



Better Water, Better Air, Better Health.

To Our Customers:

Happy Spring! Alright, almost Spring. And it's Connecticut so there may be more crazy snow squalls like we had on Sunday. As it warms up, take the opportunity to do a visual inspection of your outside radon and water equipment to check for winter damage. We'll have some more tips next month but if you have any questions in the meantime give us a call! This month we had some fun with Water Myths. Our goal is to ensure that all of our clients understand their existing systems and treatment options. If you've got a topic that you'd like to learn about send us an email or message us on [FaceBook](#).

Best regards - The Water-Flo Team

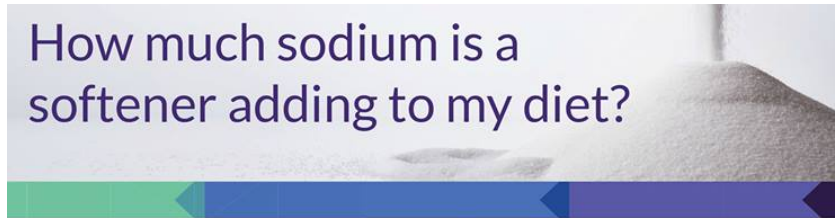
Water Myths - BUSTED!

"Lather, rinse, repeat": A hold-over from the days when people did not bathe as frequently and most homes did not have soft water, the lather, rinse, repeat instructions are no longer necessary unless you use a lot of product on your hair. Or if you have hard water. If you're not getting a lot of lather with your shampoo, your water is probably too hard (high in mineral content) to generate the soap bubbles that make it work well.

"Lather, rinse, repeat" also helped shampoo companies sell more product!

Softener salt is bad for your health: For most healthy adults, the

amount of sodium (Na) added to tap water by softening is too small to be harmful or cause any health concern. It is safe to drink and doesn't change the way the water tastes. This interesting table from the Water Right Group compares the amount of salt in softened water to that in common foods. A **water test** can determine how hard your water is.

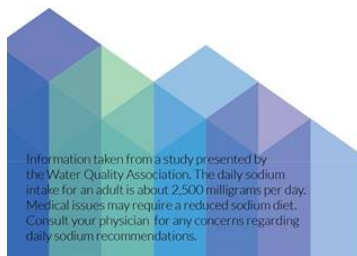


How much sodium is a softener adding to my diet?

Hard water contains minerals such as calcium and manganese that cause scaling and soap scum. It is important to soften hard water in your home to protect your plumbing and appliances from mineral buildup. Soft water will also reduce the amount of soap used in your home. During the traditional softening process, sodium is released into your home's water supply but how much sodium are you really drinking? Compare the information below regarding the amount of sodium transferred into your water by softening to a few common daily foods.

Adults drink an average of 1 quart of water per day. Depending on the hardness of the water, the amount of sodium released into water can be seen in the chart below.

Initial Water Hardness	Sodium Added by Softening	
	Grains Per Gallon	Milligrams Per Quart
1	30	7.4
5	148	37
6	180	45
7	208	52
8	240	60
9	268	67
10	298	74
15	448	112
20	596	149
30	892	223
40	1,192	298



Information taken from a study presented by the Water Quality Association. The daily sodium intake for an adult is about 2,500 milligrams per day. Medical issues may require a reduced sodium diet. Consult your physician for any concerns regarding daily sodium recommendations.

Dietary Sources of Sodium

APPROX. SODIUM CONTENT (MILLIGRAMS)

BREAKFAST	
1/2 cup canned tomato juice	439
1 egg (no salt added)	59
2 biscuits	350
2 teaspoons margarine	140
LUNCH	
3 ounces sliced ham	1,114
1 ounce processed cheddar cheese	406
2 slices white bread	228
1 cup milk	122
1 large olive	80
1 dill pickle	930
1 teaspoon mustard	65
10 potato chips	200
DINNER	
6 ounces steak (no salt added)	110
Green salad with 1 ounce French dressing	450
Baked potato (salt added)	270
2 teaspoons margarine	140
2 slices rye bread	278
POSSIBLE DAILY SODIUM INTAKE	5,605 MILLIGRAMS



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Green staining on the white porcelain sink is normal: While it's common to see some green staining in sinks it's not actually normal. The staining is usually caused by copper leaching into the water from the pipes because the water is more acidic (lower pH) than it should be. pH 7 is neutral and most ground water is between 6.5 and 8.5. A quick **water test** can determine if acidic water is the problem and a neutralizing filter can be the solution. It beats scrubbing!

The cap on my well head keeps all of the bad stuff out: Not if it isn't up to code! There was a code change in 2002 that modified the type of cap to be used on well heads from a 1-piece unit to a 2-piece unit. The new caps secure tightly to the pipe and keep out the critters and contaminants. The picture on the left is of the inside of the older version of well cap (yes, those are spider webs and cocoons...). The picture on the right highlights the 2-piece unit.



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

[Find Out More](#)



Water-Flo in Action

Well pits are excavations to below the frost line that are sometimes made to house the well top, well pump and tank. This one had a leak, which was causing low water pressure and a high electric bill!

Ask The Expert

Question:

What causes the streaks on my drinking glasses?

Answer:

Streaks on your glasses aren't caused by the dishwasher! Often they are caused by hard water and are mineral deposits. But they can also be caused by soft water if you're using too much detergent! You don't need as much soap with soft water (see Lather, Rinse, Repeat above!). With soft water, the soap is actually etching the glass. A **water test** to check

the hardness can help you figure out what to do. Other solutions are a trip to Ikea for replacements; scrubbing with a paste of baking soda and white vinegar; scrubbing with a toothbrush and cheap white toothpaste; soaking in lemon juice and water; or run your glasses on the top rack with a bowl of white vinegar in the bottom and no detergent.

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!**

