

Amazing Health Wonders from Your Water

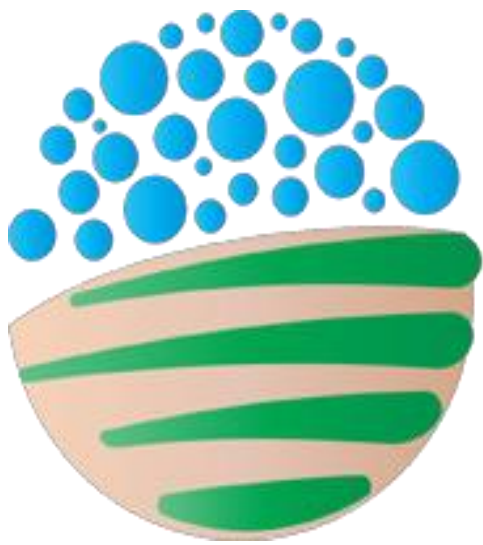
L.W. Knudsen
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Amazing Health Wonders from Your Water

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By: L.W. Knudsen



**GREEN
HEALTH
TECHNOLOGIES**

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Amazing Health Wonders from Your Water

Amazing Health Wonder from Your Tap

Nature once provided us with clean water from flowing sources such as springs, glaciers, rushing brooks and streams.

Today, water and air pollutants have contaminated our earth's water beyond our ability to cleanse it. More than 80,000 chemicals are registered for use in the U.S. Many will find their way into our water supply.

The water you drink AND the water you use in your home for cleaning as well as that which you put on your body can be all important in combating these nasties. Normal tap water is considered to be drinkable until you consider the chemicals that have been added to it.

In addition, Germs, Bacteria, Virus's ... They're everywhere — on your countertops, on your food, and in your body! So what can you do about it? Amazingly, the answer is in your home... more specifically in your water tap!

At this point you're probably thinking "What is this person talking about?"

What I'm talking about is ionizing the water that comes from your faucet. In many parts of the world, it is medically accepted that ionized water can help minimize all sorts of ills. In Japan, it is used in hospitals to cure many medical conditions.

Two Types of Water

When ionizing water, it is broken down into two components — Anti-oxidant alkaline water (having pH where pH is an abbreviation for potential hydrogen, values between 7.1 and 11.5) and oxidized acidic water (pH below 7.0).

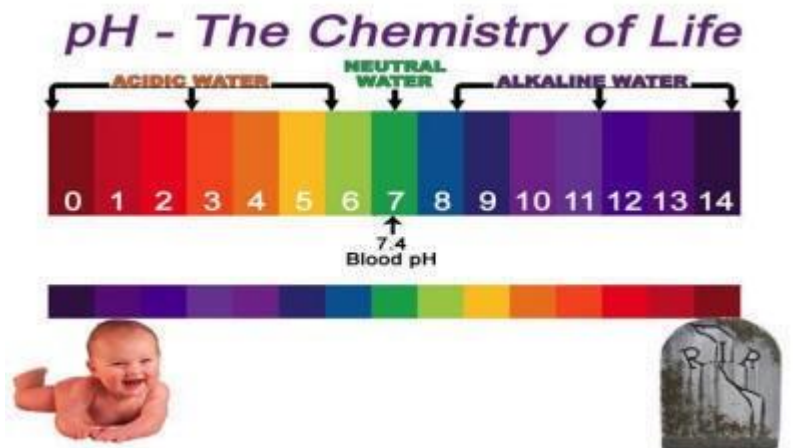
Alkaline water is for internal use, notably drinking, while acidic water is for external use i.e. skin, hair, disinfecting, cleaning and wound healing.

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Let's take a closer look at each type and what it is used for and why:

Alkaline Water

As mentioned above, alkaline water is the water that has a pH value above 7.0. Our bodies need to be in a slightly alkaline state (between 7.35 and 7.45) for us to be in good health. If the blood is anything lower than 7.3, you are ill and potentially dying, anything higher than 7.45 and you are extremely ill and dying. Germs and disease thrive



in an acidic environment and cannot live in an alkaline environment.

Maintaining your blood pH between 7.35 and 7.45 is essential for your body to perform vital functions, such as detoxification and nutrient absorption, according to Dr. Denice Moffat, a naturopathic physician writing on the Natural Health Techniques website. Your body can become imbalanced if your diet consists primarily of acidic foods and you have a lack of oxygen due to a sedentary lifestyle.

Our western diets tend to keep us in an acidic state. We eat meat and other acid producing foods, drink sodas, the wrong juices, bottled water (which is mostly acidic) and ingest too much sugar, salt, fried food and other bad things. We *don't* eat enough green vegetables, nuts and fruits which are alkaline based. Avoid sugar at all costs, eliminating sodas and many processed foods from your diet.

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Symptoms of an acidic body include joint pain, continuous mucous, blurred vision, tinnitus, skin breakout, estrogen imbalance, gallbladder problems, ulcers and weak spells. Consult your doctor if you have any of these symptoms.

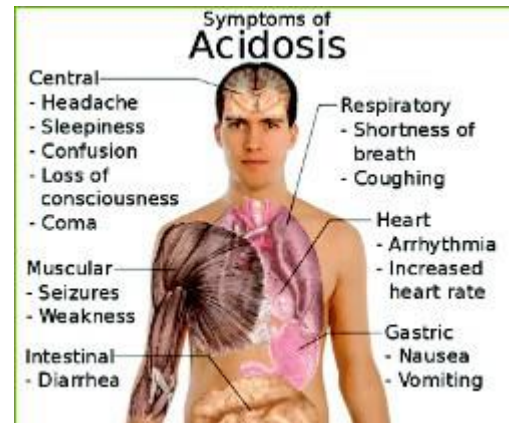
So what does alkaline water do to help the situation? Well, first of all, by drinking alkaline water we help tip

the pH balance to the alkaline side of the equation. It does this by causing something called an "alkaline tide" in our digestive systems. Our stomachs must be acidic to digest food. It has hydrochloric acid (a VERY strong acid) to accomplish this. If you notice, when you eat certain foods you get "acid indigestion" or "acid reflux".

You might remember that a common treatment for this is antacid pills or tablets. Unfortunately, many of these rob vital minerals from your body. When that happens, your body will leach these minerals from your bones, which can cause other problems like osteoporosis, and brittle bones which break easily, especially as we get older.

What that "alkaline tide" mentioned above does is to "buffer" all that acid pouring into your body to cause your body to maintain its proper 7.365 pH level. After the food in the stomach is digested, it must come out to the small intestine. The food at this point is so acidic that it will damage the intestine wall. In order to avoid this problem, the pancreas makes alkaline juice (known as pancreatic juice). This juice is sodium bicarbonate, and is mixed with the acidic food coming out of the stomach

Our bodies have built in alkaline buffers which are designed to neutralize excess acids in the blood; they dissolve solid acid wastes into liquid form. As we age, these alkaline buffers get low; this phenomenon is called acidosis.



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In 1996 Dr. Lynda Frassetto at the University of California, San Francisco, discovered that as we age, starting around age 45, we lose the alkaline buffer ' bicarbonates - in our blood. By the age of 90, we lose 18% of bicarbonates in our blood.

Insufficient amount of bicarbonates in our blood reduces our capabilities to manage (neutralize and dump) the acid our body produces. **This is a major factor of aging.** The age of 45 is the average age when human beings start to show symptoms of diabetes, hypertension, osteoporosis and many other adult degenerative diseases. And since we cannot manage the acid, we accumulate acidic wastes in our body. These wastes show up as cholesterol, fatty acid, uric acid, urate, sulfate, phosphate, kidney stones, etc.

WHICH IS THE MOST IMPORTANT PROPERTY OF ALKALINE WATER

There are many properties in alkaline water, such as surface tension, structure of water, molecular size, oxygen reduction potential, and pH value. Alkaline minerals are used to sustain the pH value. However, with the exception of the water's pH value, nothing else helps the blood receive bicarbonates. Also, all the other properties change as the water reaches the stomach and interacts with the stomach acid. Even the pH value changes in the stomach. However, the change of pH value causes the stomach to produce hydrochloric acid that goes into the stomach, and the bicarbonates go into the bloodstream. **The most important function of alkaline water is to increase bicarbonates in the blood because we lose bicarbonates as we age.**

When we say that we alkalize our body, we do not necessarily mean increasing our saliva pH or urine pH. It means increasing the bicarbonates in our blood. The blood pH does not change, but the ability of our blood to neutralize acid in the body increases.

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Alkaline produced by the body must have an equal and opposite acid produced by the body, therefore there is no net gain in alkalinity. However, alkaline supplied from outside the body, like drinking alkaline water, results in a net gain of alkalinity in our body. In short, it assures that your blood maintains its slightly alkaline pH.

WHEN TO DRINK ALKALINE WATER

Since bicarbonates enter the bloodstream only when the stomach produces hydrochloric acid, it is important that we drink as high a pH value alkaline water as possible. It is recommended that we drink alkaline water on an empty stomach. On an empty stomach, the stomach pH value may be high but the amount (volume) of hydrochloric acid in the stomach is small, so drinking high pH (9.5 to 10) alkaline water will raise the stomach pH relatively high. That may cause the stomach to produce more hydrochloric acid, allowing more bicarbonates to enter the bloodstream.

Another possibility is that alkaline water may pass into the intestine immediately, since there is no solid food in the stomach to be digested. When that happens, the blood will absorb alkaline water into the bloodstream from the intestine. If alkaline water is introduced directly into the bloodstream from the intestine, the acid buffer (carbonic acid, H_2CO_3) will interact with the alkaline water to bring down the blood pH and the acid buffer will become the alkaline buffer.

ONLY ALKALINE WATER

Various kinds of commercially produced water claim health benefits: energy water, Pi water, snow melted water, special spring water, magnetically-treated water, oxygenated water, hexagon structured water, etc. However, none of them adds bicarbonates to the blood except **high pH alkaline water**. When we think of health, we think of diet and exercise. But no diet or exercise adds bicarbonates to the bloodstream.

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Some people argue that we can ingest bicarbonates (baking soda). It will be like ingesting salt because our stomach acid will break that down into water, carbon dioxide and sodium salt, and no bicarbonates will reach the bloodstream. Only alkaline water can extend your life!

Ten Common Diseases and Alkaline Water

The Japanese claim that one of the underlying causes of adult diseases is the accumulation of acids in our body. In order for a treatment to be effective it must remove these excess acids from the system, otherwise the treatment will only offer a temporary cure. It is for this reason that medical science is rather poor when it comes to curing adult diseases.

To help our bodies get rid of these acid wastes, it's imperative to decrease our intake of acidic foods and drinks and increase our consumption of alkaline foods and drinks. This includes drinking plenty of alkaline water. Using a water ionizer is a convenient way to convert tap water to strong alkaline water with a high pH.

As our body is made up of 70-75% water, alkaline water will help flush out acid wastes which can lead to disease. The diseases discussed below are what Japanese doctors have treated and cured in Japan by means of Alkaline Water and/or elimination of toxins and wastes.

It is important to note that while in many other countries water ionizers are considered to be medical devices, in the U.S. the FDA prohibits claims that Alkaline Water is medicine or treatment for any disease. The information here is based on anecdotal evidence from patients and physicians.

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1. Cancer

Much research has been done in the way of a cure for cancer with little success. Research has shown that the primary cause of cancer is the lack of oxygen in a cell. This lack of oxygen is caused by too much acidity in the system. When the environment becomes too acidic there is not enough oxygen to go around to all cells in the area. Drinking high pH alkaline water from a water ionizer which has excess oxygen will help in preventing cancer.

2. Heart Disease and High Blood Pressure

The heart is the centre of all blood circulation. Your blood transports all nutrients and oxygen to the cells in your body and carries all wastes away from your tissues. Acidification of the body starts in the blood. Doctors have shown that patients with high blood pressure have an acidosis condition and have shown that acid free high pH alkaline water can *lower blood pressure*. In order to effectively treat high blood pressure the level of acid in the blood must be lowered.

3. Diabetes

In a healthy body the pancreas produces insulin which helps the body to use sugar and carbohydrates properly. However, in the case of people with Diabetes Mellitus, the output of insulin is inadequate for the body's needs. The reduced production and release of insulin leads to an acidic blood condition. This type of diabetes has been treated very successfully using alkaline water. If we prevent wastes from accumulating by means of alkaline water, the person will not get diabetes.

4. Arthritis

Many forms of arthritis are the result of acid build up in the joints. It is this accumulated acid that damages cartilages and irritates the joints. Unfortunately the blood cannot carry wastes out of the joints easily. Drinking alkaline water will change the acidic condition so the body can fix the problem by itself.

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5. Kidney Disease

As the body produces more acidic wastes the kidneys are overworked trying to remove the acids from the blood. Bladder diseases and nephritis are acidic related conditions which can be improved by the consumption of alkaline water. Further, kidney stones form in the kidneys because the environment is too acidic. Drinking plenty of alkaline water will prevent the kidney stones from forming and can even dissolve them.

6. Asthma and Allergies

Allergies, in general are the result of an erroneous immune system which builds up antibodies against normally harmless substances. Japanese doctors believe this immune disorder is caused by acidosis. Drinking high pH water from an alkaline water ionizer can help create a more alkaline environment.

7. Osteoporosis

The skeletal structure of the body is a calcium reservoir. When the body becomes too acidic it compensates by taking calcium from the bones which leaves them brittle and prone to breakage. Prolonged usage of alkaline water can help prevent and repair the damages.

8. Eye Diseases

Most people just assume that their vision will get worse with age but this does not have to be the case. If we don't allow acids to accumulate in our cells these things would not happen. Drinking plenty of alkaline water will help!

9. Indigestion, Gas, Nausea

All these symptoms are caused by too much acid. Control of acid by means of alkaline water will help alleviate and prevent these acid-related intestinal and stomach disorders, including ulcers.

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10. Chronic Diarrhea and Constipation

While these may sound contradictory both are the result of too many acids. Too much acid causes the pancreatic juice to be less alkaline and the foods coming into the intestine to be too acidic, causing diarrhea. Drinking alkaline water will help. Doctors in Korea have found that constipation is caused by acid accumulation somewhere near the colon. It is possible that alkaline water helps the secretion of fluids into the colon by eliminating acid build-up.

Bonus! Pregnant Women Read on ... When pregnant, the fetus takes priority in getting all the necessary alkaline minerals which results in the mother losing a lot of alkaline minerals and her blood becoming acidic quite quickly. According to Japanese doctors, this phenomenon is known as morning sickness. Mineral supplements and the continual use of alkaline water are recommended to help alleviate morning sickness'

A water ionizer turns ordinary tap water into strong alkaline water with a high pH. It is a powerful antioxidant that can help to treat and prevent disease. One of the best things you can do for your health is to use a water ionizer and drink ionized alkaline water.

What Does the Medical Community Say?

In the United States, the FDA will not allow us to claim that ionized water will *CURE* anything, and the truth is, the water itself is not the cure. However, what ionized alkaline water *DOES* do, is to put your body into a condition where its own natural healing abilities are encouraged to work as opposed to being repressed by all the junk we eat, the acidic stuff we drink, and yes, even the medications we take! Unless you have been hiding under a rock or watch **NO** TV, you have no doubt seen the plethora of TV commercials touting the astounding variety of chemicals the pharmaceutical industry sells as drugs.

Having seen those commercials, you will recall that at the end of each commercial there is a whole list of possible side effects for each drug, some of which are reduced immune system performance and even possibly fatal consequences.

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In much of Asia, and many places in Europe as well as in Canada, water Ionizers are considered to be and are licensed as medical devices. Even here in the United States, the FDA has approved the hypochlorous acid water produced by these devices to treat wounds and for antiseptic use.

Why do medical/scientific experts recommend alkaline water to patients?

Alkaline water has been providing autistic children with a strong source of antioxidants and improved hydration. In our brain programs we observed that our therapeutic expectations have been significantly exceeded by adding alkaline water to the treatment plan.

Dr Corinne Allen, Researcher, Brain, Learning, and Behavior problems (dyslexia, ADD, Autism, Asperger's, learning disabilities, academic and behavioral issues & brain injuries)

Alkaline water, produced by a water ionizer, has become the most important advancement in health care since Sir Alexander Fleming's discovery of penicillin.

Dr. William Kelly, College of Metabolic Medicine, *Cancer Cure*

International studies show that populations with little or no history of illness, such as cancer drink higher (pH) alkaline waters. After all potential risk factors were considered and factored out, it became evident that they had been drinking water with a pH of 9.0 - 10.0.

Dr. Leonard Horowitz, *AIDS and Ebola*

Hexagonal (alkaline ionized) water moves easily within the cellular matrix of the body, helping with nutrient absorption and waste removal.

Dr. Mu Shik Jhon, Researcher, *Hexagonal Water*

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I have had countless patients with painful osteoarthritis on many different medications. Many have been pain free within a couple of months after adjusting their urine pH to 7.0 to 7.5 by consuming adequate amounts of alkaline water and alkaline foods. As a result, many are able to go off of their medications.

Dr. Don Colbert, 7 Pillars of Health

I have administered over 5000 gallons of this water for about every health situation imaginable. I feel that restructured alkaline water can benefit everyone.

Dr. Theodore Baroody, Alkalize or Die

Alkaline water rids the body of acid waste. After carefully evaluating the results of my advice to hundreds of individuals, I'm convinced that toxicity in the form of acidic waste is the primary cause of degenerative disease.

Dr. Sherry Rogers

Drinking four to six glasses of alkaline water a day will help to neutralize over acidity and over time will help to restore your buffering ability. Alkaline water should be used when conditions of over acidity develop, such as cold, flu or bronchitis. Like vitamins C and Beta Carotene, alkaline water acts as an antioxidant because of its excess supply of free electrons. This can help the body against the development of heart disease, strokes, immune dysfunctions, and other common ailments.

Dr. Susan Lark, The Chemistry Of Success

You do not need expensive medicine with all the negative side effects to regain health. Alkaline water has profound long term effects because it alkalizes your body and provides an effective antioxidant.

Dr. Ingfreid Hobert

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Those willing to look with clear eyes will be rewarded with the secrets to permanent health. We can heal ourselves by changing the environment inside our bodies. Potentially harmful invaders, then, will have nowhere to grow and will become harmless.

Dr. Robert O. Young, *The pH Miracle*

After years of very positive continuous clinical experiment that I am conducting with hundreds of clients using electronically restructured alkaline water, it is my opinion that this technology will change the way in which all health providers and the public will approach their health in the coming years. My suggestion is to drink restructured alkaline water whenever possible.

Professor Felicia Drury Climent, *The Acid-Alkaline Balance Diet*

Bad diets such as meat and potatoes, fried foods, soft drink colas, and sugars build up acid salts in the body. Often these deposits, by having to be stored away from the blood flow, can remain in the body for decades. He recommends the consumption of ionized alkaline water, which will slowly and gently wash these salts away.

Dr. Hidemitsu Hayashi, Director of the Water Institute, Tokyo

... people with more acidic blood were more likely to be ill. He defined a pH range of 7.4 to 7.5 for the body to be associated with good health. When foods are metabolized, acids are produced which are neutralized by the alkaline salts (carbonates) of calcium, magnesium, potassium and sodium. Foods containing chlorine, phosphorous, sulfur and nitrogen, animal products and refined carbohydrates tend to be acid forming.

Dr. Howard Hay (1930)

Alkaline water has profound long-term effects because it alkalizes your body and provides effective antioxidants.

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Benefits of Drinking Alkaline Water

Medical experts around the world provide insight into the benefits of drinking Alkaline Water. Read on for their very own thoughts on the subject:

HIGH BLOOD PRESSURE

Prof. Kuninaka Hironage, Head of Kuninaka Hospital

For over 10 years of my experience, my concept towards minerals, especially pertaining to ionic calcium in high blood pressure and other diseases is most significant.

In accordance to the theory of medical Prof. Gato of Kyushu University on Vitamin K (because vitamin K enables the blood calcium to increase), or the consumption of more alkaline ionic water, the effectiveness of the increase in calcium in high blood pressure is most significant. Most illnesses are caused by too much fat in the diets, which lead to the deposition of cholesterol on the blood vessels which in turn constrict the blood flow. This results in high blood pressure.

By drinking alkaline ionic water for a period of 2 to 3 months, the blood pressure should slowly drop, because the alkaline ionic water is a good solvent which dissolves the cholesterol in the blood vessels.

Note: According to Singapore Ministry of Health, Cholesterol has been identified as perhaps the most important risk factor for a heart attack. One in two Singaporeans has a cholesterol level above the accepted recommended level, The Singaporeans has a higher cholesterol level than his American or Japanese counterparts. -from The Straits Times 9/2/1989

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HEART DISEASES

Prof. Kuwata Keijiroo, Doctor of Medicines

In my opinion, the wonder of alkaline ionic water is the ability to neutralize toxins, but it is not a medicine. The difference is that the medicine can only apply to each individual case, whereas the alkaline ionic water can be consumed generally and its neutralizing power is something which is very much unexpected. Now, in brief, let me introduce to you a heart disease case and how it was cured.

The patient was a 35 years old male suffering from valvular heart disease. For 5 years, his sickness deteriorated. He was in the Setagays Government Hospital for treatment.

During those 5 years, he had been in and out of the Hospital 5 to 6 times. He had undergone high tech examinations such as angiogram by injecting VINYL via the vein into the heart. He consulted and sought treatment from many good doctors where later he underwent a major surgical operation. Upon his discharge from the hospital, he quit his job to convalesce. However, each time when his illness relapsed, the attack seemed to be even more severe. Last year, in August, his relatives were in despair and expected he would not live much longer. It so happened at that time that the victim's relative came across an alkaline ionic water ionizer. His illness responded well and he is now on the road to recovery.

Note: *According to Singapore Ministry of Health, about 40% of heart disease patients are below 50 years of age - a higher percentage than in the West - from The Straits Times 9/2/1989*

KIDNEY DISEASES

Prof. Kuwata Keijiroo, Doctor of Medicine

The difference between drinking alkaline ionic water and the normal water is that the excretion of urine is slightly more than intake. However, for severe kidney failure patients, water intake has to be restricted.

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Consuming alkaline ionic water for these patients in controlled amounts proved to be beneficial. Normal tap water contains phosphate, calcium carbonate and the acidic ions. These acidic ions tend to reduce the efficiency of the calcium ions.

Pure alkaline ionic water does not have these problems and it can effectively strengthen the heart and increase urination. After consuming the alkaline ionic water for a month, the amount of urea and uric acid in the blood will show a marked improvement but will not disappear completely.

However, if you continue to drink alkaline ionic water for a period of 6 to 12 months, the urea and uric acid should be grossly reduced. Intake of protein during this period should also be controlled; persistent drinking of alkaline ionic water should eliminate the toxic effect of the urea and uric acid from the body.

According to a foreign paper report, patients undergoing dialysis tend to have their negative ions significantly reduced and the positive ions increased. Hence, according to the above experiment and from my personal clinical experience, drinking alkaline ionic water increases the positive ions which will have a significant effect on various kidney diseases. When kidney diseases do not respond to various drugs, it is good to treat them with alkaline ionic water.

ECZEMA

Prof. Tamura Tatsuji, Keifuku Rehabilitation Centre

Eczema is used to describe several varieties of skin conditions which have a number of common features. The exact cause or causes of eczema are not fully understood. In many cases, eczema can be attributed to external irritants.

Let me introduce a patient who recovered from skin disease after consuming the alkaline ionic water. This patient suffered 10 years of eczema and could be cured effectively even under specialist treatment. This patient, who is 70 years of age, is the President of a vehicle spare parts company. After the war, his lower limbs suffered acute eczema and later became chronic. He was repeatedly treated in a specialist skin hospital.

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The left limb responded well to treatment, but not so on the right limb. He suffered severe itchiness, which, when scratched led to bleeding. During the last 10 years, he was seen and treated by many doctors. When I first examined him, his lower limb around the joints was covered with vesicles. Weeping occurred owing to serum exuding from the vesicles.

I advised him to try consuming alkaline ionic water. He bought a water ionizer and consumed the alkaline ionic water religiously and used the acidic water to bathe the affected areas. After 2 weeks of treatment, the vesicles dried up. The eczema was completely cleared without any relapse after 1 ½ months.

ALLERGY

Prof. Kuninaka Hironaga, Head of Kuninaka Hospital

Mr. Yamada, the head of Police Research Institute, suffered from severe allergy. He was treated repeatedly by skin specialist, but with no success. Then, he started consuming alkaline ionic water. The allergy responded very well and was soon completely cured. No relapse had occurred, although he had taken all kinds of food. He was most grateful and excited about this treatment.

As for myself, I had also suffered severe allergy. Ever since I began to consume alkaline ionic water, the allergy has recovered. Since then, I started a research on the effectiveness of alkaline ionic water.

I discovered that most allergies is due to acidification of body condition and is also related to consuming too much meat and sugar. In every allergy case, the patient's ionic calcium is excessively low which in turn lower the body resistance significantly. The body becomes overly sensitive and develops allergy easily. To stabilize the sensitivity, calcium solution is injected into the vein. Therefore, it is clear that the alkaline ionic water which has ionic calcium can help to alleviate allergy.

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The ionic calcium not only enhances the heart, urination, neutralization of toxins but controls acidity. It also enhances the digestive system and liver function. This will promote natural healing power and hence increase its resistance to allergy. In some special cases of illness which do not respond to drugs, it is found to respond well to alkaline ionic water.

DIGESTIVE SYSTEM PROBLEMS

Prof. Kogure Keizoo, Kogure Clinic of Juntendo Hospital

The stomach is readily upset both by diseases affecting the stomach and by other general illnesses. In addition, any nervous tension or anxiety frequently causes gastric upset, vague symptoms when they are under some strain.

The important role of alkaline ionic water in our stomach is to neutralize the secretion and strengthen its functions. Usually, after consuming the alkaline ionic water for 1 to 3 mins., the gastric juice increase to 1 1/2 times. For those suffering from hypochlorhydria or achlorhydria (low in gastric juice) the present of alkaline ionic water will stimulate the stomach cells to secrete more gastric juice. This in turn enhances digestion and absorption of minerals.

However, on the other hand, those with hyperchlorhydria (high in gastric juice), the alkaline ionic water neutralizes the excessive gastric juice. Hence, it does not create any adverse reaction.

According to the medical lecturer from Maeba University, the pH of the gastric secretion will still remain normal when alkaline ionic water is consumed. This proved that the ability of the alkaline ionic water is able to neutralize as well as to stimulate the secretion.

Note: According to the Singapore Ministry of Health, Colo-rectal Cancer is 13% of cancer deaths. Colo-rectal cancer is one of the fastest-spreading cancers in Singapore and is fast overtaking lung cancer as the leading cancer killer. Those in the high-risk group are Chinese and those above 45 years. One in 25 Chinese has a possibility of being a victim ---
The Straits Times 18/7/1992

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DIABETES

Prof. Kuwata Keijiroo, Doctor of Medicine

When I was serving in the Fire Insurance Association, I used to examine many diabetic patients. Besides treating them with drugs, I provided them with alkaline ionic water. After consuming alkaline ionic water for one month, 15 diabetic patients were selected and sent to Tokyo University for further test and observations.

Initially, the more serious patients were a bit apprehensive about the treatment. When the alkaline ionic water was consumed for some time, the sugar in the blood and urine ranged from a ration of 300 mg/l to 2 mg/dc. There was a time where the patient had undergone 5 to 6 blood tests a day and detected to be within normal range. Results also showed that even 1 1/2 hour after meals, the blood sugar and urine ration was 100 mg/dc : 0 mg/dc. The sugar in the urine has completely disappeared.

Note: *According to Singapore Ministry of Health, Singapore suffering from diabetes in*

PRE-ECLAMPTIC TOXAEMIA

Prof. Watanabe Ifao, Watanabe Hospital

Alkaline ionic water improves body constituents and ensures effective healing to many illnesses. The uses of alkaline ionic water in gynecological patients have proved to be very effective. The main reason for its effectiveness is that this water can neutralize toxins.

When given alkaline ionic water to pre-eclamptic toxemia cases, the results are very significant. During my long years of servicing the pre-eclamptic toxemia cases, I found that the women with pre-eclamptic toxemia who consumed alkaline ionic water tend to deliver healthier babies with stronger muscles. A survey report carried out on babies born in this group has intelligence above average.

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OBESITY

Prof. Hatori Tasutaroo, Head of Akajiuiji Blood Centre, Yokohama Hospital, Faitama District

Due to a higher standard of living, our eating habits have changed. We consume too much protein, fats and sugar. The excess fats and carbohydrates are in the body as fats. In the present lifestyles, Americans are more extravagant on food compared to the Japanese. Due to this excessive intake, obesity is a significant problem. Normally, one out of five males and one out of four females is obese.

The degree of "burn-out" in food intake largely depends on the amount of intake of vitamins and minerals. When excessive intake of protein, carbohydrate and fats occurs, the requirement for vitamins and minerals increases. However, there is not much research carried out pertaining to the importance of vitamins and minerals.

Nowadays, many people suffer from acidification that leads to diabetes, heart diseases, cancer, liver and kidney diseases. If our food intake can be completely burned off, then there is no deposition of fats. Obviously, there will be no acidification problem and hence there should not be any sign of obesity.

The alkaline ionic water contains an abundance of ionic calcium. This ionic calcium helps in the "burn-off" process. By drinking alkaline ionic water, it provides sufficient minerals for our body. As a result, we do not need to watch our diet to stay slim.

Hence, alkaline ionic water is a savior for those suffering from obesity and many adult diseases, providing good assistance in enhancing good health.

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Endorsement from Dr. Theodore A. Baroody on Ionized Water

- It is definitely a health benefit to anyone who would use it. I predict that the use of electronically restructured alkaline [ionized] water will change healthcare on a worldwide basis....
- Through a very detailed system of testing and analysis covering 170 areas, called Bio-Kinetics, I have seen the following areas strengthened and stabilized on my clients by restructured [ionized] alkaline water....
- Urethra
- Kidney Gravel
- Lymph Vessels
- Alkaline/Acid Imbalances
- Kidney
- Colon
- Stomach
- Pancreas

ADDITIONAL BENEFITS OF IONIZED ALKALINE WATER

There are at least two other factors that make alkaline water a health wonder – Hydration and Anti-oxidation.

Hydration

First, let's define the scope of the problem. Doctors say that 75% of Americans may suffer from chronic dehydration.

Dehydration is one of the most overlooked and basic causes of disease.

Most people do not look at water as a nutrient but it is, and it is the most important one. We can live for a few months without food but will last only about 10 days without water. Next to the air we breathe water is the most important element. Every life-giving and healing process that happens inside our body happens with water. Most experts insist that the majority of Americans are chronically under-hydrated and should drink more water, and the reasons behind their insistence are solid.

Amazing Health Wonders from Your Water

We can assume that dehydration is a real problem, especially for those who believe that beverages like coffee and sodas can substitute for pure drinking water. Eating and drinking the wrong foods will lead to dehydration. Foods such as fruits and vegetables are supposed to provide 20 percent of our water intake – junk foods do little to help us remain fully hydrated.

According to a study published in the *Archives of Disease in Childhood*, **more than 70% of preschool children never drink plain water.** Pediatric medicine does not pay attention enough to dehydration that occurs when acute diseases strike and **children can pay with their life for this if doctors then go ahead and administer vaccines when the blood is compromised.** One of the most common lawsuits in pediatric emergency room medicine is overlooking dehydration; this tells us of a gaping hole in pediatric medicine that need not be there.

The first objective sign of dehydration is seen in the vital signs, in an increase of the pulse rate between 10% and 15%. The body tries to maintain cardiac output (the amount of blood that is pumped by the heart to the body); and if the amount of fluid in the intravascular space is decreased, the body has to increase the heart rate, which causes blood vessels to constrict to maintain blood pressure. Other common symptoms of dehydration may include nausea, fatigue, headaches, dry mouth and reduced mental acuity.

Dehydration, the simple lack of sufficient quantities of water affects cell life profoundly. Water shortages in different parts of the body will manifest different signs and symptoms (cries of thirst), but we normally do not think to treat the cause of the problem with water. It is almost blasphemy among contemporary physicians to think that water can cause or cure diseases.

Drinking enough water is crucial and when we don't drink enough, the first sign of that is darkening urine. The color of urine in a dehydrated person will be dark yellow to orange. The more hydrated we are the lighter the color of our urine. Any dark color at all in the urine could indicate a water deficiency.

Amazing Health Wonders from Your Water

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Mild dehydration will slow down one's metabolism as much as 3%. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study. Lack of water is the #1 trigger of daytime fatigue. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

Many doctors fail to understand – or refuse to consider – that water plays such a huge part in disease states probably because it is too common of a substance. Water is the first thing we should take as a medicine but physicians rarely prescribe water, and you'll never hear of a pharmaceutical company recommending it, yet water can prevent and cure many common conditions because intake of sufficient amounts of it is a basic or underlying cause of disease.

From the perspective of Dr. F. Batmanghelidj, the famous water doctor, most so-called incurable diseases are nothing but labels given to various stages of chronic dehydration. In the work *Natural Allopathic Medicine*, water is the most primary medicine and before one embarks on more radical medical approaches, full hydration with the *best water* one can manage is a good idea. According to Batmanghelidj, water can relieve a broad range of medical conditions. By simply adjusting our fluid and mineral intakes we can treat and prevent dozens of diseases and avoid costly prescription drugs, surgery and other medical procedures and tests.

Amazing Health Wonders from Your Water

Signs of mild Dehydration

Trouble concentrating

Low blood pressure

Fatigue

Fainting

Constipation

Depression

Aggravation

Being thirsty

Amazing Health Wonders from Your Water

Signs of Moderate to Severe Dehydration

Headache

Flushed Skin

Fainting

Fatigue

Being Dizzy

Low blood pressure

Severe muscle contractions in the arms, legs, stomach, and back

Nauseousness

Feeling Weak

Tingling in limbs

Rapid breathing

Convulsions

Difficulty moving

Swollen tongue

A bloated stomach

Heart failure

Sunken fontanelle – soft spot on a head

Sunken dry eyes, with few or no tears

Skin losing its firmness and becoming wrinkled

Lack of elasticity of the skin

Rapid and deep breathing, faster than normal

Fast, weak pulse

Not being able to swallow

A feeling of numbness

Sight Problems

Being generally incapacitated and Confused

Cramps

Failing Kidney function leading to death

Amazing Health Wonders from Your Water

An excerpt from an article entitled "*The Health Benefits of Water*" concluded:

"Water is a fundamental part of our lives". It is easy to forget how completely we depend on it. Human survival is dependent on water — water has been ranked by experts as second only to oxygen as essential for life. The average adult body is 55 to 75% water. 2/3 of your body weight is water (40 to 50 quarts). A human embryo is more than 80% water. A newborn baby is 74% water. Everyday your body must replace 2 1/2 quarts of water. The water you drink literally becomes you! Since such a large percentage of our bodies are water, water must obviously figure heavily in how our bodies function. We need lots of fresh water to stay healthy.

Water is the medium for various enzymatic & chemical reactions in the body. It moves nutrients, hormones, antibodies, & oxygen through the blood stream & lymphatic system. The proteins & enzymes of the body function more efficiently in solutions of lower viscosity. Water is the solvent of the body & it regulates all functions, including the activity of everything it dissolves & circulates.

- Water helps regulate our body temperature through perspiration, which dissipates excess heat & cools our bodies.
- We even need water to breathe! As we take in oxygen & excrete CO₂, our lungs must be moistened by water. We lose about 1 to 2 pints of water each day just exhaling.
- Asthma is frequently relieved when water intake is increased. Histamine plays a key role in regulating the way the body uses & distributes water & helps control the body's defense mechanisms. In asthmatics, histamine level increases with dehydration. Our defense for the body is to close down the airways.
- The kidneys remove wastes such as uric acid, urea & lactic acid, all of which must be dissolved in water. When there isn't sufficient water, those wastes are not effectively removed, which may result in damage to the kidneys.

Amazing Health Wonders from Your Water

- Water lubricates our joints. The cartilage tissues found at the ends of long bones & between the vertebrae of the spine hold a lot of water, which serves as a lubricant during the movement of the joint. When the cartilage is well hydrated, the two opposing surfaces glide freely, & friction damage is minimal. If the cartilage is dehydrated, the rate of “abrasive” damage is increased, resulting in joint deterioration & increased pain.
- The actively growing blood cells in the bone marrow take priority over the cartilage for the available water that goes through the bone structure.
- Rheumatoid joint pain frequently decreases with increased water intake & flexing exercises to bring more circulation to the joints.
- 75% of the upper body weight is supported by the water volume that is stored in the spinal disc core. 25% is supported by the fibrous materials around the disc. The spinal joints are dependent on different hydraulic properties of water which is stored in the disc core. Back pain is frequently alleviated with hydration.
- Brain tissue is 85% water. Although the brain is only 1/50th of the body weight, it uses 1/20th of the blood supply. With dehydration, the level of energy generation in the brain is decreased. Depression & chronic fatigue syndrome are frequently results of dehydration.
- Migraine headaches may be an indicator of critical body temperature regulation at times of “heat stress.” Dehydration plays a major role in bringing on migraines. Dehydration causes stress & stress causes further dehydration” .

Amazing Health Wonders from Your Water

WHAT ROLE DOES IONIZED ALKALINE WATER PLAY IN HELPING WITH THIS PROBLEM?

Well, first we need to talk about your body's daily water requirement and how your cells get water.

How much water should you drink?

We have been taught many answers to that question since we were children. Some say eight 8 oz. glasses per day; others say 10-12 glasses a day. The real answer is It **depends...** depends on what?

It depends on several factors – where you live, what you are doing, and how much you weigh.

The Uber Simple Hydration Equation

The first thing you need to do is calculate how much water your body needs at rest. That's working at a desk, puttering around the house, reading and doing all of the other things you do throughout the day. This is your bare minimum water requirement – what your body needs to function.

The basic equation for determining this is by dividing your body weight in half and drinking that many *ounces* of water each day *at a minimum!* So, if you weigh 200 pounds, you would need 100 ounces of water per day if you're not doing anything strenuous. If you're working out, hiking, at a high altitude, in a hot climate, or outdoors a great deal, you're going to need to add to those 100 ounces.

Tips for Reaching Your Daily Water Goals

So now that you know how much water you should be drinking every day, let's talk about how to make sure you actually get enough. Drinking over 100 ounces of water may seem impossible at first, but with these easy tips you can reach your goal in no time.

Amazing Health Wonders from Your Water

- **Drink 2 cups (16 oz) of water before every meal:** Science has proven that drinking 2 cups of water before every meal helps you to eat less during meal time and lose weight. If you do this three times daily – at breakfast, lunch, and dinner – you have already consumed 48 ounces of water.
- **Morning and Night:** Get into the habit of drinking one glass (16 oz) of water when you wake up and another 8 oz glass before you go to sleep every night. This will add another 24 ounces of water to your daily intake. The easiest way to do this is to keep a glass or container of water at your bedside, that way as soon as you wake up and start your day, you can begin drinking water.
- **Keep Track By Your Container:** One thing that has proven to help people consumer enough water daily is to buy a special container for their water, like [this one](#) or [this one](#), and set a goal of how many times they will fill and finish the container. For example, if you buy a 16 oz container and need to drink 80 ounces of water a day, your goal would be to drink 5 of those daily. Need to drink more water? Try a larger container.
- **Infuse Your Water With Flavor:** Water doesn't have to be boring and infusing your water with fruit, herbs, and other flavors can make it much easier to reach your daily goal. Try adding cucumber, strawberries, lemons, limes, and fresh herbs to create flavorful water.

Amazing Health Wonders from Your Water

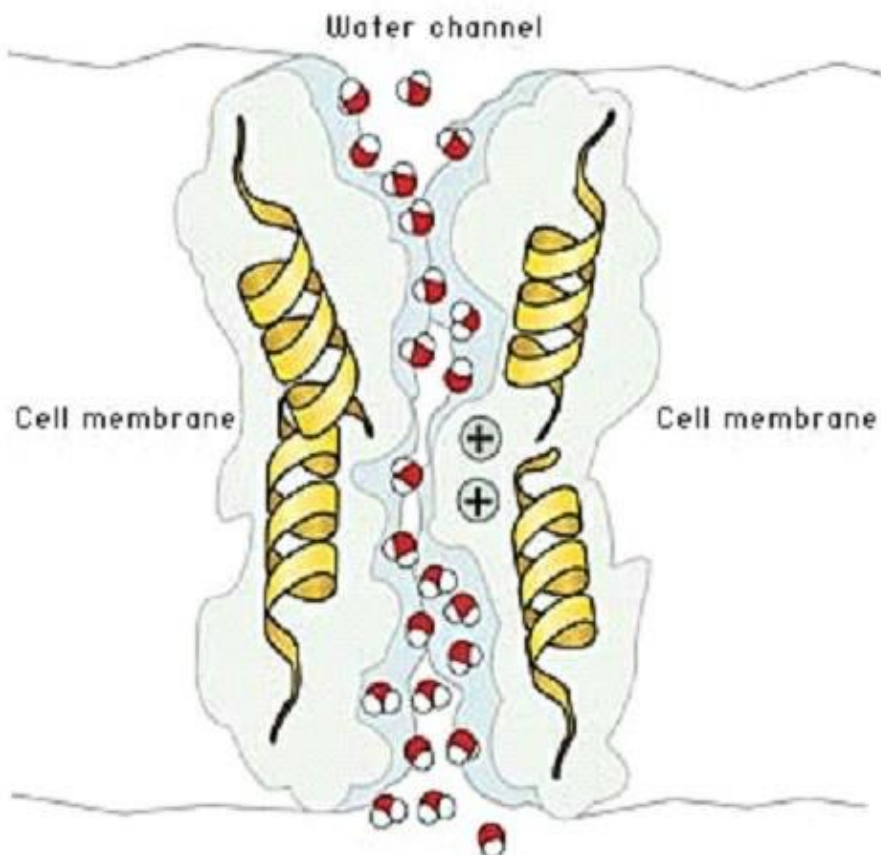
HOW DO YOUR CELLS GET HYDRATED?

2003 Nobel Prize in Chemistry (Peter Agre and Roderick MacKinnon)

Water Channels called Aquaporins.

Notice the + positive charge within the channel.....ions that have a + positive charge are repelled but ions with a -negative charge are attracted and absorbed.

**Acidic water has + positively charged ions,
ionized Alkaline water has - negatively charged ions**



Since we were in elementary school, we were taught that our cells get the vital water that they need through a simple process called "Osmosis". This was accepted world-wide as a scientific fact until Peter Agre won a Nobel Prize in Chemistry in 2003 for discovering Aquaporins.

This discovery has changed how scientists now view the process in which our body absorbs water

Amazing Health Wonders from Your Water

The process occurs rapidly in tissues that have these Aquaporins or water channels. These channels are the “gatekeepers” that decide what is allowed in and out of our cells. This is an example at a cellular level how people who “think” they are drinking enough water can still suffer chronic dehydration. Drinking water that your body cannot absorb still leaves your cells in a weakened state where they are prone to become acidic. Upon learning about this discovery, it is now easy to understand the importance of drinking water that is “bio-available” to your cells. There are hundreds of these microscopic pores all around the cell membrane of each cell – like dimples on a golf ball – and they function to keep acidic fluids OUT of your cells.

Aquaporins are “the plumbing system for cells”. Every cell is primarily water. The water doesn't just sit in the cell, it moves through it in a very organized way. As a general rule water is passed through in no more than clusters of 5-6 molecules at a time.

Regular water contains clusters of 10-13 molecules. These large clusters do not easily pass through the water channels of the aquaporins, thus inhibiting absorption by the body. Ionized alkaline water restructures the water into “microclusters” of 5-6 molecules which allow for greater penetration through the aquaporins resulting in easier, more complete absorption by the body.

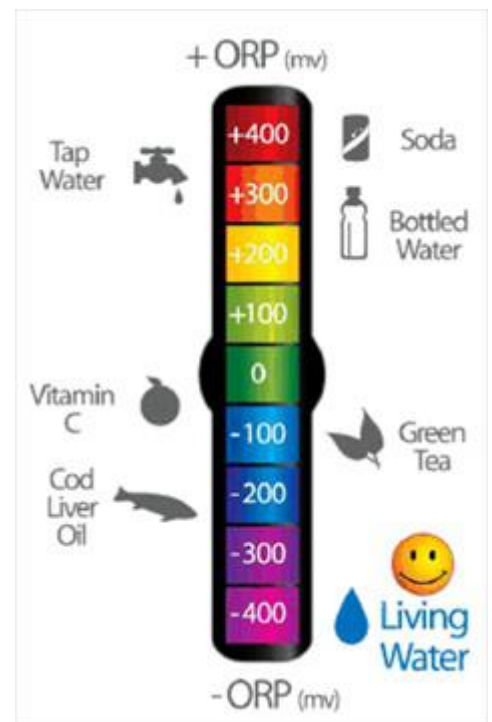
In addition, part of the ionization process results in water with a negative ion charge (alkaline) which is readily passed through the water channel and absorbed by the body. Acidic liquids have a positive charge and are rejected by the aquaporins and therefore not easily absorbed by the body. You can see how this would contribute to the body becoming dehydrated. That is why when we drink coffee and soda and other liquids which are acidic we are not getting the amount of hydrating water we might think we are.

Amazing Health Wonders from Your Water

ANTIOXIDATION

Another important benefit of ionized alkaline water is that it is a powerful antioxidant

The other way an ionized alkaline water making device alters the water is to turn it into a powerful antioxidant, measured as ORP ("Oxidation Reduction Potential") -- ORP is sometimes referred to as "Redox". An alteration of the ORP of your drinking water is what causes the micro-clustering, antioxidant and hydrating effects. ORP is a "potential" energy that is stored and ready to be put to work. An analogous way to look at ORP would be to consider pressure. When you blow up a balloon you use energy that creates force. As long as the balloon remains closed, this force is a "stored potential energy" in this case measured as air pressure. When released, this "potential" energy becomes kinetic energy.



Potential electrical energy in liquid can be measured. It is measured with an ORP meter. These meters display extremely slight and highly variable differences in the electrical properties of water. ORP readings are expressed in millivolts (1/1000 of a single volt).

ORP measures the presence of oxidizing or [oxidation] reducing agents by their specific electrical charge, thus Oxidation Reduction "Potential". Oxidation in simple terms is what turns an apple brown after it is cut or causes metal to rust. Rust weakens metal and signifies the deterioration of the apple. High pH water has more "reducing" agents (negative ORP) and low pH water has more oxidizing agent's positive (+ORP). High pH alkaline water demonstrates a negative (-) ORP and so is a reducing agent or "antioxidant".

The process of oxidation in the human body damages cell membranes and other structures, including cellular proteins, lipids and DNA. When oxygen is metabolized, it creates unstable molecules called 'free radicals', which steal electrons from other molecules, causing damage to DNA and other cells.

Amazing Health Wonders from Your Water

Oxidation and Free radical damage are essentially the same process that leads to breakdown of cell membranes. Oxidation is what causes your car to rust, age and become unusable. In our bodies, the same process of oxidation causes degenerative disease, ageing and ultimately death. We can rust proof our new cars to make them last longer, and we can reduce oxidative damage in our bodies to help us to stay healthier for longer, giving us a much more enjoyable and active life now and into old age. Free radicals are molecules that have lost an electron and cause damage by "stealing" an electron from a neighboring molecule.

The body can cope with some free radicals and needs them to function effectively. However, the damage caused by an overload of free radicals over time may become irreversible and lead to certain diseases, including heart disease, liver disease and some cancers (such as oral, esophageal, stomach and bowel cancers). Oxidation can be accelerated by stress, cigarette smoking, alcohol, sunlight, pollution and other factors.

The effect of free radicals

Some conditions caused by free radicals include:

- deterioration of the eye lens, which contributes to blindness
- inflammation of the joints (arthritis)
- damage to nerve cells in the brain, which contributes to conditions such as Parkinson's or Alzheimer's disease
- acceleration of the ageing process
- increased risk of coronary heart disease, since free radicals encourage low-density lipoprotein (LDL) cholesterol to stick to artery walls
- Certain cancers, triggered by damaged cell DNA.

Amazing Health Wonders from Your Water

What are the effects of free radical damage?

Wrinkled skin, stiff joints and hardening of the arteries are general examples of what free radicals will do to us. The damage caused by free radicals accelerates the ageing process. Other conditions that are closely linked to free radical activity include Crohn's disease, Gallstones, Pancreatitis, Ulcerative colitis, Cataracts, Cancer, Cardiovascular disease, Chronic fatigue syndrome, Rheumatoid arthritis, Alzheimer's disease, Learning difficulties, Memory problems, Multiple sclerosis, Parkinson's disease, Emphysema, Male infertility, Hair loss, Skin problems, and possibly many other conditions.

What are Antioxidants? What are the benefits of Antioxidants?

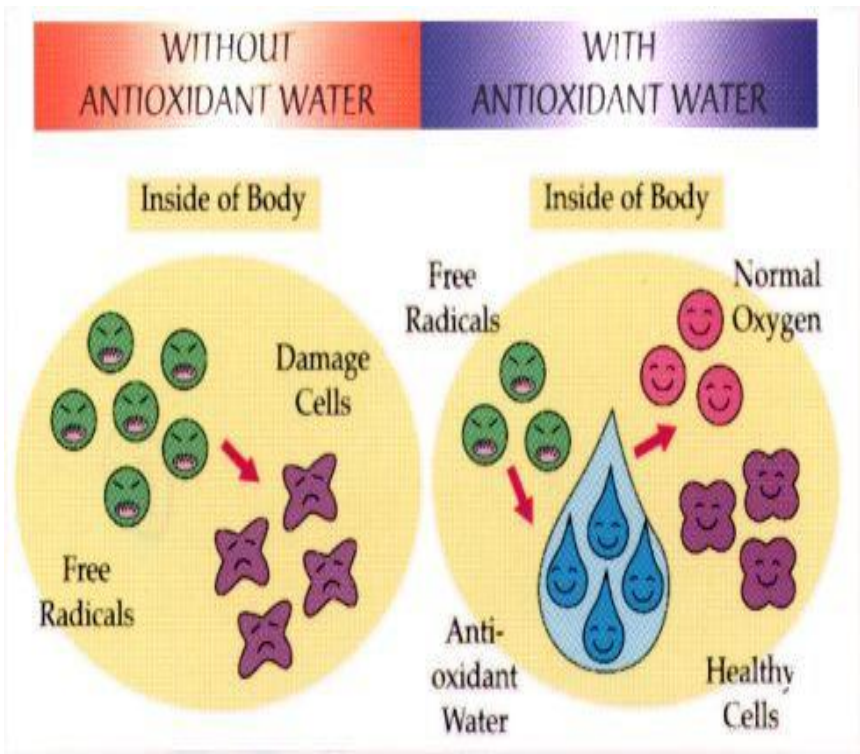
Antioxidants are substances or nutrients in our foods and in ionized alkaline water which can prevent or slow the oxidative damage to our body. When our body cells use oxygen, they naturally produce free radicals (by-products) which can cause damage. Antioxidants act as "free radical scavengers" and hence prevent and repair damage done by these free radicals. Health problems such as heart disease, macular degeneration, diabetes, cancer etc., are all contributed by oxidative damage. Indeed, a recent study conducted by researchers from London found that 5 servings of fruits and vegetables reduce the risk of stroke by 25 percent. Antioxidants may also enhance immune defense and therefore lower the risk of cancer and infection.

Tap water: What it is and isn't

Normal tap water, for example, with a pH of 7 is approximately neutral on the pH scale of 0 to 14. When measured with an ORP (oxidation potential) meter its redox potential is approximately +400 to +500 mV. Because it has a positive redox potential, it is apt to acquire electrons and oxidize other molecules. Reduced Alkaline Water, on the other hand, has a negative redox potential of approximately -250 to ->400 mV. This means it has a large mass of electrons ready to donate to electron-thieving active oxygen.

Amazing Health Wonders from Your Water

What Can Alkaline Water Do For You?



Medical research has now proven that alkaline water provides antioxidant benefits in the body. Researchers from the University of Pennsylvania say that drinking alkaline water substantially increases levels antioxidants and reduces levels of free radicals in the body.

Amazing Health Wonders from Your Water

Acidic Water

There are actually two levels of acidic water that we will discuss here. The first of these is the normal acidic water that most electric ionizers can and do make as part of the ionization process. The second is a special level that only a few ionizers are capable of producing. This latter level is Hypochlorous Acid water.

NORMAL ACIDIC WATER

This is, as previously mentioned, a result of the electrolysis process which breaks the water into both alkaline and acidic components. When the unit is set for any of the alkaline levels, the main source is alkaline and the lower or discharge source is acidic and vice versa.

Acidic water between 2.0 and 6.0 is used for disinfecting and other external uses such as hair and skin care, vegetable cleaning, meat and poultry washing, and the like.

The following is a partial list of some uses for acidic water:

Uses for Ionized Acid Water

Ionized acidic water is great for the skin because the skin is naturally an acidic organ (this slight acidity of 5.5 pH helps our body fight off bacteria). People who regularly use acidic water to wash their bodies tend to have more youthful and vibrant looking complexion than those who use neutral hard water which disrupts the natural pH balance. In Japanese hospitals acidic water is used to help sterilize wounds, treat diabetic ulcers and keep hospitals clear of infectious bacteria and viruses.

Amazing Health Wonders from Your Water

Skin & Hair

1. Use to lessen the appearance of lines and wrinkles on the face. Actually speeds skin renewal process!
2. Use as a skin toner.
3. Use to lessen the appearance of age spots.
4. Use for dry skin patches or rough skin.
5. Carry a bottle around and use as a hand sanitizer. It will not dry the hands out.
6. Use to replace expensive skin moisturizers and creams.
7. Use as a hair conditioner.
8. Use for skin rashes or baby diaper rash.
9. Use to prevent shaving bumps.
10. Use as an aftershave.
11. Use for poison ivy and other plant rashes.
12. Try on skin for Eczema. Spritz three times a day and let air dry.
13. Try on skin for Psoriasis.
14. Try on skin for Rosacea.
15. Try on hair for dandruff. Spritz on after shampoo and let air dry.
16. Use for adult and teenage skin irritations of every type. Spritz on after washing and let air dry.
17. Use to lessen the appearance of scars.
18. Use to spray in shoes to disinfect and deodorize.
19. Use in place of deodorant.
20. Pour into bath water to soften skin. This will also help the bath water heat quickly, and make the tub easier to clean since it is difficult for scale to adhere to the tub.
21. Spritz on face for a refreshing pick me up.
22. Use as a soak for sore rough feet.
23. Try for relief of Athletes Foot.
24. Try for relief of Jock itch.
25. Try for female yeast conditions and other female issues.
26. Try for Toe Fungus.

Amazing Health Wonders from Your Water

27. Use for Ingrown toenails.
28. Hair detangler.
29. Rinse after swimming to remove any sea salts and/or chlorines on skin.
30. Add to a sick child's bathwater to kill germs and viruses.
31. Sunburns – may help to relieve inflammation and accelerate recovery.
32. Chapped hands – may help to prevent chapped hands as well as speed recovery from chapping.
33. Acne and blemishes – may help to keep skin clean and improve skin condition.
34. Insect bites – may help to provide relief from the itch or sting of mosquito and bug bites.
35. Bruises and sprains – accelerates recovery when applied topically.

Internal Disinfectant

1. Use as a mouthwash and gargle.
2. Use as a toothpaste.
3. Try for pinkeye.
4. Try for ear infections.
5. Use for infected tooth or gums.
6. Use as a gargle for a sore throat.
7. Use as an enema.
8. Use to treat bad breath.
9. Try snorting or putting in droppers for nasal congestion and sinus relief.
10. Try spritzing on canker sores/cold sores.

First Aid & Sterilizer

1. Use for burns.
2. Use for minor cuts and scrapes.
3. Use to promote faster healing of cuts and wounds.
4. Use to stop bleeding in minor cuts.
5. Use on boils.
6. Use in doctor and dentist office for cleaning and antibacterial.
7. Use in clinical applications to sterilize surgical instruments.
8. Slows bleeding of minor cuts.

Amazing Health Wonders from Your Water

Household Uses of Ionized Acidic Water

Ionized acidic water is a miracle non-toxic cleaning solution replacing many toxic household cleaners!

Cleaning Purposes

1. Use to sanitize bathrooms and kitchen counters.
2. Use on cutting boards.
3. Use to spray directly in refrigerator for foul odors.
4. Use to spray on carpets and rubber bathtub mats.
5. Use as a streak free glass and mirror cleaner.
6. Use for cleaning wood floors (a light mist is all that is needed).
7. Use to clean dirt and grime all over the house (removes fingerprints from drywall), etc.
8. Use to sanitize the interior of your washer and dryer.
9. Use on household sponges to extend their life and prevent foul odors.
10. Use to spray into laundry baskets to kill mold and fungi.
11. Use to disinfect human and pet bedding.
12. Use for auto glass.
13. Use for chrome polishing.
14. Use to sanitize phones.
15. Use to sanitize computer keyboards (light spritz).
16. Works as an air deodorizer.
17. Makes a great all-natural air freshener if you add a few drops of the essential oils of your choice.
18. Wash and clean dishes with it.
19. Removes coffee and tea stains left on cups.
20. Will remove tough stains from floor tiles and carpets.
21. Try for laundry stain removal and spot cleaning.
22. Wash cars and motorcycles for easy removal of tough stains and greases.

Amazing Health Wonders from Your Water

23. Soak pots and pans overnight.
24. Rinsing dishcloths with acidic water may help slow bacterial growth and odors.
25. Use to remove strong odors from your hands (such as garlic and onion).
26. Effectively cleans knives.
27. Use to clean your eyeglasses.
28. Use it to water potted and outdoor plants and flowers to promote growth.
29. Use in hot tubs for quicker heating, easier cleaning, and no smell when reheating.

Food Preparation

1. Use to kill bacteria on fruits and vegetables by using the mist or dipping.
2. Use in meat and dairy product facilities as a sterilizing and cleaning agent.
3. Use to boil eggs. Even when the eggs crack, the contents will stay inside, and it makes the shell easier to peel.
4. Use to cook beans. It will particularly help kidney beans and peas cook quickly, with their natural colors intact.
5. Use to rinse fish. It will tighten the bodies of some fish and reduce the odor.

Pets

1. Use in cat litter boxes to kill odors and bacteria.
2. Use on animals skin for any kind of skin issue like rash or dry skin.
3. Slows bleeding of minor cuts on animals.
4. Can be sprayed in your dog or cats mouth to reduce bad breath.
5. Wash animals with it to increase the shininess of their coat.
6. Safe for cleaning animal cages/tanks/terrariums.
7. Spray on fur to reduce odors.

Bug Control

1. Spray on ant trails to deter them.
2. Kills many types of spiders and insects.

Amazing Health Wonders from Your Water

As you can see from the above list, there are many, many uses for acidic water. One of the benefits of a good electric water ionizer is the ability to produce *both* alkaline and acid water in various pH levels, either as the primary or secondary outputs of the device.

So far, we have discussed only the standard outputs from a good quality ionizer. There is another capability that a few of the best ionizers have – that is creating Hypochlorous Acid Water. This capability can be **extremely** important! It is one of the reasons why in many countries other than the U.S., ionizers are used in hospitals as a medical device. In the U.S., the Food & Drug Administration (FDA) will not allow claims that these units can “cure” anything. Many other countries who don't have a strong pharmaceutical lobby recognize the value of what these devices can bring to healing wounds and helping the body do what it was designed to do – namely heal itself!

The Miracle

The miracle is that all the benefits we have discussed can be available from your kitchen sink. This is truly remarkable when you consider the vast array of chemicals and additives that are in the water most people get from their city water which comes out of their tap. It contains fluoride, various chemicals the water authority puts in it to keep their pipes from corroding (would you believe even LYE?) and disinfectants.

So, if that's the case, how is it possible to get healthful, alkaline, antioxidant super hydrating drinking water or strong acid cleaning and antimicrobial water out of your kitchen faucet?

The answer is a *water ionizer!*

There are many water ionizers on the market; however, like water itself, they are not all created equal!

Amazing Health Wonders from Your Water

Some ionizers are electric, some are gravity fed. Electric units use electrolysis to split water into two components...Alkaline and Acidic. The gravity units use filtration through rare earth and minerals to create alkaline water. This is similar to the way Nature alkalizes water. Both types produce ionized, restructured alkaline water, both types can produce water that is anti-oxidizing, having a negative ORP, but the **gravity units are not able to separate the water into both alkaline and acid components.**

Electronic Ionizers, using electrolysis also produce Molecular Hydrogen Infused water. A simplified explanation of the process is that passing electrical current through the water generates hydrogen gas bubbles. The hydrogen gas bubbles infuse into the water causing it to become hydrogen-rich and highly antioxidant

Did you know that molecular hydrogen is also a powerful antioxidant? Due to its small size, hydrogen can be absorbed very easily by the cells and tissues of your body.

Continuous oxidative stress is known to be one of the causes of most lifestyle-related diseases, cancer and the aging process. There are now THOUSANDS of new studies showing the many benefits of molecular hydrogen. Many of these studies show that molecular hydrogen has positive effects against oxidative stress and inflammation. One study finds that molecular hydrogen functions as an effective antioxidant.

There are a variety of different ways to consume hydrogen including inhaling hydrogen gas and drinking water containing dissolved hydrogen. Since carrying around a hydrogen tank is not really realistic and because the taste of the dissolved hydrogen tablets leaves a lot to be desired...Let's focus on the easiest and best way to consume healthy molecular hydrogen. Let's delve a little deeper into how hydrogen gets into ionized alkaline water and what benefits you can see from drinking hydrogen water.

Amazing Health Wonders from Your Water

Hydrogen-Rich Antioxidant Water

Many water ionizers produce hydrogen-rich alkaline water. Ionized, alkaline water is hydrogenated during the electrolysis process. During electrolysis and the ionization process, the water is infused with hydrogen gas bubbles. In the industry, these bubbles are often referred to as “nano-bubbles”. These “nano-bubbles” are able to easily penetrate the cells of your body and attack the free radicals causing damage. As technology and research has progressed, so has the understanding of the benefits of hydrogen gas.

Hydrogen water provides better hydration because the hydrogen gas is able to permeate the cell membrane, allowing the benefits to be absorbed and therefore experienced. Feeding your cells more hydrogen not only helps provide energy, but it is very cleansing. Today, our drinking water is treated with chemicals and then processed to remove contaminants. When the contaminants are removed, so are all of our vital nutrients. Just filtering the water is not enough; it's just one step in the process to produce healthy drinking water. Ionized, alkaline water provides vital hydrogen that is beneficial to humans.

Benefits of Hydrogen Water

- Acts as a powerful antioxidant which helps eliminate free radicals
- Faster hydration
- Improved nutrient absorption
- Anti-aging effects
- Increased energy
- May decrease inflammation
- Improved muscle recovery
- Better sleep quality
- Memory enhancement

Amazing Health Wonders from Your Water

In addition to Electronic Water Ionizers used to create alkaline ionized water, there are now smaller, less expensive ways to ionize and infuse hydrogen into drinking water. These are called by a variety of names from Hydrogen Water Machines, to Hydrogen Bottles, to Hydrogen Cups, etc. depending on their cost and size. They ionize the water to create molecular hydrogen bubbles without significantly changing the pH level of the water. Generally they produce hydrogen-enriched water in the 7.0-7.5 pH range. Virtually all of these units, just as with alkaline water ionizers perform the same function: They create hydrogen enriched water within the same range of hydrogen infusion. The primary difference is the size of the container holding the water or whether it is a countertop unit or smaller units which have rechargeable lithium batteries and can be taken with you when traveling.

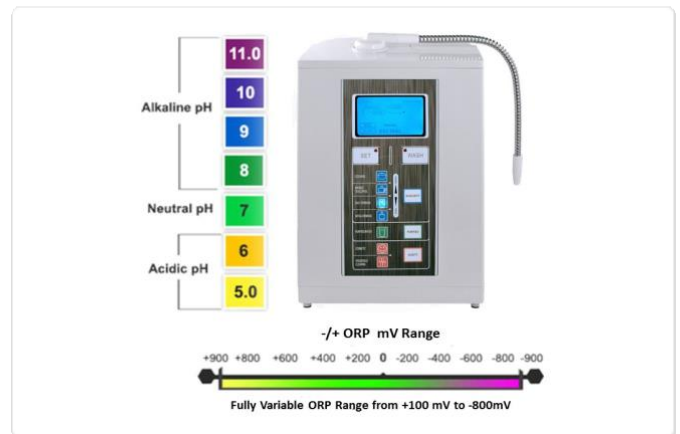
Electronic Alkaline Water Ionizers have a wide price range from quite affordable to very expensive depending on the capability and the marketing plans their manufacturers use to sell them.

Hydrogen Water Generators range from rather expensive countertop units to small somewhat portable units at very reasonable prices.

A very good and very value priced product line of Alkaline and Hydrogen ionizers is the Aqua models from Air Water Life. As of the time of this writing there are three Alkaline Water Ionizer models and one Hydrogen Cup model. These products are highlighted on the next page and are available from Green Health Technologies at www.GreenHealthTechnologies.com

Amazing Health Wonders from Your Water

Air Water Life Alkaline and Hydrogen Ionizer Products



Top Center: Family 2nd Row Left: Aqua Ionizer Deluxe 9.0
Bottom Left: Aqua Ionizer Deluxe 5.0

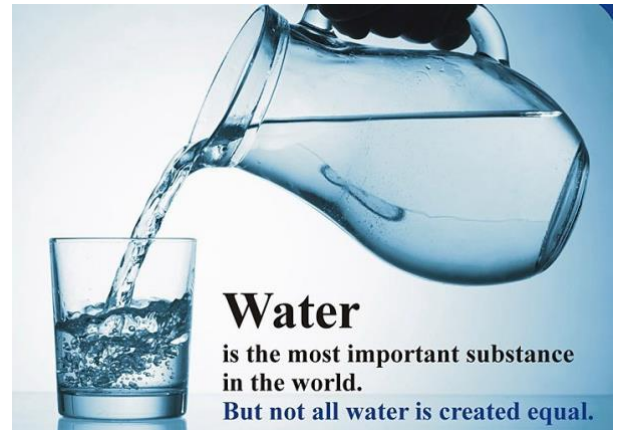
2nd Row Right: Aqua Ionizer Deluxe 7.0
Bottom Right: Aqua Magic Hydrogen Cup

Amazing Health Wonders from Your Water

Summary

The water we drink is more important to our health than most people think. Every organ in our body needs water to function properly.

Without water our systems began to shut down in a few days and eventually die. It is very important to drink plenty of water and stay hydrated. But.... Not all water is created equal! We must stay in alkaline balance and properly hydrogenated, and not all water efficiently helps us do that!



We need to be drinking alkaline, hydrogen enhanced water and the only way we can do that in our modern lives (unless we live in an area where we can draw our drinking water from the right kind of spring which produces that kind of water) is to have a source of fresh, alkaline, and hydrogen-rich water on demand...**RIGHT FROM YOUR TAP!**

Green Health Technologies is dedicated to providing products and ideas that bring Optimal Health, Environmental Protection and Financial Savings. Towards that end, we have carefully researched and picked products to offer that meet all three of these goals. Our products include solutions for the best water to drink, the best solution to healthy indoor air, reducing chemical and environmental pollution both in your home/office and minimizing your costs at the same time. Check out our website!



www.GreenHealthTechnologies.com

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