

# Alkaline Water

"Drinking alkaline water is a great water to neutralize and flush out all of the toxins and acids that drain from the tissues and bodily fluids, and to quickly rehydrate the body and keep the blood alkaline." -Daniel Reid, author of "The Tao of Detox"

"I have administered over 5000 gallons of this water for about every health situation imaginable. I feel that restructured alkaline water can benefit everyone...The countless names attached to illnesses do not really matter. What does matter is that they all come from the same root cause: too much tissue acid waste in the body." -Dr. Theodore Baroody DC, ND, PH.D. -Author of "Alkalize or Die"

"Getting Liberal amounts of alkaline water (having a pH between 9 and 10) neutralizes stored acid wastes and if consumed everyday in conjunction with a good diet, gently removes the acids from the body." Dr. Robert Young, Microbiologist & author of "The Ph Miracle"

"Since the waste products we are trying to discharge are acidic, the right kind of water is alkaline water. My personal recommendation is to enjoy the foods that we like, but do not over eat or exclude any food. Eat in moderation following professional dietitians "balanced diet" concept, and let alkaline water do the job of cleansing acidic wastes. Do not use food to cleanse wastes, thus running the risk of nutritional deficiency or imbalance." fl-From anti-aging expert and scientist Sang Whang, author of "Reverse Aging"

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

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

"International studies show that populations with little or no history of illness, such as cancer, drink higher PH alkaline waters. After all potential risk factors were considered and factored out, it became evident that they had been drinking waters with a pH of 8.0 to 10.0" -Dr. Leonard Horowitz Author of "Aids and Ebola"

"If the world has accepted antioxidants to slow down the aging process, it should readily agree to the uses of ionized alkaline water as an anti-aging agent. Their roles are closely linked and intertwined...a lasting anti-aging program is incomplete without addressing both free radicals and organic acid wastes." Dr. Arthur M. Ecano. MD

"Alkaline water rids the body of acid waste. After carefully evaluating the results of my advice to hundreds of individuals, I'm convinced that toxicity in the form of acidic waste is the primary cause of degenerative disease." n -Dr. Sherry Rogers, author of "Detox or Die"

"Your body thrives in an alkaline environment since it is able to detoxify more efficiently than in an acidic environment. In an alkaline environment your tissues get rid of impurities more efficiently. when cancer patients come into my office to begin nutritional treatments, their bodies are almost always very acidic and toxic. My first task is to get their tissues alkalized with alkaline water." -Dr. Don Colbert, MD -author of "The Seven Pillars To Health"

What is the scientific basis of ionized waters antioxidant health benefits?

Your body accesses the chemical energy stored in food through "aerobic respiration" or oxidation. This process also creates waste byproducts known as free radicals. Many of these free radicals are actually used by the cells for constructive functions such as cell signaling and the immune systems destruction of pathogens. However imbalances between the production of and the cells ability to detoxify itself from these free radicals can lead to oxidative damage. Free radicals can harm virtually all proteins and lipids. It is hypothesized that the damage caused to DNA by free radicals may be the main catalyst for cancer.

It is believed that the continual degradation by free radicals over time is a major contributor to aging. This is known as "the free radical theory of aging." Medical research has also linked free radical damage to a wide range of illnesses including cancer, arthritis, atherosclerosis, cardiovascular diseases, hypertension, chronic inflammatory diseases, Alzheimer's disease, Parkinson's disease and diabetes and other degenerative diseases.

Anti-oxidants function in the body as electron donors for the free radical molecules, thereby neutralizing them. Individuals who consume high levels of foods that contain naturally occurring antioxidants such as vitamins A, C, and E enjoy a lower risk factor for cancers, stroke, coronary heart disorders, and other chronic diseases. Ionized drinking water can also act as an antioxidant. It contains an abundance of negatively charged ions, which can further aid the body in neutralizing the positively charged free radicals!