

Alkaline Water and *HEALTH*:

10 Reasons to Drink
Ionized Water Every Day



by the "Alkaline Water Research Expert"

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Introduction

The water you drink has a huge impact on your health. Drink the right kind of water and you reduce your chances of suffering from health problems like high blood pressure and osteoporosis. Drink the wrong kind of water and your body can be filled with toxins, become acidic, or be robbed of essential minerals required for good health. Water that is not good for you may also contribute to premature ageing and illness.

What's the wrong kind of water?

Water that is filled with contaminants, toxins, and has a low pH (acidic) is the wrong kind of water. Tap water and many bottled waters are the wrong kind of water for those reasons. What can the wrong kind of water do to you?

- **Toxic** – Many tap and bottled waters are rife with impurities
- **Low (acidic) pH** – Contributes to low pH which may lead to health problems
- **Oxidizing** – Positive ORP (Oxidation Reduction Potential) promotes free radical tissue damage
- **Hard to absorb** – Large water molecule clusters must be broken down in the body
- **Lacks minerals** – Reverse osmosis, de-ionized, and distilled waters rob your body of essential minerals



IS YOUR WATER KILLING YOU?



Why your water may be toxic – Municipal water facilities do not remove all contaminants from water. Worse yet, many municipalities add chlorine or chloramines to their water to kill bacteria. Studies of bottled water reveal that many of them are nothing more than bottled tap water.

Why water pH matters – Your body maintains its blood supply in a range of 7.35 – 7.45 pH. Acidic water makes your body deplete its alkaline buffer to maintain pH balance. It does this by pulling calcium from the bones and elsewhere. Acidic water also causes your body to absorb toxic minerals like mercury, instead of healthy minerals like calcium.

What Oxidation does to you – Oxidants in the body promote the formation of free radicals, which are associated with disease and premature aging.

Why ordinary water is hard to absorb – Ordinary water contains mineral compounds like calcium bicarbonate, which can be hard for the body to absorb. Water ionizers break up mineral compounds, which then become *mineral hydrates*. These restructured minerals are readily absorbed by the body and contribute to improved hydration.

What happens when your water lacks minerals – Water is known as “the universal solvent.” When you drink water that lacks minerals, it will dissolve them from your body! This means that the wrong kind of water can actually rob your body of nutrition, and cause serious health problems.



Health Tip:

Avoid drinking bottled water that was left in a car. The heat inside a parked car causes high levels of BPA to leech from plastic bottles!

Why the right water is ionized alkaline mineral water:

Benefits of Alkaline Water

Ionized, alkaline mineral water delivers nutrients to the cells; it hydrates your body better; it cleanses your system; and contains natural antioxidants that neutralize free radicals and gives us more energy.

- **Detoxification** – Provides gentle, effective daily body cleansing [3]
- **Antioxidants** – Ionized alkaline water increases antioxidant levels in the body
- **Hydration** – Alkaline water hydrates you better than plain water [4]
- **Blood Pressure** – Can lower blood pressure caused by mineral deficiency [2]
- **Metabolism** – Raising pH supports a healthy metabolism [5]
- **Bone Health** – Alkaline water helps maintain bone density

What the right kind of water can do for you

Detoxification – Cleanse your body with every glass! – Alkaline water has a higher pH that flushes toxins out through the kidneys using a process called ion trapping. Ions with an alkaline pH-supplied by alkaline water - attract and trap acidic toxins. This helps your body to gently cleanse itself with every glass you drink. [3]

Age-fighting Antioxidants – Drinking alkaline water has been shown to increase antioxidant levels in the body by an average of 38% and reduce the levels of damaging free radicals by 43% according to the most recent research. Researchers in the most recent study reported that antioxidant levels of the test subjects improved significantly in just 4 weeks! [8]

Hydration – Proper hydration is associated with reduced blood pressure, improved digestion, proper elimination of wastes, and optimum athletic performance. [2] [6] [3] [7]

Blood Pressure –Mineral deficiency is a medically recognized cause of high blood pressure. Alkaline water has been shown to provide beneficial amounts of the minerals that help maintain healthy blood pressure levels like magnesium. [2]

Metabolism – Alkaline water has been shown to raise urine pH to healthful levels. Research has shown that low urinary pH is associated with metabolic disorders like obesity, high blood pressure, high blood sugar, and kidney stones. [5]



Daytime



- When you wake up
- 1/2 hour before breakfast
- 1/2 hour before lunch

When do you **need** to drink water?

Night



- 1/2 hour before dinner
- 1 hour after dinner
- 1/2 hour before bed



Health Tip:

You can supply your body with life-giving alkalinity by drinking 6-8 glasses of alkaline water daily.



10 Reasons to Drink Alkaline Ionized Water Every Day



Reason #1: Hydration



Research shows that drinking alkaline hydrates your body better than plain water [4]. Many different studies have demonstrated that maintaining the body in a properly hydrated state has both health benefits and improves athletic performance. Benefits that have been attributed to ionized alkaline water super hydration are:

Fitness Benefits

- Increased Endurance
- Faster Recovery
- Oxygen Saturation
- Body Temperature Control

Health Benefits

- Blood Pressure Reduction
- Cleanse toxins
- Cleanse colon

Blood pressure reduction – Dehydration increases your blood's viscosity - makes it thicker, which makes your heart work harder. Proper hydration helps maintain your blood at a healthy viscosity.

Cleanse Toxins – Hydrating the body better provides more water for it to flush toxins out with.

Alkaline Water Hydration

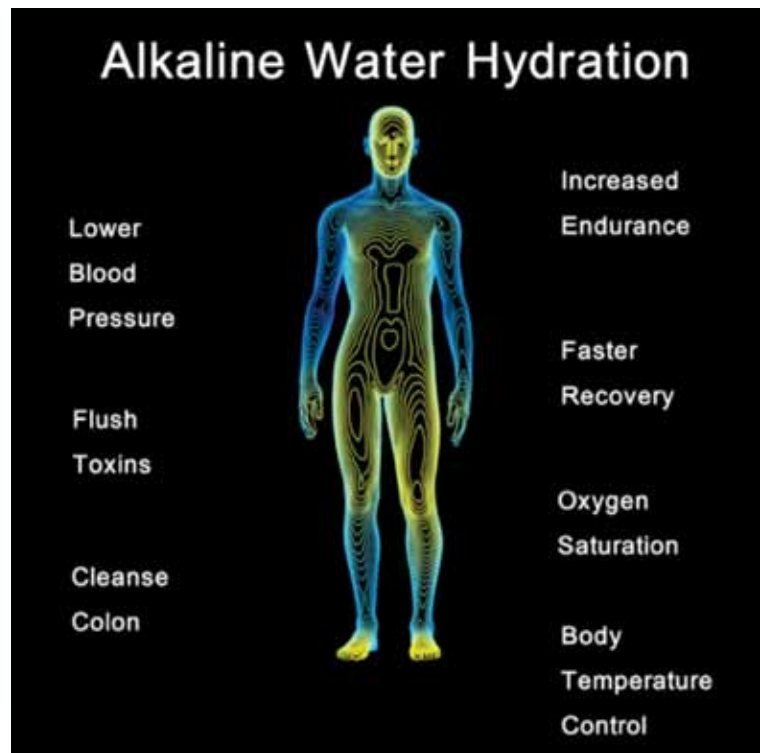
Cleanse Colon – Ensuring proper hydration keep the colon lubricated. When you are dehydrated, your brain has priority over the rest of your body for the water in your bloodstream. The colon is the first organ in your body that your brain deprives of water, so it dries out when you're dehydrated.

Increased Endurance – Studies show that athletic performance diminishes with as little as 2% body dehydration. Alkaline water has been shown to hydrate better than plain water. [4]

Faster Recovery – Rehydrating with alkaline water has been shown to flush lactic acid waste from the body faster than plain water after exercise.

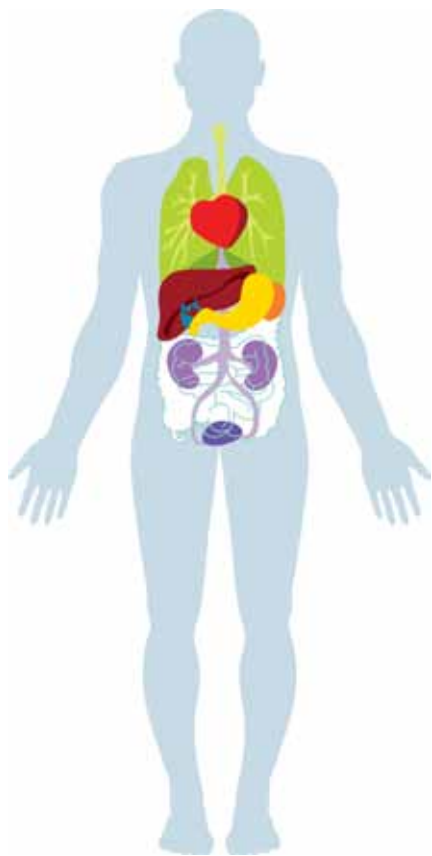
Oxygen Saturation – Lactic acid waste in the muscles reduces oxygen uptake. Alkaline water has been shown to counter lactic acid in the muscles which improves the muscles' ability to use oxygen.

Body Temperature Control – Proper hydration allows the body to sweat enough to release excess heat when the body is hot. When the body is cold, proper hydration assures that the blood (which warms the body) has the right viscosity so it can circulate throughout the body freely.



Reason #2: Detoxification

Alkaline water provides gentle daily cleansing of the body's systems in several ways:



Kidneys - Causes ion-trapping process that draws out acidic toxins

Liver – Increase levels of two antioxidants in the liver promoting blood cleaning

Muscles – Neutralize and flush out lactic acid

Intestines – Promotes good micro flora that break down toxins

Colon – Proper hydration provides lubrication

Cells – Neutralize stored toxins and fatty acids

Kidneys – Ion Trapping Process - Alkaline pH bicarbonate ions supplied by alkaline water combine in the blood with acidic toxins. The resulting combined molecule is large enough to get trapped by the kidneys and flushed from your system.[3]

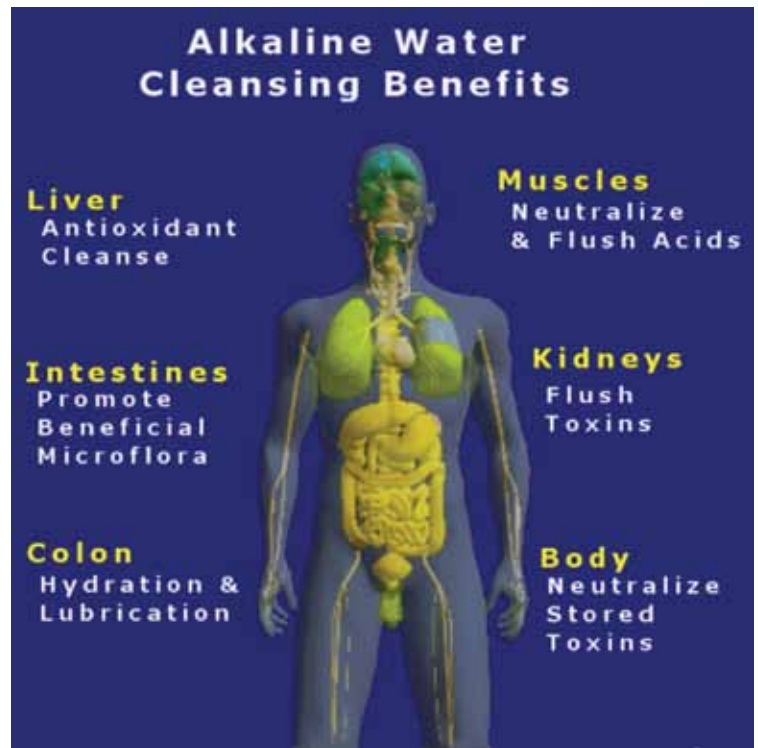
Liver – Alkaline water has been shown to increase the level of a powerful antioxidant called Superoxide Dismutase (SOD). The function of antioxidant SOD in your liver is to enhance the liver's blood cleansing function.

Muscles – That burning sensation you feel after a workout is called lactic acid burn. Alkaline water sports hydration studies show that lactic acid levels during a workout are lower when you drink alkaline water. After the workout, alkaline water helps flush lactic acid from the system faster. [4]

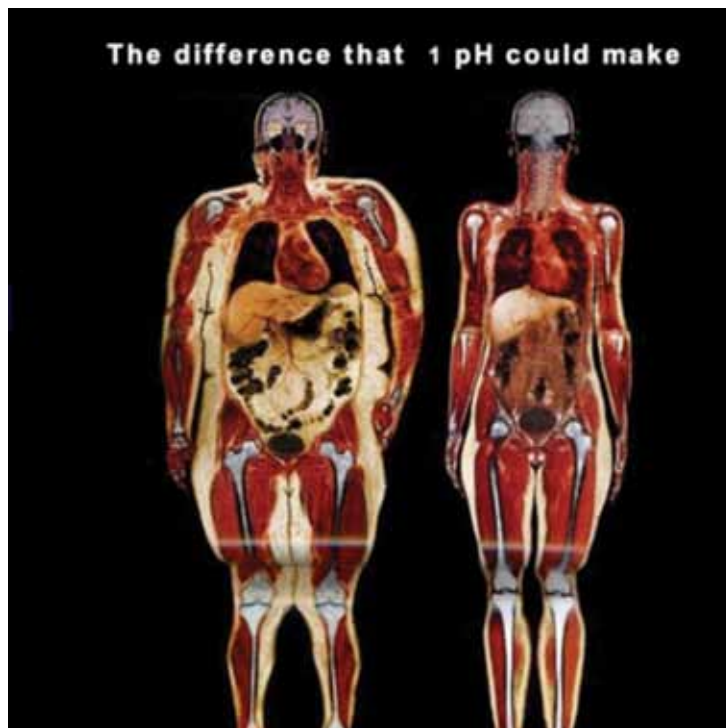
Intestines - The intestines work best at pH level of 8.3, which is alkaline. This is because beneficial microorganisms that help break down food flourish at 8.3 pH. When the intestines are too acidic, harmful bacteria thrive that interfere with digestion. Undigested food then rots in the intestines and releases toxins.

Colon – The colon also benefits when beneficial micro flora have an alkaline environment. Proper hydration helps maintain lubrication in the colon making it easier for it to expel wastes

Cells – Acidic waste builds up in the body when it is unable to flush them. Alkaline water provides bicarbonates which neutralize acidic wastes. Those wastes are then released through the ion-trapping process.



Reason #3: Balance Body pH



Your body is not all one pH, some parts are naturally acidic, others naturally alkaline. Your blood maintains a narrow range of 7.35 – 7.45 pH.

Maintaining the proper pH balance in your kidneys has been shown to be a preventive measure against a medical condition called metabolic syndrome.

Research shows that raising the pH of your urine by just 1 pH can prevent or eliminate the symptoms of metabolic syndrome:

- Obesity
- High Blood Pressure
- High blood cholesterol
- High Blood Sugar
- Kidney Stones

Reason #4: Weight Loss

The three main benefits alkaline water provides for weight loss are:

- **Detoxification** – counteract fatty acids stored in fat cells
- **Hydration** – Better workouts let you burn more calories
- **pH balance** – Prevents the body from storing fatty acids in fat cells

Detoxification – Fatty acids are poisonous to your body, so it stores the acids it can't get rid of in a protective buffer of fat. Alkaline water can help neutralize these acids and flush them from the body

Hydration – Better hydration improves athletic endurance, and helps the body maintain its temperature during workouts.

pH Balance – Research published by Harvard University Medical shows that maintaining the body's pH balance with alkaline water reduces your chance of suffering from the symptoms of metabolic syndrome – one of which is weight gain.



There are a couple of theories that explain how alkaline water can help you lose weight:

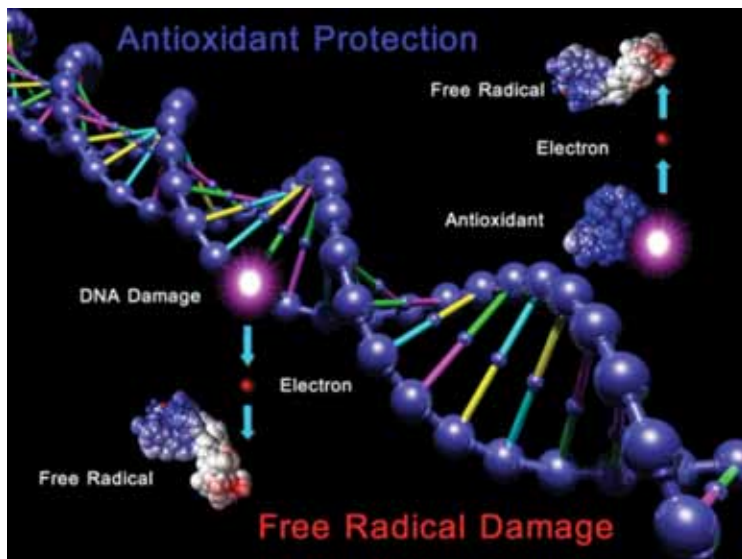
- **Nutrition Deficiency** – Alkaline water supplies highly bioavailable nutrients that help weight loss in nutritionally-deficient people. Nutrition deficiencies are a consequence of the acidic Western Diet.
- **Acid/Alkaline theory** – The body stores excess acids that come from diet, pollution and stress in fat cells. Body fat builds up as a consequence. Alkalinity neutralizes fatty acids in the body, the body is then able to let go of its protective layer of fat. Obesity is one of the symptoms of Metabolic Syndrome. Raising urine pH by just 1 pH point has been shown to reduce your chances of suffering from metabolic syndrome.



Reason #5: Anti Aging

Aging in the body is a complex process controlled by many factors, one of which is oxidation caused by free radicals. Oxidation occurs when free radicals - also known as oxidants - attack the molecules that make up healthy tissues in the body by stripping them of electrons.

Antioxidant alkaline water works to prevent free radicals from attacking your tissues by providing an abundance of excess electrons in the body. These excess electrons neutralize the free radicals that cause cellular and DNA damage that leads to premature aging.

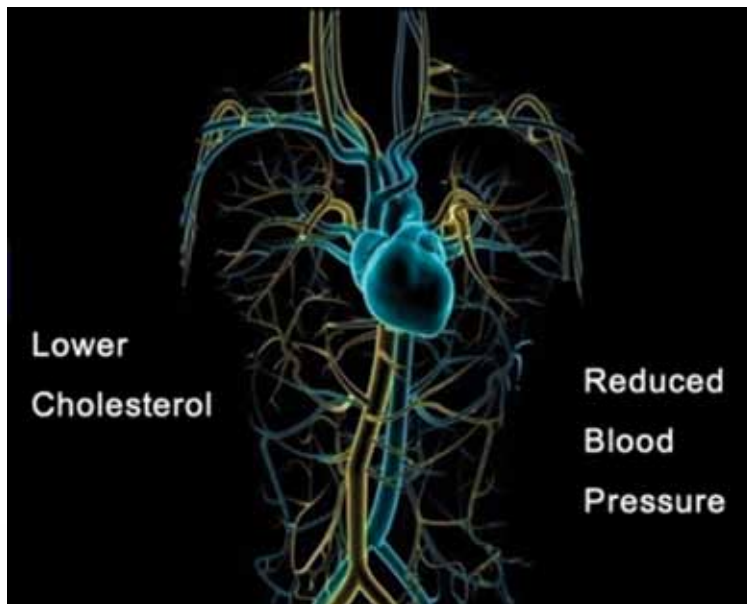


Anti-Aging Tip:

Alkaline water antioxidants can protect you from aging all day long! Drink alkaline water throughout the day, you provide your body a constant supply of fresh antioxidants.



Reason #6: Heart Health/Blood Pressure



Alkaline ionized water has been shown to reduce blood pressure and lower cholesterol levels in people with mineral deficiencies; a health problem that public health officials estimate is widespread.[9]

One study on alkaline water's ability to reduce blood pressure showed that alkaline water supplied beneficial levels of calcium and magnesium even for people with health problems that impair their ability to absorb those minerals. [2]

Reason #7: Liver Health

Alkaline water has been shown to reduce oxidative stress in the body that affects the liver. A recent study showed an average 43% reduction in T-BARS – Thiobarbituric Acid Reactive Substances – Chemicals in the body that cause liver damage.

Alkaline water has also been shown to increase levels of a critical antioxidant that protect the liver. Superoxide Dismutase (SOD) breaks down bad cholesterol and hydrogen peroxide in the liver. Higher levels of SOD in the liver help it cleanse blood more efficiently.



Reason #8: Bone Health

Research shows a clear link between alkaline water and bone health. When your body's pH balance becomes acidic, your body will adjust it by taking calcium from your bones. Several studies have shown that drinking alkaline water can significantly reduce the amount of calcium lost due to body acidity, and reduces bone loss.

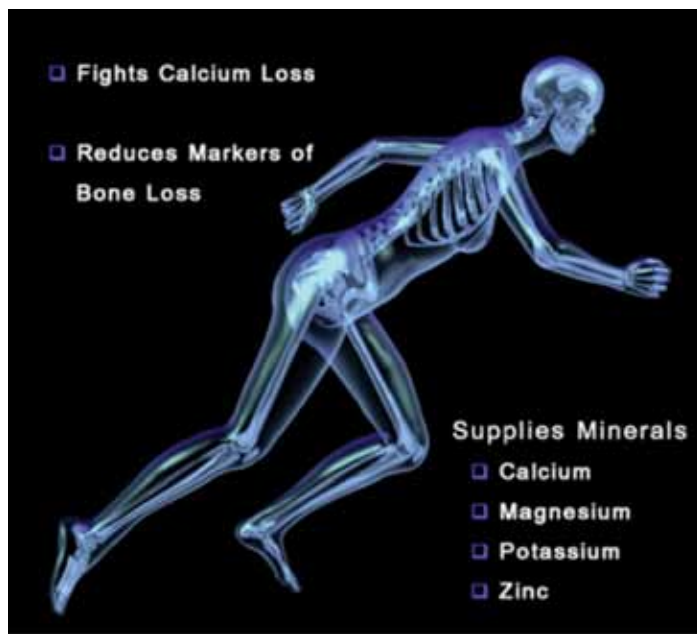
More minerals - Even if the body has a hard time absorbing them

One study in particular looked at groups of people which included people with digestive problems that cause mineral deficiencies. The study showed that alkaline water provided increased mineral absorption *even in the presence of clinical digestive deficiencies*. [10]

Alkaline water also supplies useful amounts of calcium to your body. Research shows that calcium is easier to absorb from water than it is from food based sources.

Two ways alkaline water helps maintain bone density:

- Helps prevent calcium-leeching acidosis
- Alkaline water contains beneficial calcium



Better bone health for those most at risk

Research on **women** over **75 years of age** shows that drinking alkaline water led to significant decreases in two indicators that doctors use to measure the rate of bone loss. [10]

- Parathyroid hormone (PTH) – Controls calcium and phosphorus levels
- Serum C-Telopeptide (CTX) – Used to measure bone turnover

Parathyroid Hormone – Measures calcium loss. High levels of PTH in the blood cause your bones to release calcium into your bloodstream.

Serum C-Telopeptide – Measures the rate of bone turnover. High levels of CTX means that you are losing bone faster than you are making it!

Bone Health Tip:

Drink at least six 8 ounce glasses of alkaline water every day, and get some sun! The sun helps your body produce vitamin D, which it also needs for good bone health!



Reason #9: Digestive Health

Alkaline water helps empty out your digestive tract after a meal - even if you have digestive problems! Research has shown that alkaline water can help restore healthy digestive function. [13]:

Research suggests that alkaline water may reduce the symptoms of [14]:

- Colitis – Reduce pain and bloating
- Diarrhea – Helps restore normal stools
- Constipation – Helps improve bowel movements

Alkaline water has an antacid effect which can lead to fewer upset stomachs, and improve overall digestive health. Measurement of stomach pH levels after drinking alkaline water showed that stomach pH increased by .5 to 1 pH. The beneficial antacid effect lasted for a half hour after the water was drunk. [11]



Digestive Health Tip:

For better digestive health, drink a glass of alkaline water first thing when you get up, and a half hour before meals. That helps get things moving in your intestines, and gently stimulates digestive juices.

Reason #10: Sports Performance

When exercising, you are consuming more oxygen and metabolizing energy through muscle work. This process creates free radicals, lactic acid and a mild metabolic acidosis. Drinking alkaline, ionized, mineral hydrate water can help ameliorate all three of these byproducts of exercise.

Alkalizing the body is a well-known method of increasing sports endurance. Studies on the effects of alkaline water on exercise show that alkaline water provides these benefits[14]

- Improved Hydration
- Greater Endurance
- Faster Recovery
- More Energy



Improved Hydration – Alkaline water hydrates better than plain water. [4]

Greater endurance – Alkalinity counteracts lactic-acid induced muscle fatigue

Faster Recovery – Alkaline water helps neutralize and flush lactic acid from the body after exercise.

More Energy – The antioxidant effect of alkaline water has been shown to help muscles use oxygen more efficiently. The improved oxygen uptake allows muscles to use aerobic metabolism more efficiently. Athletes who participated in research studies reported that drinking alkaline water made their workouts feel less strenuous. [14]



Sports Pro Tip:
Mix alkaline water with your favorite electrolyte sports beverage for ultimate hydration!



About Us



Rick H. Cabados, Founder — Rick discovered the Alkaline Lifestyle in 1996 and quickly became committed to a vision of spreading health, wellness and abundance as a way of life.

Rick “walks the talk” by living mindfully, eating and drinking alkaline, and helping others to overcome their health challenges and live more vital, abundant lives. Rick’s original vision of a mutually supportive community that is committed to healthy living has been the starting point for several visionary efforts committed to healthy living:

 – Connect with us!



Rick founded LIFE Ionizers when he discovered the amazing health benefits of alkaline ionized water. LIFE Ionizers® is recognized as a leader in ionization technology, and has pioneered advancements that even today remain LIFE Ionizer® exclusives. LIFE is committed to better health through better water, and our many satisfied customers stand as a testament to the life-changing benefits of alkaline water:

- **Our Mission** – Integrity, passion, teamwork, creativity, accountability, and pursuit of excellence
- **Certifications** – See all the certifications that make LIFE Ionizers the best!



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