

Water




COMPLETE WATER SOLUTION

For Apartment Living

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Water is life's matter and matrix,
mother and medium. There is no life
without water.

– Albert Szent-Györgyi
“The Living State and Cancer,”
Perspectives in Biology and
Medicine (Vol. 14, No. 2, Winter
1971)

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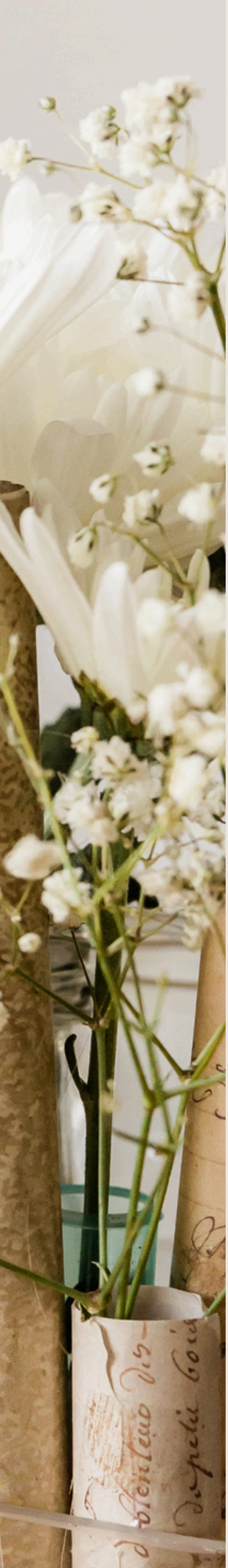
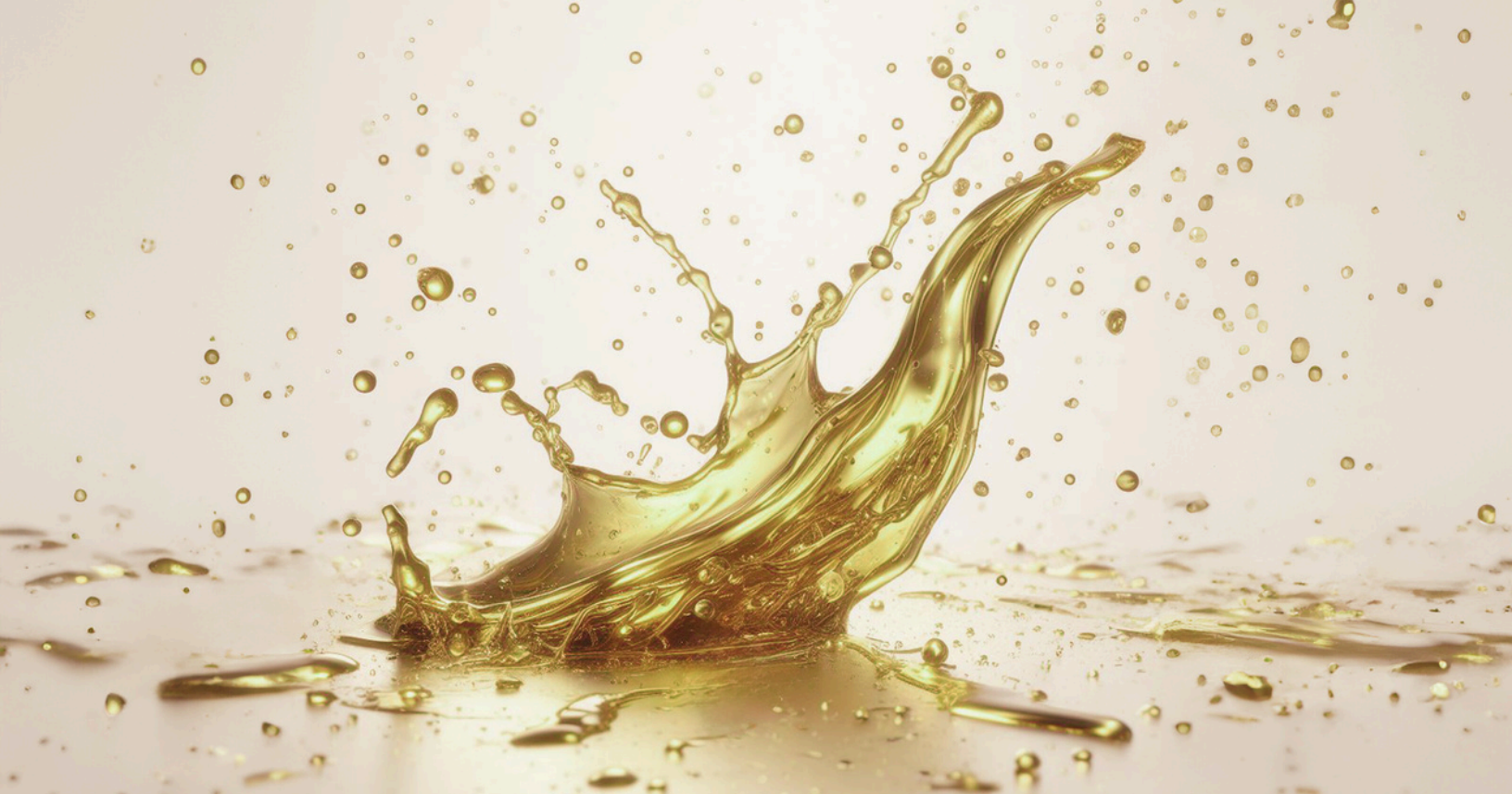


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INTRODUCTION

WHAT IS WATER?

When we think of water, we usually imagine a simple, familiar substance. A liquid made of two hydrogen atoms and one oxygen. It pours, splashes, freezes, boils. Just H_2O – a liquid we drink, swim in, boil for pasta. Case closed, right?

Not even close.

Water is, hands down, one of the least understood – and most mysterious – substances on Earth.

It breaks rules. It confuses scientists. It performs strange behaviors that don't quite make sense in the framework of classical chemistry or physics. It's both ordinary and wonderfully strange.

You may have learned that water exists in three phases: solid (ice), liquid (water in your glass), and gas (steam or vapor).

But there's a fourth phase – a structured phase – that forms under very specific conditions. It's not quite a liquid, not quite a solid, not quite a gas. It's called Exclusion Zone water, or EZ water for short.

This phase was brought into the spotlight by Dr. Gerald Pollack and his research team at the University of Washington. But he didn't invent the idea – he validated what earlier scientists and natural philosophers had been observing for centuries.

WHY SHOULD WE CARE?

Pollack discovered that when water comes into contact with certain hydrophilic (water-loving) surfaces – like the proteins and cell membranes inside our bodies – something strange happens: it begins to organize itself into a honeycomb-like molecular structure. Think of it like water crystallizing without freezing.

And get this: it stores energy.
Like a battery.



A liquid crystal battery... that lives inside of you, looks like water but is more gel like in its structure.

And it grows when exposed to sunlight and infrared light. Meaning: light fuels this phase of water, charging it up just like solar power. The sun doesn't just warm us – it builds us.

WATER IN NATURE

In nature, water is a living substance – constantly moving, spiraling, and cycling through springs, rivers, and clouds. This motion structures the water at a molecular level, creating a hexagonal, ordered arrangement that supports life. Natural water is also lightly mineralized from contact with rocks and soil, carrying essential electrolytes that nourish cells. In its pure form, it is free from harmful contaminants, energized by sunlight, and in harmony with the Earth's electromagnetic field.

TAP WATER

- Stagnant & unstructured
- Heavy metals
- Volatile organic compounds
- Pharmaceutical residues
- Neurotoxic additives (fluoride)
- Disinfection byproducts
- Petroleum compounds



THE CHALLENGES WITH REMEDIATING WATER QUALITY IN MODERN APARTMENTS

- Lease rules don't allow for plumbing modification
- Even when you own your apartment, you do not get access to the main water line for the building making full home water filtration inaccessible
- Lease rules don't allow for addition of extra outlets or countertop drilling
- Even if your landlord gives you a carte blanche on implementing water interventions within your unit, solutions for bathing water hardness, for example, are extremely difficult to come by without plumbing modification.
- For tap water in bathrooms and kitchens there's so much marketing smoke and mirrors, it will make your head spin. What it will NOT do is actually fix your water, so your hair, skin and body feel and look better.
- For shower filters, lots of unsubstantiated claims are made without the technological transparency to back up the claims.
- For bath tub fillers, the waters get even murkier.

This solutions manual is 100% based on years of independent research on biology of water, human physiology, and the various interventions that can be implemented in our homes.

The key lies in stacking effective solutions. Implement these systems and watch your health transform.

Drinking and Cooking Water Filtration: The Boiling Myth

Benefits of Boiling:

- Kill some microorganisms
- Remove certain volatile compounds



What Boiling Doesn't Fix:

- Increases concentration of heavy metals
- Concentrates pharmaceuticals and inorganics like fluoride
- Leaves behind petroleum compounds



Always cook with filtered water!
Any filter is better than no filter.

Water Filtration Overview

Attribute	Reverse Osmosis (RO)	Distilled	Multi-Stage Filtration
Purity	Excellent at removing contaminants	Very pure, removes almost all substances	Efficacy varies greatly depending on filter media used; balances contaminant removal with keeping minerals
Minerals	Stripped Out	Stripped Out	Retains beneficial minerals
Speed of Filtration	Slow-Medium	Very Slow	Faster
Waste Water	Varies but often wastes ~2-4x input water	Minimal Waste	Minimal Waste
Energetics	“Dead” water, needs re-structuring	“Dead” water, needs re-structuring	Closer to natural living water
Best Use	Areas with high contamination, max fluoride removal	Areas with high contamination, max fluoride removal	When filters are appropriate for tested water quality, usually better for water with no fluoride

Testing Your Water

FREE RESOURCES

If you're on municipal water supply, you're entitled to get access to a free annual report. Look for it using this search term "[County Name] water quality report."

This report will provide you with basic information about what's in your tap water, though it will not be fully accurate because it does not take into account what's in the pipes between the water plant and your house. But it's a good start.

EWG also allows for water report searches by zip code

OUR PREFERRED WATER TEST

For municipal water this is the test we recommend. The way it works is that you'll receive a mail to lab kit and get a report back that provides information on 111 analytes. **PRICE \$290**

No testing is necessary with our recommended solutions, unless you choose one of the 2 multi-filter systems. In that case you may decide to invest in a lab test or just have the vendor configure your filters based on county report.

3 Drinking Water Non-Negotiables

1 **FILTRATION:** This is the parameter most people are familiar with. Adequate filtration depends on what's in the water your municipality provides. Reverse Osmosis is a good solution for virtually any situation because it's so thorough when it comes to filtration. BUT it must be stacked with tools that address non-negotiable 2 and 3 below!

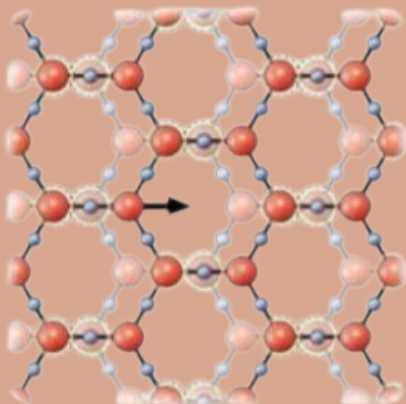
2 **MINERALISATION:** Mineralized water is water that contains dissolved minerals (most commonly calcium, magnesium, sodium, potassium, bicarbonate, silica).

- The body is basically a liquid crystal electrical system (Dr. Robert Becker's "Body Electric" work).
- If water is mineral-free, it can't carry the subtle electrical signals needed for repair, regeneration, and healthy cell communication.
- Remineralization isn't just about nutrition – it's about restoring conductivity and vitality to the water.

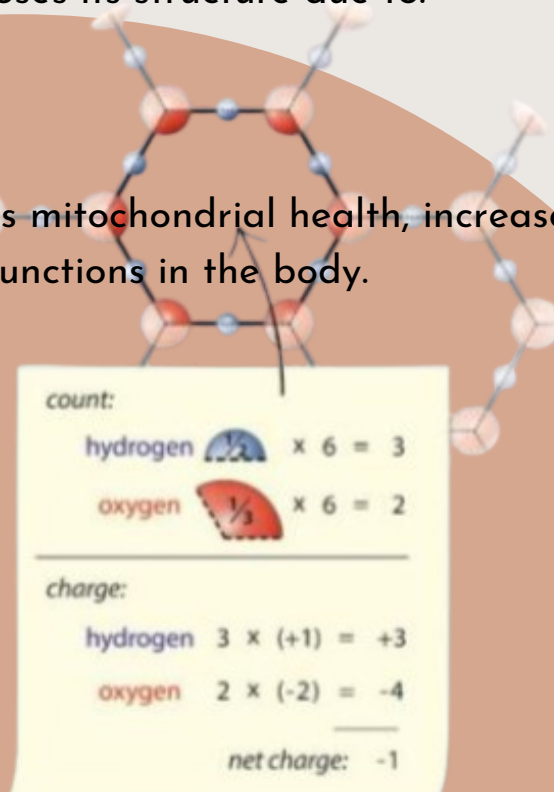
3 **STRUCTURING:** Water in our bodies is structured H_3O_2 as is spring water we're meant to consume. But water loses its structure due to:

- Non-Native EMF exposure
- Industrial plumbing systems
- Processing and storage methods

Consuming structured water supports mitochondrial health, increases energy, and improves regenerative functions in the body.



Honeycomb Stack



Drinking and Cooking Water Countertop Setup: Filtration

Countertop Unit

WHEN TO SELECT THIS OPTION: If you want the most comprehensive filtration possible, there's no opening in your countertop for a dedicated filter faucet, you have some room on your kitchen counter.

Countertop RO (\$409) comes with glass carafe, 6 stage purification with remineralization (also available without remineralization filter). Filters should be flushed 4-6 times before use and replaced every 12-24 months (the screen will show when they are due for replacement).



Replacement Filters \$90 Lasts for 1 YR

Replacement Remineralization Filter \$34 (2 set, 1 per 6 months)

Replacement RO membrane - sold in combo with filters for \$150 total (it's \$60 more than just the filters so that's the rough cost every 2 years for membrane)

Drinking and Cooking Water Countertop Setup: Structuring and Mineralization

Mineralization

This unit comes with a mineralization cartridge but in our experience these inexpensive cartridges do the bare minimum. They slightly re-mineralize water but to really optimize your water we recommend adding a pinch of high quality salt (one pinch is enough for the whole 60oz carafe, your water will not taste salty!) OR add one capsule of this solution sourced directly from nature with 100% trace mineral content.

Structuring

Finally stir the water in the pitcher and in your glass before drinking using this super powerful structuring device.



Water Storage

If you prefer chilled water or want to store water for any reason, always use glass vessels.

Drinking and Cooking Water Filtration: Under Sink, NO Drill Solution

BUDGET MULTI-FILTER OPTION: This is an under sink solution that doesn't require a dedicated faucet.

WHEN TO SELECT THIS OPTION:

If you don't have countertop space to accommodate reverse osmosis, AND can't or don't want to drill your countertop to create an opening for a dedicated faucet for under sink RO.

This is a budget version (**\$699**) of their best selling PureSync under the sink water filtration solution. Operates **without electricity** and filters out most contaminants, while reducing others to much lower levels, from cold water line. Does NOT filter out minerals and is available with an optional remineralization attachment (if your local water is low in minerals). It can be connected directly to the cold water line or a separate dedicated faucet. Impact on water pressure from this system is minimal.

This system uses nano-adsorptive media designed for broad contaminant reduction. Lab tests show up to 90-95% fluoride removal under controlled conditions, though actual performance varies depending on local water chemistry and usage. A good option for renters seeking non-RO fluoride reduction with easy installation, but periodic media replacement and flow moderation are key for maintaining efficacy.

Coupon Code:
Homebody

Filter should be replaced every 6-12 months depending on usage. Filter cost (\$201)

Drinking and Cooking Water Filtration: Under Sink, NO Drill Solution

Mineralization

This unit comes with a mineralization cartridge that's adequate. To really optimize your water though we recommend adding a tiny pinch of high quality salt to your drinking water OR add one capsule of this solution (per gallon of filtered drinking water if you store the water in the fridge) sourced directly from nature with 100% trace mineral content. This is not a must, but a nice to have.

Structuring


With this under sink setup you can directly connect a structuring device to the filtered water output line. This way you can skip the manual structuring step and have all the cold water coming out of your tap be automatically structured.

Water Storage

If you prefer chilled water or want to store water for any reason, always use glass vessels.

Drinking and Cooking Water Filtration: Under Sink RO

TANKLESS RO: Waterdrop G3P600 (\$540)

 *Requires under sink
electricity + Dedicated
Faucet*

WHEN TO SELECT THIS OPTION: If you want the maximum filtration possible, and saving counterspace while also taking up less room under your sink is a priority, this is a great solution. The caveats are: 1) You'll need to have an existing outlet under your sink or be willing to pay to have a GFCI outlet installed (generally quick and easy but will run you \$200-\$300 on average) 2) You'll need an existing hole in the countertop (for example there might be one for soap dispenser) or have a hole added, to install a dedicated RO faucet (\$100-\$300 job if you hire a pro)

Tankless RO avoids the biofilm issue common in RO systems with water storage. This particular model tracks when filters need changing without use of bluetooth or external apps. It's also very easy to swap out the filter. It's important to swap out filters in a timely manner (about 1x/year) so as to avoid membrane degradation and deposits of microplastics into your filtered water. Components materials for this model are NSF certified.

Dimensions: 18.12" x 17.72" x 5.67"

8 Stage Tankless Reverse Osmosis Water Filter

2:1 Drain Ratio

Bluetooth Free

Filters out: chromium, PFAS, radium, fluoride, arsenic salt, iron, calcium, particles, chloride, chlorine and radioactive substances, and minerals

Filter replacement kit (\$91) must be swapped annually

RO membrane replacement (\$109) should be swapped once every 2 yrs

Drinking and Cooking Water Filtration: Under Sink RO



While this RO solution takes a bit more effort up front, it's the most automated and low maintenance option available for apartment living

Mineralization

While this unit comes with an optional mineralization cartridge, we would strongly recommend connecting this mineralizing attachment instead. This attachment should be placed after the water is filtered but before it flows through the structuring device. This is a much higher quality cartridge that provides **trace minerals** as well as calcium, magnesium and potassium. It should be replaced every 12 months.

Structuring

With this under sink setup you can directly connect a structuring device to the filtered water output line. This way you can skip the manual structuring step and have all the cold water coming out of your tap be automatically structured. Select ¼ inch model.

Water Storage

If you prefer chilled water or want to store water for any reason, always use glass vessels.

Drinking and Cooking Water Filtration: Under Sink Basic RO

BASIC RO (\$230):



*Requires a dedicated Faucet
(aka opening in the
countertop)*

WHEN TO SELECT THIS OPTION: If you want the maximum filtration but don't have under sink power supply and don't mind using up lots of under counter space to accommodate the storage tank, this is a cheap and effective solution. . You would still need to have a dedicated RO faucet so you'll need an existing hole in the countertop. This solution also comes with the added maintenance: the storage tank must be sanitized every 6-8 months.

This model has an easy to change filter and doesn't use bluetooth or wifi. The filters are designed for annual replacement.

Filter replacement kit (\$72) must be swapped annually.

RO membrane replacement (\$20) should be swapped once every 2 yrs

Drinking and Cooking Water Filtration: Under Sink Basic RO

Mineralization

We strongly recommend connecting this mineralizing attachment to the water that comes out of this unit. This attachment should be placed after the water is filtered but before it flows through the structuring device. This is a high quality cartridge that provides **trace minerals** as well as calcium, magnesium and potassium. It will allow RO water to regain its charge. This cartridge should be replaced every 12 months.

Structuring

With this under sink setup you can directly connect a structuring device to the filtered water output line. This way you can skip the manual structuring step and have all the cold water coming out of your tap be automatically structured. Select ¼ inch model.

Water Storage

If you prefer chilled water or want to store water for any reason, always use glass vessels.

Drinking and Cooking Water Filtration: Under Sink PREMIUM Solution

BEST IN CLASS: Spring Aqua Wet 7

WHEN TO SELECT THIS OPTION: If money is no object, this is the “Rolls Royce” of drinking water solutions. It does not require electricity but **DOES** require a dedicated faucet, so make sure you have an opening already available in your countertop or the permission to drill one (\$100-\$300 for a pro to do the drilling if your lease allows it)

Best in class drinking water filter, structuring, re-mineralizing, **hydrogenising system:** Spring Aqua Wet 7. This filtration masterpiece is an ecosystem under the sink. It uses no electricity, no storage tank, wastes no water. Perhaps most impressively it suffuses the water with **stabilized molecular hydrogen** without electrolysis. There are over 2000 studies on benefits of drinking hydrogen infused water. If you don't have access to spring water this is the closest thing to recreating a spring in your home.

This is an all in one solution that does not require anything extra; structuring and mineralization are built-in.



Filters should be replaced every 12-18 months

This system sells at a premium price point that's totally worth it if you can afford it:

\$4200-\$4700

Bathroom Sink Water Filtration

BUDGET FILTER: Great for high fluoride filtration & other contaminants in bathroom sink cold water supply line. Easy maintenance.

2 Stage Under Sink Filter

This is a very budget friendly under sink water filter (**\$200**) that does NOT require a separate faucet.

- Hooks up directly into cold water line
- Filters out about 85% of fluoride (according to lab results posted) and many other contaminants though there's limited transparency on which contaminants are filtered at what rates.
- Good for brushing teeth and general bathroom sink use when a full home filtration system is not an option.
- Beneficial for skin

Fluoride filter should be replaced every 1.5 yrs or 5000 gallons; regular filter is good for 8000 gallons. Combined filter cost (\$153 with subscription).

This is also a good solution for basic **kitchen sink** water filtration for washing produce and hands. I would not recommend this as the sole drinking water filter but if you use a countertop RO unit and want to improve water quality coming out of your tap, this is a very good and cost effective addition that will not require any drilling.

Shower Water Filtration

If you don't have "hard water", then all you need is a good shower filter. More on what to do about hard water on the next page.

BEST IN CLASS SHOWER FILTER

This is the most comprehensive POU filter as of the time of writing. (**\$219 initial investment**, \$139 annual replacement cartridge cost-long lasting, **low maintenance**). Why this is our pick:

- Highest volume of KDF medium (30 oz of combined KDF-55 and KDF-85). KDF = Kinetic Degradation Fluxion, copper-zinc alloy known for reducing chlorine, heavy metals, bacteria and scale and performing better than carbon at higher temperatures.
- Activated Catalytic Carbon - removes chloramines, VOCs, and chemical byproducts
- SIR-900 Resin - targets fluoride, arsenic and lead

This filter does not fit Moen shower fittings. We recommend contacting the manufacturer if you're unsure about compatibility and adapters with your specific showerhead.

BUDGET SHOWER FILTER

We only recommend trying this option if you know for sure that our best in class pick above will not work with your shower hardware. Initial **investment is \$90**. Filters should be replaced every 5-6 months and cost \$25 per replacement cycle (sold for \$50 for a set of 4)

Soft and Hard Water

Water hardness is determined by concentration of calcium and magnesium; hard water is fine to drink but can dry out skin and hair.



To know for sure whether you have hard water you'll need a lab test. In our experience PH strips and even aquarium GH and KH water test kits do not provide reliable results.

But you can often see mineral residue in the shower and feel the effects on your hair and skin.

Grains per Gallon (gpg)	Hardness Level mg/L (ppm) as CaCO ₃	Hardness Level
0-60	0-3.5	Soft
61-120	3.6-7.0	Moderately Hard (Ideal Balance)
121-180	7.1-10.5	Hard
180+	10.6+	Very Hard

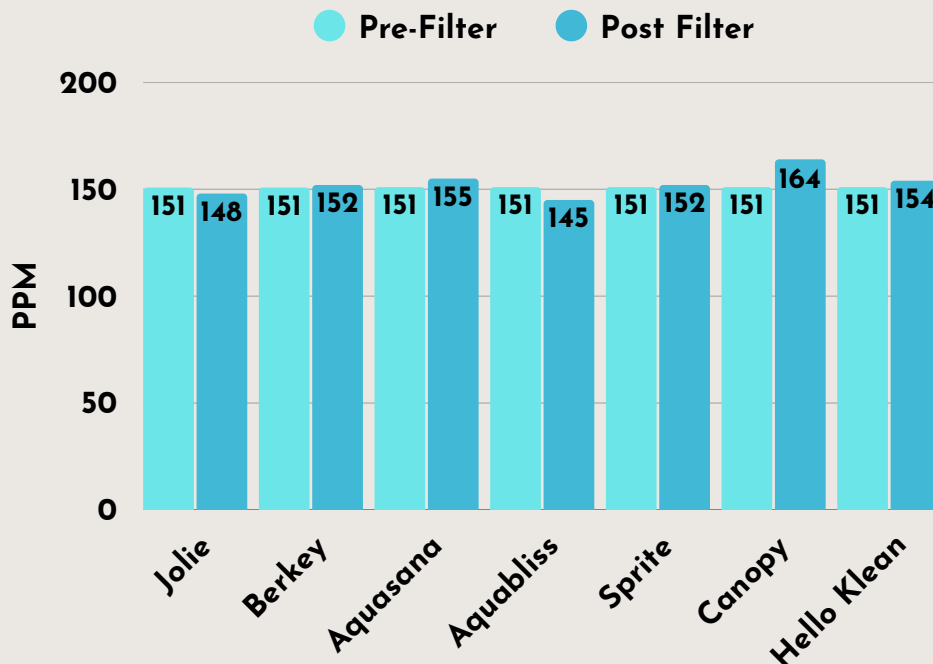
Hard Water Solution for Showers

HARD WATER REMEDIATION OPTIONS

This is a tricky situation because generally the only way to completely remediate hard water is by either using **salt ion solution** (high maintenance and mostly available for whole home filtration) or using **reverse osmosis** for your shower water (which is also only possible through a whole home RO system).

Other options include **TAC** and **NAC** technologies (nuclear assisted crystallization) but these are also only available for either full home or under sink system and they are about 60-70% effective in resolving skin and hair hard water impact. They don't actually remove the minerals but make them into larger crystals that are not as reactive with your hair and skin proteins and soap.

All other so called water softening filters **don't actually do much** to impact mineral content or structure. At most they neutralize chlorine, which our recommended shower filter does as well. Here are the results from testing the most popular models from Amazon:



Hard Water Solution for Showers

SO WHAT CAN YOU DO?

There are currently **2 salt based solutions** that can be adapted to your apartment shower. ALL salt based solutions require periodic regeneration (manual process where you'd have to disconnect the softener from the water line, fill it with salt, run water through it slowly for 15 minutes and rinse it for another 10 min). No walk in the park, if this is something that has to be done with any level of frequency.

The two available solutions will remove minerals from your water and have a huge impact on your skin and hair. **HOWEVER**...one of these solutions (called Showerstick) would literally require weekly regeneration if your water is more than just mildly hard!

2 SALT ION BASED OPTIONS

- SHOWERSTICK is a **solution we don't recommend for maintenance reasons** mentioned above, but it is the only "in-line" shower water softener on the market. What this means is that it can be connected to a shower hose and mounted inside your shower in a relatively streamlined way. If you have severe skin issues that hard water is exacerbating and you're willing to take on the maintenance, this is a solution that **WORKS**.
- Our preferred option (function wise) is a bit more cumbersome, but one that **WORKS** and doesn't require weekly maintenance! **This option** would require regeneration every 1-3 months (or even longer) depending on how hard your water is and the number of showers/day in your household. We'll show you the exact setup on the next page.



Hard Water Solution for Showers: RV Tank

LESS
MAINTENANCE
MAX EFFECT

RV SALT ION TANK AND PRISTINEHYDRO COMBO

Depending on water hardness this solution can soften 275 (extreme conditions) to 3,200 gallons of water. This translates into 11-128 showers of about 12 minutes each. To put this in perspective, this solutions lasts about **16x LONGER** than ShowerStick before needing regeneration. The cost of the two is comparable. The big tradeoff is the **bulkiness of this unit**.

You can use any showerhead you'd like with this solution, and we'd recommend stacking it with one of the showerheads in the shower Water Structuring section coming up.

WHAT TO ORDER:

Connectors



Shower Hoses (need 2)
and a Shower head holder
if you don't have one



Water Softener
RV tank →



Length of shower hoses would depend on where you place the RV tank. 59" is fine is tank is inside the shower or right next to it



←
Water Filter

Showerhead, either use existing or **one of these:**



Magnetic structuring



Vortex gem structuring



Hard Water Solution for Showers: RV Tank

RV SALT ION TANK AND PRISTINEHYDRO SETUP



INSTALLATION (zero drilling/permanent alterations required!)

1. Remove the connectors that come with the softener and replaced them with $\frac{3}{4}$ -inch to $\frac{1}{2}$ -inch stainless steel connectors. This step is key for making it compatible with standard shower hoses.
2. Install the handheld showerhead bracket onto the shower arm.
3. Attach the Pristine Hydro filter here because it will be out of the way. The other place to attach the Pristine Hydro filter would be on the softener tank inlet, if you store your tank outside of your shower.
4. Hook up the inlet hose from the shower arm to the softener
5. Run the outlet hose from the softener to the showerhead.

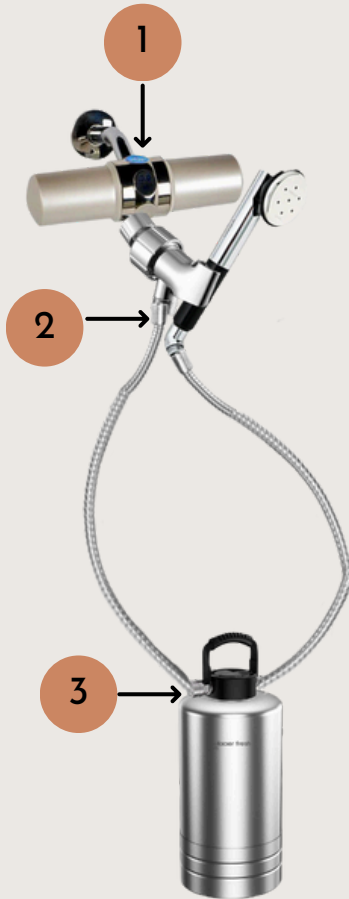
Regeneration instructions will come with your unit but can also be found in video format [HERE](#).

The softener tank can rest on the floor of your shower or tub, OR can be concealed inside a vanity/simple enclosure next to the shower. Hose length you select should be as short as possible given where you place the tank. Long hoses might lower water pressure.



Hard Water Solution for Showers: RV Tank

RV SALT ION TANK AND PRISTINEHYDRO SETUP



This is the basic setup. The water filter can be connected to the

- shower arm (1)
- the handheld showerhead bracket (2)
- the inlet hose connector leading up to the tank (3)

Choose a location where it's most out of the way in your bathroom layout.

The tank itself too can be placed

- inside the shower/tub
- next to the tub
- concealed inside the vanity or a hamper



For an integrated, designed look you can insert a bamboo or teak slatted box to conceal the tank either inside a larger shower or next to the tub.

Depending on the layout of your bathroom a prefabricated laundry hamper with the fabric insert removed, can look great.



Hard Water Solution for Showers: Showerstick



SHOWERSTICK AND PRISTINEHYDRO SETUP

Your stack order:

Wall shower arm → PristineHydro Filter → ShowerStick hose inlet → ShowerStick → ShowerStick outlet hose → Showerhead

Watch video instructions [HERE](#)



Install:

- Remove your existing showerhead.
- Wrap PTFE thread seal tape on all male threads (2-3 turns).
- Attach the PristineHydro filter directly to your wall arm.
- Use the female-female coupling to connect the PristineHydro outlet to the ShowerStick inlet.
- Attach your showerhead to the ShowerStick outlet.
- Turn on water slowly and check for leaks.

🔍 What to check before ordering

- Make sure all threads are ½" NPT (standard for U.S. shower arms).
- Ensure coupler/fittings are chrome or finish matching your bathroom hardware.
- Use PTFE thread seal tape on all male threads to prevent leaks. It comes with ShowerStick but you might want to have extra on hand.
- After install, check for leaks and ensure the connections feel stable (no wobble) – because a stacked setup has more weight than just a showerhead.

Hard Water Solution for Showers

LEAST
MAINTENANCE

WATER STRUCTURING OPTIONS

These solutions will not remove the minerals from the water, so technically you'll still have hard water. However, they will restructure the water and the minerals, **making the minerals less prone to forming a film** over your skin and hair AND there's little to no maintenance required. There's also the added benefit of showering in ionized water, which is the shower version of bathing in a waterfall: increased alpha brain waves, sense of reinvigoration and calm.

- **Budget Option** - This is a magnetic vortexing shower head. It comes with vitamin C media and the manufacturer recommends replacing filters every 8 months or so. However, since we don't recommend that you use this as a filter, but rather as a structuring device, you can simply soak the filter in 1:1 white vinegar and water solution once/year to get rid of any biofilm build up. If you like the vitamin C effect on your water than by all means replace the filter regularly, but that's main reason to do so since actual filtration will be done by Pristine Hydro.
- **Premium Option** - Inspired by the work of the legendary Austrian inventor Viktor Schauberger, this showerhead spins water through a small vortex chamber, creating a toroidal flow that restores its natural vitality. As the water moves, it produces a gentle suction you can feel by placing your hand under the stream, similar to the way the heart moves blood through the body. Showering in this water is very energizing and grounding at the same time. Plants thrive when watered with water from this device.

THE SETUP

Wall shower arm → PristineHydro Filter → Structuring Showerhead

Wall shower arm → PristineHydro Filter → Shower Hose → Structuring Showerhead

Bath Water Filtration

Unfortunately bath water filters currently on the market span the range of utterly useless to maybe a little effective. However, none of them provide reliable testing data, which makes them difficult to recommend.



If you have a shower in your tub, we recommend installing the shower filter listed earlier and filling the tub from the shower.

If you don't have a shower in the tub we recommend combining 2 of the following measures, with the understanding that there's a good chance your water will still have heavy metal and some VOC contamination (depending on the quality of your municipal water source).

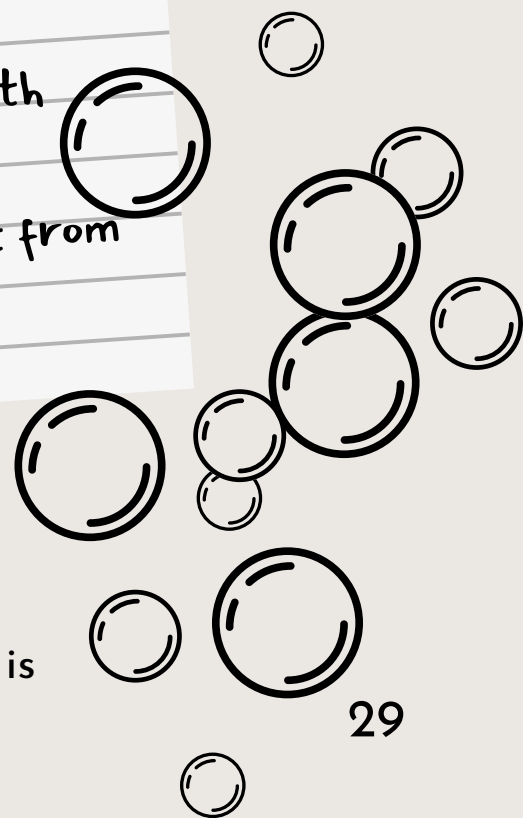
1. This filtration ball will reduce your toxicant exposure (exactly how much is anyone's guess, which is why this is a last resort measure)
2. Adding a teaspoon to ascorbic acid powder (synthetic vitamin C) to your warm bath water will help to neutralise chlorine and chloramine in the water

Carbonated Water

Carbonated drinking water...does carbonation matter? There is a long history in naturopathic and European hydrotherapy traditions of using **natural** sparkling waters for health. Some of this may be attributed to beneficial mineral content of certain natural carbonated waters but as it turns out there are also benefits associated with the carbonation itself (natural or manmade). Some of these benefits include:

- Improved digestion through stimulation of gastric secretions
- Reduced constipation and bowel movement stimulation
- Nausea relief and better appetite control
- Reduced acidity in the mouth (temporarily) through neutralization of acids left from food + saliva stimulation

You don't need to go out of your way to consume unsweetened, unflavored, plain carbonated water, but if you enjoy it then this is your permission slip to do it 😊.



BONUS

Carbonated Water

If you, like us, love your bubbles, the best home carbonation machine we've found is THIS.

It looks great, functions well, and allows you to have more control over your preferred level of carbonation...

did we mention how beautiful it is?



It comes in about a dozen different color waves, with both matte and metallic finishes.