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What some doctors say about alkaline water

By [Charles Hamilton](#) on Saturday, May 17, 2014 at 4:53pm

What Doctors Are Saying About Ionized Alkaline Water

Dr. Don Colbert

"I have had countless numbers of patients with painful osteoarthritis on many different medications for arthritis. Many have been pain free within a couple of months after adjusting their urine pH to 7.0 to 7.5. Which is accomplished by consuming adequate amounts of alkaline water and alkaline foods. As a result, many are able to go off of their medications."

"Hexagonal, alkaline water is especially effective in treating those with chronic disease."

"Your body thrives in an alkaline environment since it is able to detoxify more efficiently than in an acidic environment. In an alkaline environment your tissues get rid of impurities more efficiently. When cancer patients come into my office to begin nutritional treatment, their bodies are almost always very acidic and toxic. My first task is to get their tissues alkalinized with alkaline water."

"I have recommended alkaline hexagonal water to even my youngest patients. In 2005 a ten-year old girl and her parents came to my office in South Carolina. The girl had crippling juvenile rheumatoid arthritis and weighed only fifty-two pounds. Her hands were swollen like mitts, and her knees were swollen as large as softballs. I put her on hexagonal, alkaline water, one to two quarts a day. A week and a half later she was pain free, and her swelling was significantly diminished. When she arrived she was wheelchair bound, but she was actually able to walk without pain after only a week and a half of drinking hexagonal, alkaline water. Her parents were ecstatic. We raised the pH of her tissues. After a month, her hands were almost normal size."

Dr. Don Colbert is a board-certified medical doctor, highly trained in alternative medicine, and Christian author with thirty-six titles totaling over 3.5 million copies sold. He believes in combining alternative and traditional medical practices for optimum results in achieving optimal health.

**Results may vary from person to person.*

Dr. Theodore Baroody

"I have administered over 5000 gallons of this water for about every health situation imaginable. I feel that restructured alkaline water can benefit everyone."

"Acid wastes literally attack the joints, tissues, muscles, organs and glands causing minor to major dysfunction."

"The newest technology in drinking water today is electronically restructured alkaline water. A special unit yields alkaline water and lowers the millivoltage. The water is reconfigured into a lighter, simpler form that is definitely more absorbable in the body."

"After years of very positive continuous clinical experiments that I am conducting with hundreds of clients using electronically restructured alkaline water, it is my opinion that this technology

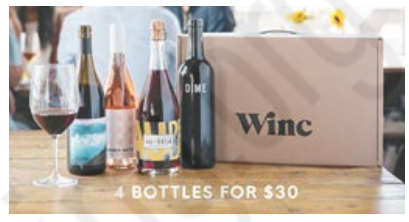
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will change the way in which all health providers and the public will approach their health in the coming years.”

“Too much acidity in the body is like having too little oil in the car. It just grinds to a halt one lazy Sunday afternoon. There you are – stuck. The body does the same thing.”

“Restructured water alkalizes by displacing acids and replacing alkalines. The other health benefit of restructured water is the imparted frequencies, which are not present in distilled water. These frequencies assist in acid displacement toward the elimination channels.”

“Any stressor that the mind or body interprets and internalizes as too much to deal with, leaves an acid residue. Even a mild stressor can cause a partial or total acid-forming reaction. The countless names attached to illness do not really matter. What does matter is that they all come from the same root cause: too much tissue acid waste in the body.”

Author of *Alkalize or Die*

**Results may vary from person to person.*

Dr. Gabriel Cousens

“Water Ionization could be one of the most important health breakthroughs in our era.”

“Japanese and some American hospital research have found ionized water useful for the treatment of cancer, diabetes, intestinal problems, liver problems and other chronic diseases. Alkalinized ionized water can play a powerful role in reversing the degenerative results of an acid system. This is a revolutionary health breakthrough. The ionized water replicates the ‘living qualities’ of high-altitude mountain spring water.”

“When you create a healthy pH (in your body), you create a significantly more disease-resistant body.”

“A properly alkalinized person optimizes all mental and physical functions.”

Author of nine natural health and spirituality books including *Conscious Eating*.

**Results may vary from person to person.*

Dr. Sherry Rogers

“Alkaline water rids the body of acid waste... After carefully evaluating the results of my advice to hundreds of individuals, I’m convinced that toxicity in the form of acidic waste is the primary cause of degenerative disease.”

Author of 14 books including *Detox or Die*.

**Results may vary from person to person.*

Dr. Susan Lark

“Drinking four to six glasses of alkaline water a day will help to neutralize over acidity and over time will help to restore your buffering ability. Alkaline water should be used when conditions of over acidity develop, such as cold, flu or bronchitis. Like vitamins C, E and Beta Carotene, alkaline water acts as an antioxidant because of its excess supply of free electrons. This can help the body against the development of heart disease, strokes, immune dysfunctions, and other common ailments.”

“The benefits of the alkaline water created through electrolysis far exceed just its ability to gently raise the pH of the cells and tissues of the body and to neutralize acids. Because the alkaline water has gained a significant number of free electrons through the electrolysis process, it is able to donate these electrons to active oxygen free radicals in the body, thereby becoming a super antioxidant. By donating its excess free electrons, alkaline water is able to block the oxidation of normal tissue by free oxygen radicals.”

University lecturer and author of *The Chemistry of Success*.

**Results may vary from person to person.*

Dr. Ingfreid Hobert

"You do not need expensive medicine with all the negative side effects to regain health... Alkaline water has profound long term effects because it alkalizes your body and provides an effective antioxidant."

Author of *Guide to Holistic Healing in the New Millennium*

**Results may vary from person to person.*

Dr. Hidemitsu Hayashi

Dr. Hayashi states that bad diets such as meat and potatoes, fried foods, soft drinks colas, and sugars build up acidic salts in the body. Often these deposits, by having to be stored away from the blood flow, can remain in the body for decades. He recommends the consumption of ionized alkaline water, which will slowly and gently wash these salts away.

"Chlorinated tap water is polluted with non-biological chemicals and negative energy imprints. It is also devoid of bio-energy and so may be regarded as being badly polluted as well as 'dead'. Alkaline living water is regarded by a growing number of health care professionals as the best water to drink and is listed as a medical device in Japan for the treatment of degenerative diseases."

Director of the Water Institute, Tokyo

**Results may vary from person to person.*

Dr. Leonard Horowitz

"International studies show that populations with little or no history of illness, such as cancer..., drink higher (pH) alkaline waters. After all potential risk factors were considered and factored out it became evident that populations had been drinking waters with a pH of 9.0 to 10.0."

Author of *Emerging Viruses: Aids and Ebola*

**Results may vary from person to person.*

Dr. Robert Atkins

"The fluids in the cells of most people's bodies are overly acidic. This can cause a lot of problems. It prevents your body from neutralizing toxins, and leaves you more susceptible to the cell-damaging free radical oxidation that leads to cancer and other diseases."

"Just about every condition I can think of, from arthritis to diabetes to cancer, is associated with acidity. It is no coincidence that many of our modern habits such as alcohol consumption, smoking, eating sugar, and stress, all tend to increase acidity. The only parts of our body that are supposed to be acidic are the contents of the stomach, the skin, and perspiration. Virtually everything else is supposed to be at least slightly alkaline."

Author of *Atkins for Life: The Complete Controlled Carb Program for Permanent Weight Loss*

**Results may vary from person to person.*

Dr. Ray Kurzweil

On Alkaline Ionized Water

"Drinking alkaline water helps reduce the burden on the limited alkaline buffers which are needed for the body's natural detoxification."

"Most people are already too acidic from eating excess meat, simple carbohydrates, and sugar. Alkalinizing water is a very effective step to bring this into balance."

"Another benefit of drinking alkaline water is that it assists in the absorption of minerals. We know that if the body is not absorbing enough minerals, it will rob minerals from the body's mineral reserves, chiefly calcium from the bones."

"Consuming the right type of water is vital to detoxifying the body's acidic waste products and is one of the most powerful health treatments available."

"We recommend that you drink 8-10 glasses per day of this alkaline water. It is one of the simplest and most powerful things that you can do to combat a wide range of disease processes. It is interesting to note that in Japan, professional sports teams drink alkaline water to improve their performance."

"There are more benefits to "alkaline water" than simply the alkalinity or pH. The most important feature of alkaline water produced by a water alkalizer is its oxidation reduction potential (ORP). Water with a high negative ORP is of particular value in its ability to neutralize oxygen free radicals."

On Disease Prevention

"An important strategy for preventing or treating cancer is to maintain an alkaline environment in the body."

"Most people don't suddenly get a stroke or a heart attack or develop cancer, Alzheimer's, or diabetes out of the blue. These diseases are often the end result of many years of dietary and lifestyle choices that have increased the amount of silent inflammation circulating throughout their bodies. By making lifestyle changes now, you can begin to reduce silent inflammation and cut your chances of developing serious diseases beginning today."

"Free radicals are among the most damaging molecules in the body and are highly unstable molecules that are oxidizing agents and are electron deficient. They are a principal cause of damage and disease in the body. Oxygen free radicals contribute significantly to a broad variety of harmful conditions in the body ranging from life-threatening conditions such as heart disease, stroke and cancer, to less severe conditions such as sunburns, arthritis, cataracts, and many others. Free radicals MUST get electrons from somewhere and will steal them from whatever molecules are around, including normal, healthy tissues."

"Damage to tissues results when free radicals strip these electrons from healthy cells. If the damage goes on unchecked, this will lead to disease. For example, the oxidation of LDL cholesterol particles in arterial walls by free radicals triggers an immune system response that results in atherosclerosis, the principal cause of heart disease. The negative ions in alkaline water from an electrolysis machine are a rich source of electrons that can be donated to these free radicals in the body, neutralizing them and stopping them from damaging healthy tissues.

Specifically, these ions have the potential to engage in the chemical reactions necessary to neutralize oxygen free radicals."

"It is well known that many chronic diseases result in excess acidity of the body (metabolic acidosis). We also know that the body tends to become more acidic due to modern dietary habits and lifestyles and the aging process itself. By drinking high negative ORP alkaline water, you combat metabolic acidosis and improve absorption of nutrients."

"A comprehensive review comparing alkalizing diets to acidic diets reported in the American Journal of Clinical Nutrition concluded that alkalizing diets improve bone density, nitrogen balance, and serum growth hormone concentrations, whereas the low grade acidosis resulting from acidic diets contributes to bone loss, osteoporosis, and loss of muscle."

"The blood is carefully buffered to keep it in a narrow range between pH 7.35 to 7.45. The body keeps blood pH stable by utilizing alkaline buffers, chiefly bicarbonate, to neutralize acidic liquids (such as colas, which have a pH as low as 2.5) and other acidic products and byproducts. But as the blood stream receives these acidic substances, the alkaline buffers get used up."

Co-author of *Fantastic Voyage: Live Long Enough to Live Forever* with Dr. Terry Grossman

- See more at: <http://www.chansonalkalinewater.com/what-doctors-say-about-alkaline-ionized-water.php#sthash.g4aWEtCf.dpuf>

**Results may vary from person to person.*

Dr. Mu Shik Jhon

"The time to fix the barn is before the cow is dead, as the amount of disordered water in the body increases, survival rate declines. The more alkaline ionized water in the body, the healthier you will be. Several studies support the premise that consuming alkaline water results in a general slowing of the aging process."

"Hexagonal (alkaline ionized) water moves easily within the cellular matrix of the body, helping with nutrient absorption and waste removal."

"Alkaline water clearly improves cell water turnover as measured by bio-impedance instruments. It is able to penetrate cells more rapidly, improving metabolism, nutrients absorption, and waste removal."

"The more alkaline ionized water in the body, the healthier you will be. Several studies support the premise that consuming alkaline water results in a general slowing of the aging process."

Researcher and author *The Water Puzzle and The Hexagonal Key*

**Results may vary from person to person.*

Dr. William Kelly

"Alkaline water, produced by a water ionizer, has become the most important advancement in health care since Sir Alexander Fleming's discovery of penicillin."

College of Metabolic Medicine, and author of *Cancer Cure*

**Results may vary from person to person.*

Dr. Howard Hay (1930)

"People with more acidic blood were more likely to be ill. A pH range of 7.4 to 7.5 is associated with good health. When foods are metabolized, acids are produced which are neutralized by the alkaline salts (carbonates) of calcium, magnesium, potassium and sodium. Foods containing chlorine, phosphorous, sulfur and nitrogen, animal products and refined carbohydrates tend to be acid forming."

"All disease is caused by auto-toxification (self-poisoning) due to acid accumulation in the body."

"Now we depart from health in just the proportion to which we have allowed our alkalies to be dissipated by introduction of acid forming food in too great amount. It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so."

"It was said earlier that all we can do for disease is to stop creating this background of acid end-products of digestion and metabolism, and this is true, for if disease comes always and only from this acid collection, then it must be evident to anyone that the cure lies in the discontinuance of this accumulation."

"Pneumonia, erysipelas, typhoid fever, influenza, acute arthritis, colitis, hay fever, all subside when the body is fairly detoxicated and the diet so corrected as to stop this excessive formation of the acid end-products, simply because each was expressing the end-point of tolerance of toxins, and each was the means by which the body sought to unload this unwanted mass."

"If the blood develops a more acidic condition, then these excess acidic wastes have to be deposited somewhere in the body. If this unhealthy process continues year after year, these areas steadily increase in acidity and their cells begin to die. Other cells in the affected area may survive by becoming abnormal, these are called malignant. Malignant cells cannot respond to brain commands. They undergo a cellular division that is out of control."

This is the beginning of cancer.”

**Results may vary from person to person.*

Prof. Watanabe Ifao

”Ionized, alkaline, antioxidant water improves body constitution and ensures effective healing to many illnesses. The main reason for its effectiveness is that this water can neutralize toxins.”

”Ionized alkaline antioxidant water improves body constituents and ensures effective healing to many illnesses. The uses of antioxidant water in gynecological patients have proved to be very effective. The main reason for its effectiveness is that this water can neutralize toxins.”

”When given antioxidant water to pre-eclamptic toxemia cases, the results are most significant. During my long years of servicing the pre-eclamptic toxemia cases, I found that the women with pre-eclamptic toxemia who consumed antioxidant water tend to deliver healthier babies with stronger muscles. A survey report carried out on babies in this group showed intelligence above average.”

Watanabe Hospital

**Results may vary from person to person.*

Dr. David Carpenter

”I think drinking alkaline water is the most important thing a person can do for their health.”

”This [alkalizing] program contains a whole new way of looking at diet and nutrition. When followed, it leads to a healthy, lean, trim body and an enhanced level of wellness, energy and mental clarity most people have not experienced previously.”

”Based on years of research and observation, we have concluded that over acidification of the body is the underlying cause of all disease. Because many people consume a diet primarily comprised of acid forming foods, (i.e. sugars, meat, dairy, yeast breads, coffee, alcohol, starches, etc.) rather than whole plant foods, they are frequently sick and tired.”

On toxins

”All the detoxification pathways in the body (liver-colon, kidney-bladder, skin-sweat, lung-breath, and lymphatic system) require water. When water is not supplied in abundance, wastes build up in the fluid that surrounds each cell and all the detoxification pathways become sluggish. However, the body is ingenious. It always adapts. Under the stress of dehydration your body will find places to store toxins where they will not immediately interfere with critical life processes. Toxins and wastes can end up in fatty tissue, in joints, and as deposits in arteries. In the short term, life is preserved, but the long term consequences are obvious.”

Author of *Change Your Water, Change Your Life*

**Results may vary from person to person.*

Dr. Arthur M. Echano, MD

”If the world has accepted antioxidants to slow down the aging process, it should readily agree to the uses of ionized alkaline water as an anti-aging agent. Their roles are closely linked and intertwined such that a lasting anti-aging program is incomplete without addressing both free radicals and organic acid wastes.”

**Results may vary from person to person.*

Dr. Ken Hansraj, Neuro Surgeon

On Ionized Acidic Water

”There are many products that will kill bacteria, fungi and viral ingredients. There is only one problem. The vast majority are either not natural or they don’t work well. Chanson’s Acid Water is all natural and kills 99.9999% of harmful agents. It also can make your skin look more smooth and young.”

Author of *The Secrets of the Spine*

**Results may vary from person to person.*

Dr. Susan E. Brown

"Alkaline balance is very important for bone health. We evolved in an alkaline ocean environment, and even today our body's internal environment remains alkaline, with a pH just above 7.0. Our enzymatic, immunologic, and repair mechanisms all function their best in an alkaline environment. Despite this, our biochemical functioning, the metabolism of food, and many other fundamental life processes, all produce a great deal of acid."

Author of *Better Bones, Better Body*

**Results may vary from person to person.*

Dr. Chi C. Mao

"Overacidification of our body fluids, due to our diet and modern lifestyles, is the origin of myriad illnesses; therefore, in order to regain our health, it becomes imperative to minimize acidification and restore a critical balance."

Chief medical officer at Select Specialty Hospitals in Houston Texas

**Results may vary from person to person.*

Dr. Jacques de Langre

"The human organism functions at its peak only when the balance between acid and alkaline is maintained."

Author of *Sea Salt's Hidden Powers*

**Results may vary from person to person.*

Dr. Mona Harrison

On Ionized Alkaline Water

"When alkaline ionized water was used with Alzheimer's patients, just by drinking a gallon a day, their senility problem subsided."

"Ionized water is great for Attention Deficit Disorder as this condition is [caused by] too much rhodium and iridium in the brain. Ionized water calms these types of children."

"Alkaline ionized water is the frequency of the pineal gland and thus affects all other glands below the pineal gland. That is why the water can lower blood pressure and blood sugar, shrink an enlarged prostate, stimulate sex drive, improve vision, improve MS and Parkinson's Disease, just to name a few." "Alkaline ionized water electrolysis converts the inorganic minerals present in the water to organic minerals, just like plant juice."

"Cancer tumors cannot live in alkaline water. All cancer patients should be on alkaline water, and you and I should be drinking alkalized water so our bodies won't provide an environment for cancer tumors to live." "Alkaline water is fantastic for insomnia and colic."

"The hydrogen ion is positively charged, [An ionizer], changes the hydrogen ion into a negative charge. The liver loves negative hydrogen ions. That is why kidney and liver problems can be helped with alkaline ionized water." "Alkaline ionized water ties up free radicals from attacking healthy cells." "Alkaline ionized water is the most powerful liquid antioxidant that can rebuild the immune system and is revolutionizing the health industry. Most of our health problems today are caused by an over-acid condition of the body."

Former Director of the International Water Council

**Results may vary from person to person.*

Dr. Kuwata Kejiroo

"When I was serving in the Fire Insurance Association, I used to examine many diabetic patients. Besides treating them with drugs, I provided them with ionized water. After drinking ionized water for one month, 15 diabetic patients were selected and sent to Tokyo University for further test and observations. Initially, the more serious patients were a bit apprehensive about the treatment. When the ionized water was consumed for some time, the sugar in the blood and urine ranged from a ratio of 300 mg/l to 2 mg/dc. There was a time where the patient had undergone 5 to 6 blood

tests a day and detected to be within normal range. Results also showed that even 1 1/2 hour after meals, the blood sugar and urine ratio was 100 mg/dc 0 mg/dc. The sugar in the urine has completely disappeared.”

“For severe kidney failure, water intake has to be restricted. However whereas ordinary tap water contains phosphate, calcium carbonate and the acidic ions... [that] tend to reduce the efficiency of the calcium ions... I feel that in controlled amounts, alkaline ionized water will strengthen the heart and increase urination. Over the next six to twelve months, the patient should maintain an alkaline diet (reduced animal protein) and continue drinking alkaline ionized water to reduce the amounts of urea and uric acid in the blood. Through my clinical experience, patients undergoing kidney dialysis should also drink alkaline ionized water as well as those patients with kidney disease who do not respond to drugs.”

**Results may vary from person to person.*

Prof. Kuninaka Hironaga

“Too many fats in the diets, which lead to the deposition of cholesterol on the blood vessels, which in turn constrict the blood flow, cause most illnesses such as high blood pressure. With the consumption of alkaline antioxidant water for a period of two or three months, I have observed the blood pressure slowly drop, due to the water’s solvent ability, which dissolves the cholesterol in the blood vessels.”

Head of the Kuninaka-Hospital in Japan

**Results may vary from person to person.*

Dr. Keiichi Morishita

“If the blood develops a more acidic condition, then the excess acidic wastes have to be deposited somewhere in the body. If this unhealthy process continues year after year, these areas steadily increase in acidity, and their cells begin to die. Other cells in the affected area may survive by becoming abnormal; these are called malignant. Malignant cells do not respond to brain commands. They undergo a cellular division that is out of control. This is called cancer. Modern medicine in America treats these malignant cells as if they were bacteria or viruses. It uses chemotherapy, radiation, and surgery to treat cancer. Yet none of these treatments will help very much, if after all of that, the acidic environment remains. Drinking water that has a high alkaline pH, because of its de-acidifying effect, will help in preventing cancer. In Asia, alkaline water is regularly served to patients, and is considered a regular part of treatment.”

Author of *The Hidden Truth of Cancer*, Director of the Ochanomizu Clinic in Japan and the Head of the International Natural Medicine Association

**Results may vary from person to person.*

Dr. Preston Wakefield

“Lack of focus, stress, decrease in energy, and muscle tightness are all derived from the same problem-lack of proper hydration. Based upon sound clinical research in speeding up recovery from vigorous activities to guarding against disease, drinking alkaline ionized water may be the single most important support your body can receive.”

**Results may vary from person to person.*

Hiromi Shinya, MD

“You can use electrical means to create water with strong reduction capability. Purification devices exist that ionize and create this type of water through electrolysis ... when electrolysis occurs, active hydrogen is also produced, serving to remove excess free radicals from the body. The result is what I call “good water,” pure, clean alkaline water with plenty of minerals. Good water means water with strong reduction power that has not been

polluted with chemical substances. In order to drink plenty of good water every day, even using it for cooking, I believe it is necessary to buy and use a purifier that has strong reduction power.”

“It is widely recognized in the medical profession that a healthy and clean colon is one of the most important precursors to good health and that the great majority of body ailments and diseases originate in an acidic and dirty colon. Water is essential for your health. Drinking “good water;” especially hard water which has much calcium and magnesium keeps your body at an optimal alkaline pH.”

Author of *The Enzyme Factor*

**Results may vary from person to person.*

Dr. Arthur Guyton

“The cells of a healthy body are alkaline while the cells of a diseased body are below a pH of 7.0. The more acidic the cell, the sicker we become. If the body cannot alkalize the cells they will become acidic and thus, disease sets in. Most cells will die in the 3.5 pH range. Our bodies produce acid as a by-product of normal metabolism. Since our bodies do not manufacture alkalinity, we must supply the alkalinity from an outside source to keep us from becoming acidic and dying.”

Editor of the Textbook of Medical Physiology

**Results may vary from person to person.*

Dr. Christopher Vasey

On Overacidity

“Many people in North America live with mildly acidic internal pH, known as chronic mild acidosis. When the body is chronically over-acidic, the balancing mechanisms force the body to borrow minerals – calcium, sodium, potassium and magnesium – from the internal organs and bones so acids can be buffered or neutralized and removed from the body. Over time this process contributes to chronic disease. Chronic over-acidity has been called “the silent killer.”

Author of *The Water Prescription*

**Results may vary from person to person.*

Dr. Peggy Parker

On Oxidation“More than three years of testing and research have led me to the discovery that drinking reduced alkaline water is the most effective tool for quickly, easily and economically changing the rate of oxidation on cells that I have ever encountered.”“As the cell walls of our body become oxidized, they become sticky and this prevents hydration of the body as well as nutrient absorption and cell waste to be expelled. The -ORP (Ed: Reduction Potential of the water) removes oxidation from the cell wall and allows for better hydration, and cell metabolism and overall cell health.”

Traditionally trained Naturopathic Physician and an internationally renowned teacher and lecturer.

**Results may vary from person to person.*

Dr. Stefan Kuprowsky

“Acid wastes build up in the body in the form of cholesterol, gallstones, kidney stones, arterial plaque, urates, phosphates and sulfates. These acidic waste products are the direct cause of premature aging and the onset of chronic disease.”

“I believe that the best water is water that is alkaline (reduced) and purified using a small device known as a water ionizer.”

**Results may vary from person to person.*

Dr. Yoshiaki Matsuo

“In my opinion, redox potential is more important than pH. For example, the average pH of blood is 7.4 and acidosis or alkalosis are defined according to deviation within the range of 7.4 + -0.05. But nothing has been discussed about ORP, or oxidation-

reduction potential.”

“It has long been established that reactive oxygen species (ROS) [free radicals that contain the oxygen atom] cause many types of damage to biomolecules and cellular structures, that, in turn result in the development of a variety of pathologic states such as diabetes, cancer and aging. Reduced water is defined as anti-oxidative water produced by reduction of water. Electrolyzed reduced water (ERW) has been demonstrated to be hydrogen-rich water and can scavenge ROS in vitro (Shirahata et al., 1997).”

Vice President of the Water Institute of Japan

**Results may vary from person to person.*

Dr. Nicholas Perricone

On water

“Many women avoid drinking water for fear of bloating, a complete misconception. The great majority of us are in a constant state of dehydration—drinking water only when we experience thirst, which is too little too late.”

“All biochemical reactions take place in the presence of water. If we are even just mildly dehydrated, metabolism drops by three percent, resulting in a one pound weight gain every six months. It is essential to drink 8-10 glasses of water a day. If you have any doubts about the effect of water intake on our skin, just put a grape and a raisin side by side.”

“The fountain of youth did not spew forth diet soda and OJ—it’s always been good old H₂O. If I could teach my patients and students three things that would keep them forever young it would be 1. drink water, 2. drink water, and 3. drink more water. If you do not drink water, your organs and cells cannot function. How can your skin be soft and plumped up if you refuse the elixir of life?”

Author of *The Perricone Prescription*

- See more at: <http://www.chansonalkalinewater.com/what-doctors-say-about-alkaline-ionized-water.php#sthash.g4aWEtCf.dpuf>

**Results may vary from person to person.*

Dr. Fereydoon Batmanghelidj

On Dehydration

“I am a researcher. I have researched dehydration for the past 20 years. When I discovered that the solution to most of the disease conditions of our society is not a moneymaker, I decided to take my information to the public. My research revealed that unintentional dehydration produces stress, chronic pains and many degenerative diseases. Dry mouth is not the only sign of dehydration and waiting to get thirsty is wrong. Medicine has based its understanding that it is solid matter in the body that regulates all functions of the body. I have explained scientifically at the molecular level that it is water that regulates all functions of the body including functions of solid matter. 75% of our bodies are composed of water. The brain is 85% water. It is water that energizes and activates the solid matter. If you don’t take enough water, some functions of the body will suffer. Dehydration produces system disturbances. When I use the word water cure, I am referring to curing dehydration with water.”

Author of *Your Body’s Many Cries for Water*

**Results may vary from person to person.*

Dr. (name withheld)

(Patient’s Name Hidden for Legal Reasons) is a patient in my practice with gastroesophageal reflux, which he has controlled in the past with medication. His mother requests a letter of medical necessity for a home water ionization system.

Recently (the Patient) has been drinking ionized water with significant improvement in his reflux symptoms. Although ionized water is not a recognized medical treatment for reflux, the

increased pH of the water after ionization is likely to have a buffering effect on stomach acid similar to that of antacid medication, and therefore may be a reasonable treatment. Therefore I endorse the use of this system for controlling (patient's) acid reflux.

**Results may vary from person to person.*

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