

Testing The Waters

By Felicitas D. Tobias, MD



Water is necessary for life. Our bodies are mostly made up of water (75%), and doctors have been telling us for years to drink eight glasses of water a day. Water contains vital minerals

that we need to stay healthy and strong and many people would be surprised to learn that the hydrating effects of water can help us lose weight, stay healthy, reduce diseases, reduce the occurrence of many headaches, and improve our overall wellness. If you make a habit of drinking eight glasses of water a day, you'll be amazed at how good you feel.

But when you reach for a glass of water, do you give any thought to what you are drinking?

What's In Your Water?

You should. Studies are showing that our bodies' need a variety of things from water...and frankly, we just aren't getting them. Even water that is run through various treatment methods can be ineffective at killing bacteria and cleaning out impurities. Some of them even take out the good things we need in water!

So when you chose water to drink, how do you know which water is the best water for you? After all, there are so many water purification methods that it is difficult to know which one is actually making the best water. Also, many marketers are capitalizing on this \$35 billion dollar opportunity to stake out market share. It seems like every time you go to the local grocery store, yet another brand, another bottle is being touted as the latest and greatest. But, is it really? What we do not know can really hurt us at times.

Many waters with various criteria are available for drinking:

- Tap water
- Boiling water
- Filtration water
- Reverse-Osmosis in combination with carbon filter

- Bottled water (many brands, many types)
- Distilled water
- Ionized water
- UV (ultraviolet) treatment
- Water softeners
- KDF Resin, etc...

For now we will concentrate on Water ionizers as the water of choice. However, if you do want to know more about the waters mentioned above and how they can adversely affect your health not to mention your budget, please get in touch with me to receive the complete FREE report on the subject: "Our drinking water choices...A comparison report"

What is alkaline, ionized water?

A water ionizer is a compact appliance usually connected to the kitchen tap. It takes in regular tap water and treats the water in two steps:

1. Filtration: A multi-stage carbon and ceramic filter removes chlorine and other contaminants: Trihalomethanes, phenols, sediment, odor, taste, organic waste, heavy metals, and bacteria of all kinds. Followed by:
2. Electrolysis (ionization): An electric current is passed through the water, splitting it into two streams:
 - Alkaline ionized water for drinking and cooking
 - Acid ionized water used for cleaning, disinfection and as a skin moisturizer

Unlike reverse osmosis or distillation methods, which remove all minerals - leaving the water dead - ionization concentrates needed alkaline minerals in the drinking water, and removes the unhealthy minerals to a separate stream into the sink. It also differs from these methods by providing water on an "on-demand" basis. (All distillers and most RO units are "batch" producers) A range of pH settings from neutral to very alkaline can be selected. The electrodes are cleaned in an automatic self-cleaning cycle. As with all treatment systems using a carbon filter, this requires regular replacement with an average production life cycle of 3,000 gallons.

Benefits of alkaline, ionized water:

Ionized water is rich in minerals: calcium, magnesium, potassium and trace elements.

These alkaline minerals have a significant proportion of the form of hydroxide (more easily assimilated than carbonate)

Its strong alkaline property helps neutralize acid wastes in the body, and prevent the build up of toxic acid conditions that can result in chronic disease.

Ionized water is a powerful antioxidant (equivalent to fresh orange juice), the only water available with such a property, except for unspoiled mountain streams.

Generally speaking, ionized water is the healthiest choice when it comes to drinking water, as it concentrates needed minerals, prevents the leaching of minerals from bones and teeth, and provides antioxidant assistance against the development of chronic disease.

Taste: Any sour taste is removed through carbon-filtration of chlorine, and through the reduction of acidic minerals in the water by ionization. In addition, the alkaline ionized properties give the water a "silky, sweet" taste. The result is water of superior taste.

Note: Complete FREE report on the subject: "Our drinking water choices...A comparison report" is available upon request. For those who are interested in seeing a demonstration of the best water ionizer money can buy, please call 708-848-1200 to reserve a spot in our weekly Wellness Awareness Presentation held at our Oak Park location free of charge.

Doctor T. also known as Felicitas D. Tobias, MD is a licensed board certified physician. An internist by training, she is the founding member of the International Academy of Preventive Medicine, the International Academy of Metabology and the American Holistic Medical Association. A fellow at the International College of Applied Nutrition and an Honoree in the 1976 Bicentennial Celebration / Edition of Preventive Pioneers in Healthcare. As a cancer survivor and a diabetic, she is passionate about healing the holistic way. At 80, Doctor T. is in her 46th year of practice and, she is the founder and medical director of the Tobias Healing Institute. She may be reached at :Tobias Healing Institute 1140 Lake Street, Suite 204, Oak Park, IL., 708-848-1200 or visit her on the web at www.doctortobias.com