

5 Things You Can Do with Water to Improve Your Life

Written by AZFoothills.com
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If you are like most people, you think of water as a near unlimited resource that you can use without discretion. Like most people, you would be wrong. Although the planet is mostly water, as is the human body, it doesn't mean that everyone has the same access to it, or that most of the water is particularly useful.

It isn't. It is not even a simple matter of wealth. Residents of places like Arizona and California are some of the wealthiest in the world. Yet they routinely face water shortages and are forced to ration. Whatever your relationship is with water, just know that there is room for improvement. Here are some of the things you can do with water to improve your quality of life:

- **Soften It**

Hard water is the result of mineral deposits and heavy metals that end up in the consumer water supply. It is a fact of life everywhere, and can even be deadly in the most extreme cases. Many people won't realize they are suffering from hard water until they have their first encounter with truly soft water. It is a transformative experience.

[Phoenix water softener](#) providers are in high demand partly due to the extremely hot climate in the region and partly because of the quality of work they provide. You will usually find the most innovative water management solutions in places that are very hot and where water is in short supply. If you want to make what water you have in a desert more useful to more people, soften it. Home softening solutions can change the way you think about water in any region. Once you see what water softening can do, eliminating hard water from your home is an easy choice.

- **Unwind in It**

When the temperature is 112° in the shade and your air conditioner is on the blink again, one of the most sensible things you can do is [take your family to a waterpark](#) and enjoy the healing and relaxing side of water.

In some parts of the country, a swimming pool is more of a necessity than a luxury. But it is still expensive to install and maintain. It is more accessible to simply go to a waterpark and soothe your aching joints while enjoying low-impact relaxation. You don't have to be a great swimmer to be safe in a waterpark. You also don't have to dig a large hole in your backyard and pour money into it for the rest of your life.

- **Purify It**

Softening the water in your home will not help you when you are out on the trail. You can't bring enough water with you for a proper camping and hiking adventure. You are going to have to find some natural water outlets. That means you will have to bring some sort of [backpack water filter](#) to be sure that you are drinking water that is clean and safe. Don't just settle for clean water when you are at home. Make sure you have access to clean water when you are out and about.

- **Buy It**

Some parts of the country are cursed with abysmal drinking water and many can't afford to implement the best solution. Fortunately, you can still buy bottled water for drinking and cooking. The right bottled water will materially improve your life

- **Use Less of It**

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Water conservation is one of the few places where less really is more. Less water means more conservation. You can do your part by putting in low-flow faucets everywhere. These faucets will eliminate much of the water waste in your home while giving you the satisfying water flow to which you are accustomed. Using a dishwasher can actually save water as opposed to washing dishes by hand. That's a win-win.

A bonus suggestion is to grow a small garden in your backyard. Don't just water grass. If you do, all you will have is grass. But if you have a small vegetable garden, you will use the same amount of water but also have several delicious meals. That is a way to get the most out of the water you are already using.

Whether you put in a home water softening system or maximize your resources by growing a garden, you will find that a small change in your orientation toward water can make a big change in the quality of your life.