

Dr Theodore Baroody

Author, "Alkalize or Die"

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

Felicia Drury Climent

Author, "The Acid Alkaline balance Diet", Adjunct Professor, City College, New York

"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 wellness providers and the public will approach their life in the coming years. ...My suggestion is to drink restructured alkaline water whenever possible."

Dr. Sherry Rogers

"Alkaline water helps 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. Susan Lark

University lecturer and author of "The Chemistry Of Success"

"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."

Dr. Leonard Horowitz

Author of "Aids and Ebola"

"International studies show that populations with little or no history of wellness issues, 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."

Daniel Reid

Author of "The Tao of Detox"

"Drinking a healthy amount of alkaline water is a great way to neutralize and flush out toxins and acids that drain from the tissues and bodily fluids, and to quickly rehydrate the body and keep the blood alkaline."

Stuart Gross

Author "pH Balance, The Foundation of Good Health".

"The water you drink should be alkaline water. The ideal way to do this is to use a water ionizer."

David Niven Miller

Anti-aging expert and author of 'Grow Youthful'

"Increasing your consumption of good quality tap water or filtered water can transform your health and play a central role in the healing of virtually all degenerative diseases. However, alkaline water has profound long-term effects because it can also help alkalize your body and act as an antioxidant."

Sam Graci

Creator of Greens+, researcher, formulator, lecturer, consultant, and author

"I am a big fan of electron-rich and alkaline water made from water ionizers that give water a pH of almost 10. Plants love the acidic water. I actually call this water, plasma-activated micro-ionized water, that has a smaller molecule cluster of molecules versus most tap water."

Harald Tietze

Author of "Youthing"

"By drinking alkaline water, wellness issues can be reversed and the wastes can be reduced in the long-term to a level of a much younger person."

Dr. Ingfreid Hobert MD

"You do not need expensive medicine with all the negative side effects to regain health... Alkaline water has profound long term effects because it helps alkalize your body."

Sang Whang

Author, Reverse Aging

"Here is the simple process of aging. Every living cell within our body creates waste products. The nutrients from our food are delivered to each cell and they burn with oxygen to provide energy for us to live. The burned nutrients

are the waste products. The food that is either good or bad for you is determined by the amount and quality of the wastes produced: toxic, acid, alkaline, etc. Cells go through metabolism and old dead cells become waste products."

"These waste products must be discharged from our body. In fact, our body tries its best to dispose of them through urine and perspiration. Virtually all waste products are acidic; that is why urine is acidic and the skin surface is also acidic. The problem is that, due to several reasons, our body cannot get rid of 100% of the waste products it produces."

"The main reason for this is our lifestyle. We, therefore, spend more time producing waste products than processing them."

Dr. Robert Atkins

Author, health and diet expert

"The cells and fluids in most people's bodies...are overly acidic. This can cause a lot of health problems. It prevents your body from neutralizing and disposing of harmful, poisonous toxins and leaves you more susceptible to the cell-damaging free radical oxidation that leads to cancer and other diseases."

Dr. Robert O. Young, PhD

In his book, The pH Miracle says it this way:

"Those willing to look again, and 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."

[Watch Here](#) Dr. Young being interviewed on CNN news

Dr Hidemitsu Hayashi

Director of the Water Institute, Tokyo

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. The consumption of ionized alkaline water, can help to slowly and gently wash these salts away.

Dr Howard Hay(1930)

"...people with more acidic blood were more likely to be ill. He defined a pH range of 7.4 to 7.5 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."

Celia Wright

Author of The Wright Diet,

"...the over-acid person as being grouchy, sensitive, exhausted, inclined to aches and pains, headaches, and problems with sleeping and acidity of the stomach. Smokers have been found to have a high acid content in their urine. Cravings appear to be reduced on a more alkaline diet."

Dr Arthur M. Ecano, MD

"If the world has accepted antioxidants to slow down the aging process, it should readily agree to the uses of ionized alkaline water.. Their roles are closely linked and intertwined such that a lasting antiaging program is incomplete without addressing both free radicals and organic acid wastes."

Anthony Robbins

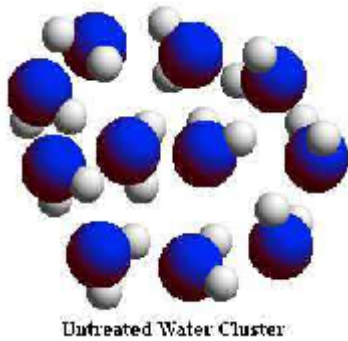
Author of "Awaken The Giant Within"

Alkalize your body and live a healthier, more energized, and ultimately more fulfilling life. Our acid-alkaline balance is a baseline determinant of our physical health. When you break your old eating patterns, you will find yourself getting back to the real you, filled with the vitality and energy that you desire and deserve."

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One water molecule is comprised of two hydrogen atoms and one oxygen atom. As you probably already know, the molecule is expressed with the chemical symbol H₂O. The one oxygen atom is much larger than the two hydrogen atoms, meaning that its attraction for the hydrogen atoms is

much greater than the hydrogen atoms attraction to each other.



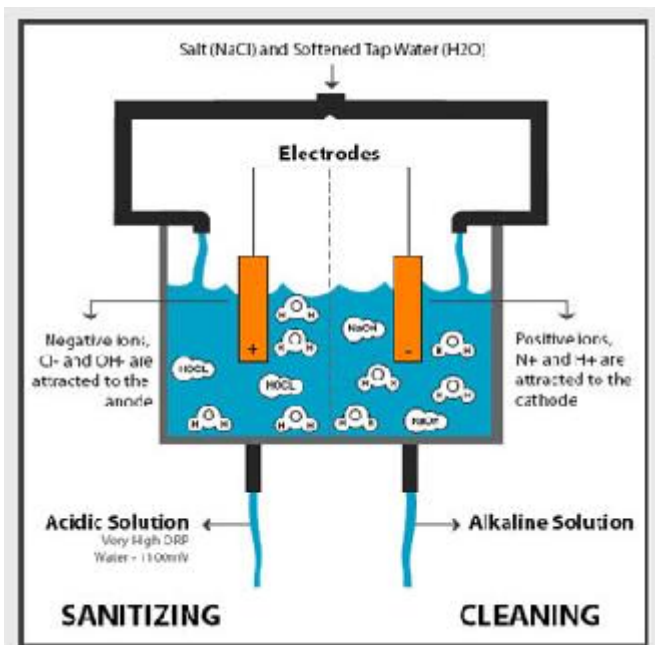
After water has been treated by the electrolysis process of water ionizers, its reduction potential is greatly increased, **making it a safe source of free electrons for the active oxygen that is present in your body.** When measured with an ORP (oxidation potential) meter, tap water shows to have a redox potential of approximately +400 to +500 mV. Due to its redox potential being positive, it is more likely to oxidize other molecules by acquiring their electrons.

Ionized water, on the other hand, has a redox potential of -250 to -500 mV. **This means that ionized water has a larger mass of extra electrons ready to donate to active oxygen, therefore, this type of alkaline water is a powerful anti-oxidant.**

Through the electrolysis process, reduced water gains an excess amount of electrons. Also, the H₂O cluster is reduced in size from approximately thirteen molecules per cluster to a mere six molecules per cluster, which is the ideal hexagonal structure for water. This means that ionized water can be absorbed by the body faster and easier, reaching all of the tissues of your body in a short period of time and better hydrating the entire body.

Hexagonal Structure, or Micro-Clustered water is an arrangement of individual water molecules where six H₂O units link to form a stable ring-like structure. A hexagonal unit is the ideal structure for water units, as it is the most stable. All water contains some hexagonal units some more than others.

Your Body's pH Balance



To begin, it's important that you understand how pH

levels work. The scale on which we measure pH is logarithmic, meaning that each whole pH value below 7 is ten times more acidic than the next higher digit. If the pH changes from 7 to 8, then the substance is 10 times more alkaline. Conversely, if it changes from 7 to 6, it is ten times more acidic. Tap water has a pH of 7. This is a neutral pH; it is neither alkaline nor acidic. Later we will explain how municipal tap water is maintained at a neutral level and the adverse effects of this.

The human body, in order to operate most efficiently, must constantly be at a pH level of 7.365. Blood is the body's highest priority. The blood is the body's only transport system for nutrients, meaning that it can't afford to be acidic. All of your organs work constantly to ensure that it is kept at a balanced pH. If the pH of your blood does dip from its ideal pH 7.365 down to pH 7, for example, your blood will be approximately four times more acidic than it should be.

Let me quickly explain what can happen in your blood if your pH drops to less (more acidic) than ideal.

Oxygen is transported throughout your body in red blood cells. When these red blood cells move into the teeny tiny capillaries, they have barely enough space to move through. The diameter of these capillaries can get so small that your red blood cells can only pass through them one at a time!

Because of the small diameter of your body's capillaries and due to the importance of your red blood cells being able to flow quickly and easily through your body, these cells have a mechanism that lets them remain separated from one another. This device comes in the form of the exterior of your healthy red blood cells carrying a negative charge. This negatively charged exterior causes the cells to stay apart from each other. Think about how two magnets react when you try to push the negative ends together this mechanism works in the same way. The cells are forced to resist each other and are able to stay separated. However, acid is prone to interfere with this mechanism in a severe and overall frightening way. The acid strips the negative charge from your red blood cells, resulting in your cells clumping together. This way, they are not allowed to flow as easily, and they have a much more difficult time flowing through your bloodstream, especially when they must move through those tiny capillaries. This interference results in less oxygen reaching your cells.

- Acid is also known to weaken your red blood cells and cause them to die. When your red blood cells die, they release you guessed it more acid!

This is just specific process that occurs when your body's environment becomes acidic. Besides the acid that is buried into your stomach to help your body's digestion, the presence of acid in your body is terribly bad.

- Did you know that drinking one soda a day increases your chance of developing diabetes by 75%?

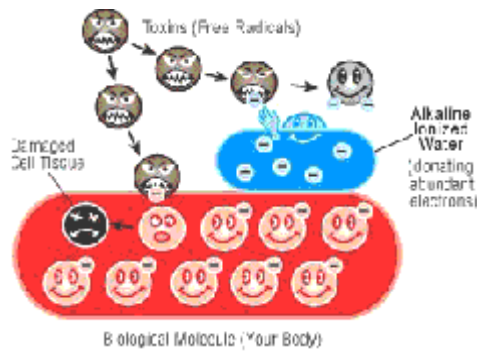
Soda has a pH of 2.5; this high acidity puts your body into high gear as it tries to re-balance your blood's pH level. It would take over thirty glasses of alkaline pH water to balance out just one glass of soda. That one glass of soda is 50,000 times more acidic than neutral water.

Our body constantly and consistently struggles to counteract the acid that accumulates in the body due to acid-producing food, acid-producing pollution, and acid-producing stress, which is the biggest danger out of this list.

While oxygen is absolutely essential to the survival of living organisms on this planet, it seems that there can be too much of a good thing. When too much oxygen is assimilated by the body, the oxygen can become unstable and overly active. When this happens, the oxygen has a tendency to attach itself to any type of biological molecule, including those of both healthy and unhealthy cells. **When water molecules are absorbed that are in any structure other than hexagonal, the oxygen molecules have a tendency to become unstable and overly active. These active oxygen atoms are also known as free radicals.**

The Word on the Street

"Free Radicals" is a big buzzword nowadays and everybody is talking about free radicals and how to neutralize them. Free radicals have a very high oxidation potential, meaning that they are known to steal electrons from other cells. Generally, these free radicals have the ability to attack and rid the body of viruses, bacteria, and other waste.



However, when there are too many of these free radicals roaming around in the human body, they can damage normal tissue as well as waste. Even though free radicals do a number on toxic cells, they can (and will) attack and damage healthy cells. There are many dangerous effects of oxidation (the theft of an electron) on the body's organs:

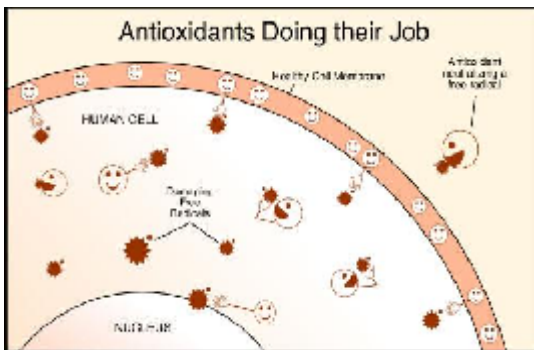
Oxidation of the liver can lead to hepatitis, cirrhosis and cancer

Oxidation of the pancreas can lead to pancreatitis, diabetes and cancer

Oxidation of the kidney can lead to nephritis, nephrosis and cancer

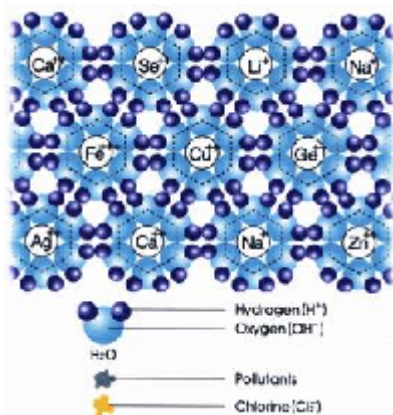
Anti-Oxidants and Free Radicals

Don't panic just yet! There is a way to protect your body's healthy tissue from oxidation caused by these free radicals. You must simply provide free electrons to the active oxygen radicals. This will neutralize their high oxidation potential and keep your healthy tissue safe from oxidation.



An effective way to protect your body from free radicals is to increase your intake of anti-oxidants. Anti-oxidants block the damage that active oxygen makes to your body's healthy cells. By taking care of your body and providing extra electrons (in the form of anti-oxidants) to the active oxygen radicals, you are protecting yourself from a wide array of diseases.

There are substances called ions that support the formation of hexagonally structured water. Ions are minerals dissolved in water. In the past, as water from rivers or streams flowed down mountains to reach water sources, necessary minerals were picked up by the water flow. Many of these ions could be found in the water.



Ions affect the properties of water in various ways: some ions strengthen water's hexagonal structure while others weaken the structure. Some minerals that help to convert water into hexagonal structures are calcium, zinc, iron, sodium, copper and silver. Other minerals such as chloride, fluoride, sulfide and aluminum destroy the hexagonal structure, making water molecules less stable. Therefore, the structure of water molecules depends partly upon what kinds of ions are present in the water itself. Remember we mentioned above that tap water has a small percentage of hexagonal water clusters? Chloride is a compound of chlorine, a substance used to disinfect tap water. Chlorine is also a known carcinogenic.



Additionally, these ions have an effect on our body and our health. Many diseases that affect the elderly have been linked with mineral (ion) deficiencies. A study was conducted where the amount of calcium was correlated with high blood pressure. The results showed that cardiovascular disease was significantly reduced in patients that drank water with a high concentration of calcium. This is an example that shows that calcium ions affect the body in two ways: directly by affecting biological functions, and indirectly by affecting the structure of the water.

Did you know that most bottled waters go through a process called reverse osmosis that eliminates all ions? Yes, it gets rid of the structure breaking ions, but it also removes the structure breaking, essential ions, like calcium.

We are in the midst of a water revolution! As a society, we are finally realizing that all water is **not** created equal, and that better water equals better health.

The information you will find here will blow you away. You will ask yourself many, many times, how come I didn't know this? Why didn't my doctor tell me about this? Well, the word is starting to spread and soon you will be hearing it from more and more people.

You will not regret taking the time to read this brief article, I promise. If you do, just tell me and I'll be your slave for a day. All kidding aside, I really believe everybody needs to know about the importance of drinking the right kind of water. Please feel free to pass this article on to people you know and love. And if you have any questions, please don't hesitate to call me.

Water: The Lifeline

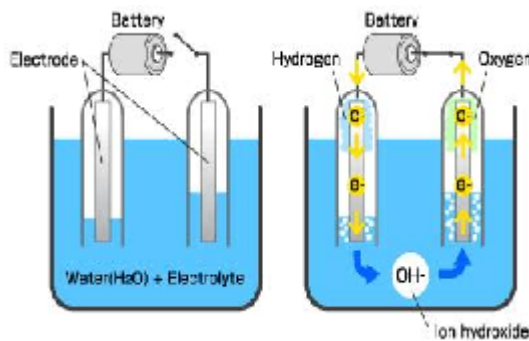
Let's start by pointing out that water is, by far, the most important substance on this planet. Think about it: all living organisms are largely made up of water.

The majority of all organic matter is water! The scary thing is that only about 0.65% of the water available in the planet is available for our use. The majority of the food that we consume is made of water. Veggies and fruits are approximately 90% water, and fish and meat are comprised of about 70% water. When you get down to it, the quality of the water we consume is more important than the quality of food we consume! Most of us spend a lot of time worrying about the right food to eat and looking at calorie numbers on the back of packages. In reality, you should be worrying about the water you consume because:

- 90% of human blood is water
- 60-70% of the human body is water
- 75% of muscle tissue is water
- 77-78% of the average human brain is water
- 60% of the body's water can be found inside cells; 40% can be found outside cells
- Humans must drink between one and three liters of water a day to live

Considering how important water is to our bodies and in our everyday lives, don't you think it's important to only consume the best quality water?

The health benefits of ionized water are based cell hydration and anti-oxidation. Through ionization, the water molecules are altered decreasing their cluster size by half and restructured into hexagonal rings. These smaller water molecules are more easily absorbed by the body. Absorption is further boosted by living organism's natural preference for hexagonal structure.



The ionization process leaves the water with a negative ORP rating. ORP or Oxidation Reduction Potential is the water's ability to absorb toxins. Water with a positive ORP rating is full and therefore unable to absorb toxins. A negative ORP rating indicates that the water is empty or has space available. As the negative ORP rated water goes through the system it readily absorbs toxins so they can be eliminated by the body.

Most tap and bottled water carries an ORP rating of +250 to +350. All water ionizers produce water with negative ORP ratings with some maxing out as high as -800! This makes ionized water a super-antioxidant.

When you combine the improved absorption of ionized water with its high negative ORP rating, the result is cell regeneration and detoxification. Both of these are key elements in healing the body, slowing the wear and tear on the body from aging and re-establishing normal healthy function of the organs and systems within the body.

Many people find it hard to believe that water actually plays a vital role in the treatment of disease and the maintenance and improvement of our health. After all, water is just water, right? Be prepared to understand that THE RIGHT WATER CAN CHANGE YOUR LIFE.

What Type of Water Should I Drink?

The type of water you consume is just as (if not more) important than the kind of food that you eat.

- **Do drink** water that is free from harmful substances. Chlorine is generally added to water supplies to kill microorganisms. That's good BUT... the natural flora in the intestinal tract are microorganisms too! Without these microorganisms the body's ability to properly process food and maintain healthy digestive functions is impaired. Just as important, chlorine is known to be a carcinogenic substance.
- **Do not drink** water that has been boiled for a long period of time.
- **Do drink** water that contains a good balance of minerals.
- **Do not drink** distilled water. It removes harmful substances from the body but it also removes valuable nutrients and minerals that our bodies need.
- **Do drink** water with a large amount of dissolved calcium and magnesium.

Distilled water vs. Reverse Osmosis Filters vs. Water Ionizers

Several years ago, experts started advocating drinking pure water with no contaminants or minerals. Many people stopped drinking tap water because it was known to contain chlorine and other chemicals - even lye. To serve the "pure water" movement, distillation and reverse osmosis filters were marketed and bought right up by people interested in getting the purest water possible.

Now, after additional time and research it has been found that "pure water," while free from harmful chemicals and other undesirable substances, actually has a negative affect on our bodies. We have found that we need minerals in our water. "Pure water" is actually a bit of a misnomer. When you think of pure water you think of things like natural streams or pristine mountain

lakes. This type of pure water is full of minerals from the rocks and soil through which it flows. It is "pure" in the sense that it is free from chemicals or other "man made additives" and pollutants but it is full of minerals which the body needs.

In his book "Reverse Aging," Sang Whang called "defensive overkill":

"In an attempt to get 'pure' water, some people promote distillers and reverse osmosis (R.O.) filters. While these devices work well, they take everything out of the water. Unfortunately, this "pure" water is not healthy. It's dead water. If ingested for long periods of time, it can leach out valuable body minerals, such as potassium, magnesium, sodium and calcium. One can take mineral supplements to replace them; however, it's not easy to replace the minerals in our body in the same form that we lost them in.

Are you aware that when most waters go through a distillation or reverse osmosis purification system the "pure water" that has been created through these processes actually tests as "acidic?"

I encourage you to try this for yourself. Go to a swimming pool store and buy a pH and chlorine tester. Test your water. You will find that they are at best neutral, at worst, highly acidic, and that tap water contains large amounts of chlorine.

According to the molecular water environment theory proposed by Dr. Mu Shik John in his book, The Water Puzzle, the best water to drink is ionized alkaline water.

Alkaline ionized water goes through a filtration process to remove chemicals, VOC's and other contaminants found in most water today. Alkaline ionized water is clean.

Alkaline ionized water has been changed at the molecular level - water clusters are significantly smaller and "organized" in hexagonal rings - meaning the water is more readily absorbed by the body. Alkaline ionized water rehydrates.

Alkaline ionized water is **alkaline** not acidic. From low alkaline levels of 8.0 up to 11.0 or higher (consuming alkaline water above 9.5 PH on a regular basis is not recommended), alkaline ionized water balances body PH rather than contributing to acidity.

Alkaline ionized water carries the highest known negative ORP ratings of any other water. An ORP rating is given to determine the water's ability to "absorb" toxins and reduce free radicals. Alkaline ionized water is an anti-oxidant.

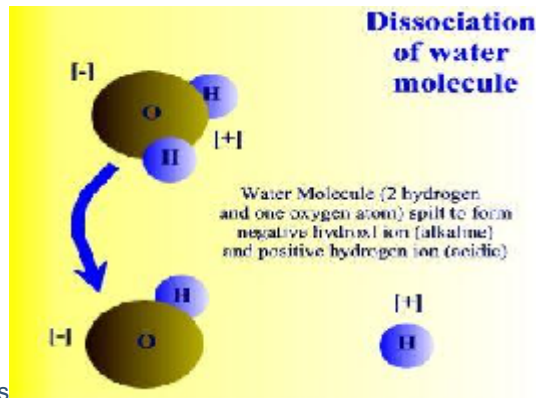
Alkaline ionized water **remineralizes...** the ionization process uses the minerals existing in water, breaking them down to be carried in the smaller water clusters allowing the body to actually absorb more of the minerals readily available in most water.

Alkaline ionized water is healthy water, "pure" water in the truest sense.

(c) 2008 Romi Sink

The ionized water unit connects to your kitchen water supply. Its job is to perform electrolysis on your tap water before you use it. A special attachment redirects tap water through a hose into the unit.

Inside the unit, the water is filtered through activated charcoal and then passed into an electrolysis chamber. The chamber is equipped with platinum-coated titanium electrodes, and this is where the electrolysis takes place.



Ionization Benefits

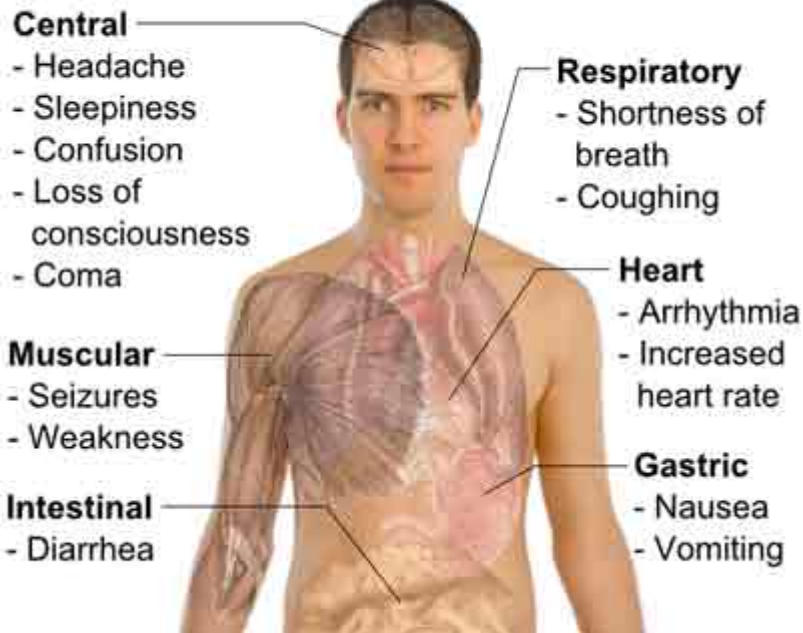
After water has been treated by electrolysis, its reduction potential is greatly increased, making it a safe source of free electrons for the active oxygen that is present in your body. When measured with an ORP (oxidation potential) meter, tap water shows to have a redox potential of approximately +400 to +500 mV. Due to its redox potential being positive, it is more likely to oxidize other molecules by acquiring their electrons. Ionized water, on the other hand, has a redox potential of -250 to -500 mV.

This means that alkaline ionized water has a larger mass of extra electrons ready to donate to active oxygen. Therefore, this type of alkaline water is a powerful anti-oxidant.

Through the electrolysis process, reduced water gains an excess amount of electrons. Also, the H₂O cluster is reduced in size from approximately thirteen molecules per cluster to a mere six molecules per cluster, which is the ideal hexagonal structure for water. **This means that ionized water can be absorbed by the body faster and easier**, reaching all of the tissues of your body in a short period of time and better hydrating the entire body.

The Results The reduced, alkaline water comes out of your faucet, so it's easy to pour yourself (or one of your family members) a glass of ionized water. The oxidized, acidic water comes out of a separate hose and has many different and beneficial uses as well.

Symptoms of Acidosis



Acidosis Causes and Natural Treatment

Acid/ Alkaline Balance

Acidosis - A medical condition in which the acid-base balance in the blood plasma is disturbed in the direction of excess acidity, the pH falling below 7.35.

Over acidity, which can become a dangerous condition that weakens all body systems, is very common today. It gives rise to an internal environment conducive to disease, as opposed to a pH-balanced environment which allows normal body function necessary for the body to resist disease.

A healthy body maintains adequate alkaline reserves to meet emergency demands. When excess acids (acidosis) must be neutralized, our alkaline reserves are depleted, leaving the body in a weakened condition.

Every day we wage our own private war against molds, yeasts, bacteria, viruses and fungi. By using antibiotics as the first line of defense we have encouraged the development of more powerful deadly bugs and bacteria. Our immune systems are becoming weaker and over-taxed in this war. Louis Pasteur declared the germ theory of disease that states germs are the cause of disease. But note Dr. Pasteur's dying words: "The germ is nothing, the inner terrain is everything".

The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a ground-breaking book, *A New Health Era* in which he maintains that all disease is caused by autotoxication (or "self-poisoning") due to acidosis in the body.

Now we depart from health in just the proportion to which we have allowed our alkalis to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so.

William Howard Hay, M.D.

More recently, in his remarkable book *Alkalize or Die*, Dr. Theodore A. Baroody says essentially the same thing: *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, N.D., D.C., Ph.D.

A Simple Cause of Aging

Modern science has revealed that the cause of aging may be far more simple than previously thought.

Almost 99% of the components of food that we consume every day are composed of carbon, nitrogen, hydrogen, and oxygen with only 1% been minerals.

The wastes produced from food are highly acidic and acidosis is one of the main contributors that lead to the aging process and various illnesses. Acid waste is excreted from the human body in the form of urine or sweat. But the wastes not excreted will be circulating around in the blood, in the body. This acidic waste will gradually accumulate somewhere in our capillaries blood vessels, and eventually clog them up. Also as a consequence of this, the cells of the human body will be deprived of their supply of oxygen and essential nutrients, rendering these cells inactive in reproduction. That's the main reason why people age. Moreover, with the capillary blood vessels clogged up, the function of every organ in the human body accumulating acidic waste will begin to deteriorate, causing serious illnesses in the long run.

So when does the accumulation of age-contributing acidic waste begin?

Scientists say that aging begins when a child starts to wean. An unborn child lives on nutrients from his mother while in the womb and the body of the baby becomes alkaline, owing to the consumption of alkaline minerals. Naturally, this is due to the release of alkaline minerals from the mother. This release of alkaline minerals during pregnancy does temporarily weaken the mother's body, causing a lack of appetite etc.

The baby will remain alkaline while breast feeding, but will begin to reduce in alkalinity once put on infant cereals.

Reduce Acidosis for Longer Life

If the cause of aging lies in acidosis, then the answer to longer life must lie in eliminating such acidic wastes. Hence, to neutralize acidic meals, alkaline water could be the answer. Many doctors recommend a vegetarian or low meat diet as alkaline minerals and vegetables help neutralize acidic waste. But vegetables only contain a very small amount of alkaline minerals and that is why a very large quantity of vegetables needs to be consumed in order to neutralize these wastes in the body.

We live and die at the cellular level. All the billions of cells that make up our human body are slightly alkaline, and must maintain alkalinity in order to function and remain healthy and alive. However their

acid and this acid is what gives the cell energy and function. As each alkaline cell performs its task of respiration, it secretes metabolic wastes, and these end products of cellular metabolism are acid in nature. Although these wastes are used for energy and function, they must not be allowed to build up. One example of this is the often painful lactic acid which is created through exercise. The body will go to great lengths to neutralize and detoxify these acids before they act as poisons in and around the cell, ultimately changing the environment of the cell. Most people and clinical practitioners believe the immune system is the body's first line of defense, but in actuality it is not. It is very important, but more like a very sophisticated clean-up service. We must instead look at the importance of pH balance as the first and major line of defense against sickness and disease and for health and vitality.

Drink Alkaline, Ionized Water

Drinking alkaline water is an easy and efficient way to help neutralize an acidic human body. Water, the origin of Life, contains 2 parts hydrogen and one part oxygen. Alkaline water is water that contains a larger amount of oxygen as compared to hydrogen. By drinking alkaline water, we increase our intake of oxygen compared to drinking plain water. The advantage of drinking alkaline water is that while being absorbed by the body, it helps neutralize acidic wastes, making them more soluble in the blood vessels. Thus, acidic wastes will be easily drained out of the body in the form of urine or sweat.

If we were to ask what is killing us, the answer might be ACIDOSIS. It has been demonstrated that an acidic, anaerobic (lacking oxygen) body environment encourages the breeding of fungus, mold, bacteria, and viruses. Let us look at an example. If we were to seal the door to our freezer and then unplug it, come back and open the door in two weeks, what would we find? Mold, bacteria and microscopic bugs that are growing and multiplying. Where did they all come from? They did not sneak in - remember the door was sealed. The answer is . . . they were always there.

It is simply that the environment changed to a more inviting and healthy one for these 'critters' to live in. This can be likened to a shift in our biological terrain from a healthy oxygenated, alkaline environment to an unhealthy anaerobic acidic environment. You see what is healthy for us is unhealthy for the body attackers and what is healthy for them is what is unhealthy for our body.

Understanding pH

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14 - the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7 which is neutral.

Water is the most abundant compound in the human body, comprising 70% of the body. The body has an acid-alkaline (or acid-base) ratio called the pH which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The body continually strives to balance pH. When this balance is compromised many problems can occur.

It is important to understand that we are not talking about stomach acid or the pH of the stomach. We are talking about the pH of the body's fluids and tissues which is an entirely different matter.

How to Test Your Body's Acidity Level

It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. There is much to discover so that pH test result can be meaningful.

More about pH Testing [Here](#)

Urine pH

The results of urine testing indicate how well your body is assimilating minerals, especially calcium, magnesium, sodium and potassium. These are called the "acid buffers" because they are used by the body to control the acid level. If acid levels are too high, the body will not be able to excrete acid. It must either store the acid in body tissues (autotoxication) or buffer it - that is, borrow minerals from organs, bones, etc. in order to neutralize acidity.

Saliva pH

You may also want to test the pH of your saliva. The results of saliva testing indicate the activity of digestive enzymes in your body, especially the activity of the liver and stomach. This reveals the flow of enzymes running through your body and shows their effect on all the body systems. Some people will have acidic pH readings from both urine and saliva. This is referred to as "double acid."

Keeping the Balance Right for Excellent Health

Your body is able to assimilate minerals and nutrients properly only when its pH is balanced. It is therefore possible for you to be taking healthy nutrients and yet be unable to absorb or use them. If you are not getting the results you expected from your nutritional or herbal program, look for an acid alkaline imbalance. Even the right herbal program may not work if your body is struggling with acidosis.

A state of acidosis is simply the lack of oxygen and available calcium which the body uses to maintain its alkaline balance. Calcium makes up 1.6% of our body weight. It is literally the human glue that holds the body together. Calcium is so biochemically active that it has been likened to an octopus. A calcium ion can hold onto seven other molecules while it grabs onto one molecule of water. No other ion can do this. And it is the right size to easily get in and out of the human cell. As it does this, it takes a chain of nutrients into the cell and then leaves to get more nutrients.

What Causes Me to be Acidic?

The reason acidosis is more common in our society is mostly due to the typical American diet, which is far too high in acid-producing animal products like meat, eggs and dairy, and far too low in alkaline-producing foods like fresh vegetables. Additionally, we eat acid-producing processed foods like white flour and sugar and drink acid-producing beverages like coffee and soft drinks. We use too many drugs, which are acid-forming; and we use artificial chemical sweeteners which are extremely acid-forming. One of the best things we can do to correct an overly-acid body is to clean up the diet and lifestyle.

Most people who suffer from unbalanced pH are too acidic. This condition forces the body to borrow minerals including calcium, sodium, potassium and magnesium, from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage due to high acidity. A condition that may go undetected for years.

One of the first warning signs of an acidic biological terrain is calcium deposits. In testing where calcium deposits come from, it has been shown that they come from the structural calcium of our bones and teeth and never from the calcium in our water or diet.

This is important because it means that if calcium deposits are forming, we know our inner biological terrain is too acidic. Our dietary intake of calcium is not keeping up with the calcium buffering needed and we are actively pulling calcium from our bones and teeth.

It all works like a little train, from the bones to the fluids and cells, to the blood. As our biological terrain becomes acidic, our pH level drops. When this happens we start losing calcium out of the blood, the bones, and the tissues.

This is a safety mechanism. Now your biological terrain's oxygen level drops leaving you tired and fatigued, allowing fungus, mold, parasites, bad bacteria, and viral infections to flourish and gain a hold throughout the body.

It is interesting to note that you often won't have just some of these invaders. If you have Candida you will likely have bad bacteria, fungus, and parasites because they all flourish in the same terrain.

Mild acidosis can cause such problems as:

- Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen.
 - Weight gain, obesity and diabetes.
 - Bladder and kidney conditions, including kidney stones.
 - Immune deficiency.
- Acceleration of free radical damage, possibly contributing to cancerous mutations.
 - Premature aging.
- Osteoporosis; weak, brittle bones, hip fractures and bone spurs.
 - Joint pain, aching muscles and lactic acid buildup.
 - Low energy and chronic fatigue.

A recent seven year study conducted at the University of California, San Francisco, on 9,000 women showed that those who have chronic acidosis are at greater risk for bone loss than those who have normal pH levels. The scientists who carried out this experiment believe that many of the hip fractures prevalent among middle aged women are connected to high acidity caused by a diet rich in animal foods and low in vegetables. This is because the body borrows calcium from the bones in order to balance pH.

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The biggest problem scientists have found is that over time the human body becomes depleted of calcium. A compound called mono-ortho-calcium phosphate is the chemical buffer for the blood. This buffer maintains the alkaline level (or the lack of acidity) in your blood. Without it you would die. If the acidity level of your blood changes even slightly you die immediately. But in order to supply enough calcium for buffering we must have enough calcium being absorbed from our diet or our body will simply rob the needed calcium from our bones and teeth.

The more acidic we become, the harder it is for oxygen to be present, so our biological terrain also becomes more anaerobic. Without adequate oxygenation, unfriendly bacteria, viruses, molds, and fungus can live and prosper. Then our cells cannot carry on their life-giving functions in a very efficient manner because our biological chemical reactions need oxygen.

Some Common Diseases and their Relationship to Acidity

Cancer

While the normal cells of the human body degenerate, and acidic wastes accumulate, cancer will make a genetic transformation and keep propagating itself in order to survive in such acidic surroundings.

There have been two theories on the basic causes of cancer. One is the oxygen deficiency theory by a German biochemist, Dr. Warback. The other is the theory of acidic cells, by a Japanese doctor, Dr. Airashi.

Dr. Warback discovered that if oxygen is removed from a health cell, the cell will start to turn cancerous. Dr.

Warback won the Nobel prize by proving this theory through his many experiments.

Dr. Airashi showed that cells that survive in acidic environments will eventually develop cancerous characteristics.

Even though cancer cells are eliminated entirely through an operation, they reoccur because the acidic surroundings still remain after the operation. So, to help prevent this, we should stop the development of acidosis by having a healthy diet, avoiding stress, living in a healthy environment and exercising.

Obesity

The human body is very intelligent. As we become more and more acidic the body starts to set up defense mechanisms to keep the damaging acid from entering our vital organs. It is known that acid gets stored in fat cells. After all, if the acid does come into contact with an organ the acid has a chance to eat holes in the tissue. This may cause the cells to mutate. The oxygen level drops in this acidic environment and calcium begins to be depleted. So as a defense mechanism, your body may actually make fat to protect you from your overly-acidic self. Those fat cells and cellulite deposits may actually be packing up the acid and trying to keep it a safe distance from your organs. The fat may be saving your vital organs from damage. Many people have found that a return to a healthy inner biological terrain helps them to lose excess fat.

Diabetes

When acidic wastes accumulate in the pancreas, diabetes can develop due to lack of insulin in the body. Doctors say that symptoms of diabetes appear mainly in people above 40, with no symptoms of diabetes in their 20s. How do they differ from each other?

In general, the quantity of accumulated acidic wastes after the age of 40 is far more than those in their 20s, especially in the pancreas. Nevertheless, we may help avoid the onset of diabetes if we flush out the acidic waste in our bodies by drinking plenty of healthy water.

Hypertension

Hypertension is a common illness that occurs due to three reasons.

- 1) Hypertension caused by clogged capillary vessels due to physical reasons.
- 2) Narrowed blood vessels caused by acidic wastes.

Thus, blood pressure has to be higher naturally in order to supply sufficient quantities of blood through the narrow vessels.

- 3) Lack of oxygen due to chemical reasons, namely solidified acidic waste in the vessels.

Hypotension

Hypotension can occur as the heart muscles deteriorate due to a lack of calcium ions, caused by acidic waste. A patient with hypotension may regain his health by drinking healthy mineralized water. This is because calcium ions in alkaline water can help to restore the heart's activities when caused by a lack of calcium ions.

Kidney Ailment and Kidney Stone

One of the major functions of alkaline water is to purify or help remove the wastes in the body. The accumulation of excessive wastes in the kidneys weakens the kidneys. When cells survive in an excessive acidic environment, swelling of the kidneys occurs.

In order to remain healthy, cells should expel all the waste produced by them. But if the blood becomes more acidic then the waste will cling to the walls of cells, causing solidification of acidic fluoride in the kidneys and kidney stones.

Osteoporosis and Gout

Human bones function as a calcium bank for the body. A combination of calcium and phosphorus, bones stay healthy as long as there are adequate amounts of these two substances present. To neutralize excessive quantities of waste or acidity, the body starts to deprive the bones of calcium, which may be harmful to the body. Symptoms of calcium deficiency are not evident through X-ray examinations and are only visible when 30-40% of the calcium in the bone has already been depleted.

Gout happens when calcium accumulates in the capillary blood vessels of the hands and legs. Normally, gout occurs in toe joints, knee joints, and finger joints and drinking alkaline water is one of the best treatments.

Chronic constipation

Dr. Choi, a medical practitioner at the Seoul National Medical University, observed 15 patients (10 men and 5 women) who had suffered from constipation for over a year. Results showed that the symptoms of constipation were alleviated when alkaline water was consumed for a period of 1-2 weeks. Twelve of the fifteen patients recovered remarkably well after this period. This is true because by lubricating the wastes secreted on the walls of the large intestine, excretion become easier.

Dr. Choi also observed that there was a remarkable improvement in how alert his patients were after drinking alkaline water.

Stress and Headache

When we suffer from stress, our body produces more acidic waste, leading to acidosis. Physical stress can be relieved by getting a good rest. Nowadays, however, most of us do not find the time to relieve mental stress.

Continued long term stress will create harmful problems like headaches, mental disorder, bad temper and unbalanced hormone excretion, etc. There are two kinds of stress. One is physical stress caused by physical activities and the other is mental stress caused by mental fatigue.

To conclude it is reasonable to say that there are no specific diseases, only specific disease conditions. That is why Dr Young and others believe there is only one disease. And that one disease is **acidosis**.