

"The Secret of Life-Giving Water: The Right Knowledge Will Make You Healthy"

"Trees are dying in the forest, and fish are forced to live in contaminated water.

*Does anyone believe that the solution to this situation is removing
the water that the trees and fish need in order to live?*

No. We must clean up the contaminated water that is already there."

*„Furthermore, compared to the past we now eat better, lead more convenient lives,
and know how to live healthier. So why do we suffer from ever-increasing
non-infectious chronic diseases in our world?"*



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Published by Dong Kwang Media

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FORWARD

Water is not just some colorless and tasteless one dimensional liquid; on the contrary, life on earth originated from water, and all life forms depend on water to sustain them, therefore water is the fundamental foundation and source of eternal life on earth. Without water, neither humans nor any other life forms can exist. There are some life forms which may exist without air, but none may exist without water. Simply put, there is no substitute for water.

If we can not find staples such as rice or bread, we can replace them with meat and vegetables, even if a marriage ends up in separation or divorce, someone else can be found to fill that hole in our lives; however, on the entire planet earth, there is no substitute that can replace water.

Life can not exist without water, and water can not be replaced with any other substance. Humanity can benefit as a whole by appreciating such a valuable and rare natural resource, and by furthering the field of knowledge of how water plays active role in environment and health. Maintaining health and leading a healthy life style should never be confused with a service station mechanic maintaining and repairing a broken down car and restoring it to a running condition.

Further, without proper knowledge and information, no one can hope to attain any semblance of health without at first trying any reasonable sounding treatment or plausible remedy to see if there are any potential benefits. Modern conveniences and dizzying pace of scientific and industrial progress come at a price of pollution and befouled environment, making the environment increasingly unhealthy and inhospitable for humanity. Humanity is not the sole dependent on the natural environment, since all life forms on earth depend on the environment, however, without reflection or consideration humanity continues to corrupt and poison the fundamental resource of water. It is impossible for any one individual to reverse the environmental damages and poisoning of the water; however, if humanity consumes mere 1% of the water from a dependable clean source, it may improve and even reverse the damages to health caused by polluted water.

This is the most economical and by far the easiest way to restore health of modern human beings. It is my mission to spread knowledge and information about the nature of water, and the reason why I did not sway from my course in researching the science of water.

If the water we drink everyday can be made into better water, if the better made water can ensure and improve health as well as prevent or treat chronic and degenerative illnesses, that would not only benefit individuals, families, but nations and worlds.

Director of Water Science and Research Center: Kim, Young-Kwi

CHAPTER 1: Water Lives Inside of My Body!

The Well Being Movement in Korea had raised the general population's interests in health and healthy lifestyle of late, however the majority of the people are still unaware of how important water is to their health. Therefore, the following pages contain valuable information about water, and explanations as to how better water can help maintain their health.

* Birthplace of Life is Water

Listen to the babbling mountain creek water!

It does not sound anything like sounds made by man-made machines. When you listen to it long enough, you can not help but to feel somehow refreshed and filled with life's energy. Similarly if one looks down at a majestic mountain landscape with curving and swirling streams of water, or even at a peaceful lake, one will feel at peace with the world.

Why is that? That's because water is our birthplace.

Water is the basis of life on earth, and water ensures continued existence and progress of life. Water is the essential bond forging one generation to the next, the foundation on which all life forms build and thrive, without it thirst and death will be the only recourse. Water is a priceless treasure, divine in its power to grant and sustain life. There is nothing better than good water and clean air for good health to all life forms.

Testament to good water and clean air comes from those famous villages in Asia, where without any special medical care or some secret formula; villagers live long past average life spans of city dwellers. Now it may not always be possible for people to choose clean air, however anyone can choose good water, better water to live healthier lives.

What is this good water? If you can obtain the correct and truthful information and gain knowledge about this subject, if you are not swayed by bogus claims of dishonest sales pitch, you and your family will be able to benefit from good water.

It is a well established scientific knowledge that the basis of good life and robust health depends on the clean and natural environment. The earth still rotates; despite the fact that Galileo was condemned as a heretic for discovering that the earth was rotating, and his belief that the earth rotated around the sun. The apple felled to the ground before Sir Isaac Newton's discovered gravity, as it still falls to the ground today.

It is important for us to remember that the natural state of things occur as the cause and effect take place in the nature without any intervention, and no one for or against such natural state can do anything to put a stop to it.

If one drinks clean healthy water, it naturally follows that it will be good for that person and his or her health. There are multitudes of people and businesses selling easy health nowadays; however none would take responsibility or back up what they claim. Everyone must understand that ultimately the only person responsible for maintaining good health is themselves.

Therefore, it is critical for everyone to educate themselves and choose wisely in matters of health, to help their own family members and neighbors, and the society at large.

*** Why is there a proliferation of Chronic and Degenerative Diseases?**

Compared to the past, it is true that we eat better and enjoy numerous modern conveniences in our lives.

When I was a little boy, there was a term called “Borit Gogae”. The current younger generations in Korea are probably not familiar with this term. “Borit Gogae” referred to the spring famine before the barley harvest. As food harvested in the past fall is exhausted through the winter, people had to endure and hang on until the early summer harvest of barley to sustain them.

Nowadays, social welfare system and various social safety nets ensure that even in poverty no one will starve to death, and medical care will be available even if there is no money to pay for it.

Therefore, isn't it more than ironic that in this age of plentiful food, and medical care for everyone, where people spend obscene amount of money on so called health food and longevity medicines, disease such as diabetes, atopic dermatitis, high blood pressure, cancer, stroke and other chronic incurable diseases tend to afflict increasingly higher number of the population? According to the report prepared by the Korean government, overall chronic illness affecting the population increased at the rate of 29% in 1995, 41% in 1998, 46.2% in 2001.

Remember, these chronic diseases are not caused by infections or transmissions; these are diseases which occur in the body.

We refer to them as chronic diseases, however, not in the far past, they used to be collectively referred to as adult onset diseases, since these type of diseases only occurred in adults.

Of late, even children are diagnosed with diabetes, high blood pressure, and atopic dermatitis, affected

indiscriminately by disease of our modern culture. We now refer to them as chronic illnesses, or even incurable chronic illnesses.

Although we are constantly flooded with the news of some new medicine or medical treatment promising to deliver us from all kinds of illnesses and diseases, ironically chronic illnesses affect ever higher number of us year after year, forcing us to stop and wonder about the irony of our modern culture.

Allow me to give you a little background in why I chose to devote myself to studying natural science. When I was a little boy, I often went hungry because there was not enough food to be had, during my boyhood the government sponsored campaign of "Let's Live Better!" was all the rage. When I became an adult and was gainfully employed, I no longer had to worry about living hand-to-mouth; however I started to notice that many people around me began to suffer in increasing numbers from adult onset diseases such as diabetes, hypertension, etc. I had wondered, "What causes adult onset diseases, and why can't they be cured?"

Although western medicine had introduced many miraculous cures and treatments, it had its own limits in tackling non-infective diseases or illnesses which originated from within otherwise healthy bodies. I had concentrated my efforts on how nature and environment affect the living beings, and researched how humanity can attain health by achieving a balance with the nature. I had studied Professor Lee Jae-Ma, and his theory about how different individuals react differently to the same treatment, and how the individual efficacy should dictate the course of treatment; Doctor Linus Pauling from America, the only two time recipient of Nobel Prize, for his research into the "building blocks of life" of amino acids and protein molecules, immunology, molecular medicine, and other world famous treatments, scientific and medical discoveries.

Through the decades devoted to studying and researching these subjects, I became intimately familiar with the importance of water, and how water plays a central role in sustaining life. All chronic or adult onset diseases are due to causes such as stress, polluted environment, over consumption of modern drugs and medicines, indulgence of processed foods and acidic or fatty foods. To combat the onslaught of our modern conveniences, we need to fight them with good water.

*** Water originated from the beginning of the world, and water can not be replaced with anything else.**

Humanity and all other life forms can not exist without water.

Some life forms can exist without air, but no life form can exist without water. Water can not be replaced or substituted with anything else. If we run out of rice, we can substitute with bread or some other staple; however, there is nothing on earth that can replace water. Therefore, it is necessary for us to treasure

and conserve water as a unique natural resource. You may wonder, if everyone is drinking and using water, wouldn't it follow that water supply dwindles over time?

That is not the case!

Although life of earth spans over 10 billion years, during all this time, the amount of water on earth neither increased nor decreased by a single drop, due to the fact that even though we drink and use water, water itself does not disappear but gets continuously recycled.

Waste water which goes down the drain through the sewers, adds to the rivers, and eventually reaches the sea; during this process all contaminants and dregs are cleansed, heated by the sun and evaporated, treated with ultraviolet rays, water combines with gases such as oxygen, hydrogen, and others. Evaporation condenses into clouds; clouds turn to rain or snow to fall back to earth, while seeping into the ground, water becomes infused with minerals such as calcium, magnesium and others.

This is how the earth and the sky recycle water, utilizing the energy from the earth and the energy from the sun, water helps to maintain humanity as well as all other life forms, even though the humanity continues to pollute the earth, the earth still works hard to recycle and replenish this treasured resource known as water.

Should we not be thankful for such marvelous process?

The amount of water on earth remains constant thanks to the process I described above, even through countless numbers of use and disposal after use, we can still enjoy and continue to use clean water from our environment.

The cup of water we drink today is the same water drunk by our ancestors, and the same water which existed since the beginning of earth.

*** Humans are “Walking Bags of Water”**

Everlasting nature of water makes one wonder, whether the water which bathed “Yang Gui-Bee” (Princess famed for beauty in Chinese history lived AD 719 to 756) in the past may be somewhere in the world, or even sitting in a cup of water about to be gulped down.

Do you know how much water is inside human bodies?

It may surprise you, but our bodies contain enough water to fill two horse troughs and still have some left over. Water continues to slosh about inside our living bodies.

If you weighed 60kg (132.3lbs), about 70% or 42 liters (about 44.4 quarts) consists of water.

This is why human beings can be referred to as walking bags of water.

Do you think if a fish tank ran low or out of water, fish can continue to survive in the tank?

Do you think it will help the fish to survive, if we took it out of the fish tank, gave it a thorough medical exam, injected with antibiotics and vitamin shots?

Human bodies are no different.

Our skin can be viewed as the container of water supporting and surrounding living cells of our bodies, just like the fish tank holding the water for fish to survive, if the water within is somehow spoiled or runs low, do you think the living cells remain healthy?

Without the requisite knowledge of how the water affects our health, it will be impossible to restore our health by drinking anything.

Zygote, or a fertilized egg consists of 99% water, for new born it is about 90%, children about 80%, adults about 70%, and elderly about 50% to 60%. Over time, human bodies retain less and less water before succumbing to death. Think of farm fresh pickles and vegetables, how crisp and succulent they are, but as time passes moisture and freshness abandon them, leaving them to wilt and rot away. Similarly, human bodies lose moisture through the skin, which was once bouncy and resilient becomes wrinkled with signs of aging over time. In view of this, doesn't it make sense for us to examine more closely how we can find and use good quality water to sustain our health?

Chapter Two: Natural Electrolyzed Water Made with Science

Once ordinary water is electrolyzed, alkaline water is formed on the side of negatively charged electrode, whereas on the side of positively charged electrode acidic water is formed. This process is referred to electrolysis, or generating electrolyzed purified water. Through this process, ordinary water becomes infused with activated hydrogen and obtains the ability to deoxidize. In other words, ordinary water becomes beneficial healthy water, or “Natural Water made with Modern Science.”

In France, Lourdes spring water has been called the miraculous healing water. The spring water from Lourdes is known to cure diseases not currently curable by the western medical science, such as cancer, diabetes, atopic dermatitis and many other chronic illnesses. Due to the countless numbers of cases of patients being cured of their otherwise incurable chronic illnesses, the Lourdes spring water is now world famous and renowned. On annual basis, over 6 million visitors visit Lourdes spring water site, even covered several times by KBS-TV’s “Sang Ro Byung Sa’s[1] Secret.” Many interested scientists and specialists analyzed the Lourdes spring water to see whether it contained any special minerals or any other substance, their conclusion had been that there was nothing special about the Lourdes spring water.

During the second series broadcast covering the Lourdes spring water on KBS-TV’s “Sang Ro Byung Sa’s Secret,” it was disclosed that there was no scientific mechanism which explained the miraculous nature of the water. Doctor Sira Hata Nakasone from Japan, targeted his research and analysis of Lourdes spring water into finding elements or characteristics not present in ordinary water, and discovered that it contained unusually high amount of activated hydrogen. Activated hydrogen countered the ill effects of oxidative damages and stresses responsible for chronic illnesses, enabling living cells to recover their health and vitality.

The real secret behind the miraculous effects of the Lourdes spring water turned out to be activated hydrogen.

It was surprising to make this discovery, since electrolyzed water tends to contain more activated hydrogen than the Lourdes spring water. Even though electrolyzed water has been used to treat chronic illnesses such as diabetes, hypertension, atopic dermatitis and others, Doctor Sira Hata’s inquiry did not turn up any explanation to the healing powers of electrolyzed water containing activated hydrogen.

Several years ago, due to a rumor that vitamin C acted to eliminate damages associated with oxidation, increased demand caused a nationwide shortage of vitamin C, however it soon came to an end when the respected BBRC (Biochemical and Biophysical Research Communications) journal reported that

although vitamin C did eliminate certain oxidative damages, but unwanted side effects included additional oxidative damages and possible cancer.

Electrolyzed water rich in activated hydrogen, combines with activated oxygen turns into harmless water, causes no adverse or unwanted side effects; therefore it represents a safe and ideal solution.

*** Natural Restorative Power of Water**

There are several ways to restore health and regain vitality, however if such methods and treatments fail to follow the natural law and fit into the natural environment, it may end up causing more harm than good.

Life depends on four essential requirements in harmonious balance: water, air, warm sun light, and salinity. When the four essential elements are present in harmony, life is created, and life can be sustained.

The four essential elements are forever present, and do not rot or burn away from our environment. When they are in balance, health and vitality can be assured. If all elements are present except for continued supply of good clean water, it is all but impossible to maintain health or vitality.

Even if other essential elements are lacking somehow, continued supply of good clean water will ensure that the body gets rid of waste materials and toxins accumulated within the body, therefore the inner body environment will become clean, and circulations of good clean water will keep the living cells within exposed to plenty of oxygen and nutrients.

There are countless varieties and types of water known to mankind. Eui-Sung Huh Joon, ancient medicine specialist during the Cho Sun Dynasty, divided water into 33 categories such as mineral water, magnetic water, brine, spring water, medicinal water, thermal spring water, and others. What is important here is not the type or category of water, but whether there are benefits and how effective they are. Despite small differences in types or categories of water, there are not many differences between them, especially when taking into account that comparison between those whom drink such water from those that do not fail to show any dramatic difference in benefits or effectiveness.

Oxidation affects even the seemingly powerful and invulnerable steel which rusts and crumbles to powder over time, similarly oxidation causes human beings to age and to become infirm. Oxidation is a natural chemical reaction which can be described as loss or removal of an electron by a molecule. Active oxygen is the key suspect in the process of oxidation, responsible for causing all chronic and degenerative illnesses; therefore it is the true enemy and monster lurking in our midst.

Active oxygen is subservient to oxygen, and highly acidic, making it a toxic substance. All life forms including human being are continuously battling against active oxygen in a sea of oxygen, and the key to longevity and continued health is in winning against such a formidable foe.

It is worth repeating that oxidation is responsible for seemingly powerful steel to rust and crumble, and the same process causes the living cells to become debilitated and age as a part of the natural process.

*** Small Clustered Water**

Until now we emphasized the difference between good and bad water by looking at the general make-up of water, however it is far more important to deeply inquire and put to strict scientific scrutiny what kind of molecular structure, what kind of energy, what kind of efficacy, and what kind of capability define good water.

In chemistry, a cluster is an array, unlike that of grapes, of bound atoms. In water, or H₂O, water cluster is not singular but is made of several molecules such as two hydrogen atoms and one oxygen atom.

The size of the cluster determines the molecular size of a given substance; thus, smaller cluster size results in smaller sized water molecules, and similarly, larger the size of the cluster, larger the size of water molecules. Large animals such as elephants or giraffes can not move as fast or hope to match small and quick footed animals like hamsters or mice as they nimbly dart in and out of small spaces. Smaller clustered water means the smaller size of the molecules of water can nimbly move about in smaller spaces.

Therefore, smaller molecule water can be absorbed at a faster rate, and able to penetrate the walls of living cells with ease.

Conversely, when you drink larger clustered water, due to the slow rate of absorption, you will feel the water sloshing about in your belly, causing discomfort. There's an old saying, "Even if a drunk can't carry liquor down the block, he will gladly drink it first before walking a mile." Electrolyzed water can be viewed in a similar vein, even if you can not carry the container of water, you will have no problem drinking and absorbing it.

Ordinary water usually passes through the stomach before being absorbed by the small intestines, electrolyzed water does not slosh around inside and causes discomfort as it is absorbed directly thorough the stomach. There are only three things which are absorbed directly through the stomach: alcohol, sugar and electrolyzed water.

Aside from the problem of alcoholism, due to the fact that alcohol is absorbed directly through the stomach means one gets drunk faster, and as soon as one becomes sober or gets detoxified, more alcohol can be readily consumed without further problem. A diabetic patient collapsing from low blood sugar level can be readily revived with a piece of candy due to the fact that sugar is absorbed directly through the stomach. The smaller molecular nature of electrolyzed water lends itself to be fast absorbed through the stomach, therefore electrolyzed water is easy to consume and is easily discharged by the body without causing discomfort.

The cluster theory was put forward by a researcher from the consumer electronics giant Matsushita Corporation in December 1988, in a newspaper article in Asahi shimbun titled, "Microscopic Eye" describing the research of NMR (nuclear magnetic resonance) which succeed in high resolution measuring of molecular formation of water.

The size of cluster is expressed in Hz. Smaller cluster size renders the molecules to be more active, therefore smaller Hz number; conversely larger cluster size renders the molecules to less active therefore larger Hz expression number.

The smallest cluster size water on earth is 54Hz electrolyzed water. Electrolyzed water is tastier and is absorbed into the body faster, therefore helps the body to efficiently discharge waste and free radicals caused by oxidation within the body.

Tap Water	Spring Water	Water from famed longevity villages	Electrolyzed alkaline water
111.2Hz	100Hz	70Hz	54Hz
			Earth's smallest water

Comparison of cluster sizes

*** Advantages of Smaller Cluster Water**

I. Due to the smaller cluster size, it is absorbed into the body at a faster rate.

- Efficient and faster supply of needed nutrients and oxygen to living cells.
- Revives the vitality of living cells.
- Up to 6 to 8 liters (1.59 to 2.11gallons) of daily consumption possible (due to the larger cluster size, ordinary tap water can not be absorbed through intestines, and will cause diarrhea).

- 2 to 3 cups will result in urination in about 20 minutes.
- Drinking 2 to 3 cups will not cause it to slosh around inside.

II. Superior Solvency

- Superior solvency works to dissolve both nutrients needed to keep the body healthy as well as waste and toxic materials, for supplying the nutrients and discharging the body of waste products more efficiently.
- Even in cold water, green tea will have no problem bursting with full flavor.
- The smaller molecule of electrolyzed alkaline electrolyzed water has about 1.8 times the solvency power of ordinary tap water.

III. Due to the smaller cluster size, the molecules of electrolyzed alkaline water is much more active and is fast absorbed through the walls of living cells, thereby revitalizing the living cells. The energy state of water, or ORP (Oxidation Reduction Potential), is therefore the inverse of the size of the cluster of water.

IV. Smaller cluster water has superior power to penetrate between proteins, and perform cohesive functions

- Protects the integrity of living cells by assisting the cellular framework.
- If you boil soy beans in small cluster water, soy beans would not crumble and remain whole.
- Bread baked with small cluster water retains higher moisture content.

V. Smaller cluster water's active molecules assist enzymatic breakdown and microorganisms inhabiting human gastrointestinal tracts.

- Reduces abnormal gastrointestinal breakdowns to produce less foul smelling stool, and reduces amino acids and organic acids present in urine.
- Produces clear watery urine.

VI. Smaller cluster water's electrolytes (metal ions) easily penetrate and increase electrical and thermal conductivity inside the living body.

- Helps and acts as catalysts for internal chemical reactions and processes.
- Electrolyzed alkaline water boils in less time than ordinary tap water due to higher thermal conductivity.

VII. Smaller cluster water tastes better because it can easily penetrate taste buds containing the taste receptor cells.

Presently, Japan's Kyo Wa Hospital prescribes the smaller cluster water to treat diabetics and atopic dermatitis sufferers. The public is encouraged to use it at home as non-toxic, non-polluted, sports, and health promoting drink.

*** Increased mineral content in alkaline water**

Just as one must build with strong steel and concrete to ensure the building will be longstanding, human bodies require sufficient supply of minerals to fortify and maintain the inner health. Cellular walls usually have somewhere between 0.3 to 1.3 nm (nano meter) porous openings to allow passage of water which measures about 0.3 nm, however vitamin C or beta carotene are 10 to 30 times the size and can not easily pass through cellular walls.

Minerals dissolved completely in water can be more easily absorbed, and electrolyzed minerals are even more efficiently absorbed by the cells.

Electrolyzed water contains about 30% more dissolved minerals than ordinary tap water. When weak electrolysis is applied to ordinary tap water, acidic and alkaline water are separated, during the process minerals which are normally associated with acidic water accumulates within alkaline water, and results in 30% increase of mineral contents.

To acidic water's side, minerals such as phosphor, sulfur and oxygen (-) negative ions are accumulated, on alkaline water's side, minerals such as calcium, magnesium, kalium, natrium, and hydrogen (+) positive ions are accumulated. Whether the ordinary tap water is electrolyzed twice or three times, dissolved minerals line up as natural chemical elements are bound together and divided in uniform manner, however by passing a weak current through white gold titanium electrodes, the negatively charged pole attracts positive ions of calcium, magnesium, natrium, and activated hydrogen like a bachelor chasing after any pretty woman; the positively charged pole attracts negative ions just like a bachelorette chasing after an unattached man, creating acidic oxidation water. While increasing dissolved minerals in the water is important, what is even more significant is the fact that electrolyzed minerals are absorbed at a much better rate at the cellular level.

Electrolyzed water is therefore natural water made through science.

Needless to say, it would be cost prohibitive to import Lourdes spring water from France, to benefit from its activated hydrogen; it would be much more cost effective to install an electrolytic water treatment unit at home to generate clean and better water for drinking, cooking and washing purposes.

This would be the surest and cheapest way to ensure continued supply of better water.

The problem comes down to choosing the right electrolytic water treatment unit as it holds the key to restoring and revitalizing your health. There are many products existing in the market, loudly proclaiming their superiority over each other, however you are advised to carefully consider quality, unit capability, and functionality before making the selection.

[1] Sang Ro Buyng Sa: Buddhist concept of four pains all individuals must endure, that of being born, growing old, suffering from disease, and dying.

*** Electrolyzed Water is the Ideal Medium**

There are several uses for electrolyzed water, the most central benefits are the prevention of diseases, fighting the aging effects of oxidative stress on living cells, to regain health, and restoration of vitality.

Chapter Three: What is a Free Radical?

There are several ways in which human bodies discharge waste and free radicals produced within human body. A healthy person processes waste and free radicals in robust and efficient manner, however in less than healthy or in an elderly person, the waste and free radical removal process is slowed down, and in turn can not stop the ill effects of free radicals. This is the reason why we age and suffer from chronic and degenerative diseases.

* Human Body's Fight against Free Radicals

The record for survival without eating food is about 100 days; however, no one can survive for more than a few days without water. The fact that no one can survive for more than a few minutes without breathing air, may contribute to common misconception that oxygen is good for the human body.

The earth's atmosphere consists of about 20% oxygen. While living organisms depend on oxygen for its survival, the very same oxygen contributes and hastens their death. Oxygen is exceptionally a strong provider of energy for all living organisms; any living breathing organisms are therefore subject to free radicals produced from the very act of breathing, in other words, due to the strong reactive power, oxygen poisons and attacks the living organisms. Human bodies depend on oxygen for survival; ironically human bodies must also wage continuous warfare against the byproduct of breathing oxygen -- free radicals. Eventually human bodies lose the ability to battle against free radicals and succumb to oxidative stress, disease, and ultimately death.

A tree which does not require oxygen can grow without limits, until the environment can not support the tree anymore, which means the tree will continue to grow until it dies.

Human bodies differ from trees, we grow until the about the age of 25, after which we begin to grow old. There is perhaps sequence or order in the way things and beings are born, however there is no sequence or order in death.

Regardless of age, when human bodies are subject to relentless oxidative stress and attacks from free radicals, the inevitable aging process hastens death through disease.

If human bodies can somehow slow down the harmful effects of oxidative stress and free radicals, youth and health is assured and results in longevity.

It has been long known that degenerative diseases and premature aging is due to oxidative stress

(harmful free radicals). Even seemingly invincible steel, left alone invites unwelcome guests known as oxidation, inevitably turning steel into brittle powdery rust. Human bodies are similar to steel. Gastrointestinal problems, pollutants, and stress create free radicals which attach themselves to weakened and vulnerable cells, causing even healthy cells to become diseased. Therefore humans have long understood that oxidative stress and free radicals are at the heart of degenerative diseases, it is important to understand that how we need to fight against oxidative stress and free radicals will determine health and longevity of individuals.

Some free radicals occur naturally, as your cells burn food for energy (a process called oxidative metabolism). Other free radicals come from exposure to ultraviolet radiation (sunlight), radon, x-rays, pollutants, pesticides, food additives, alcohol, and other toxins, causing human bodies to weaken, afflicting human bodies with degenerative diseases and ultimately death. Therefore, it is critical to understand that oxidative stress and free radicals are the root causes of aging and degenerative diseases, and the ways in which we fight oxidative stress and free radicals determine our health, and longevity.

*** Two Faced Nature of Active Oxygen (Free Radicals)**

If you compared ordinary oxygen to a mewling kitten, free radicals can be described as a fearsome lion, awesome in its intense and violent reactive power. Even at low temperature, free radicals react and bond with various elements, oxidizing them mercilessly. Such violent reactions should not take place within human bodies, as nutrients in human bodies, if left alone, becomes prey to microbes and virus. Human bodies' immune system uses active oxygen to counter and kill invading horde of germs and virus from the environment.

Furthermore, cells and materials wastes generated by human bodies are disposed of by use of active oxygen. The process can be similar to cremating a diseased and deceased body. In addition, nitrogen monoxide (i.e., monoacidic water) and hydrogen peroxide (i.e., oxygenated water) play an important role in cellular propagation.

The ironic question posed here is how such a helpful and important element called active oxygen ends up harming us? There is an old Korean saying, "If anything is done to an excess, it is worse than lacking it in the first place."

Active oxygen is two faced in nature. While it helps to protect the human body from external germs and virus, it can also pose a great danger to the human body.

Standing army of a country can pose similar threats, as the protector of the country and citizens to

guarantee security and peace, or as an instrument of oppression turning the guns on its own citizens -- nothing can be scarier.

This is the dual nature of active oxygen. While active oxygen is helpful and important to the human body as it counters invading germs and virus, active oxygen may also attack the very cells of human bodies with lethal results. Such process is actually happening in our bodies this very minute.

Why? It is due to the fact that human bodies' tendency to produce excess quantity of active oxygen, much more than necessary to maintain health, allowing the excessive quantity of active oxygen (i.e., free radicals) to commit deplorable acts of violence.

The crime committed by active oxygen includes destruction of genetic, cellular and protein materials, causing a wide variety of chronic degenerative diseases.

The list of active oxygen caused diseases is numerous: dementia, Alzheimer disease and Parkinson's related human brain diseases, various forms of cancer, diabetes, cataract, arteriosclerosis, atopic dermatitis, allergies, inflammation of the liver, nephritis. In addition active oxygen causes liver spots, freckles, and other age-related diseases.

*** Enzymes Fighting Against Active Oxygen**

Our lungs intake oxygen to break down the nutrients from foods we eat, therefore our lives depends on energy from combustion.

Automobiles burn fossil fuel to generate energy, but the process emits exhaust as a waste product, in a similar manner, about 2 to 3% of what we breathe in becomes active oxygen. Furthermore, exposure to radiation and electromagnetic fields, or stress may contribute to excessive production of active oxygen inside our bodies.

Human bodies employ several different enzymes to get rid of excessive active oxygen. Some of these enzymes are superoxide dismutase (SOD), catalase, peroxidase. SOD is an efficient enzyme; it catalyzes the neutralization of superoxide (i.e., free radicals) into oxygen and hydrogen peroxide.

Hydrogen peroxide in turn reacts with catalase and peroxidase and becomes harmless water and hydrogen, allowing them to be easily discharged from human body. Thus, enzymes such as SOD, catalase and peroxidase must work in cooperation with each other. In a healthy person, these helpful enzymes are working harmoniously and continuously fighting against the ill effects and ageing, whereas in less than healthy or elderly person the enzymes do not function as they should and allow the body to

succumb to the deleterious effects of active oxygen. This is the very reason why people become sick with degenerative diseases and grow old.

In order to protect our health from ill effects of oxidation, it has long been our goal to improve antioxidant processes within our body. It is now possible to achieve this goal through drinking the right kind of water. This water is none other than natural-electrolyzed water.

*** Protect the Body from Oxidation**

Why do some people look older than others? There are people that look younger than their physical age, whereas as some folks look much older than their physical age. This is due to the fact that some people tend to age prematurely from faster rate of oxidation, whereas as some tend to retain youth longer due to a slow rate of oxidation within.

A healthy long life is defined as maintaining youth and health. If you break an apple into a half, you will notice that it soon turns brown. This is due to the “polyphenol” reacting with oxygen. The very same process takes place within our bodies; it is the main cause of degenerative diseases and premature aging. Free radicals cause diseases such as cancer, diabetes, high blood pressure, atopic dermatitis, allergy and numerous others.

These are non-infectious diseases, modern diseases which originate within our bodies. Also known as adult-onset diseases, it is sadly true that the modern medical science does not and can not offer any easy cure. According to the Korean Health Ministry’s published study, the chronic diseases rate from 1995 at 29.9% jumped to more than 46.2% by 2002.

What does this mean? Our modern living environment, foods and drinks we eat and absorb, including water are becoming highly oxidized, and our bodies are succumbing to the oxidative stress of our environments and prey to ever increasing rate of chronic diseases, and the modern medical science can not offer any cure.

*** Laws of Oxidation and De-oxidation**

The nature of things takes place with interaction between plus and minus. When there is a balance between the two opposite poles’ interaction, we can forge ahead and maintain good health.

Human bodies contain about 65 different elements, internally maintenance is accomplished by plus (+) and minus (-) interaction, in other words governed by “the laws of oxidation and de-oxidation.”

Oxidation describes the loss or separation of an electron by a molecule, atom or ion. Returning or reinstating a lost electron is referred to as de-oxidation. If you count up all of the elements present in nature, there are about 109 different kinds of elements altogether. These elements when examined closely reveal that they consist of atoms. If atoms are broken down even further, it reveals that there is an atomic nucleus, which is an electron circling a neutron.

Atomic nucleus and electron can be thought of in human terms as a husband and a wife. The size of the atomic diameter is about 10^{-9} to one centimeter. Atoms are composed of three subatomic particles: proton, electron and neutron. The proton carries an electric positive charge, whereas the electron which orbits the atomic nucleus is negatively charged. The electric charges of proton and electron are equal in value but opposite in sign to the charge; therefore electric charges are internally balanced.

Elements in nature are electrically balanced, proton is like a husband and electron is like a wife in a harmonious relationship, because electron endlessly orbits around with proton in eternal balance ensuring a happy home.

*** Promiscuous Nature of Hydrogen's Electron**

Living creatures such as humans and animals consist of almost 70% water (H₂O); hydrogen atoms consist of 1 proton and 1 electron, unfortunately hydrogen's electron is very promiscuous and frequently and easily leaves behind its paired proton, out of the atomic nucleus.

All materials and organisms are in the same boat.

Technically, when hydrogen's electron breaks away from the atomic nucleus, the process is described as "ionization" and "oxidation."

That means, oxidation takes place within water, food, air, soil and all materials in nature made up of atoms. In other words, ionization occurs due to the continual loss of negatively charged electrons.

Fruits, fish, and even meats spoil over time due to "oxidation." You can view oxidation as nature's spoliation. In addition, natural decay and wide variety of pollutants, human ailments, birth of deformed babies, even mental illness can be attributed to this nature's spoliation.

While one can pity the poor proton left all alone, and even try finding an available electron for it, the sad truth is that everything is subject to decay and there is not enough available electrons. Since all materials and organisms are holding onto their dear electrons, it is not an easy thing to take them away at will. Hydrogen's lonely proton, while allowing the electron to wander away, is more than happy to accept any

other available electron without much fuss. So long as a suitable female electron can be found, the lonely male proton is always willing to “remarry.”

When atoms are surrounded by negatively charged electrons; they work to prevent loss of hydrogen’s electron from gas, environmental pollutants, blood and bodily fluids flowing through living organisms.

Chapter Four: Electrolyzed Deoxidizing Water's Curative Powers against Diseases

I have studied and researched science of water for over 25 years, placing emphasis on understanding the importance of life-giving properties of water. I wanted to understand water as the basis of all living organisms, to analyze electrolyzed deoxidizing water, and carry on empirical studies of water. By applying what I learned in clinical studies, I have had many successes in restoring health of many individuals over the years, including two television shows highlighting actual healing of atopic dermatitis.

* Example 1 (KBS 1TV's "Secret Behind Sang Ro Byung Sa[1]" aired on April 1, 2003.)

Healing and Restoring Diabetic Foot Ulcers

Name: XX Lee / Gender: Male / Age: 72 (at the time of treatment)

A patient named Lee suffered from diabetes and constipation for over 20 years, and due to complications caused by diabetes, was waiting for the day his foot had to be amputated, before starting electrolyzed deoxidizing water therapy and miraculously not only avoiding amputation of his foot but actually restoring it to full healthy condition. His story was told during the KBS TV show "Secret Behind Sang Ro Byung Sa" with much fanfare. Mr. Lee not only regained his health back from diabetes and related complications, he actually improved his health and youthful vitality to enjoy life. Mr. Lee did not have any doubt about the curative powers of electrolyzed deoxidizing water, and had 100% confidence when he began to drink the miraculous water.

While it may be foolish for those to believe in something not worth believing, it is a tragedy when folks refuse to believe in something which may offer real help and relief. There is a definite difference in results between those who are faithful in curative powers from those who doubt it.

* Example 2 (MBC TV's "Secret of Life Giving Water" aired on April 2, 2004.)

Clinical Study and Experimentation of Diabetes

- Study Subjects: Volunteers of Diabetes Sufferers
- Period of Study: 36 days (from December 3, 2003 to January 7, 2004)
- Methodology: Two Groups of Diabetic Patients for Controlled Study

▶ Group 1

Cessation of insulin treatment, only electrolyzed deoxidizing water taken, to study the effects of excessive intake, re-hydration, and evaporation, and natural benefits of warm bath.

▶ Group 2

Continuation of insulin treatment, typical hospital-based treatment, ordinary water taken.

The test results showed that those in Group 2 showed irregular blood pressure readings before and after their meals and exercises, whereas Group 1 did not have any medicine to treat their conditions, yet their blood sugar level had stabilized and lowered.

Name: XX Lee / Gender: Female / Age: 56 years old / Diabetic for 14 years

When her blood sugar level reading went from 324 to 210, Ms. Lee stated that "friends and acquaintances are remarking that I look healthier and prettier."

Name: XX Hwang / Gender: Female / Age: 69 years old / Diabetic for 20 years

Ms. Hwang's blood sugar level was lowered from 254 to 144, she said, "in the past, my blood sugar levels were erratic, but after drinking that water, it became stable and I began to feel better."

The critical thing to remember here is the fact that no medicine was taken during the experiment, that only electrolyzed deoxidizing water was taken by the patients to lower the blood sugar levels, in other words, the experiment proved beyond doubt that the electrolyzed deoxidizing water is far superior to any modern medicine.

* *Example 3*

Defeating Atopic Dermatitis

Name: XX Yoon / Gender: Female / Age: 9 (at the time of treatment)

The patient's parents both worked as government workers at the Justice Department, the patient who was in second grade at a local elementary school, suffered from atopic dermatitis since the age of 3, and variety of treatments failed to improve the condition, and her condition became worse over time, to the point where she could not wear shoes due to watery discharge from sores on bottom of her feet. Sores developed all over the patient's body, and even labels on cotton underwear caused irritation to her skin, forcing her parents to cut out the labels before the patient can wear the undergarment.

While the child was bright, her school work suffered, and social skills lacked as she developed early signs of depression. To treat her condition she was given 2 liters of water a day, her food was prepared using electrolyzed deoxidizing water, and bathed in strong acidic water. Following this treatment, the child's sores disappeared, and even the spots disappeared from her body.

After about 1 year, scars on the child's body disappeared, and her darkened and splotched skin was restored to healthy flesh tone. Currently, the child is completely healed, and can eat any kind of food without having to worry about the recurrence of atopic conditions.

* *Example 4*

Healing a Disease which \$300,000 worth of Medicine and Health Food Could Not Cure

Name: XX Cha / Gender: Female / Age: 43 (at the time of treatment)

This female patient suffered from a variety of afflictions for a prolonged period of time until she began to treat her illness and regain her health by using electrolyzed deoxidizing water treatment; after which she wrote a letter to express her gratitude and to share her experience with others.

"I wanted to let others know how I regained my health by using electrolyzed deoxidizing water. I have suffered terribly for about 7 to 8 years from variety of illnesses; including chronic migraine, insomnia, coughing from bronchial inflammation, rhinitis (inflammation of the mucous membrane of the nose), obstruction of vision, fungal infection of the skin, weeping eczema, gastritis, irregular menstrual cycle, shingles, conjunctivitis, chronic pain in arms and leg, for which I was in and out of hospital countless times, but the only thing I was able to take care of was shingles. Even the allegedly cured shingles came back to haunt me from time to time. Since my illnesses did not require hospitalization, I even sought out traditional Chinese herbal medicines without any tangible results. I had also tried specialized health foods, and spent hundreds of thousands of dollars. One day, I came across a newspaper article about electrolyzed deoxidizing water, and at first doubted what I read, but after reading many books and other research materials, I obtained a water ionizer and begin to regain my health, and the variety of afflictions which had haunted me for so many years begin to disappear one by one. I am quite healthy now, to the point I no longer visit hospitals, and I am very grateful for this second lease on my life."

[1] Sang Ro Buyng Sa: Buddhist concept of four pains all individuals must endure, that of being born, growing old, suffering from disease, and dying.

Chapter Five: Cleanse Your Blood!

It is often said that to have a healthy body, we must have clean blood, and to cleanse one's blood we must not forget 83% of blood consists of water, therefore it is critical to remember that we must drink water that is healthy for our bodies.

*** The Most Critical Parts of Human Body!**

There are many body parts and organs important to us, such as eyes, nose, mouth, heart, liver, stomach, arms, legs, and even hair; however the most important part of human body is the blood circulating through it. This is due to the fact that, even if every part of the body is in perfect picture of health, if the blood stops to circulate within, it will soon be a dead body. Our health depends on how well the blood within circulates inside our body, and better circulation of the blood within our body is the key to longevity. When the blood within does not circulate in an orderly and efficient manner, conditions such as cerebral hemorrhage, encephalitis, angina, myocardial infarction, heart attack, diabetes, hypertension, cancer, atopic dermatitis and other chronic diseases afflict the body. Blood is the very essence of life.

That is the reason why the next generation is often referred to as the "continuation of a bloodline", and we often say "blood siblings" when talking about brother or sister; and when referring to an exceptionally strong person, we describe them as "hot blooded youth."

As the blood is the essence of life, to improve the blood within is to improve one's life and health.

The question then is how do we make the blood within healthy? Do we need to invest on roborants or health foods? Perhaps a Viagra pill or two may help?

*** Water makes up 83% of Blood**

Blood is made up of 83% water. If you somehow leave out water or give it less importance than it deserves, surely there is no way possible to improve the condition of your blood within. Blood is usually described as "flowing". When the blood is flowing, it is another way of saying the water is flowing within our bodies.

By nature water wants to flow -- stronger the water, stronger its flow, even under the ground. On the surface, water tends to flow from high ground to low ground; but underground, water sometimes flows from low to higher ground. There are subterranean passageways sometimes described as water veins, and that is why mountain springs pour out cool refreshing water. In the same way, the water flowing

within our bodies flow without regard to up or down, and this flowing water is responsible for carrying nutrients from the food we ingest, and the air we breathe to supply every cells of our body. Further, wastes, by-products, and gases are carried away by the same water. Similarly, whatever we breathe, eat and drink is distributed to cells by water to generate energy essential for our cells to function, and the waste products are carted away by the water flowing in our bodies. When the circulation of water works well, that is when the metabolism within is working well. Healthy metabolism means that necessary enzymes and hormones are produced in proper amounts, nerves and muscles work in harmony with each other which leads to a strong immune system and raises the body's ability to heal itself, thus leading to health and longevity.

*** Hypertension**

Hypertension is due to the fact that blood vessels are too narrow or are constricted for the blood to flow properly, thus raising the pressure of the blood flowing through the blood vessels. Blood does not flow well due to the fact that blood tends to become a thick and sticky fluid. As sugary or oily water does not flow well, thick and sticky blood tends to flow poorly.

The reason why blood becomes thick and sticky is due to accumulation of cholesterol and acidic waste materials. Consumption of excess proteins and sugars encourages over production of free radicals from intestines which oxidizes the blood. The only way to restore the blood to clean water like state is to drink lots of water, however, why is it that people tend to avoid drinking or look down upon drinking water?

Folks tend to believe that water is to be drunk only to quench the thirst, but it is better to drink lots of water even when you are not thirsty. As time passes many people tend to ignore their thirst, and tend to drink less and less amounts of water. However, being thirsty means, internally there is already insufficient level of fluids. Similarly, some folks tend to eat only when they feel hunger, but this easily leads to obesity, and the blood within becomes thick and sticky leading to onset adult diseases.

This is why more water you drink, it is better for you. Adequate and plentiful supply of essential fluids is essential to all life forms.

*** Flowing Water Never Spoils**

Flowing water never becomes spoiled and rolling rock gathers no moss. Likewise, a well working circulatory system is essential for good health, and the blood itself has to be healthy and clean. In the same manner, healthy water is water which flows well.

Healthy water refers to the water which contains active molecules, and active molecule water refers to

hexagonal structures of smaller clustered water. This type of water helps living organisms to breathe, and delivers energy faster to the cells; therefore, trees and plants drinking healthy water produce healthier fluid within, in turn healthier sap makes the trees and plants to be healthy enabling them to produce more fragrant flowers and tastier fruits.

Bodily healthy folks tend to also have healthy mental attitudes. When someone is healthy in both mind and body, he or she will not commit deplorable crimes, and will work hard to become a part of healthy and productive society.

Chapter Six: The Water Diet!

A diet supplemented with electrolyzed water! We all need to lose weight not only to look beautiful and slim, but to prevent chronic diseases and to protect the body from the ravages of our environment and lifestyle. It is absolutely necessary to fight obesity, and water diet is one of the safest ways to diet without unwanted side effects.

* Why Do We Need to Diet?

Water diet? Is it indeed possible?

Not only is it possible, it is probably the safest and surest way to lose weight. There have been many instances where dieting ended up causing lots of problems for the dieters, but one particular instance comes to mind.

It happened not too long ago. A woman in her 20's was undergoing liposuction procedure, when she developed breathing problems which led to her death. She worked as a practical nurse, her height was 155cm (little over 5ft), and her weight was 58kg (little over 127lbs). She spent nearly \$9,700 for the operation, about \$4,300 for liposuction on her thighs, and about \$5,400 for liposuction on her tummy which had all been charged on a credit card. While undergoing the procedure, she developed breathing complications and ultimately became a casualty of the "war against fat." It is truly a shocking and sad modern tragedy.

Who do all women want to lose fat? All women instinctively possess the need to look "slim and beautiful."

There are other benefits of getting rid of fat aside from looking slim and beautiful, because diabetes, hypertension, arteriosclerosis, heart disease, cancer and other onset adult diseases can be prevented by getting rid of excess fat.

Modern medical science refers to those with excess fat as "obese" however traditional medical science referred to it as a "disease." This is due to the fact that excess fat leads to an imbalance in humans, weakening their ability to concentrate, limiting the stamina, becoming easily tired, prone to depression, and loss of confidence in oneself, which all negatively affects and weakens overall health. On top of all this, excess fat is frequently connected to dreaded chronic diseases, leading to a truly deadly combination.

Most folks frequently diet, regain the weight, and repeats dieting over and over, however this process

leads to damaging their bodies. For some, due to their frequent dieting, their bodies end up becoming more susceptible to retaining fat.

There is an old saying, "you can become fat even from drinking water." This is not true as many over weight people do not like to drink water.

Healthy people do not gain weight because they had eaten a bowl of rice, but over weight people gain weight even after eating half a bowl of rice. Healthy people's bodies use the food they eat as energy and easily rids of waste products, and that is why they do not gain weight, whereas over weight people's bodies continue to accumulate fat and gain weight.

This is why being obese is abnormal state of human body! If you can start a water diet using healthy and helpful water, not only will it restore your health but your overall appearance will improve.

Benefits of Electrolyzed Water Diet

- (1) A new safe way to diet with no dangerous side effects.
- (2) No need to reduce caloric intake or engage in excessive exercise.
- (3) No possibility for nutritional imbalance or malnutrition to ruin one's health.
- (4) Eating smaller portion can still satisfy hunger.
- (5) Necessary and helpful minerals can be taken in plentitude.
- (6) Wrinkles disappear, as well as reducing pimples, freckles, and blotches.
- (7) Skin becomes clear and elastic, leads to youthful and attractive appearance.
- (8) When taken in adequate quantity over a prolonged period of time, electrolyzed water can prevent and defeat incurable chronic diseases.
- (9) Results are not temporary but truly life changing as health is restored and longevity can be enjoyed.
- (10) The success is certain in electrolyzed water diet.

Proper Ways for Electrolyzed Water Diet:

- (1) Accept obesity as a disease to be treated, and do not lose sight of the goal of restoring the weight to a healthy level.
- (2) Be sure to eat 3 meals a day: breakfast, lunch and dinner.
- (3) Diet should not be for one or two weeks, rather plan for three to six months' worth of regiment, and follow through with the plan.
- (4) Those suffering from pyelitis should drink smaller amounts of electrolyzed water.

- (5) Dizziness or lightheadedness can occur should the blood sodium chloride level falls below 0.9%, missing sodium chloride should be replenished, however table salt should avoided, instead use rock salt and other naturally occurring salt products.
- (6) Avoid instant and fast food, eat more natural foods.
- (7) To ensure proper warmth to circulate inside the body, rid the body of coldness and moisture, further to improve the water circulation and removal of wastes, take bath in hot water (about 98.6 to 102.2 degree Fahrenheit for about 20 to 30 minutes) while keeping the head cold, and take foot bath on regular basis.
- (8) The best time to drink water is before feeling thirsty (about 3 cups), also drink lots of water before and with the meal, but drink less after the meal.
- (9) As electrolyzed water's ability to get rid of fat and waste from the body is quite powerful, it may cause counter-reaction such as rash, diarrhea, or body ache; therefore it is a good idea to check with a specialist to ensure proper concentration and amounts of water intake.

*** Experimentation Method:**

Place a slab of bacon in a beaker of ordinary tap water and a beaker of electrolyzed water.

Ordinary Tap Water >> After a while a little bit of fat can be seen floating on top of the water.

Electrolyzed Water >> Fat is broken down in short time, and the water becomes cloudy with dissolved fat.

Chapter Seven: Escape from Constipation

The root of human body is the gastrointestinal system! If the internal gastrointestinal environment is not clean, wastes and by products of our metabolism leads to chronic diseases. Let us drink good water on regular basis to ensure internal health and maintain clean internal gastrointestinal environment.

*** Digestive System is the Root of Human Body!**

Unhealthy folks tend not to drink water. Therefore it is important to state the reasons why everyone needs to drink lots of water. If you park a car underneath a tree, and leave it there for awhile, you may ruin the car's paint job thanks to bird droppings. Furthermore, you may have seen statues made of bronze or stone corroded due to bird droppings. Bird droppings contain high concentration of acids, high enough even to corrode rocks.

The best ph level for a healthy body, that is having enough alkalinity within is about 7.45 to 7.35 ph level.

The ph level, which is a measurement of acidity and alkalinity, is scaled from 1 to 14. The ph 7 level is the neutral level, if it is below 7, than it is called acidic, and lower the number the stronger the acidity. The opposite holds where above 7 is referred to as alkalinity.

As our bodies are made up of living cells, the internal ph level inside the cells must be between ph 7.45 to ph 7.35 to ensure healthy presence of alkalinity within. Optimal internal cellular processing of enzymes occurs at a level of ph 7.45. To ensure the proper alkalinity level within cells, water has to flow at a rapid rate. That is the only way to ensure waste products generated by cells can be washed away. When acid accumulates within the cells, the sensitive nucleus of DNA may suffer and eventually die or turn cancerous; therefore everyone needs to drink lots of water.

In the old days, folks used to say that drinking lots of water brings good luck. Now, if you drink good water like electrolyzed water, what can be better?

When there is a tree, there are leaves, branches, and roots; now which do you think is the most important part of a tree? Obviously it is the roots of the tree. Without roots, a tree can not thrive or even survive.

As trees have roots, human bodies have roots. It is none other than the digestive or the gastrointestinal system. The food we eat is absorbed through our digestive system, comparable to roots of a tree. Within a human body, there are over 60 trillion cells, and within human digestive system there are over 100

trillion microorganisms consisting of over 100 types. Therefore the gastrointestinal system is one of the most critical parts of human machine.

Even if we indulge in the best food money can buy, it would all be wasted if the gastrointestinal system can not properly absorb it. As strong healthy roots mean a strong healthy tree, our gastrointestinal system must be healthy and strong in order for us to be healthy and strong.

*** Good Water Facilitates the Gastrointestinal System**

The gastrointestinal system requires large amounts of water in order to break down the food we eat. The gastrointestinal system breaks down the food to extract essential elements which is dissolved and distributed throughout the body by the circulation of blood.

Leftovers and wastes not broken down by the gastrointestinal system travel down through the intestines and are compressed in order to be discharged from the body. The waste water used to break down food and dissolve nutrients are processed through the large intestine, and acts as a lubricant.

More water present inside the body ensures better re-absorption of water, and presence of plentiful water aids the intestines to extract water and compress waste materials. Therefore, if there is not enough water within, gastrointestinal activities necessarily slow down. This is due to the fact that it takes longer time to extract moisture out of waste materials within the intestines.

Large intestines work hard to prevent loss of moisture by controlling density and flow of waste materials, but if there is a lack of abundant water the large intestine has

harder time processing the waste materials and too much moisture ends up being extracted from the waste materials, making it difficult to discharge them.

To prevent this from happening, we must eat more foods high in fiber as they are highly efficient in utilizing water within our bodies, and of course drinking lots of water is the most important way to avoid constipation.

*** I May Fool Mother Nature, But I Can Not Fool My Own Bowel Movement**

A few years ago, a television documentary showed Dr. Mo from the Seoul National University Hospital using electrolyzed water to treat constipation sufferers with very good results. Majority of patients suffering from cancer in the large intestine sharing something in common: constipation. Constipation is a medical condition which needs to be resolved as a healthy rule of thumb. You may be able to fool Mother

Nature, but you can not fool your own bowel movement. The condition of a person's stool is a reflection of the person's gastrointestinal health, and a true indicator of how the gastrointestinal environment is working.

Famed traditional oriental medicine doctor Huh Joon was said to diagnose patients' condition after examining their stool.

If you visit those villages famed for many folks living way past average life span, let's call it "Eldersville", and spend about 10 to 15 days there, noxious odors from your stool will noticeably lessen, and even the color of stool will become golden brown color. If one's odor of stool is overpowering, or he or she breaks wind often accompanied by noxious odor, trying to become healthy in such state is like climbing a tree to look for a fish. Some folks visit restroom, and spray themselves with air freshener due to noxious odor; this is truly an exercise in futility.

Spraying yourself with air freshener after a visit to the bathroom does nothing to get rid of noxious odor; rather it shows ignorance of why such obnoxious odor emanates from your own stool and what it signifies about the internal health, and how harmful it is to the body.

Noxious odors from stool consist of:

I. Hydrogen Sulfide:

Hydrogen sulfide is a very noxious substance. On August 21, 1986, hydrogen sulfide eruptions in the Atlantic Ocean off southern Africa caused hundreds to die in their sleep. One boy whom miraculously survived described his ordeal by stating that, "I woke up because it became really hard to breathe at night, and it smelled like rotten eggs." If a family member in a household has liver disease, a particular odor of rotten eggs will pervade that household. The noxious odor is not due to the liver illness but due to the toxic materials which can not be properly processed by the liver; therefore it is an indicator that a person may end up with a serious liver disease.

II. Ammonia:

Ammonia is so obnoxious that many folks can not even stand smelling it. People with higher level of ammonia are prone to anxiety and are easily angered. A person with a weakened or malfunctioning liver may lose consciousness due to the inability for liver to get rid of ammonia accumulated in the blood.

III. Histamine:

Histamine causes abscess, eczema, hives, asthma and atopic dermatitis. This toxic substance is produced primarily by microorganisms in the intestines.

IV. Nitrosamines:

Nitrosamines are infamous for causing cancer.

V. Phenol:

A very toxic substance which adversely affects human skin.

VI. Indol:

Rotting onion smell is due to indol and it is also responsible for germs and microbes to propagate in human intestines. When indol was mixed in with food for animals, it was shown to cause leukemia, inflammation of lymphatic glands, malignant tumors, and cancer of the bladder.

Inside human intestines, it is said that there are 100 trillion microorganisms consisting of over 100 different types.

Some of them are beneficial to our continued health, such as bifidus and lactobacillus, which breaks down vitamin and amino acids to release nutrients, whereas clostridium perfringens and salmonella are harmful to humans producing and releasing toxic proteins. Increasing numbers of harmful microorganisms is a signal that gastrointestinal environment is under distress.

Fresh water fishes require clear unadulterated water for survival; they would not survive for long in polluted water, comparatively speaking if the internal environment of the gastrointestinal system deteriorates, beneficial microorganisms will decrease in numbers while the harmful microorganisms will proliferate in numbers.

Drinking clean healthy water invigorates the gastrointestinal environment, encourages beneficial microorganisms to multiply in numbers, and reduces incidents of gastrointestinal related problems leading to bowel movements with less noxious odors and good colors.

To improve gastrointestinal environment, it is a good idea to avoid foods with toxic substances like agricultural chemicals and preservatives, but the most important thing is to drink water which lacks oxidative power.

While there are hundreds of different types of water, they can be divided into two large categories. That is water which has the power to oxidize and the other water with power to deoxidize.

As water represents a large volume of human body, it makes no sense to drink oxidative water, lactic acid laced drinks, or soft drinks and hope for improvement.

The reason why folks' stool condition improves in a place like Eldersville is due to the fact that gastrointestinal environment gets cleared up, and the reason why the gastrointestinal environment improves is due to the good water they drink.

If this is true, how can we ever hope to improve our health, if the root of our health, the gastrointestinal environment has been compromised? This is why water is so important and central to our health,

If you drink deoxidizing water, your bowel movement will improve. Your stool will become less noxious, and even if you suffered from constipation for a long period of time, not only will the constipation problem disappear but your stool will become golden brown color. This is because thanks to the good water you drink your gastrointestinal environment is improved, beneficial microorganisms will increase in numbers, and ultimately your health will be improved as a result.

Would it not be a great idea to drink deoxidizing water to encourage beneficial microorganisms?

Chapter Eight: If You want to Avoid Rusting Your Body, Drink Good Water!

Folks mistakenly believe that all water is clean therefore it is good to drink, however what looks the same to our eyes may not be, indeed there is water which essential to the well being of plants and animals, while there is water which causes diseases and hastens death.

There are two types of water, one which oxidizes and the other which deoxidizes.

*** There is Such a Thing as Healthy Water!**

Human beings can not survive without water. The important thing to remember is that not all water is the same. There is a good kind of water which will improve health, and there is polluted and contaminated water, which increases oxidative process, acidifies the cells, and ultimately causes chronic diseases in human bodies. This is the main reason why I have undertaken as my mission to educate others how water affects our health, and which kind of water is safe and beneficial to our overall health, further how good water should be used to improve individual and family's health and encourage their well being.

There are many different ways to treat chronic illnesses.

Of course there are modern medicines to treat chronic illnesses; some are healed through faith and prayer, while others change their life style and the diet to fight the illnesses.

While the methods of treating illness can be divided into many categories, it can be said that there are two methods: one of "positive" which adds to the sick body, and the other as "negative" which detracts from the sick body.

"Positive" type of treatments consists of taking medicine, health foods and other substances known to fight the illness, whereas 'negative" type of treatments consists of exercises or avoidance of certain foods.

While there are merits to both of the aforementioned methods, it is unlikely that people in this age are suffering from chronic illnesses due to lack of food, rather they suffer from too much food, containing too much toxic substances which accumulate and cause chronic illnesses.

If we are to analyze the word "cancer" written out in Chinese character, it consists of following symbols, "disease", "food", and "mountain", meaning that eating mountainous amounts of food causes "cancer." Compared to the "positive" type of treatment, it is better to select the "negative" type of treatment; however, it is critical to seek this kind of treatment in a safe manner. Water plays a central role in this kind

of scenario. Just like you launder your soiled clothing, water is used to clean your body of pollutants and contaminants.

*** One Cup of Water in the Morning is a Wonder Drug**

When you wake up in the morning, what do you think will be the best thing to eat or drink?

Some folks start their day by smoking a cigarette. Of course, smoking is bad for the health, but smoking first thing in the morning is especially harmful. Therefore, smoking first thing in the morning is like asking for early death.

I want to tell you a story which happened a while back. When I was young, it was often that I went hungry due to lack of food. Rice was a rare commodity, and even cheaper grain such as barley was hard to come by. During this time of famine and hard time, there is a delicacy known as sweet rice cake. There was a step mother who gave sweet rice cake to her step son every morning. The step son loved the sweet rice cake, and gladly devoured it each morning. Eventually, the child succumbed to malnutrition and died. The step mother apparently knew that the sweet rice cake was not good for the step son's health first thing in the morning, but giving the sweet rice cake made her look good to her neighbors, and she was able to cause the death of her step son. What we most need in the morning when we rouse from our slumber is a refreshing cup of life-giving "water". Of course water is a drink for any time of the day and occasions, however it is most effective when drunk first thing in the morning. A morning cup of water!

There is no medicine better than water. That is why many folks visit mountain springs in the morning to drink spring water, and that is why they live free of sickness and live for a long time. It is not too late to enjoy a life free of sickness and one of longevity. A drink of water in the morning will wake the person up in spirit and mind. Poisonous and toxic materials accumulated in the kidney will be washed away by water, as well as cleaning up and purifying the blood within. Water to be drunk in the morning should not be too cold or too hot; room temperature or slightly chilled water should do just fine. For those with weakened digestive system or sensitivity to cold, it is recommended that they drink water at a colder temperature; this would facilitate and enhance their circulatory system. It is important that good water should be consumed at a colder temperature; as it contains ample oxygen, and the structure of water remains whole and full of energy. There is no other feeling that will compare to a good drink of water to refresh people. Instead of drinking gulps of water at a time, it should be drunk in a slow steady rate. To drink water as a part of a treatment process, in the morning before breakfast at least 3 cups of water should be consumed, if you drink tap water in this manner it may cause upset stomach or even diarrhea.

Just because it is water, it does not necessarily mean that it is good for you.

*** Health Movement and the Desire to Live Well**

They say the economy is bad, but the health movement is enjoying quite a boom.

Unlike pigs or machinery eating whatever is given to them, we try to pick and choose foods which are healthy and good for us. We are all aware that the environments we live in continue to deteriorate and accumulate toxic chemicals and pollutants. Rivers and seas are filled with garbage and pollutants we dump into them, ever increasing number of cars fill the air with exhaust fumes oxidizing the air. Preservatives and agricultural chemicals are also contributing factors to oxidizing our bodies.

If we can somehow prevent oxidation of our bodies from contaminated water and food, and the air we breathe; it would truly be a great way to maintain a healthy life. Now imagine this can all be possible by drinking water, and every cup of water you drink actively fights against oxidation of your body. This is not a mere wishful thinking or a fantasy, it is something that is within everyone's reach, and it is possible today. The miraculous substance is none other than "deoxidizing water". Deoxidizing water acts on a body that is being oxidized, and supplies the energy to provide negative (-) electrons and restores the oxidized body to the original state of health. There are now many models of electrolyzer and water ionizers claiming to provide deoxidizing water, however, the selection should be made carefully as the results and efficacy of the individual machine may greatly vary. I am going to explain how you should pick the right machine.

*** How to Choose the Right Water Electrolyzer (Water Electrolyzer must be able to get rid of waste water properly.)**

In Korea, water electrolyzer is not a run-of-the-mill consumer product but a professional machine approved for medical use and treatment by the government health authority.

The most important part of any water electrolyzer is how it breaks down the chemical elements of the water, in other words, the process and mechanism of electrolysis. Commonly within an electrolyzer, white titanium extracts minerals and other substances, however due to metal build-up and blockage of the filtration the water electrolyzer unit may become inoperable. In order to enjoy the machine for a prolonged period of time, the machine must possess a good filtration system, and it must have the ability or mechanism to process or get rid of waste materials and filtered materials after each usage. Due to the fact that the machine usually has water inside, and minerals and other substances inside the water are trapped by the filter and easily attracted to the electrode.

You can see this in nature when you visit a lake or a river and find half submerged rocks. It is easy to see that the portion of the rock not submerged remains clean; however the submerged portion is not as clean

as there are particles and other impurities attached to that portion of the rock. Electrolytic cell is usually submerged in the water, and filtration system is easily clogged with impurities and minerals. When impurities clog or become hardened inside the water electrolyzer, the ability for the water electrolyzer to clean and process water is degraded.

You can confirm this type of build-up inside a typical water electrolyzer unit by opening it up after about one year's use. A better water electrolyzer should discharge water, and at the same time clean itself up after each use, preferably at the same time.

This way, the electrolytic cells and filters are protected, and the water electrolyzer will function properly, and you do not end up drinking left over water from the filtration system the next time the machine is put to use.

Aside from the above, there are other features of a water electrolyzer you should be on the look out for, such as the maximum volume of water the machine can handle, ability to maintain consistent ph level and ORP (oxidation-reduction potential) concentration, etc. Within the filtration system, due to the constant presence of water, and calcium which is constantly dissolved, the taste of the processed water from the first, second and third cup would differ as the ph level is different for each cup. The first cup contains higher level of dissolved calcium therefore it is strongly alkaline, the second cup will contain lesser calcium, and by the third cup, it may contain very little dissolved calcium, and therefore weakly alkaline.

You should be aware that due to the constant presence of water in the filtration there is a possibility that germs may propagate under certain conditions.

The problem with the most of the water purifiers on the market are that they fail to adequately get rid of the water present inside the filter, which encourages the growth of harmful microorganisms and germs, thereby the processed water may end up containing many times the germs and microbes compared to the tap water. Therefore, if you are in the market for a water electrolyzer, you need to look for machines offering features to ensure removal of left over water for safety and hygienic reasons, further it will ensure trouble free long term operation of your investment.

*** The Machine Should Detect the Volume of Water Intake and Automatically Control the Flow of Electric Current.**

A water electrolyzer you choose should be equipped with a system able to detect the volume of water intake, and automatically control the flow of electric current. Water electrolyzer to be used for drinking as well as cooking purposes should come with selectable (at least 3 to 4 different) buttons. However, it is a

common problem in run-of-the-mill water electrolyzer to offer only 2 or 3 selectable buttons, and the pH level may fluctuate depending on the volume of water intake. For example, if a machine is capable of processing 1 liter of water for 1 minute, what do you think would happen if 2 liters of water is supplied? What if it was 0.5 liter instead? In the former, the pH level is lowered, and in the latter, the pH level is higher. Therefore, you should look for a machine which compensates or accommodates different levels of water intake. When the water electrolyzer is equipped with such a system, it will ensure consistent pH level no matter the increased or decreased volume of water is put into the machine for processing. Over the years, I have analyzed and taken apart numerous water electrolyzers, both foreign and domestic made, and compared things such as ease of use, quality of the product, necessary features as well as prices.

*** Choose a Company which offers Lifetime Warranty**

You should look carefully to see whether the company specializes in producing water electrolyzers.

In the United States, consumers look to FDA (Food and Drug Administration), as it is responsible for performing vigorous examination to ensure product safety, approval and registration of medical devices. Further, check to see if the product had received awards and recommendation from unrelated parties.

More important thing to look for is after sales service and warranty. While companies do not plan to go out of business, inevitably many of them fold, and purchasers of their products can no longer find or purchase the filters for particular models of water electrolyzers. Therefore, it is very important to find a company that will not only provide after sales support, but one that offer lifetime warranty on the products they sell.

Chapter Nine: Why Do We Suffer from Chronic Diseases?

Diabetes is a fatal disease! As the number of diabetic patients is approaching 10,000,000 in Korea, I would like to recommend "water" as the answer for this epidemic. As oxidation causes diabetes, atopic dermatitis and other chronic diseases, let us look to water electrolyzer to fight oxidation, carefully monitor the food we eat, and drink plenty of deoxidizing water to escape from chronic diseases.

* The Number of Diabetic Patients is Exploding

Diabetes related complications means 100% mortality rate. On an annual basis, over 8 trillion won (\$866.5 million USD) of economic damage is incurred due to diabetes, and diabetic patients are stressed out as they can not even enjoy the food they like as their diet must be necessarily restricted. Compared to non-diabetics, diabetics are 2 to 3 times likely to suffer from osteoporosis, 5 times likely to have cataracts; while it is called the disease of the people, it is clear that the threat from this disease is definitely real and must be defeated.

According to medical reports, in Korea, there are over 5 million people diagnosed with diabetes currently, and due to the number of people not aware that their own blood sugar level, in a near future nearly 10 million people is estimated to suffer from diabetes. Of course it is important that people seek diagnosis and treatment for diabetes, but it is more important for people to find ways to prevent diabetes from afflicting them in the first place. Foods we ingest turn into glucose and are absorbed into our blood stream. Glucose is used by our muscles, for breathing, and to supply energy to cells of our bodies; and excess glucose is affected by insulin to turn into "glycogen" which is similar to starch stored in our liver.

The level of glucose in our blood, which is our blood sugar level, is considered average at around 110 before meals, and even if we eat foods rich in sugar or glucose, the level does not exceed 160. Diabetes is defined as someone whose excess glucose is not broken down properly by the liver; diabetic's glucose level reaches 200, or 160 on an empty stomach.

Becoming a diabetic means that a person is held hostage by the high glucose, and subject to many different physical problems due to the high blood sugar level.

Diabetics suffer due to the fact that cells can not receive steady supply of energy because glucose fails to enter their cells, further glucose can not be stored in the liver; in the end, and glucose merely circulates in the blood and is discharged through urination. In the old days, diabetes was called "Thirsty Disease"; this was due to the fact that the patient is often thirsty and had to drink water to quench the thirst, which is why it used to be called "Thirsty Disease."

The reason for the thirst is due to the thickening of the blood by excess sugar, and it is body's way of thinning it, thus the body requires lots of water. For some reason, diabetes suffers of the modern age, may be due to the loss of sensitivity, do not drink that much water.

There are two types of diabetes known to us today. Type I Diabetes is due to damaged or malfunctioning pancreatic beta-cells to produce adequate insulin which is required for glucose to enter the cells. Type II Diabetes occurs in the case where the insulin is adequately produced; however receptors in the cells are damaged and can not receive glucose.

The cause of this type of condition has been identified as free radicals, that is oxidation of the body, therefore free radical is a slave to oxygen, and is a very toxic substance and poisonous to human bodies. Free radicals permeate the human body due to exposure to electromagnetic fields, stress, ultraviolet radiation, and while the very air we breathe contribute about 2 to 3% of the free radicals, by far the largest contributor of free radical is the troubled gastrointestinal environment. The horrible reek from passing gas or bowel movement is due to ammonia, hydrogen sulfide, indol, phenol, histamine, and the evidence that toxic gas is being produced in a troubled gastrointestinal environment, that is free radicals are being produced in large volume. Free radicals fill a useful role in our bodies, in that they are used by our immune system as it seeks out cancerous cells and invading viruses, and fires an equivalent of cannon filled with free radicals to destroy them. Now think about what a toxic substance free radical really is if it can kill cancerous cells not affected by chemotherapy and radiation, but this does not mean that free radical is good for us.

The problem is the abundance of free radicals. Just like when parents become overprotective of their child, and just as drinking too much will turn a person into an alcoholic, too much of a good thing is not that great. Wouldn't you agree? It is the same with free radicals. When there is excessive numbers of free radicals left over inside our bodies, they float around the body and attacks weakened cells and damages them. Basically, pancreatic beta-cells are over worked trying to process the extravagant amount of glucose, this is when free radicals attack the beta-cells, oxidizing and destroying the beta-cells' ability to produce insulin.

Now, let's take a closer look at the Type II Diabetes. If pancreatic beta-cells are properly functioning and producing insulin as required, why does a person still become a diabetes sufferer? To state it in easy to understand terms, the doors through which glucose enters the cells are attacked by free radicals and become damaged and are rusted shut. Just like a door which becomes rusted and difficult to open, the Type II Diabetes suffers a similar fate as the rusted door. When the doors to the cells fail to open, glucose can not enter the cells, and this is referred to as the Type II Diabetes. It is important to remember that both the Type I and II Diabetes are caused by "free radicals."

*** Activated Oxygen (Free Radical) Fighting Activated Hydrogen**

So you may be asking, "If one can get rid of free radicals, than one can be healed of diabetes?" Yes. It is absolutely true!

If free radicals are eliminated, cells can become free of the malicious attacks from them, can regain their functionality and eventually recover, just as if you give a struggling tree plenty of water and soon new green shoots will appear, cells can return to normalcy and start to produce insulin and take in glucose thereby defeating diabetes.

How do we get rid of and fight free radicals? Like the children's story about rats wanting to put a bell around the cat's neck, the question comes down to which rat will volunteer to put the bell on the cat. There is no medicine to get rid of free radicals. Therefore, diabetes is known as incurable disease.

I am going to disclose a very important medical fact here! While there is no medicine to get rid of free radicals, there is water which can eliminate the free radicals. It is none other then "electrolyzed water" full of activated hydrogen.

There have been numerous instances where electrolyzed water healed many diabetic patients, but the scientific mechanism of how it was unknown. While it was clear diabetic patients were successfully treated and healed, no one knew the science and processes under which this healing process was made possible, thus many people were skeptical of electrolyzed water's effectiveness in treating diabetes. For the first time in the world, eminent Japanese doctor Sira Hata from the University of Kyushu published successful experimental finding. His study was published in the respected BBRC journal, conclusively showing that chronic diseases are caused by free radicals, and activated hydrogen eliminates them, and that activated hydrogen is the critical ingredient found in the electrolyzed water's minerals called "nano colloid" which is absorbed and stored inside cells. It was truly a great piece of good news that the world became aware of the fact that activated hydrogen rich electrolyzed water cures diabetes, atopic dermatitis and even cancer.

Chapter Ten: Part Two -- Why Do We Suffer from Chronic Diseases?

The reason why electrolyzed water can cure atopic dermatitis is due to the elimination of free radicals from within the body, and the improvement of gastrointestinal environment therefore cells recover and regain their ability to carry on the business of life, boosting the immune system and the body's natural ability to heal itself.

* Allergy

When the environment we live in, the kinds of food we eat, the immune system and the body's ability to heal itself become degraded, that is when a disease like atopic dermatitis afflict our bodies.

It is certain that atopic dermatitis is due to allergic reaction in the skin. Allergy is caused by either allergic nature of the person or some foreign substance irritating or causing a reaction, which we refer to as allergens.

Depending on the allergen, organisms which encounter the allergen may react violently, and suffer horribly from this reaction. In other words, it is not the foreign substance or the allergen that is causing the pain or hurting the organism, but the organism trying to defend itself or reacting to the allergen as the underlying cause of the allergy sufferer's pain. Human bodies may react violently to certain foreign substances introduced to the system. For example, some people can die from penicillin shock, eating certain kinds of fish or even eggs can cause hives or hay fever in others.

Antigens' and antibodies' reaction are primarily responsible for causing this type of illness which we refer to as allergy.

There are many different kinds of allergy. Pollen from flowers, animal hair or fur, food preservatives, agricultural chemicals, construction materials, pesticides, and other various chemicals can cause or aggravate atopic conditions.

* Origin of the Word

The word atopic dermatitis comes from the Greek word "atopos" which means peculiar or strange. That is atopic dermatitis stands for "strange skin condition." You probably heard of the term, "the survival of the fittest." Those that can adapt to the environment will survive, but those that can not adapt shall perish. It is the same with the cells inside our bodies. When cells are weakened, it can not withstand either the cold or the heat. Some people, when given the amount of heat any normal people will have no problem, may end up getting burned. Their cells are so weak that it can not adjust to even slight amount of heat.

Atopic dermatitis is the same way. Even though we all live in the same environment, some people have no problem while others sneeze, get teary eyed, even come down with rash or hives, and eventually suffer from atopic dermatitis. Of course it is possible that the environment itself is responsible for causing some of us to suffer from atopic dermatitis, but it is more likely that atopic dermatitis is due to the weakened state of our cells.

Atopic dermatitis sufferers tend to have elevated levels of free radicals inside their cells and blood vessels compared to healthy people. I have stated throughout this book that free radical is a slave to activated oxygen and has a very strong oxidative power. Breathing, ultra violet radiation, electromagnetic fields may cause over production of free radicals, but the biggest source of free radicals is the digestion of the foods we eat, especially inside our intestines.

*** Condition of the Cells**

Healthy people's condition fluctuates from day to day. Professional athletes' daily condition may bring about different results, and some days for whatever reason the condition does not permit them to perform at the top of their game.

Even students taking exams, if they are not feeling themselves, they may not perform as well on the examination as they would have if their condition was better.

Cells also have similar conditions. If the condition of the cells is in good shape, even if the environment is not ideal, cells retain the ability to adapt and survive. The ideal condition of cells is ph level of 7.45. That means cells must maintain alkalinity to remain healthy. At the ph level of 7.45 cells can perform at their optimum efficiency, and carry on the business of life.

Therefore, it is critical that cells must maintain the proper level of alkalinity.

If you park your car beneath a tree or a place where lots of birds like to hang out, your car's paint job may be ruined due to bird droppings. I am sure you have also seen bronze and stone statues ruined due to bird droppings as well. Bird droppings have very high levels of acidity able to corrode stone and metal. Similarly, our cells are full of free radicals and oxidizing substances, and they corrode and weaken our cells, and once cells are weakened allergens cause severe reactions leading to atopic dermatitis.

When weakened cells are slowly destroyed by reactions to allergens, it causes itching and pain. Watery discharge from skin sores is due to cellular water escaping through damaged cellular walls, or cells' attempt to prevent the cellular water from escaping.

Of course, it is a good idea to improve the environment and avoid taking steroids; however this kind of problem should be dealt with at the fundamental level to help the cells to become healthy once again. To accomplish this goal, electrolyzed water is the most effective tool.

Because electrolyzed water consists of the world's smallest clusters, it easily penetrates through cellular walls, and it is adept at cleansing the insides of the cells. Electrolyzed water's activated hydrogen combines with the "killer of cells" activated oxygen without side effects of any kind rendering harmless water to be discharged from the body.

*** Theory behind Seizure of Free Radicals**

The theory behind how electrolyzed water seizes and eliminates activated oxygen (i.e., free radicals) is based on electrolyzed water's ability to generate large quantity of activated hydrogen, and the central role played by the activated hydrogen.

The basis of the theory is that just like positive and negative, or (+) and (-) combines to neutralize each other, activated oxygen and activated hydrogen combines, becomes harmless water to be discharged from the body.



Activated Hydrogen + Activated Oxygen = Water

Many folks claimed that when they drank 2 cups of electrolyzed water, they passed 3 cups of urine in the bathroom; clearly these folks have had excess activated oxygen in their system. Electrolyzed water is an ideal remedy which gets to the root of chronic and rare adult onset diseases, seizing and neutralizing activated oxygen without any side effects.

*** Optimal Cellular Health Equals pH7.45**

Electrolyzed water's cluster size is the smallest in the world at 54Hz, possesses hexagonal atomic structure and produces abundant activated hydrogen able to capture not only activated oxygen, but it is also alkaline water enabling the cells to maintain optimal pH levels between pH7.45 ~ 7.35.

Electrolyzed water removes the poison accumulated in the cells, restores the condition of the cells to function at optimal levels, and improves the quality of the cells to protect them from foreign substances and irritants.

*** Activated Oxygen is Responsible for All Diseases**

Free radicals have been reported by the medical authorities to be at the heart of atopic dermatitis and all other chronic diseases. Modern life style has been called the "breeding ground of free radicals. We now know that oxidation of matters changes the quality of all things. Metals rust, things fall apart, organisms grow old, all of these changes occur over time and through oxidation.

While oxidation occurs naturally, when the body can not adequately discharge the excess free radicals produced within, becomes overly acidified and invites diseases to affect the body. Chronic diseases and even ageing can be viewed as "the end of the road of oxidation", that is chronic disease is the fast track end of oxidation, and ageing is the slower track to a same destination.

The reason why electrolyzed water can defeat atopic dermatitis is due to the elimination of free radicals from within our gastrointestinal system, electrolyzed water improves the gastrointestinal environment and reinvigorates the cellular health and functions, and enhances the immune system and the body's ability to adept to the demands of its environment.

Doctor Kiwamura from Japan was once quoted as saying, "Even though there is no known 100% medical treatment for atopic dermatitis and other chronic diseases, by using electrolyzed water to eliminate free radicals within patients, curing atopic dermatitis can be made certain. Only the electrolyzed water therapy is known to change a diseased body back to a healthy state. Water holds the key in which whether the organism lives or dies."

Electrolyzed water not only works on atopic dermatitis but on the whole body, as it will return the lost health to the body, everyone and their families should make it an essential part of their strategy to keep healthy and strong.

Chapter Eleven: Living with Understanding and Wisdom

Do not be confused about the nature of water. Just because you drink water, you can not avoid getting old or cheat death. Water itself is eternal and ever lasting, and all living organisms owe their continued existence to the presence of water, as it is the liquid of life and the base in which all life builds and sustains itself.

* **Eternal Youth and Immortality**

More and more people are interested in living healthier life, and are gaining more and more knowledge about the importance of water through books, newspapers, and increasing media coverage about water. As science advances, the base of human knowledge also advances, and the humanity gains wisdom and awareness about what is important and how the knowledge is to be applied.

Because the western medicinal science has reached its limits of knowledge, countries such as the United States, Japan, Germany, and other developed nations subsidize life studies and clinical trials on ever larger scale.

If water is mistaken as "ordinary water" and used indiscriminately, it is bound to cause complications and problems. If the water's importance is not readily understood, folks will fail to benefit from proper use of water, and may end up with diseases caused by misuse of water with fatal results.

We must understand the critical importance of the water we drink and absorb into our bodies, that is how we can benefit from the miraculous properties of water, and restore our health. All living organisms consist of almost 70% to 80% of water, and depend on water to process the business of life.

DNA, the genetic information rich protoplasm is dissolved or floating in water. This is the mechanism in which life ensures survival through passing its genetic information to the next generation, and water plays a central and critical role.

There are forms of life that can sustain itself even without continuous supply of water; grains, seeds, and fruits. These types of life forms can be stored for years and years in dry places, when water is supplied, they will sprout or germinate to burst forth with life.

The secret behind this miracle is that these seeds and pods contain water within. If in case these seeds or pods are completely drained of moisture, there is no hope that they will ever germinate or burst forth with life, even with supply of water, thus without water, it is essentially dead.

Water, therefore, is the literal representation of "eternal youth and immortality" for all living organisms.

This is why water such a precious commodity, and on this earth no medicine can ever come close to matching the effectiveness of water as humans and all living organisms can never find a suitable replacement for water!

Water does not need human beings; humans can not live without water. Human beings living on earth can not depart from earth and hope to survive without water, and through water health and longevity is possible, therefore human beings need to know how to use water to control and shape the destiny of humanity.

*** All Chronic Diseases are caused by Abnormality in the Water.**

Doctor Hiashi Hidemitsu from Japan was once quoted, "all chronic diseases are due to abnormality in the water." In February 1989, Doctor Hidemitsu published his study titled, "7 General Principles of Curing Chronic Diseases" at the Seventh National Environmental Studies Symposium. According to him the following seven principles are:

- I. Organisms are made up of living cells.
- II. Individual cells continually and endlessly divide to renew themselves.
- III. While cells divide and renew themselves; they have the ability to restore itself to the original condition.
- IV. Division of cells is dependent on the DNA.
- V. DNA's genetic codes are controlled by the water present inside cells.
- VI. Chronic diseases occur due to abnormal condition of the water inside cells, which in turn causes DNA-cells-organism to become afflicted with abnormality.
- VII. Therefore, the principal means to treat chronic diseases is to restore the state of water inside of cells, and to encourage the cells to perform their functions optimally.

"Cell division" referred to by Doctor Hidemitsu is basically metabolic renewal of the body.

For example, this renewal takes place, every 10 days for red blood cells (erythrocyte) and white blood cells (leukocyte), every 24 hours for pancreas, and every 2 to 3 days for cells lining the stomach.

Doctor Hidemitsu advised patients, "Even if you have lost 7% to 8% of the functionality of your liver, pancreas, or kidney, you need not worry about it. Since cells which are weakened can be changed back to healthy cells within a few months, all cells undergoing III above tries to regain their original condition. Further, to renew sick cells into healthy cells, the key lies in V above as it addresses the condition of the

water inside the cells. Therefore, be sure to have the water inside cells can be continuously cleaned and recharged with healthy water."

Important thing to remember here is to supply good water to the cells before your health is weakened and succumb to chronic diseases, as an ounce of prevention is worth a pound of cure, it is the most economical and safe way to keep yourself healthy.

*** Tastes of Vegetables and Fruits are Dependent on the Quality of Water**

Cucumbers, radishes, tomatoes, and water melons consist of over 95% water. When you eat vegetables and fruits, you are drinking the water inside them. Is there any difference between the ordinary tap water and the water from cucumber or watermelon? Of course they are different.

Water within mountain ginseng is also different.

Do you think the water inside of a healthy person differs from a diabetic or a cancer patient?

Even with cucumbers or watermelons, depending on the water inside of them, taste and nutritional value will differ from each other. That is even vegetables such as cucumbers or radishes, depending on where they are grown, will differ in taste and nutritional value.

The staple of our diet "rice" is the same. If you take the same rice but cook them in different types of water, it will taste different after being cooked. When you cook one bowl of raw rice, how many cooked bowl of rice do you get? About two and a half to three bowl of cooked rice.

Look at it another way, it is more correct to state that you are not eating rice but drinking water. Raw rice consists of about 15% moisture, the moisture increases to about 65% when you cook them. That is 330% increase in moisture content. When the grains of rice are ripening in the rice field, depending on the supply of water and the quality of water, the taste and characteristics of the rice will change. Therefore, even if it is the same rice from the same rice field, after 330% increase in moisture content, depending on the nature of water, the taste of cooked rice varies greatly.

Same holds true for liquor as what kind of water is used in the distillation process, Chinese herbal medicines will have different curative powers depending on the quality of water in which they are prepared. That is why the ancient medicine specialist, Huh Joon used to emphasize that patients must first check the "quality of water" to be used in preparation of herbal medicine.

There is a famous doctor named Gelson from Mexico. In 1930s, he had successfully treated difficult chronic diseases with the diet of fruits and vegetables. At the time there was no known cure for

tuberculosis, thus it was a difficult disease to treat and the mortality rate was very high, however through Doctor Gelson's regiment of fruit and vegetable diet, he was able to achieve relatively high rate of success in treating tuberculosis patients.

He had even used his regiment of fruit of vegetable diet to combat cancer with results which were hard to ignore. Doctor Gelson was recognized by his peers for his efforts and gained fame, including Doctor Albert Schweitzer whom had praised Doctor Gelson's impressive results.

However, Doctor Gelson's treatment methods begin to yield less and less desirable results over the years. This is due to the fact that the quality of the water used to grow fruits and vegetables have become worsened over the years, and compared to fruits and vegetables used by Doctor Gelson in 1930s, the waters inside fruits and vegetables have changed significantly.

The water inside of us control and processes the business of living inside organisms, therefore it is critical to pick the right type of water to maintain or restore our health.

Chapter Twelve: Let Us Enjoy Health and Longevity!

There is no special magic or miracle behind the folks living long and healthy lives in Eldersville. They still enjoy long and healthy lives without special magic or miracle to this day. Although many scientists studied and researched into the reasons why, the inevitable conclusion was that the water folks drink at Eldersville is different from ordinary water.

*** Humans are Born of Water and Return to Water**

Unlike the old saying humans are born of earth and return to earth, we are born of water and we return to water. Because life originated from water and cells are essentially bags of living water, when death catches up with us the water is released once again.

We live in the times where everyone wants to enjoy long and healthy life. We recognize that unlike animals or machines eating whatever is available or given, we discriminate and select what is good for us to help us live healthy lives.

Many people try to live healthy and long lives, or treat chronic illness to restore their lives. Some folks get up early in the morning to exercise; some folks regularly go swimming, while others visit health clubs and try to sweat their way to fitness and health. A long and healthy life is not a guarantee even though some of us seek out saunas or Turkish bath to stay healthy, or even eat questionable roborant such as bear kidney or other invigorants rumored to be effective, and try to buy any kind of food allegedly healthy and good for us.

Despite all of this, the numbers of people suffering from chronic diseases show an ever increasing trend.

How can this be?

For sure, compared to the past, we eat better and lead more convenient lives, however instead of leading long healthy lives, we suffer from ever increasing chronic diseases afflicting more and more of us. We need to think long and hard about this irony.

We need to find the secret behind long and healthy life and understand how to regain and maintain health, and what determinate factors ensure the human body to remain healthy. Mere public opinion does not equate into long and healthy lives, it needs to be shown, demonstrated and conclusively proven.

Places famed due to the fact that folks live longer and healthier than the average population do not

possess some special health rules or theories, despite this people in those places manage to live longer and healthier than others in the general population.

Many scientists carried on studies and experiments to figure out why, and their conclusion inevitably comes back to the water they drink.

In nature, you reap what you sow, that is you can not yield a bushel of soybean if you planted corns in the first place. To believe otherwise is either a misunderstanding or relying on superstition and can only bring false hope.

*** What is Superstition?**

What is superstition? Superstition is an irrational belief that an object, action, or circumstance not logically related to a course of events influences its outcome. Living long and healthy will be nothing but a superstitious dream if we fail to arm ourselves with proper knowledge and information, and apply them wisely.

What is knowledge? Knowledge is acquaintance with facts, truths, or principles already known from the past, whereas wisdom is to knowing how to apply knowledge properly and anticipate what is to come.

There were three maidens. First maiden was very pretty and attractive, the second maiden possessed a heart of gold, and the third maiden was full of wisdom and intelligence. The three maidens became married: the first maiden's marital bliss lasted three months; the second maiden lasted three years; however the third maiden lasted three generations.

What kind person is a wise person?

It is a person that continually learns, a person learns from his or her environment, and learns the natural laws of the world. Living long and healthy life is a reflection of understanding the nature of the world, how the natural laws affect living organisms, and how the natural laws dictate what gets diseases and dies.

*** Secret of Eldersville**

The secret behind long and healthy life is water.

Although genes can not exist without water, water has no problem existing without genes. Depending on the acidity level of water inside cells, genes can be damaged or healed. Genes do not dictate and control the water, rather it is water which dictates and controls the genes.

Insides of our bodies are dictated and controlled by water and nothing else, and this is a piece of

knowledge everyone wanting to live long and healthy lives must understand and accept.

The secret of living long and healthy life is "water".

Only through water living long and healthy becomes possible, and nothing else can substitute for water. When a tree is dying, it does no good to give water to its leaves, the water must be given to the roots of the tree, and it is the roots which must be revived to ensure that the tree can live.

Human bodies are similar to trees. Blood is critical to human bodies, and to revive the blood within the body, you must first revive the gastrointestinal system.

As trees possess roots, human bodies also possess roots. For humans, roots are the gastrointestinal system. Even if we all eat the same kinds of food, depending on the health of the gastrointestinal system, some absorb nutrition and derive energy while others generate toxic substances. For example, water drunk by cows will produce milk, but water drunk by poisonous snakes will produce poison.

*** Bowel Movement as the Definitive Health Report!**

Folks living in Eldersville have a different kind of bowel movement. Their bowel movement lacks the usual noxious odor and the color tends to be golden brown. You may be able to fool everyone in the world, but you can not fool the bowel movement discharged from your own body. That is why Doctor Huh Joon used to be able to diagnose his patients by looking at their stool.

Human body is composed of 60 trillion cells, and over 100 trillion microorganisms consisting of over 100 different types.

When the bowel movement yields noxious odor and hideous colors, it is direct evidence that the gastrointestinal system is in a weakened condition, and that toxic substances are being produced inside the gastrointestinal system.

When the noxious odor from bowel movement is analyzed, there are chemicals such as ammonia, hydrogen sulfide, indol, and histamine. All of these substances are known to cause cancer. These toxic substances produce excess quantities of free radicals, overwhelm and invade the cells and damage the genes within, and damages cells eventually turns cancerous. If not, these toxic substances cause chronic diseases such as diabetes, hypertension, and atopic dermatitis.

Within our intestines there are over 100 trillion microorganisms consisting of 100 different types, compared to beneficial microorganisms, the majority of them are harmful as they produce toxic

substances. As the gastrointestinal environment becomes corrupted and weakened, microorganisms such as lactobacillus and bifidus proliferate in numbers. This condition can not be cured by some energy drink or lactic acid laced drinks.

If you want to clean up a polluted river, would it not make sense to clean up the source of the river to cleanse the water?

There is an old saying in Korea, "When the water up the river is clean, so is the water down the river."

It does not help how much treatment and cleansing we engage down the river, if you neglect the water's source up the river; similarly human blood must be first cleansed by changing the water before one can hope to improve the gastrointestinal environment.

Changing the water is the most effective and economical way. Good water, electrolyzed water drunk everyday will improve the gastrointestinal environment and restore its functions. Constipation will disappear, bowel movement will no longer be noxious, and the color of the stool will turn golden brown. When the gastrointestinal environment is improved, we can regain our health, and live long and healthy lives.

I want to tell you of a personal experience. There was a woman, 52 years old. She had suffered for many years from variety of diseases, and even contemplated suicide many times, but her religious belief prevented her from taking her own life. She lived in agony and pain until I had helped to heal her many diseases, and she rejoiced about her new lease on life, and wrote me a letter spotted with many tear drops titled, "By Getting rid of Bad Blood, A Thousand Diseases Disappeared." When she was 21 years old, she was afflicted with a toxemic disorder of pregnancy, post-partum complications caused her pains in her back, legs, arms, neck, and even affected her vision and sleeping patterns. At 35 years old, she underwent a surgery to remove her uterus, it is well known that women undergoing this type of procedure tend to lose strength, and prone to suffer from aches and pains. For over 27 years, she struggled with constipation problems and even hemorrhoids, but being hospitalized and taking numerous medicines failed to bring her any relief from her afflictions.

When I first met her, she asked me, "Until now, I have taken literally thousands of different medicines and drugs, do you really think I can be cured through just water?" My answer back to her was, "It is of no use to take medicine or drug if your blood has been oxidized. We need to revitalize your blood, and that is the only way for you to get better." She trusted me to help her, and drunk electrolyzed water as I prescribed to her, and carried bottles of electrolyzed water with her whenever she had to leave home, and prepared her food with electrolyzed water. After about 4 months, she had told me that she felt as if she had lost a heavy burden she has been carrying in her backside, further she did not suffer from aches and pains as

before, and she was sleeping without any problems. Even the constipation problem which haunted her for 27 years became a distant memory for her. She was overjoyed and happy to regain her health, begin to climb mountains, engaged in running and even dancing without suffering from pains and aches she usually associated with vigorous physical exercises in the past. She felt reborn, she felt light like a butterfly fluttering in the winds, and for the first time in many decades felt happy and ease with herself.

Aside from the above patient, over the years I have met and treated quite a few folks and helped them regain their health and fight chronic diseases. In the beginning, many folks are skeptical, but I kept studying and researching the secret to health through water, and helped patients one at a time, and accumulated a body of conclusive and positive results, and now this has been recognized by quite a few folks.

My dear fellow human beings. Living long and healthy life is not some out of this world science or some rare expensive medicine, please understand that living long and healthy comes from good clean water, good clean air, and good clean warmth (i.e., sunlight), and good salt. Out of the list of the good things required, the most important is good clean water. Folk remedies usually can be found on top of our dinner table, whereas modern medicine can usually be found in the medicine cabinets because they could not make it to the top of our dinner table. Please use good water with wisdom and live long and healthy lives.

About the author:

Dr. Kim Young Kwi has won many awards for his research and product development, including the Jang Yeong-sil Science and Culture award for his contribution to national health and betterment of mankind through water research. He won the National Science and Technology award for his research with Dr. Shirahata for their research on the relationship between water and illness, as well as an award from the Ministry of Science and Technology from the Mayor of Seoul for his contributions to the understanding of water and human health.

Led by Dr. Kim Young Kwi, KYK Ionizers has been researching water and developing water ionizers for twenty-five years. KYK Co., the #1 selling water ionizer company in Korea, proudly presents the KYK Genesis Water Ionizer. The Genesis is top-rated in the industry by many independent resellers and consumer review companies.

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