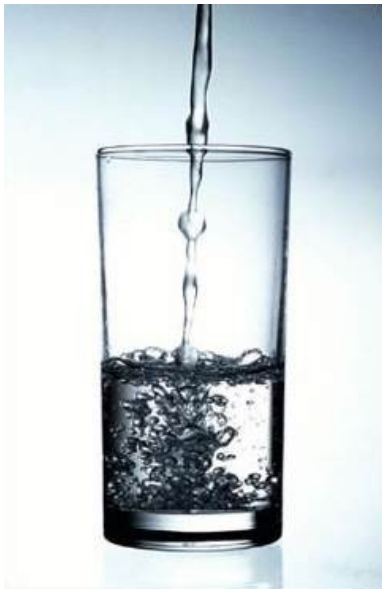


Ionized Water

Frequently Asked Questions



What should I expect from drinking Ionized Water?

This will initially depend on what level of strength you begin drinking Ionized Water. Ionized Water provides your body with lots of oxygen, which is why it gives us energy. Ionized Water is much smoother tasting than conventional water. It makes better coffee, tea, juice, etc. Alkaline Water is wonderful to cook with because it helps hydrate the food and bring out its flavor.

However, other changes in your body after drinking Ionized Water will be much more subtle and will take some time. If you have accumulated acid waste in your system, it probably took years for you to get into that condition and it will take some time to reverse it. As the body is slowly brought into pH balance by drinking Ionized Water, it will naturally begin to function more efficiently and problems will begin to correct themselves. This is one of the great advantages of the Alkalife Ionizer. Ionized Water help bring your body into balance naturally by providing it with the oxygen, alkalinity and the basic nutrients it needs so it can heal itself and prevent diseases from occurring in the first place.

Is it all right for children to drink Ionized Water?

Absolutely. It naturally gives children tremendous amounts of oxygen that helps their bodies function efficiently, as it does with everyone who drinks it. Having extra amounts of oxygen in our blood also naturally helps us to fight disease and build a strong immune system.

Is there anyone who should not drink Ionized Water?

No. However, some people must start by drinking only a glass or two of Ionized Water, per day. This is especially true of the elderly who often have unfortunately allowed heavy metals and other toxins to accumulate in their bodies. Sometimes years of medication has accumulated in them.

Can a person become too Alkaline from drinking Ionized Water?

People have been known to drink as much as 1 to 2 gallons of Ionized Water every day and gotten great benefit from it. And they have not become too Alkaline. On the contrary, one of the most common imbalances people have today that leads to health problems is that they are too acidic. Our body pH should be approximately 7.2 (measured through saliva or urine). The more acidic we are, meaning a 6.6 pH or lower, the greater opportunity we have provided disease to flourish in us. A low body pH creates an environment in our bodies which is conducive to diseases such as arthritis, cancer, etc to flourish. You can observe that people who are very sick always have a very low body pH. (Not blood pH, which is always stable around 7.4) The sicker they are, the lower the body pH. Diseases will further create this acidic condition in us in order to better thrive. In short, it is practically impossible to become too Alkaline.

What exactly is Ionized Water?

Ionization simply means to gain or lose an electron. Water that has been ionized becomes either alkaline or acidic, meaning that the pH has been adjusted up or down.

Alkaline water is full of Hydroxyl ions. This is the water we drink that has many Health Benefits as described below. Acidic water is full of Hydrogen ions. This is water that we apply only to the outside of our body. It is also great for plant growth.

How does the Water Ionizer produce ionized water?

Water is run over positive and negative electrodes, which ionizes the water. It is then separated into alkaline and acidic water as it passes through membranes. It accomplishes this by repelling the water now that it has been "charged" into positive and negative ions.

Why should I drink ionized Water?

There are three main benefits to Ionized Water.

First and foremost, it is a powerful antioxidant. People spend hundreds of dollar a month purchasing antioxidants because they are anti-diseases, anti-aging, anti-cancer, which they accomplish through neutralizing free radicals. Free Radical damage causes us to age and causes diseases. Since Ionized Water is a liquid antioxidant, it is easily absorbed into the body which makes it much more effective and powerful antioxidant.

Once the Ionized Antioxidant in the form of Hydroxyl Ions (oxygen molecule with an extra electron) donates its extra electrons to free radicals (oxygen molecule that is missing one electron) you are left with lots of oxygen. Ionized Water gives you Energy by providing your body with lots of oxygen! This is one of the most incredible aspects of Ionized Water!

Secondly, Ionized Water Balances body pH because it is very alkaline. Our diet is often extremely acidic . Soft drinks, fast foods & processed foods deposit acid waste in our bodies that builds up over time and creates an ideal environment for diseases of all kinds to thrive. Look at any cancer patient for instance and their bodies are invariably acidic to some degree. Maintaining an alkaline pH (7.0-7.3) helps us to maintain an environment in our bodies that is NOT conducive to disease. It may take years depending on how acidic your body is, but Ionized Water, because of its alkaline properties, will flush acid waste from our bodies.

Ionized Water is meant to work as a preventative measure, however if you are ill with any disease it always helps to stay Alkaline.

Thirdly, Ionized Water has a different molecular cluster size. It contains only five to six water molecules instead of the ten to thirteen that conventional water molecule clusters have. It has changed from an irregular shape that is 10-13 molecules to a hexagonal regular shape that is half the size. This smaller or "reduced" water is much more hydrating than conventional water. There are two consequences of this. First, Ionized Water is much more hydrating than conventional water and, second, it is extremely detoxifying.

The detoxification properties of Ionized Water are powerful and astounding. They simply cannot be ignored. A Water Ionizer has different levels of intensity because the average person cannot start out drinking strongly ionized Water. This is particularly true of the elderly, who need to start out at the lowest level and work their way up slowly. People who have spent a lifetime building up acid waste in their bodies will suffer headaches and diarrhea if they drink too much too soon.

How does Ionized Water taste compared with conventional water?

A common remark regarding the taste of Ionized Water is that it tastes smoother than conventional water. This is because of the molecule cluster size and shape. Since it is small and regular shaped, it feels smooth because it is. It also does not fill you up and bloat you the way conventional water can do if you drink a lot of it at once.

How Long does Ionized Water stay Ionized?

The Antioxidant (hydroxyl ions) will last approximately 18-24 hours.

The Higher pH (alkaline properties) will last approximately one week.

The smaller molecule cluster size will last approximately 1-2 months.

Does Ionized Water have any negative effects?

Absolutely none, as long as it is used properly. Only the alkaline water should be consumed. NEVER DRINK THE ACIDIC WATER. We have never seen a single negative effect from Ionized Water, either alkaline or acidic, as long as it is used properly.

Who should drink it?

Anyone and everyone, young and old, human or animal. It is beneficial to some degree to nearly everyone and everything it comes in contact with.

How should I start drinking it?

Start out slow at level one, drinking 1-3 glasses per day. If the water agrees with you, increase the amount you drink and the level of Ionization intensity. The stronger, the better, but take your time in building up to the higher levels. The antioxidant is most powerful on the high levels. You will of course experience more energy at the higher levels, but the fresher the ionized Water is, the stronger these properties are. The detoxification is STRONG and unmistakable.

How does Ionized Water affect athletes?

In an extremely positive way, as you might expect. Blood oxygen levels will rise varying amounts with regular use of strong Ionized Water. This increases stamina, endurance and provides the muscles tissue and organs with high amounts of oxygen which the human body often lacks, even in athletes because inadequate diets. If Professional and Amateur sports were to ever discover this, it would eventually become one of the most established benefits to athletes everywhere. That will happen, but acceptance of Ionized Water will take time.