

Water And Dry Skin / Eyes

The Fact Sheet – Water and Health

Many factors can cause dry eyes and skin, however, one of the most overlooked solution is drinking water

DEHYDRATION

Dehydration is becoming a more frequent contributor to health issues today, studies are finding that everything from chronic fatigue to allergies can be caused by the lack of water in our systems. Dryness included

Drinking lots of water can ease the discomfort of dry eyes and skin. Experts advise to drink at least eight glasses of water per day, this may increase if the circumstances of the living environment are hot and dry or you are taking antihistamines. People who suffer from skin conditions are advised to drink up to two litres of water every day

CHLORINE

Chlorine may also be a very common cause for dry skin. In the UK chlorine is added to the drinking water supplies to kill bacteria and other potential harmful agents that seep into lake, rivers, streams or ground water.

Anyone who has ever gotten green hair or burning eyes from a swimming pool knows the effects chlorine can have on our bodies. The amounts of chlorine in drinking water are much lower, but it can still have the same, although milder effects, when we shower with it, including dry eyes and skin.

HARD WATER

Many households in the UK have to deal with the problem of hard water. Hard water contains higher levels of calcium magnesium and other minerals that naturally exist in water, this can contribute to dry eyes and skin. These elements often will react with soap and shampoo to leave a dry residue on your skin and scalp. This can make the skin itchy, and leave people uncomfortable all day.

ENZEMA

People who suffer from very painful or uncomfortable skin conditions such as eczema can benefit hugely from removing the chemicals from the water they use to shower since it can help cut down on their symptoms. Equipping your home with a Delta 2 and a Lux 3 filter can remove the chlorine from your water before it ever touches your skin.

QUALITY OF WATER

When it comes to your health, the quality of your drinking water is just as important as the quantity. A good water filtration system installed in your home is the only way to proactively monitor and ensure the quality and safety of your drinking water. The Delta 2 is the only whole house system that not only removes harmful agent from your water but also heavy metals.

For advice call 020 8539 4707