

# The Health Benefits of Alkaline/Ionized Water

By Marianne W. Rosen, M.D.

Alkaline/Ionized water has been in use in Japan for over 50 years. Research has shown it to provide some incredible health benefits and in Japan it is considered to be a medical treatment for many disorders. Water ionizers are not only found in their hospitals and clinics, but also in multiple private homes. This may contribute to why they are ranked #1 in the world for healthy life expectancy.

We in the U.S. are just beginning to hear about ionizers and fortunately there are some highly acclaimed physicians that have researched this and are now recommending this water. They include Dr. Susan Lark, at Stanford University School of Medicine, who is considered one of the foremost authorities in preventive medicine and clinical nutrition, and also Dr. Hiromi Shinya at Beth Israel Medical Center who is considered to be one of the top gastroenterologists in the world.

So what exactly is alkaline/ionized water? This is tap water run through a machine called a water ionizer which does the following.

1. It filters the water to remove lead, chlorine, and other contaminants.
2. It then ionizes the water, which makes it very alkaline, and gives it powerful antioxidant properties decreasing the damaging effects of free radicals in our bodies.
3. Lastly, it structures or micro-clusters the water, which lowers its surface tension aiding in better absorption and hydration.

Why is this important? We all know that our tap water is becoming more and more contaminated and is full of added chemicals including chlorine. To avoid this, many people turned to bottled water thinking it was a healthier choice. But a recent large study by the Natural Resource Defense Council found that overall bottled water is NO better than tap water, with over 25% of the brands having contaminants above the accepted standards. Also, there is the problem of the tons of plastic bottles accumulating on our planet as well as the toxic chemicals that leach from the plastic into the bottled water. The last problem is that almost all bottled water is highly acidic, as are sports drinks. All filtered water is also very acidic and reverse osmosis and distilled water are completely stripped of minerals, which can lead to mineral deficiencies. In my opinion, all of the waters readily available to us today may actually be harming us.

Another advantage of drinking alkaline/ionized water is that it is a much easier way to get our bodies more alkaline rather than trying to do this by diet alone. Research shows that the healthiest state for the body is to be slightly alkaline. An alkaline diet requires giving up, coffee, tea, sugar, dairy, meat, alcohol, and more, which most people are not willing to do. Research also shows that cancer cells thrive in an acidic environment, but will not thrive in an alkaline environment.

Probably the most important advantage of ionized water is its ability to scavenge free radicals. Free radicals underlie not only disease processes but also the aging process. Antioxidants, such as green tea, also scavenge free radicals, but ionized water can be anywhere from 3 to 10 times more powerful than green tea at doing this. (as measured by an ORP meter) This load of electrons from the ionization process can actually help our bodies heal themselves. This is one of the reasons why ionized water is considered a medical treatment in Japan.

The last advantage is ionized water's ability to better hydrate us, which also helps flush out toxins. Its micro-clustered structure aids in superior absorption of the water from the stomach and into the cells. There is evidence that many problems that plague us as we age can be helped by proper hydration. Athletes know that when they are poorly hydrated they get more muscle cramps and their energy and endurance is lower. But according to Dr. F. Batmanghelidj, (who has extensively studied the relationship of hydration to disease), drinking more water can improve chronic conditions such as low back pain, arthritis, asthma, kidney stones, obesity, migraines and many others. Recent research published in the Journal of Circulation shows that within 5 minutes of drinking 8-16oz. of

water the sympathetic nervous system is activated for more than 90 minutes. This in turn activates “fat burning enzyme”. So for someone trying to lose weight, drinking a glass of water every 1 ½ hours will keep this enzyme activated all day. This comes to about 10 or 11 glasses of water during your waking hours which you may think is too much. Actually we need to strive to drink anywhere from ½ to our full body weight in ounces per day.

When we are born, our bodies are approximately 85% water and we slowly become more and more dehydrated as we age. The average adult is 70% water, but the elderly are frequently closer to 50% water. This shows us that we are slowly losing water as we age that should be replaced. Every 24 hours, the body uses and recycles the equivalent of 40,000 glasses of water to carry out its normal functioning. During the process of recycling, the body loses about six to ten glasses of water per day. This water needs to be replenished to maintain optimum hydration. If you have not been doing this, then you are already in a huge deficit state. This explains why we need to drink even more than what we lose daily, to actually make up for our years of water loss.

Many of you are thinking that you can't drink that much water without feeling bloated which is true of ordinary water. Because micro-clustered water is absorbed so rapidly, it is much easier to drink without any ill effects. Dr. Batmeghelidj also recommends that when you increase your water intake substantially that you should also increase your salt intake. Not sodium intake, but natural sea salt, which is 97% minerals and has much less sodium than table salt.

The bottom line is, water is not just water; and in my opinion alkaline/ionized water is highly superior to all other drinking waters. It is clean alkaline mineral water that you can make yourself and that assists your body in achieving its optimal health.

Footnote: There are many different ionizers now on the market. In my opinion, the best machines are made by a company called Enagic. For more information about this, you can go to [www.enagic.com](http://www.enagic.com)

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### **Recommended reading:**

Hiroshi Shinya M.D., [The Enzyme Factor](#)

Dr. Dave Carpenter, [Change Your Water Change Your Life](#) (This book needs to be ordered directly from him. 1-208-529-0384)

Tim McKnight M.D., [Confessions of a Skeptical Physician](#) (Order from 6A tool.com 1-800-299-1811)

F. Batmanghelidj M.D., [Your Bodies Many Cries for Water](#)

Susan Lark M.D., [The Chemistry of Success](#)