

We Recommend – Water Distillers Tonya Judd, M.H.

Here at the School of Natural Healing we recommend drinking distilled water. When I first switched over to drinking distilled water I quickly became frustrated with having to lug home plastic jugs of water each time I went to the grocery store. I was also concerned about the negative health effects of plastic leaching into the water.

We often get asked which water distiller we recommend. I personally recommend the H2Only model 300. I have had this model for at least 8 years and it's still working like a champ! It is super simple to use. Fill the distiller to the fill line, place the lid on and position the carafe under the spout and press the start button. Within a few hours you will have a gallon of great tasting distilled water. I empty the carafe into 2 half gallon glass canning jars. Give the distiller a good rinse (you will be shocked at the amount of sludge that is left in the bottom of the distiller) and fill it up to begin the process over. This particular model will distill 4 gallons in a 24 hour time period. I would recommend purchasing the carbon filters that go in the nozzle of the distiller. It is not necessary to purchase the distiller cleaner as you can use white distilled vinegar and it does a wonderful job for a fraction of the price. I usually clean mine each weekend.

***We are not affiliates, nor do we receive any compensation from H2O Labs, this is just the distiller we use and love.

<http://www.h2olabs.com/p-54-white-baked-enamel-model-300-water-distiller-with-glass-carafe.aspx>

***Tonya Judd** is a Master Herbalist graduate of the School of Natural Healing.*