

## h20doctor

Contributed by Admin  
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It should come as no surprise that the water we have available to us for drinking is no longer what it used to be, and in fact is getting worse all of the time. Many of us who are in the know about what comes out of our taps are turning to different methods of water filtration &ndash; with one of the most effective ways being reverse osmosis. A good quality reverse osmosis water filter will remove almost all elements from the water, and the most important of these obviously is the chemical fluoride. Unfortunately fluoride poisoning has become all too common, and most often the early stages of the poisoning will manifest in the condition called fluorosis &ndash; bad news! Luckily for us it no longer costs that much to cheaply filter water, and a quality osmosis system can often be purchased for \$200 &ndash; \$300. In order to understand more about water filters and what how they can improve your health, one simply needs to enter a search query such as reverse osmosis water, or reverse osmosis home even reverse osmosis home &ndash; this will be all that you need to get started on the way to better health today!