

Why Drink Alkaline Ionized Water?

The Basics

By Dr. Hayashi

Water, The chemistry of life.

Whenever we attempt to determine whether there is life as we know it on Mars or other planets, scientists first seek to establish whether or not water is present. Why? Because life on earth totally depends on water.

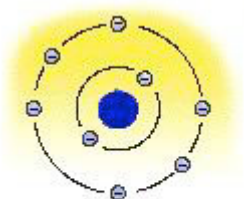
A High percentage of living things, both plant and animal are found in water. All life on earth is thought to have arisen from water. The bodies of all living organisms are composed largely of water. About 70 to 90 percent of all organic matter is water.

The chemical reactions in all plants and animals that support life take place in a water medium. Water not only provides the medium to make these life sustaining reactions possible, but water itself is often an important reactant or product of these reactions. In short, the chemistry of life is water chemistry.



Water, the universal solvent

Water is a universal, superb solvent due to the marked polarity of the water molecule and its tendency to form hydrogen bonds with other molecules. One water molecule, expressed with the chemical symbol H₂O, consists of 2 hydrogen atoms and 1 oxygen atom.



Oxygen atom and its electrons

Standing alone, the hydrogen atom contains one positive proton at its core with one negative electron revolving around it in a three-dimensional shell. Oxygen, on the other hand, contains 8 protons in its nucleus with 8 electrons revolving around it. This is often shown in chemical notation as the letter O surrounded by eight dots representing 4 sets of paired electrons.

The single hydrogen electron and the 8 electrons of oxygen are the key to the chemistry of life because this is where hydrogen and oxygen atoms combine to form a water molecule, or split to form ions.

Hydrogen tends to ionize by losing its single electron and form single H⁺ ions, which are simply isolated protons since the hydrogen atom contains no neutrons. A

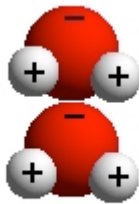
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hydrogen bond occurs when the electron of a single hydrogen atom is shared with another electronegative atom such as oxygen that lacks an electron.

Polarity of water molecules

In a water molecule, two hydrogen atoms are covalently bonded to the oxygen atom. But because the oxygen atom is larger than the hydrogen's, its attraction for the hydrogen's electrons is correspondingly greater so the electrons are drawn closer into the shell of the larger oxygen atom and away from the hydrogen shells. This means that although the water molecule as a whole is stable, the greater mass of the oxygen nucleus tends to draw in all the electrons in the molecule including the shared hydrogen electrons giving the oxygen portion of the molecule a slight electronegative charge.

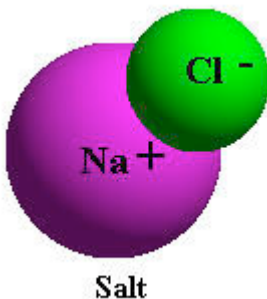


Polar attraction between water molecules

The shells of the hydrogen atoms, because their electrons are closer to the oxygen, take on a small electropositive charge. This means water molecules have a tendency to form weak bonds with water molecules because the oxygen end of the molecule is negative and the hydrogen ends are positive.

A hydrogen atom, while remaining covalently bonded to the oxygen of its own molecule, can form a weak bond with the oxygen of another molecule. Similarly, the oxygen end of a molecule can form a weak attachment with the hydrogen ends of other molecules. Because water molecules have this polarity, water is a continuous chemical entity.

These weak bonds play a crucial role in stabilizing the shape of many of the large molecules found in living matter. Because these bonds are weak, they are readily broken and re-formed during normal physiological reactions. The disassembly and re-arrangement of such weak bonds is in essence the chemistry of life.

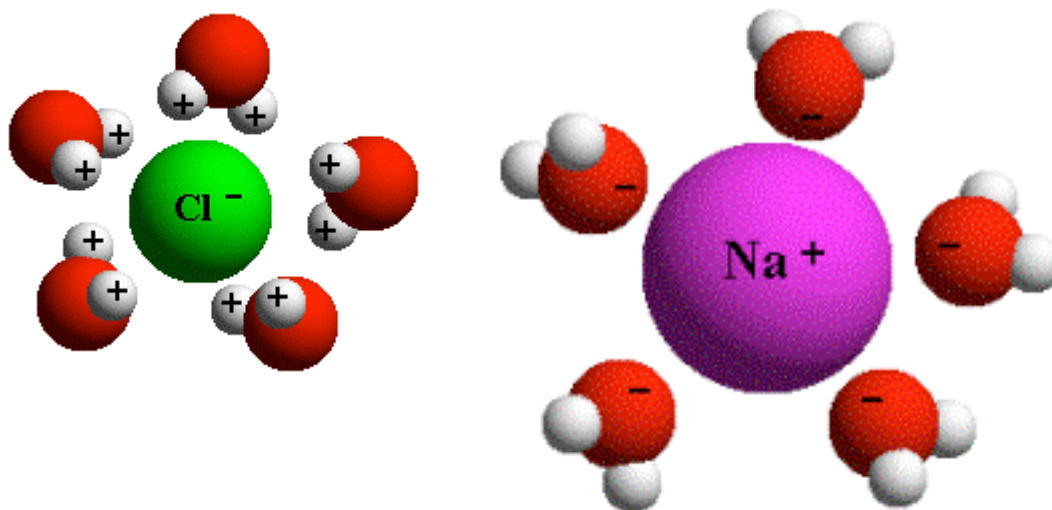


To illustrate water's ability to break down other substances, consider the simple example of putting a small amount of table salt in a glass of tap water. With dry salt (NaCl) the attraction between the electropositive sodium (Na⁺) and electronegative chlorine (Cl⁻) atoms of salt is very strong until it is placed in water. After salt is placed in water, the attraction of the electronegative oxygen of the water molecule for the positively charged sodium ions, and the similar attraction of the electropositive hydrogen ends of the water molecule for the negatively charged chloride ions, are greater than the mutual attraction between the outnumbered Na⁺ and Cl⁻ ions. In water the ionic bonds of the sodium chloride

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molecule are broken easily because of the competitive action of the numerous water molecules.



As we can see from this simple example, even the delicate configuration of individual water molecules enables them to break relatively stronger bonds by converging on them. This is why we call water the universal solvent. It is a natural solution that breaks the bonds of larger, more complex molecules. This is the chemistry of life on earth, in water and on land.

Oxidation-reduction reactions

Basically, reduction means the addition of an electron (e^-), and its converse, oxidation means the removal of an electron. The addition of an electron, reduction, stores energy in the reduced compound. The removal of an electron, oxidation, liberates energy from the oxidized compound. Whenever one substance is reduced, another is oxidized.



To clarify these terms, consider any two molecules, A and B, for example.

When molecules A and B come into contact, here is what happens: B grabs an electron from molecule A. Molecule A has been oxidized because it has lost an electron. The net charge of B has been reduced because it has gained a negative electron (e^-).

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In biological systems, removal or addition of an electron constitutes the most frequent mechanism of oxidation-reduction reactions. These oxidation-reduction reactions are frequently called redox reactions.

Acids and Bases

An acid is a substance that increases the concentration of hydrogen ions (H+) in water. A base is a substance that decreases the concentration of hydrogen ions, in other words, increasing the concentration of hydroxide ions OH-.

The degree of acidity or alkalinity of a solution is measured in terms of a value known as pH, which is the negative logarithm of the concentration of hydrogen ions:

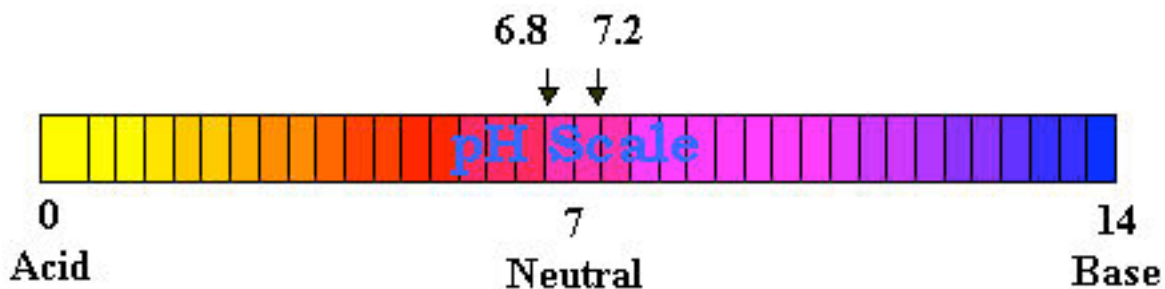
$$\text{pH} = 1/\log[\text{H}^+] = -\log[\text{H}^+]$$

What is pH?

On the pH scale, which ranges from 0 on the acidic end to 14 on the alkaline end, a solution is neutral if its pH is 7. At pH 7, water contains equal concentrations of H+ and OH- ions. Substances with a pH less than 7 are acidic because they contain a higher concentration of H+ ions. Substances with a pH higher than 7 are alkaline because they contain a higher concentration of OH- than H+. The pH scale is a log scale so a change of one pH unit means a tenfold change in the concentration of hydrogen ions.

Importance of balancing pH

Living things are extremely sensitive to pH and function best (with certain exceptions, such as certain portions of the digestive tract) when solutions are nearly neutral. Most interior living matter (excluding the cell nucleus) has a pH of about 6.8.



Blood plasma and other fluids that surround the cells in the body have a pH of 7.2 to 7.3. Numerous special mechanisms aid in stabilizing these fluids so that cells will not be subject to appreciable fluctuations in pH. Substances which serve as mechanisms

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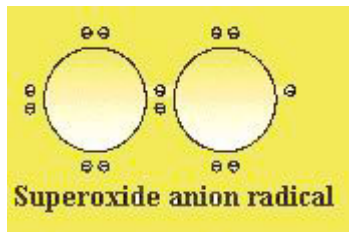
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to stabilize pH are called buffers. Buffers have the capacity to bond ions and remove them from solution whenever their concentration begins to rise. Conversely, buffers can release ions whenever their concentration begins to fall. Buffers thus help to minimize the fluctuations in pH. This is an important function because many biochemical reactions normally occurring in living organisms either release or use up ions.

NOTE: Dr. Hayashi is a Heart Specialist and Director of the Water Institute of Japan.

Oxygen: Too much of a good thing?

Oxygen is essential to survival. It is relatively stable in the air, but when too much is absorbed into the body it can become active and unstable and has a tendency to attach itself to any biological molecule, including molecules of healthy cells. The chemical activity of these free radicals is due to one or more pairs of unpaired electrons.



About 2% of the oxygen we normally breathe becomes active oxygen, and this amount increases to approximately 20% with aerobic exercise.

Such free radicals with unpaired electrons are unstable and have a high oxidation potential, which means they are capable of stealing electrons from other cells. This chemical mechanism is very useful in disinfectants such as hydrogen peroxide and ozone which can be used to sterilize wounds or medical instruments. Inside the body these free radicals are of great benefit due to their ability to attack and eliminate bacteria, viruses and other waste products.

Active Oxygen in the body

Problems arise, however, when too many of these free radicals are turned loose in the body where they can also damage normal tissue.

Putrefaction sets in when microbes in the air invade the proteins, peptides, and amino acids of eggs, fish and meat. The result is an array of unpleasant substances such as:

- Hydrogen sulfide
- Ammonia
- Histamines
- Indoles
- Phenols
- Scatoles

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These substances are also produced naturally in the digestive tract when we digest food, resulting in the unpleasant odor evidenced in feces. Putrefaction of spoiled food is caused by microbes in the air; this natural process is duplicated in the digestive tract by intestinal microbes. All these waste products of digestion are pathogenic, that is, they can cause disease in the body.

Hydrogen sulfide and ammonia are tissue toxins that can damage the liver. Histamines contribute to allergic disorders such as atopic dermatitis, urticaria (hives) and asthma. Indoles and phenols are considered carcinogenic. Because waste products such as hydrogen sulfide, ammonia, histamines, phenols and indoles are toxic, the body's defense mechanisms try to eliminate them by releasing neutrophils (a type of leukocyte, or white corpuscle). These neutrophils produce active oxygen, oddball oxygen molecules that are capable of scavenging disintegrating tissues by gathering electrons from the molecules of toxic cells.

Problems arise, however, when too many of these active oxygen molecules, or free radicals, are produced in the body. They are extremely reactive and can also attach themselves to normal, healthy cells and damage them genetically. These active oxygen radicals steal electrons from normal, healthy biological molecules. This electron theft by active oxygen oxidizes tissue and can cause disease.

Effects of Oxidation on Vital Organs	
Oxidized Tissue	Leads to:
Liver	Hepatitis, cirrhosis, cancer
Pancreas	Pancreatitis, diabetes, cancer
Kidney	Nephritis, nephrosis, cancer

Because active oxygen can damage normal tissue, it is essential to scavenge this active oxygen from the body before it can cause disintegration of healthy tissue. If we can find an effective method to block the oxidation of healthy tissue by active oxygen, then we can attempt to prevent disease.

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Hydrogen sulfide, ammonia, histamines, indoles, phenols, and scatols present in the digestive tract of the human body.



In order to protect the body from damage by hydrogen sulfide, ammonia, histamines, indoles, phenols and scatols, neutrophils (leukocytes) produce active oxygen to oxidize these waste products.



Excess production of active oxygen occurs.



Excess active oxygen can damage normal, healthy biological cell molecules and alter their genetic codes.

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Antioxidants block dangerous oxidation

One way to protect healthy tissue from the ravages of oxidation caused by active oxygen is to provide free electrons to active oxygen radicals, thus neutralizing their high oxidation potential and preventing them from reacting with healthy tissue.

Research on the link between diet and cancer is far from complete, but some evidence indicates that what we eat may affect our susceptibility to cancer. Some foods seem to help defend against cancer, others appear to promote it.

Much of the damage caused by carcinogenic substances in food may come about because of an oxidation reaction in the cell. In this process, an oddball oxygen molecule may damage the genetic code of the cell. Some researchers believe that substances that prevent oxidation -- called ANTIOXIDANTS -- can block the damage. This leads naturally to the theory that the intake of natural antioxidants could be an important aspect of the body's defense against cancer. Substances that some believe inhibit cancer include vitamin C, vitamin E, beta-carotene, selenium, and glutathione (an amino acid). These substances are reducing agents. They supply electrons to free radicals and block the interaction of the free radical with normal tissue.

How we can avoid illness

As we mentioned earlier, the presence of toxic waste products such as hydrogen sulfide, ammonia, histamines, indoles, phenols and scatoles impart an offensive odor to human feces. In the medical profession, it is well known that patients suffering from hepatitis and cirrhosis pass particularly odoriferous stools.

Excessively offensive stools caused by the presence of toxins are indicators of certain diseases, and the body responds to the presence of these toxins by producing neutrophil leukocytes to release active oxygen in an attempt to neutralize the damage to organs that can be caused by such waste products. But when an excess amount of such active oxygen is produced, it can damage healthy cells as well as neutralize toxins. This leads us to the conclusion that we can minimize the harmful effect of these active oxygen radicals by reducing them with an ample supply of electrons.

Water, the natural solution

There is no substitute for a healthy balanced diet, especially rich in antioxidant materials such as vitamin C, vitamin E, beta-carotene, and other foods that are good for us. However, these substances are not the best source of free electrons that can block the oxidation of healthy tissue by active oxygen.

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Water treated by electrolysis to increase its reduction potential is the best solution to the problem of providing a safe source of free electrons to block the oxidation of normal tissue by free oxygen radicals. We believe that reduced water, water with an excess of free electrons to donate to active oxygen, is the best solution because:

The reduction potential of water can be dramatically increased over other antioxidants in food or vitamin supplements.

The molecule weight of reduced water is low, making it fast acting and able to reach all tissues of the body in a very short time.

What is IONIZED WATER?

Ionized water is the product of mild electrolysis which takes place in the ionized water unit. The production of ionized water, its properties, and how it works in the human body are described in the next section. Ionized water is treated tap water that has not only been filtered, but has also been reformed in that it provides reduced water with a large mass of electrons that can be donated to active oxygen in the body to block the oxidation of normal cells.

THE IONIZED WATER UNIT

Tap water: What it is and isn't

Normal tap water, for example, with a pH of 7 is approximately neutral on the pH scale of 0 to 14. When measured with an ORP (oxidation potential) meter its redox potential is approximately +400 to +500 mV. Because it has a positive redox potential, it is apt to acquire electrons and oxidize other molecules. Reduced Ionized Water, on the other hand, has a negative redox potential of approximately -250 to -350 mV. This means it has a large mass of electrons ready to donate to electron-thieving active oxygen.

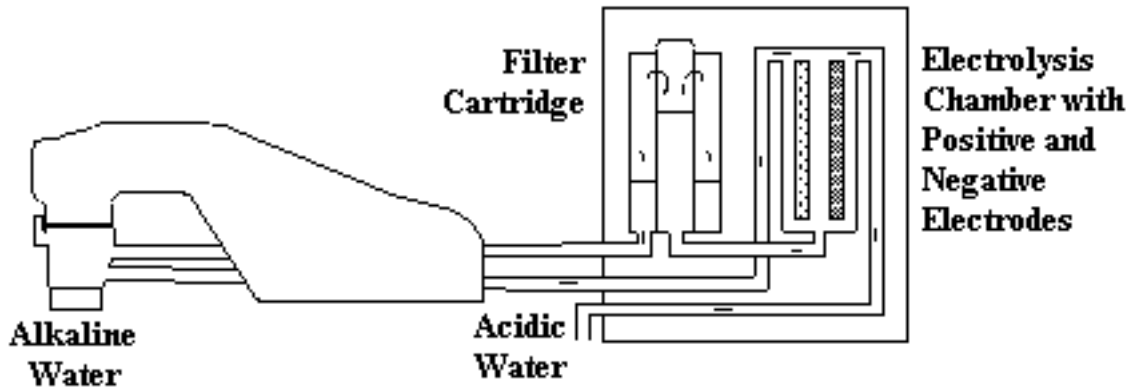
Before discussing the properties of Ionized Water further, let's take a look at what happens inside an Ionized Water producing unit.

How an IONIZED WATER Unit works

The Ionized Water unit, slightly taller and thicker than a large dictionary on end, is an electrical appliance connected to your kitchen water supply to perform electrolysis on tap water before you drink it or use it in the kitchen for cooking or cleaning.

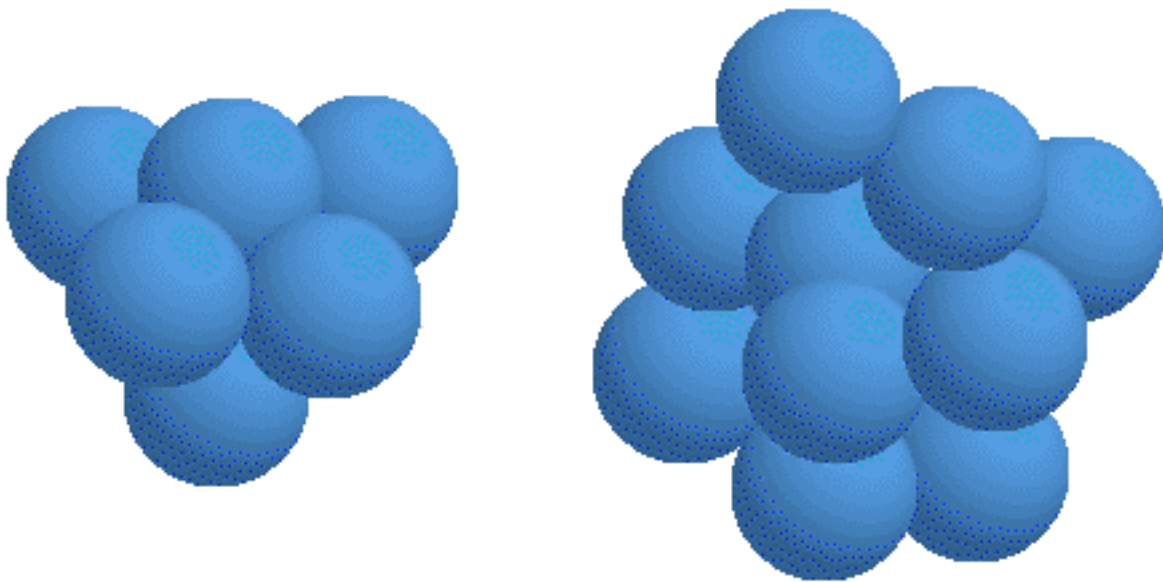
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A special attachment re-directs tap water out of the faucet through a plastic hose into the Ionized Water unit. Inside the Ionized Water unit, the water is first filtered through activated charcoal. Next, the filtered water passes into an electrolysis chamber equipped with a platinum-coated titanium electrode where electrolysis takes place.

Cations, positive ions, gather at the negative electrodes to create cathodic water (reduced water). Anions, negatively charged ions, gather at the positive electrode to make anodic water (oxidized water).



Through electrolysis, reduced water not only gains an excess amount of electrons (e-), but the cluster of H₂O seem to be reduced in size from about 10 to 13 molecules per cluster to 5 to 6 molecules per cluster.

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The reduced water comes out of the faucet, and the oxidized water comes out of a separate hose leading into the sink. You can use the reduced water for drinking or cooking. The oxidation potential of the oxidized water makes it a good sterilizing agent, ideal for washing hands, cleaning food or kitchen utensils, and treating minor wounds.

What the IONIZED WATER Unit Produces

Redox potential comparison

After electrolysis of the water inside the Ionized Water unit, reduced water comes out of the cathodic side and oxidized water comes out of the anodic side. Compare these measurements of these three types of water: tap water before electrolysis, the reduced water, and the oxidized water.

Reduction-oxidation (redox) potential			
Water Type	redox potential	pH	What it Means
Tap Water	+400 to +500 mV	7	Slight oxidation potential.
Reduced Water	-250 to -350 mV	8	Strong reduction potential, contains a mass of electrons that can be donated to free radicals.
Oxidized Water	+700 to +800 mV	4	Strong oxidation potential, a shortage of electrons giving it the ability to oxidize and sterilize.

Redox potential, not pH, is the crucial factor

Traditionally we have judged the properties of water from the standpoint of pH, in other words whether water is acidic or alkaline. According to Dr. Yoshiaki Matsuo PhD., the inventor of the Ionized Water unit, *"In my opinion, redox potential is more important than pH. The importance of pH is over emphasized. For example, the average pH of blood is 7.4 and acidosis or alkalosis are defined according to deviation within the range of 7.4 +/- 0.005. But nothing has been discussed about ORP, or oxidation-reduction potential."*

The pH of tap water is about pH 7, or neutral. When tap water is electrolyzed into Ionized Water, its reduced water has a pH of about 9 and the oxidized water a pH of about 4. Even if you make alkaline water of pH 9 by adding sodium hydroxide or make acidic water of pH 3 by adding hydrogen chloride, you will find very little change in the ORP values of the two waters. On the other hand, when you divide tap

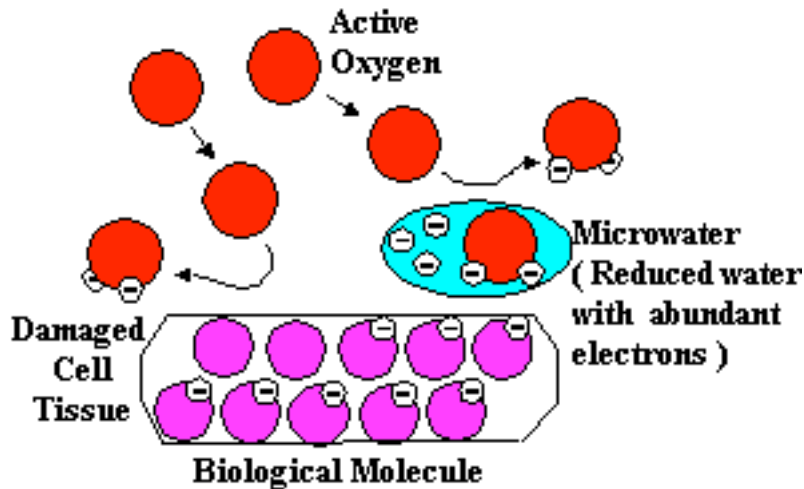
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water with electrolysis you can see the ORP fluctuate by as much as +/- 1,000 mV. By electrolysis we can obtain reduced water with negative potential that is good for the body.

USING IONIZED WATER

What IONIZED WATER Does



The Ionized Water unit produces two kinds of water with different redox potentials, one with a high reduction potential and the other with a high oxidation potential.

Reduced Water

When taken internally, the reduced Ionized Water with its redox potential of -250 to -350 mV readily donates its electrons to oddball oxygen radicals and blocks the interaction of the active oxygen with normal molecules.



A biological molecule (BM) remains intact and undamaged.

Undamaged biological molecules are less susceptible to infection and disease. Ionized Water gives up an extra electron and reduces the active oxygen (AO), thus rendering it harmless. The AO is reduced without damaging surrounding biological molecules. Substances which have the ability to counteract active oxygen by supplying electrons are called scavengers. Reduced water, therefore, can be called scavenging water.

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When taken internally, the effects of reduced water are immediate. Ionized Water inhibits excessive fermentation in the digestive tract by reducing indirectly metabolites such as hydrogen sulfide, ammonia, histamines, indoles, phenols and scatoles, resulting in a cleaner stool within days after reduced water is taken on a regular basis. **In 1965, the Ministry of Welfare of Japan announced that reduced water obtained from electrolysis can prevent abnormal fermentation of intestinal microbes.**

Oxidized Water

Oxidized water with its redox potential of +700 to +800 mV is an oxidizing agent that can withdraw electrons from bacteria and kill them. The oxidized water from the Ionized Water unit can be used to clean hands, kitchen utensils, fresh vegetables and fruits, and to sterilize cutting boards and minor wounds. Tests have shown that oxidized water can be used effectively to treat athlete's foot, minor burns, insect bites, scratches, and so on.

Dr. Yoshiaki Matsuo, Vice Director of the Water Institute of Japan, has developed another apparatus capable of producing hyper-oxidized water with a redox potential of +1,050 mV or more, and a pH lower than 2.7. Tests have shown that this hyper oxidized water can quickly destroy MRSA (Methicillin Resistant Staphylococcus Aureus).

Although hyper-oxidized water is a powerful sterilizing agent, it won't harm the skin. In fact, it can be used to heal. Hyper-oxidized water has proven effective in Japanese hospitals in the treatment of bedsores and operative wounds with complicated infections.

But perhaps the most exciting future application of hyper-oxidized water is in the field of agriculture where it has been used effectively on plants to kill fungi and other plant diseases. Hyper-oxidized water is non-toxic, so agricultural workers can apply it without wearing special protective equipment because there is no danger of skin or respiratory damage. An added benefit of using hyper-oxidized water to spray plants is that there is no danger to the environment caused by the accumulation of toxic chemicals in the ground.

Ionized Water superior to antioxidant diet

Today we read much about correct dieting principles and paying attention to what we eat in order to stay healthy. This is a sensible practice, but it is surprising that many of us don't realize that the bulk of what eat is composed of water. Vegetables and fruits are 90% water; fish and meat are about 70% water as well.

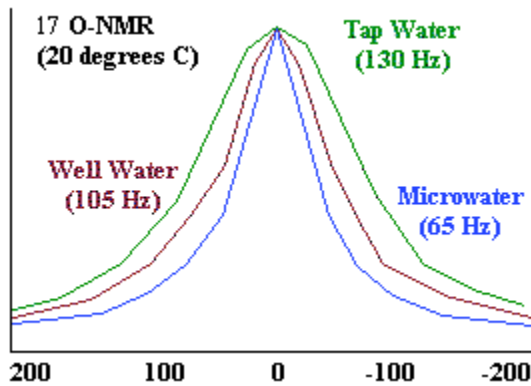
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Even advocates of the importance of vitamin C in diet staples have to admit that its potency, namely, the redox potential of this important vitamin, rapidly diminishes with age and preparation for the dining table. Carbohydrates, the main consistent of vegetables and fruit, has a molecular weight of 180 whereas water has a much lower molecular weight of 18.

Molecular Weight Compared	
Substances	Molecular Weight
Microwater	18
Beta-carotene	150
Vitamin E	153
Vitamin C	176

Ionized Water, with its low molecular weight and high reduction potential, makes it a superior scavenging agent of active oxygen. But electrolysis inside the Ionized Water unit not only charges the reduced water with electrons, it also reduces the size of reduced water molecule clusters.

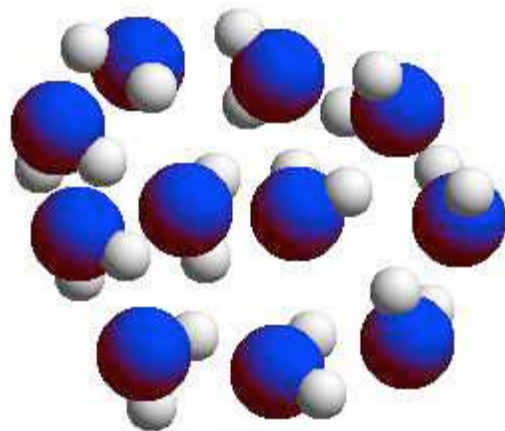


NMR (Nuclear Magnetic Resonance) analysis reveals that tap water and well water consists of clusters of 10 to 13 H₂O molecules. Electrolysis of water in the Ionized Water unit reduces these clusters to about half their normal size -- 5 to 6 water molecules per cluster.

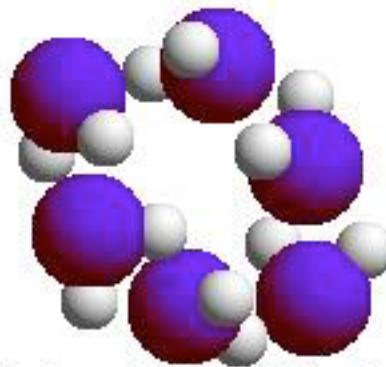
As the graph shows, the NMR signal that measures cluster size by line width at half-amplitude shows 65 Hz for reduced water and 133 Hz for tap water, revealing that the reduced water clusters are approximately half the size of tap water clusters.

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Untreated Water Cluster



Reduced Water Cluster
Through Electrolysis

This is why Ionized Water is more readily absorbed by the body than untreated tap water. Ionized Water quickly permeates the body and blocks the oxidation of biological molecules by donating its abundant electrons to active oxygen, enabling biological molecules to replace themselves naturally without damage caused by oxidation that can cause diseases.

SUMMARY AND CONCLUSIONS

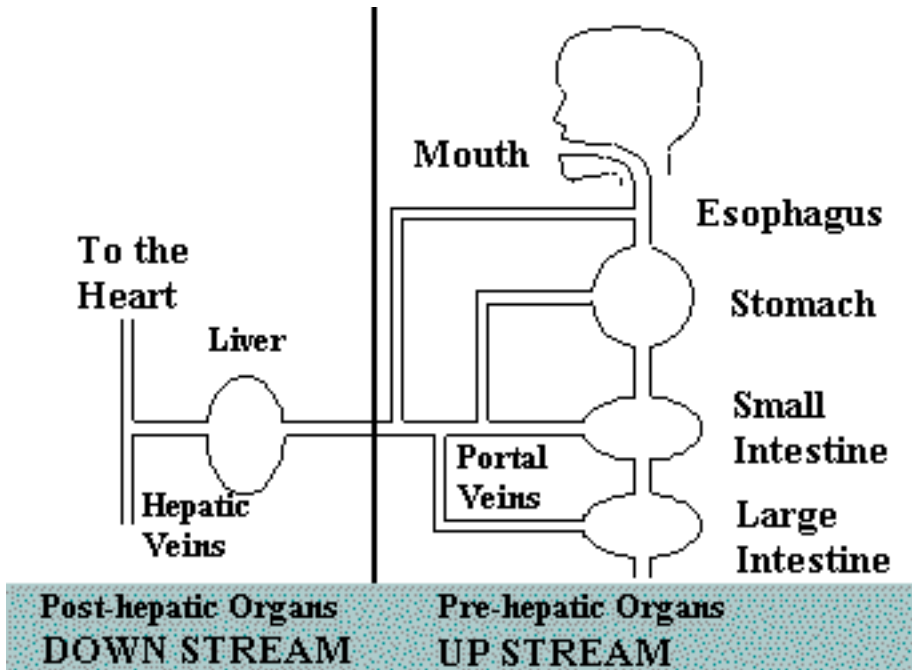
Upstream and downstream theory

Prevent disease at the source

According to Dr. Hidemitsu Hayashi, Director of the Water Institute of Japan, "To eliminate the pollutants in a large stream that is contaminated at its source, we must work on the problems upstream at the headwaters -- the source of the pollution -- not downstream where we can only try to treat the evidence of damage caused by the pollution. Ionized Water's contribution to preventive medicine is essentially upstream treatment."

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Upstream

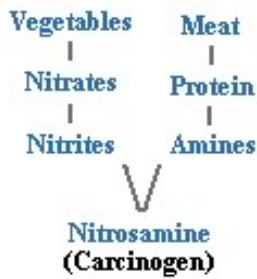
According to our model, we consider the digestive tract upstream where we intake water and food. Although many people today in developed countries are growing more skeptical about what they eat, they tend to concentrate more on what the food contains rather than the metabolized products of foods in the digestive tract.

Upstream

Reduced water indirectly reduces hydrogen sulfide, ammonia, histamines, indoles, phenols, and scatoles and changes them into harmless substances.

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Defecation of cleaner stools.

For example, consider the typical balanced diet of meat and vegetables. Meat protein is metabolized into amines while nitrates from fertilizers used to grow vegetables metabolize into nitrites in the digestive tract. These amines and nitrites combine to form nitrosamine, a recognized carcinogen.

We've already discussed that odoriferous feces are evidence of excessive fermentation in the digestive tract, so reduced water performs a very important function upstream in the digestive tract by reducing this excessive fermentation as evidenced by cleaner stools within days of starting a steady regimen of reduced water.

Downstream

The oxidation of normal, healthy cell molecules by active oxygen is blocked. The biological molecules remain intact.



Diseases linked to excessive oxidation of normal biological molecules are prevented.

Downstream

Downstream from the digestive tract, starting at the liver, reduced water quickly enters the liver and other organs due to, first, its lower molecular weight, and, secondly, the size of its clusters. At tissue sites throughout the body, reduced water with its safe, yet potent reduction potential readily donates its passenger electrons freely to active oxygen and neutralizes them so they cannot damage the molecules of healthy cells. Normal cells are protected from the electron thievery of active oxygen

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and allowed to grow, mature, function and regenerate without interference from rogue, oddball oxygen radicals which tend to steal the electrons from the molecules of normal, healthy biological molecules.

The water boom

We are now in the midst of a water boom. In Japan and other countries consumers are buying various kinds of bottled and canned water even though water is one of our most abundant vital resources. Research data reveals that mineral waters have an ORP of +200 mV, slightly lower than the +400 mV measured for ordinary tap water. We can say that at least mineral water is marginally better than tap water from the viewpoint of ORP. Compared to any processed water for sale, however, Ionized Water with its reduction potential of -250 to -300 mV is beyond comparison due to its ability to scavenge active oxygen radicals.

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Many Uses of Alkaline and Acid Waters

Drinking Alkaline Water

Splits large water clusters in half, making them smaller and more easily absorbable by your body. So, the water you drink will hydrate your cells far better than any other water can do.

- Boosts the pH of your drinking water to reverse the effects of the acidic condition of your body. *[With most people, many wastes sit in the cells for long periods or forever waiting to be eliminated. Research shows that diseases thrive in an acid environment. The modern fast-food diets we eat, sodas we drink, and stressful lifestyles we live only make that acid environment inside our bodies worse over time. To combat this, **drinking alkaline water helps to buffer this acidity and neutralize our bodies, allowing our cells to be cleansed.***
- Detoxifies your body at a cellular level (gets toxins out)
- Transforms water's ORP (oxygen reduction potential), and so it becomes an antioxidant.
- Helps the fat-cell build-up of waste storage to finally be released.
- Helps the arteries in the same way as the fat cells.
- Helps the bowels to become cleansed and hydrated.

Instructions: Start out at the lowest setting for alkalinity. Drink this for at least 3 days. Your body may go into what's called a detoxification-phase (detox), because it has a lot of acidic wastes (toxic) which are now able to release from your cells. If you take it kind of slow at first, you'll feel less discomfort due to this detoxification process. Some symptoms of detoxification are: headaches, increased thirst, pimples, aching in the lower back (kidney) area. Some people never feel these detox symptoms. So if you don't feel any negative effects after 3 days, then move up to the next higher level of alkalinity. Or, if you had symptoms, but they're now subsided, move up to the next level. There's no need to rush though. Once you reach about the 3rd level, stop moving up. That's the ordinary "drinking-level" for alkaline ionized water. However, if you want to try a higher level, that's fine. If you like the taste, and you don't feel any negative effects from it after about 3 days, then it's probably the right level for you.

How Much Water Should You Drink Per Day?

You should drink at least 1 ounce of ionized water times half your body weight. That would mean, if you weighed 150 lbs, you'd drink 70 ounces per day (8 or 9 cups) of ionized water or more. However, it is even better if you can drink up closer to one gallon of ionized water per day for optimum results.

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Tyent Water Systems are available at www.Fitzz.com or by calling 1.866.813.3621

If you need to take prescription medicine, it is advised to drink only purified water for a 20-minute period just before and after taking your medication. This ensures that the pH level of the water will not interfere with the intended effects of the medication.

Uses of Acid Water - Cleaning, Skin-Care and Beauty

Use at a pH of about **2.5 - 3.5** for its antiseptic value. Put your ionizer on the strong acid water setting and use this water as an antiseptic, skin tonic or cleaner. You can put it in a spray-bottle for convenient use in the kitchen. **Acidic Water** has an astringent effect on what it comes in contact with. For this reason, it is able to tighten and smooth your skin, and is particularly effective in the treatment and prevention of acne, pimples and rashes. Moreover, its disinfecting and sterilizing ability also helps in treating minor skin wounds.

Strong Acidic Water (pH 2.7) is not suitable for drinking but is perfect for other tasks. Strong acidic water has great disinfecting power and is often used by restaurants to prevent food poisoning. This water is the strongest disinfectant of its kind! It's great for:

For your Skin, Hair and Teeth - specific benefits include:

- Strong acidic water improves many skin ailments such as Athlete's Foot
- Shampooing: When using acidic ionized water before and after shampooing, it will not only protect your hair, but also prevent hair loss, itching, and dandruff.
- Hair care - use acidic water instead of a conditioning rinse. It will reduce tangles and give your hair a healthy shine.
- Bathing: Mix in 6-10 liters of acidic water to your tap water in your bath tub. Bathing in this water will improve the overall health and beauty of your skin. Bath water - acidic water will keep your tub free of rings while keeping your skin radiant.
- Burns: Applying acidic water eases the pain of burns and accelerates its recovery.
- Sunburn: Acidic water also relieves inflammation and hastens recovery.
- Eczema and Acne: Acidic ionized water is able to kill bacteria, to keep the skin clean and to improve your skin condition.
- Brushing Teeth: If you regularly use acidic water for brushing your teeth, it will help to maintain healthy teeth with whitening, sterilizing and disinfecting results.

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- Gargling: Gargling with acidic water prevents infection of germs by killing the microbes that cause colds and tonsillitis.
- Pimples, boils, infections or other skin eruptions use at the **medium to strongest acidic** setting and soak the infected area for 20-minute periods 2 to 3 times per day or more if desired until healed. If the area gets and stays red, reduce the acidity-level.
- Clean cuts, bruises and scrapes
- Kill acne bacteria
- Reduce inflammation and redness
- Soak burns, psoriasis or other skin sores
- Face wash or toner - the acidic water has amazing astringent properties that help to tone and firm your skin.
- Hygiene - use this water to disinfect your hands, toothbrush and more.

Cooking with Acidic Water

Due to its constricting effect, **Acidic Water** also has a wide range of cooking uses, which are:

- Cooking noodles with acidic water will prevent the noodles from becoming soggy.
- Using acidic water to coat fried dishes will help that the dish is much crispier.
- Soak fish in acidic water before cooking. It will tighten the meat of some fish, making it easier to cook.
- Washing fruits and vegetables with acidic water will kill harmful bacteria. Clean (soak for 3-5 min.) vegetables with acid water [2.5 - 3.5] to kill the germs without harming the healthiness of the vegetables. Then soak your vegetables in the strongest setting you can get of alkaline water [11 - 11.5] for another 5-10 min. What this does is dissolve the pesticides from the surface of your vegetables. Farmers are using pesticides today that are oily, because the oily pesticides don't wash off easily in the rain. However, this makes them also not easy to wash off in your sink! Now you can counteract that by soaking your non-organic vegetables in the strong alkaline water. The water will turn a brownish color. That's the dirt and pesticides becoming released. After 10 minutes, Pour that water out and soak once more in some fresh alkaline water for another minute or so, and you're ready to go. Washing veggies and fruits will maintain their vibrant colors.
- Fried food - will come out crispy.
- Frozen food - when you spray your food with acidic water prior to freezing, you're ensuring that the flavor will not be lost when thawed.
- Cooking beans - they will cook to perfection in less time! Beans can be soaked in alkaline ionized water for a shorter time before cooking. Cooking rice with alkaline ionized water helps prevent spoilage.

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Health:

- Gargle to relieve a sore throat and kill germs
- Used in hospitals in Japan to sterilize endoscopes and heal skin ulcers
- This water kills HIV and other viruses such as staph, strep, Candida, athlete's food fungus,
- **Teeth:** Used for brushing and gargling Sanitize your tooth brush (soak for 20-30 minutes) Effectively removes plaque from teeth. Have healthier gums. Brush with ionized acid water instead of toothpaste. Rinse with tap or alkalized water.
- Gargle to relieve mouth sores and to prevent infection by germs including the microbes that cause colds and tonsillitis.
- Removes bad breath.
- Sore throats: In the odd chance of a sore throat, try gargling with strong acidic water several times per day and see if that helps.
- Acts as an astringent to tighten skin and remove small wrinkles. Relieves chapped hands and dry, itchy skin.
- Excellent therapy for fungus such as athlete's foot.
- Helps heal and disinfect cuts, blisters, scrapes, rashes, burns and wounds.
- Accelerates recovery when applied to bruises, sprains, eczema and other skin problems.
- Helps heal diabetic skin ulcers.
- Alleviates the pain and speeds recovery of burns.
- Relieves inflammation and speeds recovery from sunburn.
- Provides relief from mosquito bites, bee stings, poison ivy and poison oak.

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Uses in the Kitchen and General Household Cleaning

Strong acidic water has excellent disinfecting powers that can prevent food poisoning. e. coli, salmonella and a host of pathogens in as little as 30 seconds.

- Cleaning and disinfecting - strong acidic water kills germs and bacteria, sanitizing your home in the most important places: the bathroom and kitchen. Strong acidic water was approved as a food product disinfectant in June 2002 in accordance with Food Hygiene Law.
- Wash and rinse dishes. Your glasses will come out sparkling clean.
- Clean work surfaces, cutting boards, etc. and rinse dishes with high level acid ionized water.
- House cleaning: Acidic water works as an agent to sterilizing, preventing odors, removes dirt and grime as well as unseen germs.
- Polishing: Acidic ionized water effectively cleans mirrors, glass, knives, and eyeglasses.
- Cleaning: Use acidic water to wash and disinfect your cutting boards, tableware and pots and pans (when soaked overnight, stains and burns are easily removed).
- Sponges: Fungal and bacterial growth is stopped, preventing bad smells and contamination.
- Washing hands: Wash your hands with acidic water to effectively remove odors and itching.
- Washing Vehicles: The dirt is removed much more easily when using acidic water.
- Polishing - polish mirrors, windows and more for a high sheen.
- Housecleaning - acidic water removes dirt from ceramic tiles, hardwood floors, and more without leaving a sticky mess behind.
- Disinfect knives, cutting boards and counter tops (soak for 20-30 minutes)
- Sanitize dish rags and sponges (soak for 20-30 minutes)
- Soak fish to remove impurities.
- Clean your house without using toxic chemicals
- Proven to kill MRSA (methicillin resistant staph aureus)
- Rinse cycle - soaking your clothes in acidic water before the spin cycle will soften your apparel.
- Removing stains - leave your clothes to soak in acidic water for a full day.

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Miscellaneous Uses:

- Pet care - it gives your pet soft and shiny fur when you brush with it.
- Pets: Bathing your pets in acid water helps to prevent skin disease and itching and also leads to an overall healthier coat of fur.
- Flower Arrangement: Coat the stem of the flowers into diluted acidic water and your flowers will look fresh for a much longer time.
- Bathe pets in MILD acidic ionized water for silky fur and healthy skin.
- Improves healthy plant growth.
- Plants require less water.
- No need for pesticides.

Commercial uses:

Acid ionized water with high oxidant levels (O.R.P. of +1100mV) is currently used in American and Japanese hospitals in the treatment of bedsores, operative wounds with complicated infections, and diabetic ulcers. This water is sometimes referred to as "super oxide water". It is used extensively in Japan's medical facilities for the sterilization of surgical equipment and wounds. For the same reasons, it has been adopted by the food service industry for the sterilization of kitchen utensils and the cleaning of seafood and meats. In agriculture acid ionized water is used effectively on plants to kill fungi and molds. For example, it is sprayed on sprouts, wheatgrass, and germinating plants in nurseries to prevent mold. Golf courses have used it to vastly reduce their reliance on pesticides and herbicides.

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Uses of Strong Alkaline Water

Strong Alkaline Water (pH 11.5) is not safe for drinking.

It's a grease-cutter and is also used for Cleaning

Uses for High pH Alkaline Water (pH 11)

- You can pour 2 - 4 gallons of it in with your laundry and not need to use detergent.
- You can use for cleaning greasy areas, like floors, stoves and countertops.
- Strong alkaline water is used to remove pesticides and impurities from your vegetables and fruits, which remain if cleaned with regular water.
- If oil and strong alkaline water are combined, the water actually emulsifies the oil! This makes this type of water ideal for:
 - Cleaning - It's great for kitchen countertops, bathrooms, and more.
 - Sanitizing - It's great for utensils, kitchen tops, etc.
 - Oil removal - Remove oily substances from hard to clean items such as the outdoor grill.
- Plants - Strong alkaline water is used to kill fungi and other plant diseases. This is especially noteworthy because agriculture workers do not have to wear any protective gear when applying strong alkaline water to plants.

pH 10.0 (High alkalinity water):

High alkalinity water has a detergent-like effect and is able to dissolve and draw out oil-based substances (pesticides are often oil-based and not removed with standard water). pH 10.0 high alkalinity water more effectively emulsifies oil, cleans oily or greasy items, strips oil-based pesticides off produce and infuses vegetables with negative ions that retard their degeneration. Some specific uses include:

- Clean cutting boards, knives and dishes
- Sterilize (soak) vegetables, beef, pork and fresh fish. Also helps to bring out natural flavors and reduce acid.
- Great for making soups
- First rinse rice in pH 8.5 alkaline water and then cook that rice in pH 10.0 water to quicken cooking time, reduce damage to the rice and maintain its natural flavor.
- Remove spots and stains
- Reduce detergent use
- Meats- for taste and tenderness, soak for 20 minutes

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- Soak vegetables to remove bitterness. Boil vegetables in this water to help maintain their nutrients and color.
- Effectively remove pesticides from fruits and vegetables
- Infuse vegetables with a high negative ORP providing a ready supply of antioxidants.

Alkaline Water in Cooking:

- Enhances food flavors.
- Decreases food's acidity.
- Improves nutrient absorption by the body.
- Removes bitterness that some vegetables may have
- Cooking beans - they will cook to perfection in less time! Beans can be soaked in alkaline ionized water for a shorter time before cooking.
- Cooking rice with alkaline ionized water helps prevent spoilage.

Ionized Water (**pH 8.0 - 10.0**) is safe for drinking and makes your drinking water more flavored. Ionized water helps to balance your body's pH level. With continued use, Ionized water helps to replenish your calcium levels and balances your body's pH. It is ideal for:

- Drinking - There is a lighter taste, no unpleasant odor, and a sweet flavor.
- Food preparation - Removes the harsh taste and strong smell of foods such as onions and meats.
- Rice - Produces very fluffy rice. "Coffee and tea", you'll enjoy a richer flavor than every before.
- Soups and stews - The ingredients will have purer flavor, lessening the need for additional seasoning such as salt.
- Plants - They thrive when watered with pure water.
- Animals - Your animals will experience increased health and energy as well as decreased body odor.
- Crafts - Pure water is perfect for dyeing cloths.
- Colon cleansing - Pure water helps to remove accumulated waste when used with a colon cleansing unit.

Clean Water (**pH 7.0**) removes chloride, rust and cloudiness from your water, creating absolutely delicious water. It is great for:

- Taking medication - Ionized clean water is quickly absorbed and helps your medication be assimilated quicker as well.
- Baby food: Clean water is ideal when preparing baby formula.

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pH 9.5

- This is the level most adults choose to drink.
- This is also a good level for making tea; it enhances natural flavors and shortens stewing time.
- If you drink alcohol, this level of water is good to help with hangovers.

pH 9.0

After drinking pH 8.5 water for one to two weeks, drink this water for one to two weeks before drinking 9.5 pH.

pH 8.5

- Use this level when you first start drinking alkaline water. Drink this level for one to two weeks before progressing to 9.0 pH.
- This is also a good level for mixing with powdered milk and for those with gastroenteric issues.

pH 5.5 (Mild Acid Beauty water):

Beauty-Water (put your ionizer on the 3rd level of alkalinity and save the water that comes out of the bottom hose [pH 4 - 6] to use for rinsing and soaking your hair after washing, rinsing your face and sensitive skin areas regularly without need for added soaps)

Because human hair and skin is mildly acidic, acid water is used restore sheen to hair and smoothness to skin. It can relieve dry itchy skin, including the itchiness resulting from poison ivy and poison oak. Helps in the treatment of acne and eczema.

Use for personal cleansing and as an astringent (a substance that tends to shrink or constrict body tissues, usually used as a topical application). Two common examples are calamine lotion and witch hazel. Specific uses include:

- Restores shine to hair /lends silky softness to skin
- Has excellent cleansing and astringent qualities -tightens pores like a toner
- Ideal for bathing sensitive skin & Infants

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- Relieves sunburn
- Relieves skin problems such as psoriasis, rashes, eczema and dryness
- Athlete's foot
- Minor burns and scratches
- Insect bites

Other uses for higher pH ALKALINE and Low pH ACIDIC Water

- Brush teeth to clean & whiten; rinse your mouth to kill germs and bacteria.
- Gargle to kill germs and bad breath
- Makes great tasting coffee and tea (removes acidity/acid taste)
- Great for cooking pasta/noodles
- Use to make batter for fried foods – makes them crunchier
- Great for cleaning windows
- Use in your humidifier

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Ionized water – balanced better than a mountain stream!

Facts:

Our bodies are made up of approximately 80% water. Bottled, distilled and reverse osmosis waters are very acidic, which will offset your body's PH and contribute to many problems that can be prevented by simply drinking alkaline Tyent Water.™ Alkaline Tyent Water is clean and filtered, but most importantly, it is alkaline, full of oxygen, 10 times more hydrating than bottled water, and it has oxidation reduction properties which protect your body at the cellular level. The unique properties of Tyent Water™ make it one of the easiest; most affordable and healthiest choices that you can make to protect yours and your family's health.

Problem:

Fact: Disease thrives in an acidic environment! Almost all diseases can be traced back to a PH imbalance in the body, which puts a strain on our organs and body systems. Although we continuously strive for optimum health by making healthy lifestyle choices, our bodies continue to be in a constant tug of war with becoming acidic due to our diet, drink, stress and even pollution, all of which increase our bodies acidity. If your body is acidic, germs and disease will flourish.

Solution:

In order to get healthier and stay healthier we must take care of our bodies by adjusting our diets and hydrating ourselves by drinking at least six to eight glasses of ionized/alkaline Tyent Water™ on a daily basis. Continuing to drink ionized water is the best way to get rid of the free radicals that cause damage to your cells. Tyent Water promotes detoxification, and will rid your body of toxic waste, all while keeping you extremely hydrated.

By using a Tyent USA water ionizer in your home, you will obtain healthy clean water through our residential water filtration system, and you will immediately begin reaping the benefits of cellular oxidation reduction and optimum PH levels. If your body is alkaline, germs and disease don't have a chance.

Fact:

Ionized Water's other Antioxidant property which also provides the body with lots of oxygen.

The other Antioxidant quality of Ionized Water is hydroxyl ions. These are oxygen molecules with an extra electron attached to them as are all antioxidants such as vitamins A, C and E. Hydroxyl ions scavenge for free radicals, which are unstable oxygen molecules that cause damage to us. Once the hydroxyl antioxidant and free radical have canceled each other, the result is that the body is provided with lots of

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oxygen and therefore lots of energy. Oxygen is one of the most exhausted nutrients in our body because of our diet and the Earth's oxygen-depleted environment today. Oxygen destroys cancer cells as well as bacteria and viruses invading the body. It carries away acid waste from body tissue. It is vital to human health, perhaps our most important nutrient. A glass of strong Ionized Water first thing in the morning naturally helps you to wake up.

To get the full power of Negatively Charged, Antioxidant, Oxygen-Rich Ionized Water, it must be consumed fresh and strong, right out of the tap.

Slow the water flow down on the Water Ionizer and the glass you fill will have thousands of tiny bubbles in it. Those are hydroxyl ions, which is the antioxidant and the reason for the Negative ORP. The ORP is the most fragile aspect of Ionized Water lasting only a maximum of 18-24 hours. You can also run water through the unit that is slightly tepid and not too cold to get full ionization potential.

Ionized Water is very Alkaline and helps balance the body's pH, which tends to be acidic because of our diet comprised of cooked foods, pasteurized or otherwise processed foods. Soft drinks are the most acid substance a person can put in their body. This acidic condition creates an ideal environment in our body for disease to thrive. For example, accumulated acid waste in the joints encourages inflammation and arthritis. Because it is very Alkaline, Ionized Water dissolves accumulated acid waste and returns the body to a balance. Keeping ourselves Alkaline is the first line of defense in fighting any disease.

Ionized Water is up to six times more hydrating than conventional water.

Water is one of the most important elements in the body, which is over 80% water. Ionized Water is fundamentally different from conventional water. This is because the size and shape of the water molecule cluster has reduced in size and changed in shape to hexagonal, which allows the water cluster to pass through our tissue more easily. One of the primary causes of disease is chronic cellular dehydration, a condition which leaves the body's cells in a perpetual state of weakness and defense. One of the major causes of chronic disease is not providing the body with sufficient water. We simply do not drink enough water (at least half our weight in ounces) to keep ourselves properly hydrated and therefore healthy.

Ionized Water is extremely detoxifying. This is also because of the reduced size and shape of the water molecule clusters. Once reduced, these water clusters pass through the body's tissue much easier and push out toxins and acid waste quite

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effectively. Water Ionizers have several levels of strength so people who are toxic can begin by drinking mild Ionized Water, slowly drinking it stronger as they acclimate to it.

Minerals that are ionized are more bio-available, meaning that the body can absorb them much more efficiently and make use of them where they are needed throughout the body. Water soluble trace minerals of any kind can be added to your water source through the filter on some Water Ionizers. Minerals are some of the most important nutrients the body needs, yet mineral deficiency is common. Ionized Water is an efficient and effective way for the body to get minerals.

Ionized Water improves the taste of food.

Ionized Water hydrates food better, helps bring out its flavor and lowers acid levels of any food including coffee, tea & juice. It ionizes the minerals in the food which helps make them bio-available.

Having Ionized Acid Water on hand is worth the price of a Water Ionizer.

Ionized Acid Water is great for the skin.

Applying Ionized Acid Water regularly works like an astringent to tighten the skin and remove wrinkles, however, there is NO chemical residue. It soothes and helps keep the skin clear of acne and other blemishes.

At its strongest level, Ionized Acid Water kills most bacteria on contact.

It improves hair and skin conditions of any kind, including fungus, cuts, scraps, even serious wounds. It takes the itch out of mosquito bites, the sting out of other insect bites.

Ionized Acid Water has been used successfully in treating diabetic ulcers.

This is a condition that develops in diabetics where a fester opens in the skin, usually in the legs or feet, which can result in amputation if not promptly treated. These ulcers can become very serious. However, soaking the ulcer in Ionized Acid Water has tremendous healing effects.

Ionized Acid Water promotes substantially healthier plant growth.

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Anti-Aging Secrets of Ionized Water

We cannot stop getting older, but can we arrest the aging process, says author Yinka Thomas, creator of the “No Nips, No Tucks” anti-aging program. “Getting older is natural and inevitable,” she writes. “Aging is not. Scientific study has now shown us that aging can be prevented. It is a choice.”

Getting older relates to the passage of time, while aging relates to the degeneration of cells. Aging is not just a matter of gray hair or wrinkles on the surface of the body.

The same kinds of changes occur inside the body. Muscles atrophy, organs shrink, and bones weaken. The body becomes more susceptible to diseases and injuries, leading to a deterioration in the quality of life, the loss of independence, and dependency on others.

The culprit is not time. It is the constant assault on bodily tissues by organic acids and by active oxygen, also known as free radicals. These molecules are very unstable and react rapidly and non-specifically with most biological molecules, including cellular components such as DNA, proteins and lipids. This reaction is known as oxidation. The oxidation caused by free radicals has been linked to many diseases, including cancer, arthritis, atherosclerosis, Alzheimer's disease, and diabetes.

The body controls free radicals through a complex network of antioxidant metabolites and enzymes that work together to prevent oxidative damage. Antioxidants such as vitamins A, C, and E often carry an oxygen molecule with an extra electron, or ion, attached. The extra ion gives the oxygen molecule a negative charge. The negatively charged antioxidants are attracted to the positively charged free radicals. When they meet, the antioxidants and the free radicals bond, preventing the free radicals from causing further oxidation reactions. When free radicals are controlled, tissue breakdown slows or stops. “Changes in your lifestyle will slow, stop and even reverse the ageing process,” writes Thomas. “If we implement these changes, we will stay strong, energized and youthful as we get older.”

One of the changes Thomas recommends is drinking ionized water. By delivering an electrical charge to regular tap water, a water ionizer divides water into two streams: alkaline for drinking and acidic for topical applications, such as washing the face and hair. Like antioxidant vitamins, the alkaline water molecules have an abundance of negatively charged ions. Once swallowed and absorbed into the system, these negatively charged molecules are attracted to the positively charged free radicals. When the two meet, they exchange electrons and bond. This action neutralizes the free radicals and prevents them from causing the kind of cellular damage that leads to aging.

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Clinical Documentary Reports from Doctors

HIGH BLOOD PRESSURE

Prof. Kuninaka Hironage, Head of Kuninaka Hospital

For over 10 years of my experience, my concept towards minerals, especially pertaining to ionic calcium in high blood pressure and other diseases is most significant.

In accordance to the theory of medical Prof. Gato of Kyushu University on Vitamin K (because vitamin K enables the blood calcium to increase), or the consumption of more alkaline ionic water, the effectiveness of the increase in calcium in high blood pressure is most significant. Most illnesses are caused by too much fats in the diets, which lead to the deposition of cholesterol on the blood vessels which in turn constrict the blood flow. This results in high blood pressure.

By drinking alkaline ionic water for a period of 2 to 3 months, the blood pressure should slowly drop, because the alkaline ionic water is a good solvent which dissolves the cholesterol in the blood vessels.

Note: According to Singapore Ministry of Health, Cholesterol has been identified as perhaps the most important risk factor for a heart attack. One in two Singaporeans has a cholesterol level above the accepted recommended level, The Singaporeans has a higher cholesterol level than his American or Japanese counterparts. - from The Straits Times 9/2/1989

HEART DISEASES

Prof. Kuwata Keijiroo, Doctor of Medicines

In my opinion, the wonder of alkaline ionic water is the ability to neutralize toxins, but it is not a medicine. The difference is that the medicine can only apply to each and individual case, whereas the alkaline ionic water can be consumed generally and its neutralizing power is something which is very much unexpected. Now, in brief, let me introduce to you a heart disease case and how it was cured.

The patient was a 35 years old male suffering from valvular heart disease. For 5 years, his sickness deteriorated. He was in the Setagays Government Hospital for treatment.

During those 5 years, he had been in and out of the Hospital 5 to 6 times. He had undergone high tech examinations such as angiogram by injecting VINYL via the vein into the heart. He consulted and sought treatment from many good doctors where later he underwent a major surgical operation. Upon his discharge from the hospital, he quit his job to convalesce. However, each time when his illness relapsed,

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the attack seemed to be even more severe. Last year, in August, his relatives were in despair and expected he would not live much longer. It so happened at that time that the victim's relative came across the alkaline ionic water ionizer. His illness responded well and he is now on the road to recovery.

Note: According to Singapore Ministry of Health, about 40% of heart disease patients are below 50 years of age - a higher percentage than in the West - from The Straits Times 9/2/1989

KIDNEY DISEASES

Prof. Kuwata Keijiroo, Doctor of Medicine

The difference between drinking alkaline ionic water and the normal water is that the excretion of urine is slightly more than intake. However, for severe kidney failure patients, water intake has to be restricted.

Consuming alkaline ionic water for these patients in controlled amounts proved to be beneficial. Normal tap water contains phosphate, calcium carbonate and the acidic ions. These acidic ions tend to reduce the efficiency of the calcium ions.

Pure alkaline ionic water does not have these problems and it can effectively strengthen the heart and increase urination. After consuming the alkaline ionic water for a month, the amount of urea and uric acid in the blood will show a marked improvement but will not disappear completely.

However, if you continue to drink alkaline ionic water for a period of 6 to 12 months, the urea and uric acid should be grossly reduced. Intake of protein during this period should also be controlled, persistent drinking of alkaline ionic water should eliminate the toxic effect of the urea and uric acid from the body.

According to a foreign paper report, patients undergoing dialysis tend to have their negative ions significantly reduced and the positive ions increased. Hence, according to the above experiment and from my personal clinical experience, drinking alkaline ionic water increases the positive ions which will have a significant effect on various kidney diseases. When kidney diseases do not respond to various drugs, it is good to treat them with alkaline ionic water.

ECZEMA

Prof. Tamura Tatsuji, Keifuku Rehabilitation Centre

Eczema is used to describe several varieties of skin conditions which have a number of common features. The exact cause or causes of eczema are not fully understood. In many cases, eczema can be attributed to external irritants.

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Let me introduce a patient who recovered from skin disease after consuming the alkaline ionic water. This patient suffered 10 years of eczema and could be cured effectively even under specialist treatment. This patient, who is 70 years of age, is the President of a vehicle spare parts company. After the war, his lower limbs suffered acute eczema and later became chronic. He was repeatedly treated in a specialist skin hospital.

The left limb responded well to treatment, but not so on the right limb. He suffered severe itchiness, which, when scratched led to bleeding. During the last 10 years, he was seen and treated by many doctors. When I first examined him, his lower limb around the joints was covered with vesicles. Weeping occurred owing to serum exuding from the vesicles.

I advised him to try consuming alkaline ionic water. He bought a water ionize and consumed the alkaline ionic water religiously and used the acidic water to bathe the affected areas. After 2 weeks of treatment, the vesicles dried up. The eczema was completely cleared without any relapse after 1 ½ months.

ALLERGIES

Prof. Kuninaka Hironaga, Head of Kuninaka Hospital

Mr. Yamada, the head o Police Research Institute, suffered from severe allergy. He was treated repeatedly by skin specialist, but with no success. Then, he started consuming alkaline ionic water. The allergy responded very well and was soon completely cured. No relapse had occurred, although he had taken all kinds of food. He was most grateful and excited about this treatment.

As for myself, I had also suffered severe allergy. Ever since I began to consume alkaline ionic water, the allergy has recovered. Since then, I started a research on the effectiveness of alkaline ionic water.

I discovered that most allergy is due to acidification of body condition and is also related to consuming too much meat and sugar. In every allergy case, the patient's ionic calcium are excessively low which in turn lower the body resistance significantly. The body becomes overly sensitive and develops allergy easily. To stabilize the sensitivity, calcium solution is injected into the vein. Therefore, it is clear that the alkaline ionic water which has ionic calcium can help to alleviate allergy.

The ionic calcium not only enhances the heart, urination, neutralization of toxins but controls acidity. It also enhances the digestive system and liver function. This will promote natural healing power and hence increase its resistance to allergy. In some special cases of illness which do not respond to drugs, it is found to respond well to alkaline ionic water.

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DIGESTIVE SYSTEM PROBLEM

Prof. Kogure Keizoo, Kogure Clinic of Juntendo Hospital

The stomach is readily upset both by diseases affecting the stomach and by other general illnesses. In addition, any nervous tension or anxiety frequently causes gastric upset, vague symptoms when they are under some strain.

The important role of alkaline ionic water in our stomach is to neutralize the secretion and strengthen its functions. Usually, after consuming the alkaline ionic water for 1 to 3 minutes., the gastric juice increase to 1 1/2 times. For those suffering from hypochlorhydria or achlorhydria (low in gastric juice) the present of alkaline ionic water will stimulate the stomach cells to secrete more gastric juice. This in turn enhances digestion and absorption of minerals.

However, on the other hand, those with hyperchlorhydria (high in gastric juice), the alkaline ionic water neutralizes the excessive gastric juice. Hence, it does not create any adverse reaction.

According to the medical lecturer from Maeba University, the pH of the gastric secretion will still remain normal when alkaline ionic water is consumed. This proved that the ability of the alkaline ionic water is able to neutralize as well as to stimulate the secretion.

Note: According to the Singapore Ministry of Health, Colo-rectal Cancer is 13% of cancer deaths. Colo-rectal cancer is one of the fastest-spreading cancer in Singapore and is fast overtaking lung cancer as the leading cancer killer. Those in the high-risk group are Chinese and those above 45 years. One in 25 Chinese has a possibility of being a victim --- The Straits Times 18/7/1992

DIABETES

Prof. Kuwata Keijiroo, Doctor of Medicine

When I was serving in the Fire Insurance Association, I used to examine many diabetic patients. Besides treating them with drugs, I provided them with alkaline ionic water. After consuming alkaline ionic water for one month, 15 diabetic patients were selected and sent to Tokyo University for further test and observations.

Initially, the more serious patients were a bit apprehensive about the treatment. When the alkaline ionic water was consumed for some time, the sugar in the blood and urine ranged from a ration of 300 mg/l to 2 mg/dc. There was a time where the patient had undergone 5 to 6 blood tests a day and detected to be within normal range. Results also showed that even 1 1/2 hour after meals, the blood sugar and

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urine ration was 100 mg/dc : 0 mg/dc. The sugar in the urine has completely disappeared.

PRE-ECLAMPTIC TOXAEMIA

Prof. Watanabe Ifao, Watanabe Hospital

Alkaline ionic water improves body constituents and ensures effective healing to many illnesses. The uses of alkaline ionic water in gynecological patients have proved to be very effective. The main reason for its effectiveness is that this water can neutralize toxins.

When given alkaline ionic water to pre-eclamptic toxemia cases, the results are very significant. During my long years of servicing the pre-eclamptic toxemia cases, I found that the women with pre-eclamptic toxemia who consumed alkaline ionic water tend to deliver healthier babies with stronger muscles. A survey report carried out on babies born in this group have intelligence above average.

OBESITY

Prof. Hatori Tasutaroo, Head of Akajiuiji Blood Centre, Yokohama Hospital, Faitama District

Due to a higher standard of living, our eating habits have changed. We consume too much protein, fats and sugar. The excess fats and carbohydrates are in the body as fats. In the present lifestyles, Americans are more extravagant on food compared to the Japanese. Due to this excessive intake, obesity is a significant problem. Normally, one out of five males and one out of four females is obese.

The degree of "burn-out" in food intake largely depends on the amount of intake of vitamins and minerals. When excessive intake of protein, carbohydrate and fats occurs, the requirement for vitamins and minerals increases. However, there is not much research carried out pertaining to the importance of vitamins and minerals.

Nowadays, many people suffer from acidification that leads to diabetes, heart diseases, cancer, liver and kidney diseases. If our food intake can be completely burned off, then there is no deposition of fats. Obviously, there will be no acidification problem and hence there should not be any sign of obesity.

The alkaline ionic water contains an abundance of ionic calcium. This ionic calcium helps in the "burn-off" process. By drinking alkaline ionic water, it provides sufficient minerals for our body. As a result, we do not need to watch our diet to stay slim.

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Hence, alkaline ionic water is a savior for those suffering from obesity and many adult diseases, providing good assistance in enhancing good health.

Science and Health Series

Article 14 - How to Stay Young and Healthy

21st Century Scientific Way

By Sang Whang

There are two basic scientific facts we need to know in order to understand human health and longevity.

1) As we age, we build up acidic wastes in our body. Acid comes from foods that we eat, some foods producing more acid than others. Acidic wastes are formed in our cells as we burn nutrients to get energy to live. Our body tries its best to dump the acidic wastes through urine, perspiration, and breathing CO₂ out. Unfortunately, we cannot get rid of 100% of these acidic wastes. We gradually accumulate these leftovers somewhere within our body. This is the process of aging.

2) Acid coagulates blood. It is a necessary property of blood to stop bleeding when we have a cut. Because of this life-saving property, blood gets thick as we age (or as we accumulate more acid), causing poor blood circulation. Poor blood circulation is the primary cause of adult degenerative diseases.

When we understand the above scientific facts, the solution to maintain youth and health is to reduce the acids in our body. Taking blood thinners is the wrong solution because bleeding will not stop when we have a cut; this is unnatural. Surgeons will not operate on patients who are on blood thinners. Then how can we reduce the acids? Here are three conventional and one lesser-known methods.

- 1) Diet: Reducing food intake forces the body to use up stored fats.
- 2) Exercise: Burn more calories and sweat more acids.
- 3) Physical removal: Liposuction or surgery.
- 4) Neutralization of acids: Drink alkaline water to dissolve acids for safe discharge through the kidneys.

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Diet and exercise do work to a certain extent; but to be effective and long lasting, we must follow through for an extended time, which is not that easy. Since we build up acids gradually and the entire body adjusts to the changes accordingly, we must, therefore, reduce slowly, giving all parts of our body time to adjust to the change. It is risky to rush this process. Liposuction or surgery is not only painful and expensive, but both are also unnatural. These methods can only remove fatty acids but not other deeply imbedded acids such as uric acid, kidney stones, sulfate, etc.

Drinking alkaline water is the cleanest and most effective way to reduce acids. The Japanese have been drinking alkaline water for over half a century. They developed a machine, called a water ionizer, that electrically splits tap water into alkaline water and acid water. At the end of World War II, Americans lived longer than the Japanese by about six years. Today, fifty years later, Japanese people live longer than Americans by about six years. In fact, they now have the longest life span on earth.

How can we get alkaline water? A water ionizer is a simple and low cost way to obtain fresh active alkaline water. The recommended dosage is 5 glasses a day for the average person. A bottle has approximately 600 drops and should last about 2 months.

Alkaline water does not burn fatty acids away but dissolves them. When we touch chicken or meat fat, our hands become sticky. Washing the fat off our hands with regular tap water does not work unless we use soap. Soap liquefies the fat and makes it easier to clean. Fat is acid and soap is alkaline.

Of the four methods to reduce acids in our body, drinking alkaline water is the cleanest, easiest and most effective. Alkaline water neutralizes acids, liquefies them and discharges them safely through the kidneys. Burning acids away by diet and exercise is the hard way, melting acids away by alkaline water is the easy way. Alkaline water is not a quick weight loss scheme. Yes, many lose weight but very slowly and it requires a steady drinking regimen.

Alkaline water does not have any nutritional value or medicinal value; all it does is neutralize and eliminate the excess acids in our body, thus improving blood circulation. When blood circulation improves, we feel more energetic and many disease symptoms diminish. Alkaline water is indeed the proverbial "fountain of youth". Since alkaline water is so beneficial, any intelligent person can recognize the damaging effects of highly acidic soft drinks, especially those with phosphoric acid.

" 'Life is a struggle, not against sin, not against the Money Power, not against malicious animal magnetism, but against hydrogen ions.' These words, written by H. L. Mencken about the meaning of life and death, may also apply to the struggle of the healthy skeleton against the deleterious effects of retained acid." (Dr. Jeffrey A Kraut, M.D., The New England Journal of Medicine, page 1821, Vol. 330 No. 25, June

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23, 1994). Mr. Mencken wrote these words in 1919. Indeed life's struggle is against retained acids (hydrogen ions are acid radicals). The most effective scientific weapon against acid is alkaline water.

Science has finally discovered the secret of health and longevity!

Ionized Water and Your Stomach

A question that people often ask me is, "What happens to your stomach acid when you ingest alkaline water? Does it hurt your stomach? Does it nullify the alkalinity of the water? Luckily, the answers to these questions are that it doesn't hurt your stomach nor does your stomach interfere with the benefits of ionized water. Let me explain why. First let's talk about how the stomach works. The inside of our stomachs is acidic. The acid is used to kill bacteria and viruses that come with the food. According to Sang Wang, author of "Reverse Aging" "The stomach pH value is maintained at around 4. When we eat food and drink water, especially alkaline water, the pH value inside the stomach goes up. When this happens, there is a feedback mechanism in our stomach to detect this and commands the stomach wall to secrete more hydrochloric acid into the stomach to bring the pH value back to 4." So, with this feedback mechanism, drinking ionized water seems like a lost cause, right? Not so fast.

The answer to our quandary comes in the way the stomach wall makes hydrochloric acid. According to popular misconception, our stomach is constantly acidic. Not true. If there was a pocket of acid anywhere in our body eventually it would burn a hole inside of us. So, as Sang Wang explains, "The cells in our stomach wall must produce hydrochloric acid on an instantly, as-needed basis."

The ingredients in the stomach cell that make hydrochloric acid are carbon dioxide, water, and sodium chloride. "The byproduct of making hydrochloric acid is sodium bicarbonate or potassium bicarbonate, which goes into blood stream. These bicarbonates are the alkaline buffers that neutralize excess acids in the blood; they dissolve solid acid wastes into liquid form. As they neutralize the solid acidic wastes, extra carbon dioxide is released, which is discharged through the lungs."

As Sang Wang explained, the byproducts of making hydrochloric acid are alkaline buffers. If you read the article I wrote about how an ionizer works, you'll remember that in order for an ionizer to make alkaline water, it must have an acidic by-product. In order for it to make acidic water, it must have an alkaline by-product. The same thing is going on inside our stomachs. When we eat food, our stomach wall produces acid, then it sends alkaline buffers through our blood to neutralize acid outside of our stomach, while the carbon gas is released from our lungs.

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So, when we drink ionized water, the alkalinity is passed directly into our blood stream, along with those alkaline buffers. As Sang Wang explains, "Alkaline or acid produced by the body must have an equal and opposite acid or alkaline produced by the body; therefore, there is no net gain. However, alkaline supplied from outside the body, like drinking alkaline water, results in a net gain of alkalinity in our body."

You can, therefore, drink alkaline water at any time of the day. If you drink with a full stomach, the alkalinity is passed into your blood stream with the alkaline buffers. When you drink with an empty stomach, the water is entering a neutral environment so there is nothing to interfere with it and it is passed into the blood stream.

The bottom line is your body likes alkaline products entering it, so your body has mechanisms in place to make sure it can receive the alkalinity.

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Take A Look At What Some Doctors Are Saying.... !

Dr. Theodore A. Baroody from his book "Alkalize or Die."

It is definitely a health benefit to anyone who would use it. I predict that the use of electronically restructured alkaline (ionized) water will change healthcare on a world-wide basis...

Through a very detailed system of testing and analysis covering 170 areas, called Bio kinetics, I have seen the following areas strengthened and stabilized on my clients by restructured (Ionized) water...

Urethra

Kidney Gravel

Lymph Vessels

Alkaline/Acid Balances

Colon

Stomach

Pancreas

"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!"

Extracts from comments & lecture notes by Dr. Mona Harrison, MD

Director International Water Council

Cancer tumors cannot live in alkaline water. All cancer patients should be on alkaline water, and you and I should be drinking alkalized water so our bodies won't provide an environment for cancer tumors to live.

Cancer is a long period of mineral deficiency caused by an over acid condition of the body.

The hydrogen ion is positively charged...[An ionizer]...changes the hydrogen ion into a negative charge. The liver loves negative hydrogen ions. That is why kidney and

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liver problems can be helped with alkaline ionized water...Urine that have a strong odor indicates an unhealthy body. If the body is balanced there is no ammonia and protein in the urine. An over acid body causes kidney stones and gall stones.

The kidney, heart, lungs, brain, intestines, mucous and skin are [electrolytic] membranes and need electrolyzed water.

Alkaline ionized water allows greater penetration than any other water and thus reduces wrinkles because the skin is getting the water it needs.

Reverse osmosis water units remove too many minerals from the water that our body needs and is too acid for the body to help the over acid condition.

Distilled water is neutral, dead water, and has no minerals or charge.

Alkaline ionized water electrolysis converts the inorganic minerals present in the water to organic minerals, just like plant juice.

Alkaline ionized water ties up free radicals from attacking healthy cells.

Alkaline ionized water is the most powerful liquid antioxidant that can rebuild the immune system and is revolutionizing the health industry. Most of our health problems today are caused by an over-acid condition of the body

According to Dr Keiichi Morishita in his "Hidden Truth of Cancer", if the blood develops a more acidic condition, then our body inevitably deposits these excess acidic substances in some area of the body such so that the blood will be able to maintain an alkaline condition.

Prof. Kogure Keizoo, Kogure Clinic of Juntendo Hospital

For those suffering from achlorhydria (low in gastric juice) the presence of alkaline ionic mineral water will stimulate the stomach cells to secrete more gastric juice. This in turn enhances digestion and absorption of minerals. However, on the other hand, those with hyperchlorhydria (high in gastric juice) the alkaline ionic mineral water neutralizes the excessive gastric juice.

Dr. Kancho Kuninaka, one of the pioneers of the alkaline ionic water treatment in Japan, states that virtually without exception, the patients with high blood pressure have an acidosis condition. He has many successful clinical cases where the acid free high pH alkaline ionic water lowered blood pressure.

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Dr. Keijiro Kuwabara of Japan has been clinically treating diabetes quite successfully by use of alkaline ionic water.

The pancreas produces one of the highest pH body fluids, pancreatic juice, with its pH value of 8.8. A shortage of calcium ions in the body impairs the production and the release of the insulin hormone. This eventually leads to an acidic blood condition. Clogged blood vessels caused by excess protein buildup also impairs pancreatic function. Alkaline ionic water, by supplying calcium in an ionized form and by helping prevent excess protein buildup, can help prevent and heal this condition.

Dr Russell Woolfe of the famed Quebec's Woolfe Clinic, a specialist in the study of water reportedly said,

“the only cause to all illnesses and diseases is due to the rapid accumulation of acidic waste in our body, a condition what medical practitioner called acidosis. And our greatest weapon against this is to create an alkaline body by daily consumption of alkaline ionic water. If your inner terrain is always alkaline and in balance it will not be a breeding ground for diseases.”

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