

## WHY ALKALINE MINERAL Purified WATER?

Many people are finally aware of the necessity to filter their tap water, not only to make it taste better but to reduce the risk associated with the ingestion of toxic chemicals found in today's chemically treated tap water.

However few people are aware of the World Health Organization's forty year ongoing study on the role minerals in water play in keeping one's good health, particularly when it comes to prevention of cardiovascular disease mortality and heart attacks.

Yet even fewer people are aware of the importance of drinking alkaline water. Expensive products called water Ionizers that produce alkaline water have been certified as medical devices in the countries of Japan and Korea for many decades and are slowly gaining acceptance here in the North America. Why? Medical evidence shows how alkaline water will ultimately aid in creating an alkaline state in our body.

Our body is made up of over 75 trillion cells of which half will divide on average every four days. These cells are the "healthy ones". However the other half die. These decaying cells become acidic waste throughout our body and can ultimately become the center of many diseases. Our bodies will constantly try to maintain an alkaline pH state of 7.365. Bicarbonate ( $\text{HCO}_3$ ) is the ion that keeps the blood alkaline. Medical science has discovered that as we age we lose bicarbonate in our blood. Bicarbonate levels in the blood start to decline at around age 43. This is the age when we start to see signs of arthritis, cancer and diabetes. However this process is complex. If we do not have enough bicarbonate in our system our body will then use the calcium in our bones to aid in maintaining this slightly alkaline state.

How then does the body eliminate these acidic decaying cells? Rather simply. By the time we are in the 5<sup>th</sup> grade we learn that our blood cells "bring in the good and take out the bad". It is the "taking out the bad" that is the important part here. A blood cell has a basic outer negative charge (bicarbonate). As our blood circulates throughout our body the acidic waste (a positive charge) is picked up by our blood cell's outer wall (negative charge) and carried to our organs for disposal. However, as stated earlier, medical science has discovered that as we age our bodies' ability to remove waste decreases. This is because as we age we lose bicarbonate in our blood and it is bicarbonate that keeps the blood alkaline.

So how do we replace this loss of bicarbonate, where does it come from?

The easiest and most efficient way to increase bicarbonate in our body is by drinking alkaline water; but there is a process. Our bodies have the ability to determine when our stomach and lower intestine are running low on Hydrochloric acid (HCL) which is produced by our body to digest the food we eat. (Another answer found on "Are You Smarter than a 5<sup>th</sup> grader"☺). However we are not equipped with a low level replacement sensor for when we are low on bicarbonate like we have for HCL. We believe this is because our bodies, although having a complex check and balance of internal chemical generators of many kinds, when it comes to HCL production our body is like a simple ionizer. When we need more HCL to digest food our body simply generates it. However for every ion of HCL that is generated it concurrently generates an equal amount of BICARBONATE. The HCL goes to the stomach and lower intestine and the bicarbonate gets assimilated into the blood. However there is no low level sensor for a low bicarbonate blood level. We believe that is because if there was a "Bicarbonate low sensor" the same process would be used to produce bicarbonate as for the production of HCL resulting in the generation of an excess amount of HCL...NOT GOOD!

So how can we safely get the body to replenish the bicarbonate we lack but need so badly to help keep our bodies clean? Simply send down to our stomach alkaline (positive charge) water...let the alkaline water *neutralize* the HCL and then set off our low level HCL sensor triggering the body to REPLACE the HCL to proper levels. This HCL production will then concurrently produce the much needed REPLACEMENT bicarbonate to keep the blood cells fully charged. This process helps reduce the acidic waste accumulated by our decaying cells and aids in keeping our body in an "Alkaline" state.

## Here are what some other professionals say regarding drinking alkaline water:

As Dr. Robert Atkins, the well-known author, health and diet expert, notes: *"Just about every condition I can think of, from arthritis to diabetes to cancer, is associated with acidity."*

*"The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!"* Theodore A. Baroody, ND, Ph.D.

According to Dr. Stefan Kuprowsky, *"Acid wastes build up in the body in the form of cholesterol, gallstones, kidney stones, arterial plaque, urates, phosphates and sulfates. These acidic waste products are the direct cause of premature aging and the onset of chronic disease."*

Sue Pollock, N.D. writes, we can *"assist the body in being more alkaline with ...drinking alkaline water."*

According to Sang Whang, researcher and author of "Reverse Aging",  
*"Drinking alkaline water is the cleanest, easiest and most effective method to reduce acids in the body"*

*"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 waters with a pH of 9.0 to 10.0."* Dr. Leonard Horowitz in "Aids and Ebola"

Alkaline ionized water *"first came to notice in Japan, where researchers noted that people drinking water that came from certain fast-moving rocky mountain streams enjoyed extraordinarily good health. It turned out that this naturally occurring water was alkaline and had a different structure and electrical properties."* Larry Clapp, PhD. in "Prostate Health in 90 days"

*"Drinking water that has an alkaline pH as detailed in Chapter 13 of Lessons from the Miracle Doctors, maintaining a blood pH of around 7.45 without compromising the pH of the surrounding tissue, is vital. This requires the presence of minerals pure distilled water has a neutral pH but turns slightly acid over time as it absorbs carbon dioxide from the air, thus forming carbonic acid".* Jon Barron Author of LESSONS FROM THE MIRACLE DOCTORS

Research shows that cooking food including meats, vegetables and cereals, with low mineral water or soft water was found to cause substantial losses of all essential elements from the food. Aside from the benefits of drinking alkalized water, there are many benefits to enhancing food with alkalized water:

- Soaking and sprouting seeds, nuts, legumes, grains, etc. (activates enzymes).
- Smoothies (neutralizes acidity in fruit and delivers nutrients more efficiently).
- Add to acidic fruit juices to make them alkaline. (Many people's stomachs react poorly to acidic fruit juices.)
- Soups (contents of soup taste better and acid level is reduced).
- Storage of fruits & vegetables—they last longer.
- Removes pesticides, herbicides, waxes & more from fruits & vegetables when soaking (excellent on grapes!).
- Use alkaline water when cooking to improve taste. Acidic water breaks down your food, so you tend not to get the real flavor. With alkaline water, the taste comes out fuller, food is tender, and not as much seasoning is required.
- Fresh meat and astringent tasting vegetables can be soaked in alkaline water for 20-30 minutes before they are cooked. This will create a wonderful taste with less odor and more flavour.
- Red meats and liver soaked in alkaline water for 20-30 minutes will draw the blood out and reduce odors. Marinate meats to tenderize them. Tough meats can turn out really nice using this approach.
- Fish turns firm and remains moist with less odor when soaking and then cooking with alkaline water.
- Rice turns softer and fluffier. First, wash the rice with alkaline water. Next, soak the rice in alkaline water for 20-30 minutes and cook the rice in this water it was soaking in.
- Vegetables will be a brighter green since the chlorophyll is preserved. Acids are also neutralized, so any harsh tastes are reduced and nutrients are preserved.
- Noodles, pasta cooked in alkaline water will be less soggy.