

ALKALINE WATER: HOW IT CAN IMPROVE YOUR HEALTH AND WELLNESS

Pollutants have reached their way into the air we breathe and water we drink. Although our drinking water does go through cycles of filters, many chemicals can still be found. But what's in our tap water and is it *safe*? Well, that's a complicated question. Depending on location, water is beyond damages and is in desperate need of help, an example of this would be Flint, Michigan. But what about those whose water is not as obviously harmful? What is acidic and alkaline water?

A simple pH test can determine where a liquid is on the scale. The lower the level indicates an increase of *acidity*. On the other hand of the scale, we have basic or *alkaline* levels. Water with higher levels of acidity have been linked to the following symptoms:

- Joint pain
- Blurred vision
- Tinnitus
- Estrogen imbalance
- Gallbladder problems

Meanwhile alkaline water helps the body absorb nutrients and remove waste from the body to allow it to naturally heal. It has been shown to improve high blood pressure due to its ability to dissolve the cholesterol in blood vessels. In America, heart conditions have been shown to be a prevalent cause of death. By drinking alkaline water, Americans can keep their cholesterol levels at a healthy rate to live longer and happier lives.

Not only does it improve heart health but it has been shown to be effective in other ailments such as eczema, obesity, and diabetes. Its effective and fast acting! Many patients have reported improvement after drinking alkaline water in the matter of weeks.

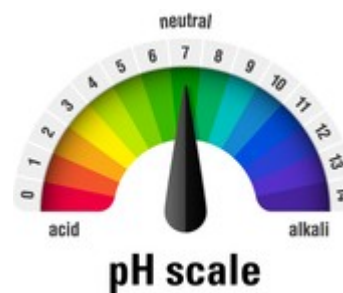
Our blood needs to be at a healthy 7.3-7.45 in order to be functioning, being below 7.3 or above 7.45 can be deadly. This is why it is important to maintain a healthy pH blood level. The best method of keeping it this scale is by minimizing the amount of junk food consumption, increasing the intake of fruits and vegetables, and alkalinizing our water.

To alkalinize water, one can purchase a *water ionizer* such as an ***Aqua Ionizer Deluxe Ionizer***. This device will work to slow down the oxidation in water. It will neutralize the body's pH level by adding alkaline water. For those who are afflicted with more acidity in their body can neutralize and boost their bodies immune system.

All you have to do is attach the device to your kitchen sink and enjoy healthy drinking water. You will not have to worry about missing regular tap water because you can easily switch between tap water and alkaline water.

Although it may look expensive, the cost benefits of having the ***Aqua Ionizer Deluxe Ionizer*** will work as a prevention method of getting an illness or ailments. The benefits of feeling good, mentally and physically, outweighs the costs of the product. This can prevent time and money wasted from using other products that won't perform as well as saving oneself from taking trips to the hospital and negotiating insurance policies.

Regardless if you have any current ailments, it can help prevent the future development of them as well help hydrate your body. If we are more conscious of our water drinking habits, then we can alleviate any troubles with dehydration and that in of itself. Our bodies are on average 70% water. Its important that we drink healthy clean water to keep our bodies hydrated and functioning. Otherwise dehydration can have severe impacts.



Signs of dehydration include:

- Depression
- Trouble concentrating
- Cramps
- Feeling weak

Its important that we are aware of signals and signs our bodies are giving us. Water is a solvent and it is essential for regulating functions of our body. It is best that we consistently drink water, especially alkaline water.

With a water ionizer at your disposal, you can have alkaline water anytime you want!