

Health & Wellness Interview with Gerald Kostecka

Subject: Kangen Water™

Q: What exactly is “Kangen Water™”?

A: Kangen Water™ is a trademarked name for the alkaline water produced from a continuous ionized electrolysis water generator system manufactured by a Japanese company called Enagic®. These machines are the best in the industry and the name “Kangen Water™” has become synonymous with the highest grade alkaline water available. The word “Kangen” means “return to origin” in Japanese and that is the idea behind this water, bringing the body back to a pure and natural state.

Q: How is Kangen Water™ healthy for our bodies?

A: The answer to that question is actually pretty complicated and lengthy, so, for the sake of this interview, I will give you a condensed answer. First, I need to give a little background information. The human body has a series of very delicate balances that it must maintain for a person to have optimal health. One of the most important of these, and probably the one that most people are unaware of, is the pH balance. pH stands for “Potential of Hydrogen”. The simple definition of pH, as it pertains to the human body, is that it refers to the balance between elements with damaging oxidative properties, which are acidic, and elements with helpful anti-oxidative properties, which are alkaline. When these two are in balance, your internal systems will be in great shape; however, if these are out of balance, it can lead to all sorts of health issues. The alkaline water helps maintain this delicate balance. You see, life in America today is filled with things that are pushing us into that “acidic” side of the pH scale, which, again, is very unhealthy. The alkaline water simply helps to maintain this balance, which allows our bodies to perform at optimal levels.

Q: What changes can Kangen Water™ produce for our lives?

A: Most of the world’s top medical experts agree that the majority of known human disease’s today are a result of oxidative stress. Drinking alkaline water can help neutralize much of the damaging effects of oxidation. It also helps with cellular hydration, which is a key component to cellular health. The changes that an individual may experience are an indirect result of drinking alkaline water. You see, when the body is healthy it is able to do what it was designed to do, which is heal itself. People are not supposed to be suffering from all the problems they are faced with today. Most of the health issues today are a result of the body being out of balance from unhealthy lifestyle choices, not genetics. When the body is in balance, positive change is able to happen. These changes vary from person to person and can be anywhere from minor to drastic.

Q: Which diseases can be cured due to Kangen Water™?

A: No disease can actually be “cured” from drinking Kangen Water™. As I mentioned in my last response, most of the problems people are experiencing are from lifestyle choices, mainly what they eat & drink, although there are other factors. When the body is out of balance, it has to work much harder just to complete the basic functions necessary to keep us alive. This makes the body more susceptible to problems that simply do not affect a balanced body. Once the body is back in balance, these issues can be dealt with more effectively. This is one of the reasons that so many people are enjoying improved health after drinking the water. It is not so much the direct drinking that creates the improved health, although there are several direct benefits that do lead to better health. It is about a balanced body being strong enough to keep these problems from manifesting in the first place. A balanced body can also reverse some issues, as long as the system has not been too damaged and as long as the issues are not too progressed.

Q: How does Kangen Water™ differ from bottled water or tap water?

A: Kangen Water™ actually starts as tap water, right out of your faucet! The ionizer machines connect directly to your faucet and use tap water as the source for the water to be ionized. Most people do not realize that the powerful “alkaline” water, that has so many benefits, is actually inherent in water; it just needs to be brought out or released. In some places around the world there are springs where this happens naturally, like Lourdes, France. The ionizer machine is able to “restructure” the water between positive and negative ions, which is what leads to the original tap water being split into two separate streams of water; one acidic and one alkaline. Unfortunately, tap water has some additives that make it less healthy for us, but they are added to keep the water safe. Sodium hypochlorite, which is the “chlorine” that is always referred to in tap water, is one of these additives. Fortunately, the ionic charge of chlorine is positive, so it actually ends up with the positively charged ions, which is the acidic water, the water that we do not drink. So, not only does the ionizer machine separate the waters into “good” and “bad”, it also gets rid of any residual chlorine so that we are not ingesting it. As for bottled water, well I would need a couple of hours to really go into that, so again, to save time, here are just a couple of main points. First, the bottled water industry is an almost completely unregulated industry. There is only ½ of a person from the FDA assigned to the entire U.S. bottled water industry. I say “one half” of a person because the person that oversees the bottled water industry is also assigned to oversee a completely different industry. Just so you know, tap water is regulated by the EPA, not the FDA and the standards are incredibly high. So, in most cases, your tap water is monitored more closely for safety than bottle water. Back to bottled water; bottled water goes through a process in order to be bottled, usually through a reverse osmosis or distillation process, which basically strips everything out of the water. This process is used to eliminate any possible contaminants. Unfortunately, it also strips away anything that may have been beneficial. In addition, both of these processes render the water acidic. Bottled

water can also be “brought to temperature”, which means that it is boiled. Again, this is done to eliminate contaminants, but it also boils out a lot of the beneficial components. Bottlers have tried to convince consumers that they should be drinking “pure” water, which is water that has had everything removed from it. What people should be drinking is “natural” water, not “pure” water. Natural water contains “essential” minerals and is slightly alkaline. These minerals are called essential minerals because they are essential to our good health. In some cases it has been discovered that the water in bottled water was nothing more than tap water. That it had not been put through any additional processes. That it was literally taken straight from a faucet and put into a bottle. Consumers then paid up to 10,000 times more than the water actually cost to purchase it! Then there is the aspect of the plastic used in bottled waters; there is the environmental impact of transporting the bottles; it just goes on and on. But, it is a billion dollar business, so those making money from it are going to try to protect it for as long as they can.

Q: What can you say to defend the argument that Kangen Water™ is a better substance than Gatorade or soda?

A: Just a few months ago Dr. Oz had a show that was discussing how junk food and soda may be contributing to premature puberty in girls. During the show one of his guests, Dr. Corey Hebert, referred to soda as the “devil’s urine”. A statement like this from a renowned medical doctor on national television is a clear indicator that the medical community understands the very real issue that these beverages create. Most of the sodas and sports drinks are extremely acidic and they have a profoundly negative affect of the body. They are also loaded with chemicals and very unnatural substances, which are not good for the body. Sodas and sports drinks also have a very high positive ORP (Oxidation Reduction Potential) meaning that they are the opposite of anti-oxidants; they are oxidants, which, in essence, help make your body “rust” on the inside.

Q: Kangen Water™ is micro-clustered, why is this important?

A: Micro-clustering comes as a result of the electrolysis process. Tap water is known as a macro-clustered water, meaning that the groupings of water molecules are larger in numbers, typically 15 – 25 molecules in a cluster. A molecule cluster is just a bunch of individual water molecules that have grouped together. Well, when this water is consumed, these clusters penetrate into areas where they fit. Hexagonal clusters, meaning clusters made up of 6 molecules, are optimal for absorption into the body. When the water is ionized, the electrical current zaps these macro-clusters and breaks them up into smaller groupings, usually 4 – 6 molecules, which are known as micro-clusters. These smaller groupings are able to penetrate into areas where the macro-clustered water simply cannot go. This aids in cellular hydration by giving cells the water they need to perform there functions and to flush out waste that is created from the production of energy.

Q: How do you envision the health and future of people if they continue using Kangen Water™?

A: After almost 4 years of research and personal experience with Kangen Water™ I think I am qualified to say that people who are drinking this water have an huge health advantage over those that are not. Like many things, I think it is just a matter of time until the masses find out about this water and what they have been doing to themselves by drinking all these other beverages. You know, it was not so long ago that mom and dad would be smoking cigarettes at the dining room table during dinner. We now know the serious health issues connected with smoking. I think that sodas and sports drinks are going to someday be viewed just like cigarettes and that there will be a health warning on the labels. They may even end up being banned for use by minors, just like cigarettes.

Q: What are the key points to why Kangen Water™ improves life styles?

A: I think the biggest key point is that a person that has decided to drink Kangen Water™ has taken the first steps to make their health their personal responsibility. You don't decide to drink this water until you realize that what you have been doing has been a problem. When you take that first step, it leads to additional steps that can improve other aspects of life. Drinking Kangen Water™ is great, but making the choice to drink it is, in my opinion, even more important!

Q: Kangen Water™ is said to increase energy, what is the difference between this water and beverages that contain caffeine?

A: Caffeine is a stimulant of the central nervous system, the cardiac muscle, and the respiratory system. It acts as a diuretic, which means it increases the rate of bodily urine excretion, and delays fatigue, having the effect of warding off drowsiness and restoring alertness. It has very specific effects, but they are temporary and come at a price, as it has side effects. If you have ever had an energy drink, then you know exactly what I mean. The worst of these effects is the "crash". When caffeine intake is reduced, the body becomes oversensitive to a chemical in the brain called adenosine, which is relevant to the sleep process, causing blood pressure to drop dramatically, producing an excess of blood in the head area, and leading to a headache that can often last several days. Other crash symptoms are fatigue and muscle pain, irritability, inability to work, nervousness, restlessness, and feeling sleepy, and in extreme cases, nausea and vomiting. Kangen Water™ on the other hand does not energizing the system because it is a stimulant. The increase in energy that most people experience when drinking Kangen Water™ is a result of improved cellular hydration, the abundance of active hydrogen, which acts as a natural anti-oxidant and improvements in the overall condition of the body. You feel like you have more energy because your body is actually producing more energy; not because of a foreign stimulant. When the body is working the way it should, you end up feeling great!

Q: How has Kangen Water™ improved your life?

A: This is another one of those questions that could take hours to answer, so I will just touch on a few major points. First is my own personal health. Since drinking the water, please note I did not say “as a result of drinking the water”; since drinking the water I have lost weight, my blood pressure has dramatically reduced and I feel better than I have in years. My family has also experienced improvements in health, which indirectly make my life even better. As a result of my experiences I decided to share the water with others and they have experienced benefits as well, which gives my life even more purpose and meaning. And from the improvements of these other people I have been able to earn a very comfortable living, which, obviously, has had a major impact on the improvement of my life. All in all, Kangen Water™ has been a complete blessing!