

HASHIMOTO'S PROTOCOL

Water Filtration Systems Guide

Halogens like bromide, chloride, and fluoride are structurally similar to iodine and may take up receptor sites in the thyroid gland. Their presence in the thyroid gland can act as a trigger in inducing thyroid cell death and inflammation, leading to the development of thyroiditis and autoimmune thyroiditis.

Individuals exposed to high levels of halogen-containing substances have been found to have higher rates of thyroid antibodies, and some people have reported improvement in thyroid symptoms and thyroid function tests following removing halogens from their lifestyle.

Fluoride was actually used to treat hyperthyroidism up until the 1950's, prior to the development of other thyroid-suppressing medications. It's as effective as a thyroid suppressor at doses of 0.9-4.2 mg per day for hyperthyroidism.

Most adults in fluoridated communities are ingesting between 1.6 and 6.6 mg of fluoride per day from water inadvertently suppressing their thyroid function!

Fluoridation of water partially began as a collaborative effort between dental associations, the U.S. government and sugar lobbyists who wanted to find a solution that would allow people to have fewer cavities while continuing to consume just as much sugar. Proper nutrition should be emphasized and should eliminate the need for fluoride.

Fluoride and other halogens can be removed from water using filters, but not just any filter. Fluoride is only removed by special processes like distilling the water, using reverse osmosis filtration systems, or through activated alumina defluoridation filters. Most other filters do not remove fluoride.

Boiling water concentrates the fluoride instead of getting rid of it while freezing the water does not affect the concentration of fluoride.

Before deciding on a water filter, I researched many filtration systems. Some of them were extremely expensive, up to thousands of dollars!

After exploring the different options, I decided to purchase an [under the sink reverse osmosis filter on Amazon](#). Looking at the directions, it would have been really difficult for me to install myself, so I had it installed by a professional handyman (AKA my dad).

It took a few hours, and unless you have someone handy and generous in your family, you may wish to budget for the cost of installation when considering the total cost.

Please also keep in mind the type of filter that would best fit your space. If you are renting a small apartment, it may be more realistic for you to get a countertop filter vs. an under the sink or full house filter. was a fraction of what I would have paid otherwise! However, I realize this may not be a suitable option for everyone due to space, cost, and resource constraints.

Since purchasing my own water filter, there have been many exciting new developments in filtration systems. You can now find anything from countertop, to shower, to gardening filters! Here are some cutting edge, affordable options to consider, when selecting your own filter.

FILTERS THAT REMOVE FLUORIDE

5-Stage Home Reverse Osmosis Drinking Water System



Brand: AMI

Description: This filter is installed under your sink, and is best for kitchens. You will likely need a handyman/handywoman to install the filter for you.

Features:

- Produces 50 Gallons of Purified Drinking Water Per Day; Model AAA-505
- Eliminate up to 99% of dissolved solids, metals, harmful chemicals & microorganisms from your water.
- Enjoy the huge savings and convenience of pure water directly from your tap vs. bottled water.
- Use RO Purified Water for Drinking, Cooking & Ice for improved flavor and increased health benefits
- Go green! Stop wasting bottled water containers & fuel used to deliver water by filtering your own!

AquaTru Countertop Reverse Osmosis Filter



Brand: AquaTru

Description: The first and only countertop reverse osmosis water purifier that is certified to create bottled quality water from your tap. No plumbing or installation required.

Features:

- Tap water tank holds about 1 gallon of water
- Clean water tank holds about 3 quarts of purified water
- Designed to remove 78 contaminants regulated by the Environmental Protection Agency
- Removes more than 90% of fluoride
- With no installation required, you can put AquaTru in the kitchen, garage, workspace, dining room, etc.

AquaTru Carafe



Brand: AquaTru

Description: AquaTru Carafe countertop purifier packs our powerful, installation-free purification technology into a smaller footprint, making it perfect for individuals and smaller households. Pour with ease or store our thoughtfully designed glass carafe in the fridge for chilled water on hand. Whether you're filling up a tall glass or brewing a cup of coffee, AquaTru Carafe will meet all of your clean drinking water needs.

Features:

- 64 oz. glass carafe for easy, plastic-free pouring
- No installation or plumbing
- Patented 4-stage Ultra Reverse Osmosis® technology
- Independently tested to NSF standards.
- Control panel with change filter and maintenance alerts
- Long-lasting filters last from 6 months to 2 years

AquaTru Under Sink Water Purifier



Brand: AquaTru

Description: Designed for the homeowner or larger family who wants a higher capacity of fresh, flowing, purely delicious AquaTru water on demand. AquaTru Under Sink Water Purifier dispenses from a dedicated faucet at your sink to allow you to fill up pots, pans, water bottles, and sippy cups with ease. And it uses the same 4-stage reverse osmosis purification process and easy-to-change filters found in our other purifiers. Please note, this filter does require installation.

Features:

- 4-stage Reverse Osmosis technology
- Certified to NSF standards to remove contaminants, including lead, arsenic, PFAs, fluoride, chlorine, nitrates and many more
- Filters last from 6 months to 2 years

Clearly Filtered Water Filtration Systems



Brand: Clearly Filtered

Description: This company offers a variety of filtration systems, including:

- Water pitchers
- Under the sink filters
- Filtered water bottles
- Universal fridge filters
- Water towers

Features: All of their products are able to remove up to 99 percent of fluoride from the water, and their website provides links to independent testing results from EPA-accredited laboratories that show the levels of contaminants their products are able to remove from the water source.

To see all the products they offer, click [HERE](#).

Home Master Jr. F2



Brand: Perfect Water Technologies

Description: The Home Master Jr. F2 is a countertop filter with a space saving design, to be placed on any sink top. The unit can be self-installed.

Features:

- Highly pure water - Elite five-stage granular filter removes up to 93 percent of chloramines, fluoride, chlorine, aluminum, arsenic, other chemicals, and metals
- Removes up to 93 percent of dirt and rust, soluble metals like fluoride, arsenic, lead, iron, mercury, copper, and aluminum, chemicals like chloramines, chlorine, VOCs, THMs, and many pharmaceuticals (microcontaminants) that create foul tastes and odors in your tap water.
- Simple and easy installation takes only minutes
- Portable compact unit, travels well

Reverse Osmosis Revolution System



Brand: Reverse Osmosis Revolution

Description: Easily attaches to your kitchen faucet without the need for plumber. Ideal portable solution for your apartment, home, RVs, aquarium or during your travel time.

Features:

- Reliable 4 stage RO Water Purification System with 75 GPD US Made RO membrane
- Delivers approximately 3 gallons of pure, clean water per hour.
- Made in USA
- Fit 96% of all kitchen faucets (female or male type of spout)
 - If you want to connect RO to garden/laundry hose, you will need specify that in Customer Notes - They will replace 2-way diverter with garden/laundry hose adapter
- Elements and the Percent Membranes will remove: Arsenic (93%-96%), Aluminum (86%-90%), Bicarbonate (90%), Cyanide (93%), Chloride (85%-92%), Calcium (94%-98%), Sodium (86.5%-93%), Sulfate (96%-98%), Potassium (84%-95%), Barium (95%-98%), Iron (94%-98%), Nitrate (60%-76%), Mercury (94%-98%), Zink (95%-98%), Selenium (94%-96%), Lead (95%-98%), Phosphate (94%), Magnesium (98%), Fluoride (82%-92%), Nickel (96%), Cadmium (96%), Detergent (97%), Herbicides (97%), Insectecides (97%), Strontium (96%).

Brondell H2O+ Circle Water Saving Reverse Osmosis Water Filter System



Brand: Brondell

Description: This filter is an under the sink system, designed for DIY installation.

Features:

- Water saving smart technology - up to 10 times more efficient than conventional RO systems
- Designer chrome faucet with integrated LED filter change indicator (included)
- Space saving compact design - leaves plenty of room for under sink storage
- Quick change twist a seal filters
- Non-electric design (no pumps or electricity required)
- WQA Gold Seal Certified four-stage reverse osmosis filtration

Hydro-Logic Stealth-RO100 Reverse Osmosis Filter



Brand: Hydro-Logic

Description: This system can be self-installed, and is designed for use with hydroponic or horticultural applications.

Features:

- Produces up to 100 gallons per day of ultra-pure, low PPM water
- Removes 98% of chlorine and contaminants
- Wastes approximately 25% less than other reverse osmosis systems
- Stealth RO100 Reverse Osmosis Filter
- Everything included in the box for quick hook-up
- Customized for gardening and hydroponics
- Choose from a 3:1 or 2:1 waste to product water ratio (both included with unit). Also an ultra-efficient 1:1 ratio available as optional accessory

APEC Portable Countertop Reverse Osmosis Water Filter System



Brand: APEC

Description: Lightweight installation-free system, hooks up to most standard faucets in minutes. Will not work with pull-out or built-in sprayer faucets.

Features:

- Top rated brand, high performance reverse osmosis drinking water system
- 4-stage compact system built with high capacity filters, for convenient drinking water anywhere
- Refreshing crisp taste superior to bottled water
- Perfect for apartments, condos, motor homes, retirement homes, seniors, students & travelers
- Hooks up to most standard faucets in minutes. Just plug and drink! Lightweight, installation-free system.
- 90 GPD portable system built with high capacity filters for reliable, long lasting performance, works for water pressure 40-80 psi

ADDITIONAL FILTER OPTIONS

Here are some additional filters that can be helpful to remove several toxins and contaminants, but do not remove or reduce fluoride. If you are not able to obtain the fluoride filters and/or would like additional options for your shower, the following filters might be suitable for you.

Aquagear Water Filter Pitcher



Brand: Aquagear

Description: Fits easily in your refrigerator or on your kitchen counter. Simple to fill and clean.

Features:

- Filter made in the USA, 100% BPA-free, 100% FDA-approved food grade materials, 100% recyclable, 100% vegan.
- Filter is EPA/ANSI certified and meets and exceeds NSF Standards 42 and 53 for contaminant reduction. Aquagear holds 2016 Water Quality Association (WQA) membership. Filter tested in Flint, Michigan for lead and copper reduction.
- Triple capacity filters - High quality filters produce 150 gallons of water each, lasting 3 times longer than Brita filters and 4 times longer than ZeroWater for maximum lifetime savings.
- Removes 2000% more contaminants than Brita including PFOA/PFOS (“Forever Chemicals”), microplastics, new kinds of pesticides and herbicides, chlorine, lead, mercury, cadmium, copper, asbestos, atrazine, chloroform, particulates, benzene, and over 50 more health-related contaminants. You can find the full list of contaminants that Aquagear is tested to remove [here](#).
- Keeps healthy trace minerals like calcium and magnesium in your water, which ZeroWater and Reverse Osmosis systems will strip out.
- Lifetime guarantee and same day customer support. If your filter pitcher ever breaks, they replace it free of charge.

AquaHomeGroup 20 Stage Shower Filter



Brand: AquaHomeGroup

Description: Easy DIY screw-on installation to any standard shower arm, rainfall and combo showerheads.

Features:

- Effective in both hot and cold water
- Reduces chlorine and fluoride
- Reduces chemical absorption and vapor inhalation in the shower environment.
- Reduces damage to hair and skin
- Eliminates foul tastes and odors
- Reduces lime, scale, mold and fungi in shower stalls