

# BERKEY TIPS AND TRICKS

## How to order your Berkey

1. Add a [Big Berkey filter](#) to your shopping cart.
2. If you have fluoridated water, add the Fluoride Filters to your cart. See this add-on option on the above page.
3. Add the stainless steel stand to your cart to make water dispensing accessible.
4. Use coupon EMPOWERED5 at checkout for savings on your order.

**Quick tip:** Save this guide to your computer and then open it, so the web links open in a new browser tab instead of directing you away from this document.

## SELECT YOUR BERKEY

If you can overlook a small ding or scratch to save money, buy one of the Scratch and Dent Sale items from [BerkeyFilters.com](http://BerkeyFilters.com). The cosmetic blemishes do not interfere with the function of the filter.

The [Big Berkey filter](#) is the most popular size, suitable for singles, partners, or families of 3-4. Choose a larger Berkey for larger families.

## BERKEY ASSEMBLY

I found [this short video](#) very helpful the first time I assembled my Berkey.

When screwing on the fluoride filters, don't screw them on too tightly (as described in detail in the instructions). Also, you may need to run water through your filter up to four times to clear the cloudiness that occurs from the first use. Again, this is described in the instructions that come with your Berkey.

## **FILTER REPLACEMENT**

If you use four gallons of water per day (ex: a small family), the carbon filters would need to be replaced every four years. The fluoride filters need to be replaced ever 1000 gallons or a year, whichever comes first.

## **FLOW RATE**

With use, the flow rate of your filter will slow. Remedy this by cleaning your black filters every couple of months, as part of a regular maintenance. This entails just a couple minutes of scrubbing the black filters with a Scotch Brite pad. [See instructions here.](#)

You can fit your Big Berkey with four carbon filters and four fluoride filters, rather than the standard two each, to the double flow rate.

## **TRAVEL**

It takes only 5 minutes to disassemble the Berkey and another few minutes for assembly, so it makes a travel-friendly filter solution. I've brought my Berkey to hotel rooms and a campsite. It also works well in offices.

The carbon filters are treated to prevent microbial growth. All the same, I do not leave my filters left moist and unused. If I will not be using my filter for more than 2 days, I empty it out and place the top of the filter on clean paper towels before I leave. This ensures light and air circulation around the carbon filters to prevent microbial growth.

When assembling and diassembling your filter for travel, make sure you use sanitary conditions. Wash your hands well, and pack the filters in clean plastic bags. Wash the inside of the metal container before assembling to remove any bacteria.

## **FREQUENTLY ASKED QUESTIONS**

### **How does Berkey compare to reverse osmosis or distillation?**

Berkey has a better ability to remove pathogenic bacteria than does reverse osmosis. Distilling removes the beneficial minerals and does not remove the Volatile Organic Compounds (VOCs), which are chemicals found in herbicides and pesticides.

### **Where can I see test results for the efficacy of Berkey filters?**

- [Click here](#) for independent lab results for the carbon filters
- [Click here](#) for another source of independent lab results for both the carbon and fluoride filters

### **I've heard that Berkey filters contain aluminum. Is this true?**

The fluoride filters use aluminum oxide to remove fluoride. Aluminum oxide is an inert form of aluminum, so it does not react biologically when ingested. I use my Berkey confidently knowing the following points about aluminum oxide:

- Aluminum oxide is inert, meaning not absorbable, because it does not have the ability to chemically separate and bind with body tissues. As a matter of fact, aluminum oxide is inert enough to comprise 2.0% – 2.5% of our bones.
- Lab tests do not distinguish between aluminum and aluminum oxide. Trace amounts of aluminum oxide are measured in the filtered Berkey water. Even so, Berkey filters are shown to remove 85-99% of aluminum from the water.
- Another independent source tested Berkey Water filtered through the fluoride units and showed a 85% reduction in total aluminum. ([Source 1](#), [source 2](#), [source 3](#))

### **Do you have a recommendation for a shower filter?**

Yes, I use [this shower filter](#) to remove chlorine, which is both inhaled and absorbed through the skin during showering. It does not remove fluoride from bathing water. That requires the investment of in-house filtration system. Like many of you, that isn't an option for my budget or the home which I rent.

### **The water in the top chamber of my Berkey doesn't drain all the way. Is this normal?**

Yes, there is often an inch of water left in the upper chamber. This is because the lower the water in the top chamber, the lower the pressure to force the water through the micro-particles of the carbon filters. Simply add more water to the top chamber to increase this filtering pressure.



This guide is written by Lauren Geertsen, an author and Nutritional Therapy Practitioner (NTP). She's on a mission to empower others with the same steps that freed her life of chronic pain and medication. Now, a million readers a month visit Empowered Sustenance for healthy recipes and holistic lifestyle resources. Visit [Empowered Sustenance](#) for simple, practical steps for vibrant health.