

The Benefits of Alkaline Water (www.whatsyourph.com)

What type of water is the best?

We are frequently asked this question, and we know it can be confusing. Well, let us take you through the options one step at a time and you may then decide for yourself what type of water you feel is the best for you.

Water filter units:

Promoters of water filters usually tell us that all the chemicals in the tap water are bad for us and that most water filters will take away the chemicals, leaving the water clean and pure to drink.

Water Distillers:

Promoters of water distillers say the best water is distilled water because it takes everything out of the water and leaving the purest form of water for your body.

Spring and Spa Waters: Some spring or spa water promoters say that drinking distilled water is bad for you because there are no minerals in the water and your body needs minerals. They claim that spring water has all the minerals that the body needs.

Water has three basic functions to perform in our bodies: to transport nutrients to our cells, to carry away toxic wastes from the cells, and to regulate our body temperature through hydration.

Water filters have a place for those who just want to remove unpleasant taste and the chlorine added at the treatment plant. Some more expensive filters will also remove bacteria and a small proportion of metals and other impurities. In most cases, it leaves most of the TDS (Total Dissolved Solids) still in the water.

The promoters of spring waters say that minerals are good for your body. Yes, but they need to be a bit more specific because there is a lot of difference between organic and inorganic minerals. The organic minerals are the only ones that our body can use. Only one kingdom can convert the inorganic to the organic, and that is the plant kingdom. One would normally find that more than 95% of the minerals in bottled spring water [and in tap water] are inorganic minerals, meaning our body cannot utilize them. If they roll up in our kidney, they form kidney stones and if they roll up in the gall bladder they form gallstones, and if accumulating in our joints they can be the main culprits of arthritis.

Does that mean that distilled water is the best water for drinking?

To a great extent: **yes**, if you are healthy and that is all that you need - pure water with the three functions of water as defined above: bringing in nutrients to the cells, taking out waste toxins and regulating our body temperature. However, since more than 90% of the adult population is eating unhealthy foods regularly and failing to maintain a routine healthy exercise regime, we need to be a bit more vigilant in safeguarding our health. Next to breathing air water is the most important factor to keep us alive, so perhaps we ought to look into ways of improving our health as much as possible with an ideal type of water.

However, is there such water?

Common Causes of Degenerative (Adult) Diseases

Degenerative diseases (sometimes referred to as adult diseases by the Japanese), are diseases such as high blood pressure, arthritis, gout, diabetes, indigestion, osteoporosis, cardiac disorders, cancers etc. The accumulation of acids in our body together with poor cell circulation is the major cause of degenerative diseases as strongly believed by the Japanese researchers. Even the following conditions can be helped by alkaline water; asthma, angina, migraine headaches, back pain, colitis pain, constipation, heartburn and hiatal hernia, depression, chronic fatigue syndrome, high cholesterol, morning sickness, overweight problems and heart problems needing bypass surgery.

"We age because we accumulate acidic waste products" according to Sang Whang, author of 'Reverse Aging'.

There are a number of theories about the causes of ageing. One theory holds that ageing is based on genetics determining the number of times cells can regenerate, or new cells replacing old cells, if you like. When that number of exchanges has occurred, you age and ultimately die. Another theory postulates that the cause lies with a breakdown of glucose, blood sugar. Whichever of the many theories one considers correct they do nothing to stop, hinder or slow down the ageing process, and none leads to better health.

That was until science, medical and natural healing expertise in America, Europe and in Asia looked closely at the developing theory of ageing and degenerative diseases being caused by the accumulation of acid waste products in the body. The validity of this newer theory is gaining solid ground.

In the Monaro region of the Australia Snowy Mountains, farmers had known for years about the longevity of cattle and sheep. The government-run Commonwealth Scientific and Industrial Research Organization had been researching for 35 years why some animals lived twice as long, and most lived at least 30% longer. It produced long-lived stock. Farms next door to each other produced completely different results. Some had long-lived livestock while on the adjoining property lifespan were normal. This meant the farms on the very edge of the lava flow were on a mixture of basalt and underlying granite. The rest of the farms were either granite or basalt. It was the seven farms that coincided exactly with the seven farms that produced long-lived stock. Nature's freak accident, the right mix of minerals, had produced the natural conditions of the spring water, with its rich natural mix of magnesium bicarbonate which was the agent that has been tried by the Japanese and the Koreans to attack carbon dioxide and ageing. And it had already been created by nature. It was the water. So the old folk of the Monaro who for three generations had insisted there was something in the water only to be laughed at by outsiders, were proved right: there WAS something in the spring water, increasing the life of their farm animals.

We have already established that processed food like fried foods, soft drinks or refined sugars as well as meat, dairy products are part of acidic diets, and that they contribute heavily to the build up of acid salts in the body. These are stored away from blood flow and can accumulate in the body. Physical and mental stress can also increase the creation of acid deposits in the body. Acid salts thus stored in the body can over the years become a burden to our body system and a potential danger to health. Ways must be found to rid the body of acid wastes.

Fortunately, there is an Answer!

For many decades, doctors in Japan have been researching and testing the effects of an alkaline body condition, which lead them to believe that many degenerative diseases can be treated by alkalizing the bloodstream. Now one simple and effective way to achieve a balanced body pH is the daily intake of alkaline water.

Since too much acid in our body causes these degenerative diseases, then according to the Japanese, unless the treatment actually removes acids from the body, the 'cure' at best will only be temporary. Even if the medicine were successful in moving acid from the affected area, the acid would go to some other place in the body to create side effects there, so a treatment would require complete disposal of acids from our body. For this reason, today's medical 'science' rates rather poorly when it comes to the cure or reversal of degenerative diseases.

"The Secret of Life is both to feed and nourish the cells and let them flush their waste and toxins", according to *Dr. Alexis Carrell*, Nobel Prize recipient, 1912, and "If our internal environment was changed from an acidic oxygen deprived environment to an alkaline environment full of oxygen, viruses, bacteria and fungus cannot live." *Dr. Otto Warburg*, Nobel Prize recipient, 1931 & 1944.

The True Cause of Cancer

"The Hidden Truth of Cancer" book by *Dr. Keiichi Morishita* explained that if the blood accumulates excess acidic wastes in an acidic condition year after year, the steady increase in acidity causes the cells to die, thus creating a platform for cancer growth.

Herman Aihara, in his book "Acid & Alkaline", wrote:

"If the condition of our extra cellular fluids, especially the blood, becomes acidic, our physical condition will first manifest tiredness, proneness to catching colds, etc. When these fluids become more acidic, our condition then manifests pains and suffering such as headaches, chest pains, stomach aches, etc."

Dr. Warburg states that the primary cause of cancer is the lack of oxygen in a cell. He didn't say what caused the lack of oxygen. *Mr. Aihara* talks about the acidification of extra cellular fluids that causes cancer.

Dr. Warburg was addressing the symptom and problems leading to acid build-ups rather than the cause. For this reason, *Dr. Warburg's* solution is to supply more oxygen, while *Mr. Aihara's* solution is to reduce the acidity, the very cause of degenerative diseases, and concludes that to reverse degenerative diseases the drinking of water with high alkaline pH can de-acidify the body and help prevent cancer and other degenerative diseases.

CANCER CELLS HAVE AN ACIDIC pH AND ARE OXYGEN DEPLETED, WHEREAS HEALTHY CELLS HAVE A SLIGHTLY ALKALINE pH AND A HIGH OXYGEN CONTENT.

Consider that in light of *Dr. Warburg's* research: **'EVERY TIME HE LOWERED THE OXYGEN LEVEL IN A HEALTHY CELL IT BECAME CANCEROUS.'**

You can raise your pH and oxygen level naturally.

Something About Alkaline Therapies

When you drink alkaline water, you are drinking water with excess oxygen, not in the form of O_2 , but in the form of OH^- , which is very stable because it is mated with positively ionized

alkaline minerals. Two of these hydroxyl ions can form a water molecule (H₂O) and give out one oxygen atom. The alkaline mineral is used to detoxify poisonous acid compounds and when that happens, the hydroxyl ion is freed to supply excess oxygen to the cells to prevent the development of malignant cells. Therefore, you can see that the alkaline water serves two purposes in this instance.

Of the two kinds of oxygen, one is in a dynamic form, O₂, and the other is in the stable bias form of OH⁻ matched with positively ionized alkaline minerals. The body needs both kinds of oxygen. If you hold your breath, O₂ is cut off and you die. If your body pH goes down below 7, OH⁻ is cut off and you would likewise die. When breathing stops, first O₂ is used up, and then the body will use up the OH⁻ secondly, after which death will occur. That takes about three minutes. People with high alkalinity, like babies, would survive a wee bit longer.

Why is there no cancer of the Heart?

In 1933, Dr. Warburg discovered oxygen-transferring enzymes of cell respiration, and in 1944 he discovered the active groups of the hydrogen transferring enzymes. Cancer is not compatible with a healthy pH environment full of oxygen. Note that primary cancer of the heart does not exist. Why? Because blood flowing from the lungs into the heart is at its highest pH and highest oxygen level than found anywhere else in the entire body. As blood travels through the lungs, acidic toxins are removed from the system, and oxygen drawn in.

Cancer of the heart exists as a secondary condition only.

As Dr Wolfe says: 'The acid/alkaline theory is going to be the foundational health decision of people in the next five years. We now have the opportunity to permanently change 75% of our body from an acidic liability and breeding ground for germs, to a natural alkaline state; a state we are designed to live in before we polluted our planet and our bodies'.

Acidification of the body starts in the blood. The blood performs a balancing act in order to maintain the blood pH within the safe range of 7.3 to 7.45. The blood has a buffer pool of sodium bicarbonate to neutralize strong acid compounds coming out of the cells as waste products of the metabolism. When this buffer level is too low, acidosis is developed.

Dr. Kancho Kuninaka, one of the pioneers of the alkaline 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 pH alkaline water lowered blood pressure.

Kidney Disease

As the body consumes toxins, the kidneys become over-burdened with acid wastes. Nephritis, uraemia poisoning, and bladder diseases are all acid related conditions, which can be helped greatly by alkalizing the bloodstream. Kidney stones begin as tiny specks; they gradually build into solid stones, composed of phosphates, urates, etc. They are another form of acidic salts. Drinking plenty of alkaline water will prevent kidney stones from forming, and even after their formation, it can help dissolve them.

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

Osteoporosis: Every Woman's Nightmare

Many women worry about taking too much calcium supplement, believing that it may lead to calcium deposits. All calcium deposits within the body have been found to be leached from the body and not from nutritional calcium. The true cause of calcium deposits is lack of hydrogen, alkaline minerals and proper cleansing, which precipitates a state of crisis, causing calcium to be commandeered away from the body tissue and bones due to acidosis.

In Asia, and especially in Japan and Korea, alkaline water is regularly served to patients under treatment. Drinking alkaline water could help in preventing cancer and degenerative diseases mentioned earlier because it helps to reduce acid wastes.

Is it worth trying alkaline water? By now, you would have concluded that alkaline water is not magic water or a medication. It is simply alkaline water acting as a buffer to the acidic conditions of the body; and we have learnt that acidosis condition of the body is creating a platform for degenerative diseases. Therefore, it makes sense to drink it on a daily basis. After all, it does not cost more than your normal bottle water and according to the experts, we are supposed to drink 6 to 8 glasses of water to assist in maintaining good health. Your health is your responsibility and the water you choose to drink is your choice.