

# Great Health Begins With Restructured Alkaline Water

One of the hottest and most controversial topics today is WATER. Almost everyone is talking about water and there is a lot of confusion concerning it. Water quality is one of the main concerns, but taste has a lot to do with it as well. A recent City of Winter Park Water Quality Report mentioned the possible health risk “for people that have undergone organ transplants, cancer patients on certain drugs, some elderly people, infants and people with HIV/Aids or other immune systems disorders from drinking municipal water.” This warning comes from the U.S. Environmental Protection Agency and is effective for all municipal water systems. Well, if this is the state of your public water systems, what is a person to do? Even with good health, you should not challenge your immune system every time you go to the tap for a drink of water.

Restructured Alkaline water may well be the best element or supplement you can put in your body! The Japanese have researched this for over forty years and have found that drinking restructured alkaline water can relieve or reduce the three main causes for sickness, disease and pre-mature aging: **Acidosis, Dehydration, and Free Radicals.**

Sounds simple, doesn't it? Well it can be if you do the right things. After all, the country of Japan ranks much higher on the World Health Organization's health scale than the United States. Let's take one condition at a time and briefly explain it.

**Acidosis:** Almost any health care provider, alternative or mainstream, will agree that most health problems, including cancer, begin in an acid environment within the body. Many lay people already know this. What most people don't know is that if your pH drops below 5.8 you cannot absorb vitamins A, B, E, F, and K. Nor can you absorb valuable minerals like sulphur, potassium, calcium, vanadium, chromium, iron, or zinc. This is irrelevant of how much of these supplements you ingest. Give it some thought, you may literally be flushing huge amounts of money down the toilet, so to speak. The majority of people we check have a urine pH below 5.8 and don't realize they are wasting their money on supplements. Restructured alkaline water is the fastest and most efficient way to alkalize your body. We are meant to be alkaline on the inside of our bodies. If you have any doubt about this I suggest you read **Alkalize or Die** by Dr. Theodore A. Baroody, available in most health stores.

**Dehydration:** Estimates show that as high as 90 percent of the population is dehydrated, and they don't even know it. Research has proven a body needs one-half of its weight in fluid ounces of water per day to remain properly hydrated. Dehydration has been linked to many of our modern diseases, too numerous to mention here. For detailed research on this fact you should read **Your Body's Many Cries for Water** by F. Batmanghelidj, M.D. This book will help you understand the vital importance of water. All water does not hydrate efficiently. Distilled water, for example, is dead and devoid of all minerals. It is extremely acidic and will tend to dehydrate you. The average pH of distilled water is 4.5, this is almost 1000 times more acidic than your blood, which is a pH of 7.3. Distilled water must be neutralized within the body, and as a result if there is insufficient calcium in the diet, it is leached from other sources of calcium within the body. Reverse Osmosis water has many of the same problems, no minerals and an average pH of 5, more than 100 times more acidic than your blood. Remember that most bottled water and even some purified spring water use reverse osmosis in their bottling process.

**Free Radicals:** Determined to be the major cause of premature aging, free radicals are

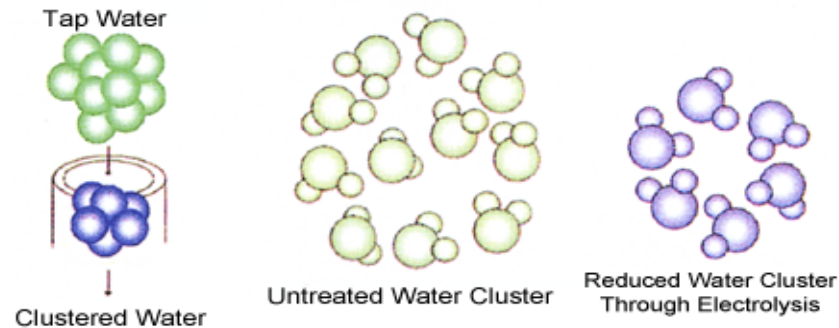
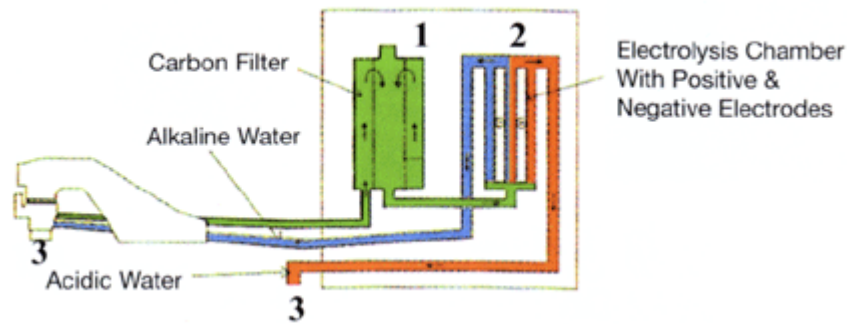
atoms, ions, and molecules derived from oxygen that cause cellular damage within the body. Free radicals are highly reactive because they are missing an electron to balance it. They freely and randomly seek out available molecular electrons to bond to in the body, causing cellular structure damage. This damage contributes to aging and disease. Free radicals are a part of the normal physiology of the body and their numbers are related to diet, exercise, lifestyle habits and our environment.

The body's defense system for free radicals is antioxidants. Antioxidants act as neutralizing agents within the body. They supply the necessary electron bond for the highly reactive free radical thus blocking damage to cells within the body. Antioxidants are supplied by our diet and can be fortified by additional supplementation. Substantial research indicates the relationship between antioxidants and the strength of the immune system. **Restructured alkaline water functions as a super liquid antioxidant!** The alkaline water is loaded with negative hydrogen ions to neutralize free radicals and rid your body of this acidic waste material; sparing cellular damage that leads to aging and disease. Just by simply drinking your ideal daily goal you properly hydrate your body, rid yourself of acidic free radicals and strengthen your immune system.

Restructured alkaline water is slightly higher in pH than the blood, thereby relieving the stress on the body to keep your pH balanced where it is supposed to be. Restructured alkaline water, made using electrolysis, has smaller clusters of molecules that enable it to hydrate the body faster than any other water. It carries nutrients and oxygen to your cells more efficiently and removes acidic cellular waste with much greater effectiveness.

## What is Restructured Alkaline Water?

Restructured Alkaline water is the result of an electrolysis process. This process actually electrifies the water between two points: a cathode, a negative conductor and an anode, a positive conductor. **The result of this electrical charge is separation and concentration of alkaline minerals and acidic minerals.** The alkaline water contains the alkaline minerals which are potassium, magnesium, calcium and sodium. The acidic water contains the acidic minerals which are chlorine, fluoride, lead, sulfur and phosphorus. Another process also takes place during this electrolysis. The alkaline water molecule structure (groups of H<sub>2</sub>O molecules) size is reduced from approximately 11 clusters to 5 or 6 clusters. This smaller water is referred to scientifically as "Electrolyzed Reduced Water" and commonly referred to as "Restructured Alkaline Water". This alkaline water is full of negative hydrogen ions as a result of the molecular restructuring. This is what gives the alkaline water the super anti-oxidative property and its ability to be an active scavenger of free radicals within the body. Its restructured size gives it great permeability in the body allowing it to cross cellular barriers, limited by normal water, providing maximum hydration. The smaller molecular size gives increased permeability and effectiveness for nutritional supplements and prescription medication. The alkaline water has an oxygen reduction potential (ORP) rating which refers to how much anti-oxidation it can perform. This relates to the relative pH of the water and as you drink it, determines its effectiveness as an anti-oxidant in your body. The higher the pH provides more oxygen reduction potential and the higher its potency as an antioxidant within your body. Over time, the alkaline water has the ability to turn your tissue into an alkaline state and dissolve acid formed matter such as kidney stones and gall stones within the body. The alkaline water has a pure clean taste, is easy to drink and sometimes referred to as a "wetter water" due to its smooth texture and reduced molecule structure size. The smaller molecule structure size allows the water to boil in about half of the time as regular water, making it an excellent water for cooking. The faster heat conduction keeps the flavor in the food and not in the water that is drained away.



**NMR (Nuclear Magnetic Resonance) testing or Infrared Spectrometry testing is used to measure microclustering.**

## What is an alkalized ionizer machine?

It's a machine that sits on your kitchen counter and attaches to your faucet. This unit actually turns your tap water into a liquid antioxidant. The treated water contains mega electrons that act as scavengers that fight the free radicals that are attacking your cells. This allows your immune system to become stronger and enables your body to better fight off disease. Unlike distilled or reverse osmosis, the water contains sodium, calcium, potassium and magnesium in such a way that the body can absorb them better because the water is only 1/2 the molecular size. Doctors claim this will revolutionize the health industry worldwide. It's really exciting! Just about every disease known has been touched by this method of water treatment. It actually helps the body to heal itself!

### CHARACTERISTICS

- Water clusters half the size of tap water which allows high permeability, solubility, and absorption.
- Adjustable in alkalinity: 4 different pH settings.
- Strong antioxidant.
- High energy potential.
- High grade commercial unit designed to last 20 years.

### BENEFITS OF LIVING WATER

- User selects the pH of the water.
- Higher alkalinity water buffers over-acidity.
- Effectively detoxifies the system.
- Distributes dissolved vitamins effectively.
- Very hydrating.