



### **9 Things That Need Filtered Water Just As Much As You Do**

Water is one of our most basic needs. While people can go on without food for weeks, the human body can only survive without water for a few days. Professor Randall K. Packer of George Washington University explains that the maximum time an individual can live without water is about one week.

Even so, one week is quite a generous estimate. Claude Piantadosi of Duke University said that three to four days would be more realistic. After three days, the quality of life declines sharply, with some people unable to move or dead already. In an interview with Fox News, he shared that "You can go 100 hours without drinking at an average temperature outdoors. If it's cooler, you can go a little longer. If you are exposed to direct sunlight, it's less."

Besides being a fundamental human need, water is also vital to good health. Without access to clean water, it is hard to avoid some life threatening diseases. The Mayo Clinic suggests that the average adult should drink 2 to 3 litres; 2.2 for females and 3 for males. That would be around eight 8-ounce glasses every day. A great way to get our daily dose is to drink contaminant-free, filtered water.

However, human beings aren't alone in our need for filtered water. There are lots of other things that won't work or thrive if you use dirty or even good old tap water. Some of them may already be obvious but some may also surprise you.

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### Aquariums and Fish Tanks



Filters for fish tanks are used to clean out debris & waste, remove ammonia & nitrites, and aerate the water so the fish can breathe. Removing the fish to clean out the tank can be a daunting task for the cleaner and traumatizing for the fish. Using an aquarium filter means that you don't have to do that work more often.

When you're looking for a filter for fish tank, Home aquaria mentioned several types. You may be familiar with those that are fitted inside the tank itself. However, did you know that there are also external fish tank filter systems? The site indicated under gravel Filters as an example. This type of external filter for aquarium setups requires that the filter is placed under the gravel. After that, the water is pulled through the gravel or substrate and elevated through "uplift tubes."

Power heads or air pumps are then used to move the water. These fish tank filter pump contraptions work by blowing bubbles at the bottom of the tubes. Doing so will make the water flow out of the tube and into the tank. The system is able to mechanically filter water as it passes through the substrate. The product does have one drawback: Under gravel Filters are not capable of chemical filtration.

For people who feel limited about the small size of fish tanks can opt for the larger fish ponds. In this case, using a filter for aquarium is no longer relevant. There are many kinds of fish pond filter system available. You can even create one yourself. Whatever type you use, the important thing is to always keep the water clean so your fish can survive longer.

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## 2. Cosmetics



Filtered water is commonly used in many makeup and cosmetic products, where it is frequently labelled in the ingredients list as "aqua." Apart from being filtered, water used in these products are often deionized, too. This type of water is used to prevent unwanted substances such as chlorine, sulfates, and various other metal ions from interfering with the products' performance and desired effects.

## 3. Surgery and Wound Care



Another apparent use for clean and filtered water is during surgery as well as wound cleaning & dressing. In these situations, the water is also distilled so in the medical field it is commonly known as "sterile water."

Doctors and nurses implement the sterile technique to care for people with higher risks of infection. These include people who have just undergone operation or with large wounds that require surgical stitches. The process involves washing their hands in filtered running water for at least one minute. In cleaning wound sites, sterile water is often used to irrigate or flush the skin in order to prepare it for gauze dressing.

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#### 4. Swimming Pools



Aside from using filtered water in makeup, wounds, and as a medium for fish to gracefully swim inside aquariums, it's also crucial to use clean water in swimming pools. In order to do it, pool filters and pumps are needed.

There are lots of pool pump and filter systems in the market today. One of the most widely used is the sand filter. Pool Centre.com shared that it is a pool filter that requires low maintenance; it needs replacement once in every five years.

This system is also commonly used as above ground pool filters. These pools aren't cut into the floor; they're constructed to rest above the latter. They have several advantages over in ground pools such as cost and convenient installation. Sand filter for pool layouts like these are beneficial since you don't have to clean it often and backwashing only requires about 30 mins. There are many kinds of pool filters and pumps including sand filters. If you happen to be in that, one-in-every-five-years situation and need to replace it.

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## 5. Car Engines



Water's refreshing benefits are not limited to pools or ponds. The former is also often used in car cooling systems. According to HowACarWorks.com, a car engine produces much heat when it is running and therefore must be cooled constantly to prevent damage to the engine. Usually, this is done by using coolant liquid which is composed of water mixed with an antifreeze solution that passes through special cooling passages.

Most cars' cooling system operates better if you flush it with filtered water, since minerals lurking in tap water may cause corrosion. Some car owners also encourage the use of purified water in cleaning and rinsing their car's exterior. The absence of minerals means that no spots will remain on its surface once the water has dried out.

## 6. Laboratory Uses



In order to preserve the integrity of experiments in laboratories, scientists and technicians must use only clean water. While filtered water may be used to clean beakers, flasks, and other lab apparatus, only a certain type of purified water should be used in chemical experiments.

The Chemical Blog specified Type IV purified water as the choice of many laboratories. This is essentially pure water that is autoclaved, which makes it sterile.

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## 7. Humidifiers



People use humidifiers in their homes for various reasons:

- to improve sinus or allergy problems
  - to prevent dry skin
  - to maintain tropical houseplants
- to aid their home's HVAC heating system.

Whatever the reason, all humidifiers require regular care and maintenance. Sticking to the manufacturer's instructions is a good way to keep the machine working longer. It also helps ensure that your health is safeguarded if you use a humidifier for medical reasons.

Many makers of these devices instruct consumers to use filtered water. Not following this directive may pose some potentially harmful results such as damage to the machine as well as the spread of microorganisms in the air.

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## 8. Hydroponic Plants



Hydroponics is a method of growing plants without soil and using several mineral nutrient solutions instead. Terrestrial plants can be grown with their roots in this solution only or in an inert medium, such as perlite or gravel. In essence, this branch of hydroculture can be described as "soil-less gardening."

One of the most important factors in hydroponic plant growth is water quality. HomeHydroSystem.com suggests that people should use good quality filtered water from the beginning. Well water, stream water, rain water, and even tap water all have the potential for causing problems in hydroponic plants. These types of water may contain harmful mineral, fungi, pathogens, and trace amounts of salt that are toxic to plants.



## 9. Pets



Let's not forget about our adorable, reliable, and furry best friends! Many dog and cat owners believe that it's safe for their pets to drink tap water—that may be true since human and canine or feline physiology is fairly different. There's even a CDC study indicating that dogs have nothing to worry about getting bladder cancer from gulping in tap water, while humans apparently do have a risk of acquiring it.

They say that some dogs prefer drinking water from the toilet instead of from the tap. The site explained that tap water is usually chlorinated. Chlorine is a "necessary evil" as it is a low-cost way of disinfecting the water supply. However, dogs can sense the presence of this substance in tap water so they avoid it. Filtered water lacks this chemical as well as many other contaminants. That's why it is generally safer and is actually good for your pet's health.

Even though it may appear that tap water is safe to use for dogs and cats, pet owners who don't want to take any chances should allow these four-legged family members to drink only clean, filtered water.