



Better Water, Better Air, Better Health.

To Our Customers:

The Department of Public Health recently made this [press release](#) regarding an update to the estimated frequency of high levels of arsenic and uranium in well water across the state. The updated information was based on the findings of a new U.S Geological Survey study. The results project that approximately 3.9% of private wells across the state contain water with arsenic at concentrations higher than the U.S. Environmental Protection Agency's maximum contaminant level for public drinking-water supplies. This research also projects that 4.7% of private wells in the state have uranium concentrations higher than the EPA's standards. The good news is, that while the findings are higher than the estimate from 2017, (3.6% and 3.9% for arsenic and uranium, respectively), the increase is explained, at least in part, by sampling in new areas. Also, a simple water test can determine if your home or office has higher than recommended levels of either naturally occurring metal, and if levels are high, there are treatment options to remove them from the whole-house water. The Department of Public Health recommends testing your water initially and then every 5 years afterward. Water-Flo can assist you with water tests and treatment systems if necessary.

Best regards - The Water-Flo Team



According to the National Academies of Sciences, Engineering, and Medicine, water intake (from all beverages and foods) that will meet most people's needs are:

- about 15.5 cups of water (125 ounces) each day for men
- about 11.5 cups (91 ounces) daily for women

People get about 20 percent of their daily water intake from food. The rest is dependent on drinking water and water-based beverages. So, ideally men would consume about 100 ounces (3.0 liters), and women, about 73 ounces (2.12 liters) of water from beverages.

Water has all sorts of health benefits, or negative effects when we're not consuming enough: it improves mood and brain function, can boost energy, helps to fight off illness, improves circulation, helps you to lose weight, aids in digestion and nutrient absorption... and the list goes on.

With both wells and city water, the taste or smell of the water can make it hard to drink as much water as is recommended. Sometimes there are also other health concerns, such as the arsenic and uranium levels discussed above, or other contaminants like bacteria in shallow wells, or residual treatment chemicals in city water. While the FDA regulates the safety of bottled water beverages, we have to be conscious of the negative environmental impact of drinking bottled water. The majority of water problems and concerns can be resolved cost effectively, allowing you to drink your own tap water and get back on track for those healthy intake amounts.

Give Water-Flo a call to find out the answers to your pressing water and radon questions!

[Find Out More](#)



Our brand promise is to provide confidence in our service and the best customer experience. Our highly trained team is committed to quality service and craftsmanship to implement the best solutions for your Better Water, Better Air, Better Health. That's

why we love feedback from our customers like this:

"Outstanding people, workmanship and customer service! Highly recommended!"

"Very professional team who did an excellent job. Would definitely recommend."

Ask The Expert

Question:

Are there any health risks to hard water?

Answer:

Hard water does not cause any health problems, but it is not the best for all uses in the home. Some of the negative effects of hard water that you may find at home are:

- soap does not mix with hard water very well so it's less effective at cleaning;
- when hard water is heated the hardness minerals can plug the pipes and shorten the life of your appliances;
- and minerals can also impact the taste of your water, coffee or tea.

For all those reasons, hard water is usually softened, but there are no health concerns.

Give us a call for more information.

We are your full service well pump, water treatment and radon company. Proudly serving Connecticut for over 27 years.

Your referrals and reviews are appreciated! Follow us on FaceBook for water and radon information and to see what we're up to.



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Today!**

