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Showering: Is Your Health at Risk?

By Peter McGarry

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For the past decade, people have focused on the importance of clean drinking water. Purified drinking water reduces or eliminates chemicals found in normal tap water. However, the body derives its need for water from alternative sources, most notably while showering.

It is common practice in North America to shower on a daily basis, sometimes more than once. Unfortunately, most people are unaware that more chlorine is absorbed through the skin during the average shower than by drinking six to eight glasses of tap water. This may make one wonder, how clean is shower water?

Are you a fan of hot showers?

Since the skin is porous, it is the body's way of excreting toxins and regulating temperature, hot showers cause the pores of the skin to dilate, allowing chlorine and other free radicals to be rapidly absorbed. Chlorine is also contained within the water vapor that enters the air as steam, and which we breathe into our lungs as we shower. Dr. Halina Brown, a professor of water chemistry at the University of Pittsburgh, claims that the exposure to vaporized chemicals in water supplied through showering, bathing and inhalation is 100 times greater than through drinking the water.

Furthermore, chlorine and other water contaminants reduce the effectiveness of many shampoos, conditioners, lotions, oils and skin creams, leaving your skin dry and un nourished.

Any contact the body has with water is cause for concern. Swimming pools and hot tubs use chlorine to kill bacteria. Little thought is given to the effect on the human body. Chlorine is a highly toxic element, which has the ability to denature protein. All living organisms are made up of protein; thus any living organism that comes in contact with sufficient quantities of chlorine is killed. After swimming or showering you may notice that you have sore eyes, sinus blockage, respiratory problems (such as asthma), cracking skin (hands and feet), or dry hair and an itchy scalp. You may also feel tired and

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your skin might smell of chlorine for hours afterwards, even after showering.

What is your health worth?

The May 2003 issue of Elle Magazine, featured a showerhead that has a carbon filter that removes chlorine as well as other toxic substances in our water like lead, iron oxides and other sediments that leave dulling deposits on the hair. If the showerhead removes the minerals that cause this dulling effect, one might notice an increase in shine and hydration. This is something you may want to consider when comparing showerheads and filters.

Heres to your health.

Peter McGarry

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. This site is a guide to improving your quality of life.

Shower Water Filters – House Water Filters

By James Nardel

Shower water filters are an essential component to any complete home water filtration system. A shower water filter allows you to enjoy a warm and relaxing shower, without the potential risk of exposure to harmful elements found in standard tap water. Chlorine is one of the biggest problems found in normal tap water. If your body is continually exposed to chlorine during a shower, it can lead to problems such as dry skin, irritated eyes or color distortion of the hair. This is due to the fact that chlorine strips the natural protective oils from the skin and hair, which leads to the excess dryness. If the chlorine is filtered out of the water, the skin and hair will greatly benefit. Removing chlorine can also be beneficial for individuals suffering from asthma and allergy sufferers, as inhalation of chlorine vapors can complicate those conditions. Showering with unfiltered tap water can be compared to spending ten to twenty minutes in an extremely chlorinated pool everyday. The most well-known shower water filter is the Aquasana Shower Filter, which retails for sixty to eighty dollars, depending on where it is purchased.

Shower waters filters can be easily installed in a few minutes. Once the water filter is properly installed, it provides healthy, chemical free water for showering. The best feature of the shower filter is its efficiency in removing chlorine from the water. It also greatly reduces harmful VOCs, which are the same harmful substances found in paints and pesticides. The filter also enhances the pH balance, which creates an overall healthier showering environment.

Most shower filters have an average life span of six months or ten thousand gallons. The filter can handle operating temperatures of 115 degrees, which is more than ample, as most average shower

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temperatures are 100 degrees. The filter fits well on the head of the shower. Most filters use two stages to purify the tap water. The first stage of the filter system removes all chlorine and improves the pH balance. The shower filter system brings the pH of the water to 7.5. This is accomplished by using a natural copper and zinc mineral media, which is called KDF-55D. KDF-55D removes any acidic components in the water, while retaining helpful trace minerals. The second stage of the filtering process employs a carbonized coconut shell media, which is responsible for the task of removing any synthetic chemicals and VOCs.

Most shower filters come with an adjustable pressure shower head which prevents any loss of water pressure. The filter systems are also compatible with most standard shower heads and hand held shower heads. In addition to providing health benefits, shower water filters also remove limestone, marble and other hard metals from the tap water. This helps to prevent scaling and hard water deposits in the shower or bathtub.

Mike Tracy writes guides and reviews for Water Filters at

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