very dilute bleach, fading colored clothes and wearing down fabric fibers in your washing machine. These chemicals will stay in your clothes rubbing against your skin daily.

If you need to iron a piece of clothing, the hot iron will intensify the chemical in the clothing. It will vaporize in the air and you will breathe it while ironing.

I wanted to share this information because I noticed something unusual while washing dishes with especially hot water. My chest became very tight. I experienced fatigue. And after hanging a clean dishcloth to dry overnight, it had a strong, musty odor the next morning.

My suggestion for now is to find out what kind of water is coming out of your faucet and when the last city/town water inspection was. Here, where I live, it was 20 years ago. Until you know, I recommend the following:

- Until you know more about your local water quality, consider taking cooler showers, using the bathroom fan, and leaving the door open for ventilation
- washing clothes in cool water and
- avoiding unnecessary ironing

To see official water quality reports for your local utility, review the [EWG Tap Water Database](#) to search your specific zip code.

In a month or so, I will buy the activated carbon block filters and KDF media filters. Studies have shown these filters can significantly reduce chlorine, THMs, and haloacetic acids (HAA5 and HAA9).

I will get back to you to give you the outcome of my home filter.

With all my Love, Nicole