

TOP 10 REASONS WE NEED TO DRINK WATER

- 1) Water is the substance of life. Life can not exist without water. We must constantly be adding fresh water to our body in order to keep it properly hydrated. We can only survive 3 - 4 days without water.
- 2) The body is comprised of 70 - 75% water and this ratio must be maintained for good health. This is the most important element we put into our body. Dehydration can occur at any time of the year, not only during the summer months when it is hot. The dryness that occurs during winter can dehydrate the body even quicker than when it's hot. Many victims of diseases such as cholera die primarily through dehydration, not from the disease itself.
- 3) It is difficult for the body to get water from any other source than water itself. Soft drinks and alcohol steal tremendous amounts of water from the body to properly digest the high levels of sugar. Even other beverages such as coffee, mil and juice act similarly.
- 4) Water plays a vital role in nearly every bodily function. Since the blood is 90% water and the brain consists of about 96% water, you should drink only the best quality water.
- 5) Water is essential for proper digestion, nutrient absorption and chemical reactions. "Wetter Water," of hexagonal molecular structure created by the electrolysis process, can permeate the cellular membranes easier, resulting in increased benefits from food or medication.
- 6) Water is essential for proper circulation in the body and vital to every cell.
- 7) Water helps remove toxins from the body, in particular from the digestive tract. Acidosis is the body's worst enemy. Ionized water can help reverse this condition.
- 8) Water regulates the body's cooling system, so be sure to drink 8 - 10 glasses per day.
- 9) Consistent failure to drink enough water can lead to Chronic Cellular Dehydration. This is a condition where the body's cells are never quite hydrated enough leaving them in a weakened immune state and vulnerable to attack from disease. It weakens the body's overall immune system and leads to chemical, nutritional an pH imbalances that can cause a host of diseases.
- 10) Good Alkaline Water, with a pH of 7.5 - 8, helps to balance the acidity created in the body from food digestion, exercise or even stress. Diseases flourish in an acidic environment.

RECOMMENDATION: You should drink half your body weight in ounces of water every day to provide you MINIMUM water replacement requirements, e.g. 160 lbs. = 80 oz. Water.

Drinking Water Facts

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A growing number of people are aware of the limitations and health risks from drinking tap water. They understand the importance of finding and putting a better quality water into their bodies to avoid sickness, dehydration, chemical intake and toxic build up. What is also becoming obvious is the myriad of claims and counter claims about the merits of various drinking water treatment choices.

Misinformation leads to confusion, fear and scepticism.

What is not common knowledge is the true quality of water treatment systems on the market. Information here is provided for a balanced view on ionized water purification systems and fair comparisons to some other choices promoted in the marketplace. This is to enable people to make up their own minds with facts separated out from the hysteria, fear and emotive intimidation campaigns of some filtration marketers.

In order to clarify some issues that have been promoted as “fact” by such vested interests regarding what makes for a better drinking water, I would like to calmly and rationally put forward information.

This is done to the best of my ability and experience as a long-standing, practising Naturopathic Physician. It is set forth as accurate, truthful and responsible.

Question the motivation of spin doctors confusing the facts

There is a universal principle that is known in esoteric circles. This says that: The whole universe rearranges itself to manifest your picture of reality. Debunkers will always produce facts and figures to justify their single mindedness. Beware of people or organizations that in order to promote the sale of their products, ideas and views, put so much energy into the debunking of things they see as a threat to their products. Beware of anyone who is consistently negative and critical of others whilst trying to sell his goods and services to the public.

You have to seek out logical and accurate information using common sense amongst the confusion, counter-claims and “evidence” of interest groups who promote themselves by wielding fear and misinformation to solicit your trust and money.

Expert reviews may be misleading

Medical review articles tend to be of uncertain value as evidence can be chosen or omitted selectively to support the author's opinions. Information contained in such reviews, particularly those written by specialists, can be misleading and may not be evidence based. This leads some to say that expert views cannot be trusted. There is a term called “hired guns.”

Consumers need to be very careful when reviewing medical literature. Aside from review articles, medical studies themselves can be biased because they are often funded by industry that has a vested interest. This raises the question of conflict of interest.

The first step to finding out the truth of any matter, whether it is health-related or otherwise, is to realize that everything you read or hear may not automatically be true. It is up to you to do your due diligence homework and make sure that information you are relying on is from a reliable and genuinely independent source.

The current mainstream medical focus, and the vast sickness industry that surrounds it, is about disease treatment after the event. People then endure and pay whatever they have to in the hope of getting their health back after losing it. However, robust health is not simply the visible absence of disease.

Brief background to water ionizers

After 40 years research and ongoing medical use in Japan, and more recently in Korea, water ionizers in the last four years have become more extensively known and used among western health care practitioners.

Significant results from scientific studies and clinical work involving this new technology have been reported in various journals and conferences. With years of health-care applications and with millions of water ionizer units being used, it is appropriate to consider some of the current benefits that are being experienced with alkaline ionized water.

This report starts with what natural water should be like and what has happened to this vital human input.

Natural water

In Nature, water is purified, energized, mineralized and structured as it goes through its cycle of evaporation, precipitation and percolation. Water moves freely and is infiltrated by sunlight as it tumbles and flows around rocks, forming whirlpools and cascades along the watercourses to the lakes and the seas. Natural water picks up minerals from the soil and absorbs life force as it flows. This healthy, free-flowing, natural water is becoming more and more scarce in the world because of man-made chemical contamination, loss of natural environment and mass water storage needs.

Water and energy

When water is drunk, it must be assimilated before it can be useful to the body.

Natural structures of water can be seen as beautiful snowflake crystals when viewed frozen under a microscope as in the photograph of microclustered water (top right). The appearance of these well-formed crystals has been interpreted as representing water that reflects a beneficial quality. This is in contrast to low-grade waters, polluted waters and treated municipal tap waters, which on freezing, show less orderly crystal patterns, or virtually none at all. These poorly structured waters can be considered lifeless waters.

Hence, the use of a restorative technology that can restructure, remineralize and re-energize tap water must be seriously considered for personal use in an open-minded and unprejudiced way. The need to give careful consideration to restructured water is that there is accumulating clinical evidence that this type of water can be of enormous health benefit.

This is especially so for those people who suffer from various chronic or degenerative diseases.

Incidentally, athletes who are looking for safer ways to improve their performance would not be disappointed by regularly drinking ionized, alkaline water.

Alkaline ionized water for health

Recently in Australia there has been a large marketing investment in scare mongering about the consumption of ionized alkaline water. I feel that this is extremely irresponsible since ionized alkaline water is considered to be of significant health benefit in cases where the body has become unnaturally loaded with acidic waste substances. An acidic condition is very common in western society at around 90% of the adult population.

Acid build up has been recognized by some foresighted health care providers as being a major cause of premature aging and chronic diseases.

Detoxify with alkaline ionized water

Alkaline ionized water at pH 8.5 to 9.5 is the water that should be taken internally for proper hydration and detoxification. The more acid forming is the diet, the more alkaline water with its alkaline minerals is needed to neutralize and assist to eliminate the various acidic wastes.

Healthy cells live in an alkaline body environment. The human body works to maintain blood at an alkaline pH level of 7.35 to 7.45. To do that, it may have to dump accumulated acidic wastes which are then stored in other areas of the body. Not all wastes are eliminated naturally. These dumped wastes can later on lead to serious health problems.

It should not be forgotten that certain parts of the body require, at times, to have an acidic environment such as for the breaking down of proteins in the stomach and for the assimilation of iron, calcium and vitamin C in parts of the small intestine.

Also, the body requires both acidic and alkaline minerals daily in the correct ratio and amounts. The required balance of minerals is often not possible with many common Western food intakes, hence the need to rectify the effects of this imbalance which is usually a build up of acidic wastes stored within the body.

Alkaline water and stomach acid

Natural fresh foods do not override the body's natural processes, unlike synthetic or man-made chemicals that do. Fresh natural foods are high in vital energy and are usually alkaline forming. The reduction-oxidation reactions that take place with natural products are always balanced, unless there is serious organ malfunction.

On the other hand, when ingesting unnatural or synthetically modified foods, drinks and substances that are absorbed by breathing or application to the skin, there is always an imbalance - a tail-end residue that is usually acidic and toxic to the body.

During digestion, the stomach acid is maintained at about pH 4 which is necessary for effective digestion and to control unfriendly bacteria.

In between meals, when there is no digestion happening due to the absence of food, there is no need for an acidic stomach condition.

It has been noted that when alkaline foods and water are consumed with meals, the stomach's pH goes up and then a feedback mechanism is activated. This causes more hydrochloric acid to be secreted by the stomach, bringing the stomach acid level back to about pH 4.

Hydrochloric acid (HCl) is manufactured by the body and is delivered to the stomach when digesting proteins. The function of HCl is to change the digestive enzyme precursor pepsinogen into its active pepsin form. The ability of the body to produce adequate amounts of HCl for digestion decreases with age.

Lack of HCl can give rise to such symptoms as heartburn, belching, bloating, flatulence and indigestion. In the short term, the health care provider may suggest a digestive support. For the longer term, it may be recommended to use a fully balanced natural mineral salt.

High levels of lactic acid may also arise. This is interpreted as high acidity and treated with pharmaceutical antacids. Whilst alleviating the immediate symptoms, the use of pharmaceutical antacids actually aggravates the problem in the long run. This is not a very good solution, especially now that there are safer and more natural alternatives available.

It is interesting to note that the body produces its own HCl from Sodium Chloride (NaCl), Potassium Chloride (KCl), Carbon Dioxide (CO₂) and Water (H₂O). The by-products of this reaction are Sodium Bicarbonate (NaHCO₃) and Potassium Bicarbonate (KHCO₃), which are alkaline buffers that go into the blood stream to neutralize excess acid!

Drinking active, energized, ionized alkaline water in between meals, but not closer than half an hour to a meal, will prove to be beneficial to most people. If you are not sure, then it would be wise to consult a competent natural physician. A good quality water ionizer has many easily adjustable levels for accurate pH control of drinking and cooking water for use with or preparing the many common acidic foods and drinks such as tomatoes, meat, tea and coffee, alcohol, rice, cereals and bread.