

Water 101: What Every Homeowner Should Know

Clean water isn't a luxury—it's a life source. But in most homes, it's also the most overlooked source of daily chemical exposure. This in-depth guide was built for one reason: to expose the hidden dangers in your water and show you exactly how to protect yourself and your family. If you want not just better-tasting water, but safer showers, healthier skin, and cleaner air in your home, read on. This may be the most important thing you learn about your water.

Water 101: What Every Homeowner Should Know

From faucet to fiber, water touches everything—your health, your home, and your future.

What's Really In Your Tap Water?

Most people assume that if water comes from a municipal treatment plant, it must be clean. But legally "safe" water often still contains dozens of contaminants that impact health—especially through long-term exposure. In Shreveport and Bossier City, where water is treated with chloramines, the combination of chemical disinfectants, aging infrastructure, and industrial runoff makes tap water a complex chemical cocktail.

Here's what's coming through your pipes:

Municipal water is treated for pathogens—but that doesn't mean it's free of harm. In Shreveport and Bossier City, water is chemically disinfected using chloramines, a chlorine-ammonia compound that forms dangerous disinfection byproducts (DBPs) when it reacts with organic material in the water supply.

Here's what's coming through your pipes:

Chlorine

Used to disinfect water, but strips oils from your skin and scalp, leading to dryness, irritation, and hair damage. Vaporized chlorine is easily inhaled during hot showers.

Chloramines

Stronger, more stable, and harder to remove than chlorine. Chloramines penetrate skin more deeply and can inflame airways when inhaled as vapor. Found in every drop of city-treated water in Northwest Louisiana.

Disinfection Byproducts (DBPs)

Includes trihalomethanes (THMs) and haloacetic acids (HAAs)—both linked to bladder cancer, reproductive harm, and respiratory issues. These compounds form after disinfection, meaning they're already in your tap when it arrives.

PFAS (Forever Chemicals)

Resistant to heat, acid, and water treatment, PFAS are linked to:

- Cancer
- Immune suppression
- Thyroid disorders
- Hormonal disruption

They're found in cookware, coatings, and industrial runoff—and only reverse osmosis can reliably remove them.

Microbial Risk

Older plumbing can harbor biofilm, bacteria, and even parasites like *Cryptosporidium* and *Giardia*—which survive chlorine disinfection and are only removed by sub-micron filtration.

Sediment, Rust, and Pipe Residue

Visible particles are only the beginning. These materials can trap bacteria, reduce water pressure, clog appliances, and erode plumbing over time. They also serve as a vehicle for

other contaminants—like lead or volatile organic compounds—to bind and persist in your water.

Cracked mains, aging galvanized pipes, and utility flushes release rust, scale, and debris into the water you bathe in, cook with, and drink.

Pharmaceuticals

Water treatment plants are not designed to remove pharmaceuticals. Trace levels of medications—including pain relievers, birth control hormones, antidepressants, and antibiotics—have been found in drinking water across the U.S. While concentrations are low, the long-term health impact of constant exposure to pharmaceutical residues remains a serious concern, particularly for vulnerable populations like children and the elderly.

Hormones, antibiotics, and psychiatric drugs enter the water system through household waste. These trace contaminants are not filtered out by municipal plants.

Heavy Metals

These are some of the most dangerous and persistent contaminants in municipal water. Lead exposure—even in small amounts—can damage brain development in children and cause neurological issues in adults. Arsenic is a known carcinogen. Chromium and nickel are linked to organ toxicity and allergic reactions. These metals can enter your water from industrial discharge or as corrosion from household pipes.

Lead, arsenic, mercury, chromium, and nickel can leach from pipes or come from groundwater contamination. Even trace amounts have profound effects on child development, brain health, and immunity.

12 Disturbing Facts About Tap Water You Were Never Told

These are the kinds of facts most people never hear—but they come from real research, not conspiracy. If you think your water is safe because it's "legal," think again:

- 1. A 10-Minute Shower Can Expose You to More DBPs Than Drinking 2 Liters of Tap Water.**

- a. DBPs like chloroform turn to steam and are inhaled into the bloodstream, bypassing liver detox entirely.
- 2. Chloramines Can Leach Lead From Pipes—Even "Safe" Ones.**
 - a. Cities that switched to chloramine disinfection have seen spikes in lead levels—even with newer plumbing.
- 3. 43 Million Americans Are Exposed to Unsafe PFAS Levels.**
 - a. PFAS chemicals are in everything from firefighting foam to nonstick pans—and nearly every water system tested.
- 4. The EPA Hasn't Updated Key Contaminant Limits in Over 20 Years.**
 - a. Legal doesn't mean safe. Most allowable limits are based on outdated studies and don't reflect modern science.
- 5. Chlorination Can Create Over 600 Byproducts—Most of Them Untested.**
 - a. THMs and HAAs are just the tip of the iceberg. Hundreds of unknown DBPs form every time tap water is treated.
- 6. Children Are More Vulnerable to Every One of These Contaminants.**
 - a. Lower body mass, higher respiration rate, and developing organs make kids far more susceptible.
- 7. Showering May Raise Cancer Risk More Than Drinking.**
 - a. Inhaled THMs during hot showers have been linked to increased bladder and colorectal cancer risk.
- 8. There Are Still Over 9 Million Lead Service Lines in Use.**
 - a. Even if your home has copper pipes, your main line may still be lead-based, leaching into your entire water supply.
- 9. Tap Water Can Contain Rocket Fuel and Pesticide Residue.**
 - a. Perchlorate and atrazine have been detected in U.S. municipal systems—and are still legal.
- 10. Chloramines Stay in Your Pipes for Up to 7 Days.**
 - They break down rubber washers, leach metals, and continue reacting chemically long after treatment.
- 11. Even "Safe" Water Is Statistically Linked to Cancer.**
 - Long-term exposure to chlorinated water is correlated with higher rates of bladder, colon, and rectal cancer.
- 12. THMs Have Been Found in Breast Milk.**
 - Disinfection byproducts accumulate in fatty tissues and can pass to infants through nursing.

It's Not Just Drinking Water—It's Every Drop That Touches You

While less than 5% of home water is used for drinking, 100% of it touches your life. Every bath, rinse, load of laundry, and pot of boiling water is a potential exposure point.

Inhalation

Heated water releases chemical vapor. DBPs like chloroform and THMs are inhaled while showering—absorbed faster through the lungs than the stomach.

Absorption

Skin absorbs contaminants directly, especially when warm. Chloramines, metals, and DBPs seep through pores and enter your bloodstream without passing through the liver.

Laundry

Clothes washed in unfiltered water carry chemical residues that linger on fabric—exposing babies, sensitive skin, and eczema-prone individuals all day long.

Appliances

Hard water and sediment shorten the lifespan of water heaters, dishwashers, and washing machines. Chemical exposure degrades internal components and voids warranties.

💡 If you wouldn't drink it, why soak in it, breathe it, or wash your children with it?

Why Filters Matter (And Why Yours May Not Be Enough)

Not all filters are created equal—and most off-the-shelf filters don't address the real chemical threats in today's water.

⊘ What Basic Filters Miss

- Pitcher filters? Only reduce chlorine taste.
- Refrigerator filters? Often don't touch chloramines or DBPs.
- Inline carbon filters? Minimal contact time = minimal performance.

☑ What True Protection Looks Like

Water & Grace Filtration builds systems using the most advanced media available, layered for complete protection:

- **KDF-55 & KDF-85** – Remove metals, suppress bacteria, and extend media life
- **Catalytic Carbon (CX-MCA)** – Essential for neutralizing chloramines and THMs
- **Tourmaline Mineral Layers** – Emit far-infrared energy and negative ions to restructure water and soothe skin
- **Reverse Osmosis Membranes** – The gold standard for removing PFAS, fluoride, nitrates, pharmaceuticals, and trace toxins
- **Spring Core™ Remineralization** – Restores healthy minerals for spring-like pH and taste

🏠 GAC vs. Catalytic Carbon: Why It Matters in Chloramine-Treated Water

Most carbon filters use regular GAC (granular activated carbon), which works well on chlorine but struggles with chloramines—a key concern for homes in Shreveport-Bossier.

Feature	Regular GAC	Catalytic Carbon (CX-MCA)
Chlorine Removal	✓ Effective	✓ Effective
Chloramine Removal	✗ Poor (20–50%)	✓ Excellent (80–99%)
Method	Adsorption only	Catalytic reduction + adsorption
Best Use	Taste, odor	Chemical breakdown, DBP control

💡 **Conclusion:** Regular GAC leaves chloramine behind. Catalytic carbon breaks it down.

That's why **Water & Grace** exclusively uses coconut shell catalytic carbon in every system designed for municipal water—because **Shreveport's water demands it**.

Legal Limits vs. Health Standards

Just because a contaminant is "legal" doesn't mean it's safe.

- The **EPA sets legal limits** based on outdated studies and political compromise
- The **Environmental Working Group (EWG)** publishes modern, science-backed safety goals

Contaminant	EPA Legal Limit	EWG Health Guideline
Arsenic	10 ppb	0.004 ppb
Haloacetic Acids (HAAs)	60 ppb	0.1 ppb
PFAS (PFOA)	4.0 ppt	0.004 ppt

 **Translation:** You're being told your water is "safe" when it's anything but.

Our Test Results Speak for Themselves

In a certified Tap Score™ lab test, our **Waymaker™ RO system** reduced **118 of 119 contaminants to non-detect levels**. The only remaining contaminant—chloromethane—was cut from 54 ppb to just 0.54 ppb.

 That's over **99.9% contaminant rejection**

 And our **Spring Core™ remineralization** added healthy minerals for pH ~7.5 and a TDS of ~50–60 ppm.

What Water & Grace Filtration Does Differently

We don't just sell filters—we build **faith-led, science-backed, fully customized protection systems** for your life.

The Waymaker™

10-stage reverse osmosis with Spring Core™ remineralization

- ✓ Removes PFAS, fluoride, VOCs, DBPs, and heavy metals
- ✓ Adds calcium, magnesium, and trace minerals
- ✓ Free Garden Shield Mini™ included

The Hot Water Guard™

Cold-line heater filtration for shower, bath, and vapor safety

- ✓ Eliminates chloramines, DBPs, and scale-causing metals
- ✓ Tourmaline layer soothes skin and reduces inflammation
- ✓ Free Shower Shield™ included

Add-On Filters for Full Coverage

- **The Sink Guardian™ System** – Point-of-use filtration for brushing, rinsing, and inhalation safety
- **The Bathtub Guard™** – Cold-line filter for safe soaks and steam
- **The Fabric Shield™** – Washing machine filter to protect skin and fabric
- **The Garden Shield™** – Inline hose filter for safe watering and outdoor use

✓ *The Waymaker™ and The Hot Water Guard™ are our only stand-alone systems. All others are **add-ons** designed to create whole-home protection.*

Educational Resources

This guide is just the beginning. If you're serious about understanding what's in your water—and what you can do about it—these additional insights will help deepen your knowledge and confidence:

- ✓ Full lab reports that detail real performance results from certified testing laboratories.
- ✓ Comprehensive breakdowns of city-specific contaminants found in Shreveport, Bossier, and surrounding areas.
- ✓ Clear comparisons between off-the-shelf filters and multi-stage, purpose-built systems like those offered by Water & Grace.
- ✓ Summaries of peer-reviewed research on chloramine exposure, DBPs, PFAS risks, and heavy metals.
- ✓ Installation walkthroughs that explain how our systems work and what to expect before, during, and after installation.
- ✓ Real testimonials from local families describing their experience, health improvements, and the transformation in water quality.

Additional Learning: Why Your Body Reacts to Water Quality

- **Skin Health:** Skin conditions like eczema, psoriasis, and chronic dryness often worsen with chlorinated water exposure. Removing these chemicals can restore skin barrier function and reduce flare-ups.
- **Lung Absorption:** Inhaled DBPs are absorbed more quickly than ingested ones. During a 10-minute hot shower, you can inhale as many DBPs as you'd get from drinking two liters of tap water.
- **Microbiome Impact:** Water chemistry affects the delicate microbial balance on your skin and scalp. Harsh chemicals disrupt these systems, affecting immunity and inflammation.

Long-Term Benefits of Full-Home Filtration

- **Lower Plumbing Repair Costs:** Filters extend appliance life and reduce sediment buildup.
- **Healthier Showers and Baths:** Less eye irritation, softer skin, and healthier hair.
- **Peace of Mind:** Every faucet, every rinse, every inhale—protected.

We believe in transparency and education—because when you understand the problem, the solution becomes obvious.

This guide is just the beginning. If you're serious about understanding what's in your water—and what you can do about it—these additional resources will help deepen your knowledge and confidence:

- ✓ Full lab reports that detail real performance results from certified testing laboratories.
- ✓ Comprehensive breakdowns of city-specific contaminants found in Shreveport, Bossier, and surrounding areas.
- ✓ Clear comparisons between off-the-shelf filters and multi-stage, purpose-built systems like those offered by Water & Grace.
- ✓ Summaries of peer-reviewed research on chloramine exposure, DBPs, PFAS risks, and heavy metals.
- ✓ Installation walkthroughs that explain how our systems work and what to expect before, during, and after installation.
- ✓ Real testimonials from local families describing their experience, health improvements, and the transformation in water quality.

We believe in transparency and education—because when you understand the problem, the solution becomes obvious.

Ready to Protect What Matters?

Still unsure if you need a filtration system? Ask yourself these:

- Are you confident in what's coming out of your tap?
- Would you let your kids brush their teeth with unfiltered water?
- Have you ever wondered what's in the steam you breathe every shower?

✅ We've done the research. We've done the testing. We've built the solutions. All that's left is for you to take the next step.

Every home is different. Every water source is unique. That's why we offer **free water reviews** to assess your home's specific needs and walk you through a tailored plan that fits your health goals and your budget.

🔔 **No pressure. No sales games. Just facts, faith, and filtered water.**

Let's make your home a safe, clean-water sanctuary.

📞 **Call today and ask about our local installation specials.** You may qualify for a free shower filter or bonus add-on with your system.

💬 Prefer to text? No problem. Our team is just a message away.

🔒 **Safe water shouldn't be a luxury.** And protecting your family doesn't need to be complicated.

Water touches everything—so we protect everything.

From your lungs to your laundry, from your mouth to your kids' skin.

Water touches everything—so we protect everything.

From your lungs to your laundry, from your mouth to your kids' skin.

Veteran-Owned | Faith-Led | Built on Integrity