

Drinking Alkaline Water

Splits large water clusters in half, making them smaller and more easily absorbable by your body. So, the water you drink will hydrate your cells far better than any other water can do.

- Boosts the pH of your drinking water to reverse the effects of the acidic condition of your body. *[With most people, many wastes sit in the cells for long periods or forever waiting to be eliminated. [Research](#) shows that diseases thrive in an acid environment. The modern fast-food diets we eat, sodas we drink, and stressful lifestyles we live only make that acid environment inside our bodies worse over time. To combat this, **drinking alkaline water helps to buffer this acidity and neutralize our bodies, allowing our cells to be cleansed.***
- Detoxifies your body at a cellular level (gets toxins out)
- Transforms water's ORP (oxygen reduction potential), and so it becomes an antioxidant.
- Helps the fat-cell build-up of waste storage to finally be released.
- Helps the arteries in the same way as the fat cells.
- Helps the bowels to become cleansed and hydrated.

Instructions: Start out at the lowest setting for alkalinity. Drink this for at least 3 days. Your body may go into what's called a detoxification-phase (detox), because it has a lot of acidic wastes (toxic) which are now able to release from your cells. If you take it kind of slow at first, you'll feel less discomfort due to this detoxification process. Some symptoms of detoxification are: headaches, increased thirst, pimples, aching in the lower back (kidney) area. Some people never feel these detox symptoms. So if you don't feel any negative effects after 3 days, then move up to the next higher level of alkalinity. Or, if you had symptoms, but they're now subsided, move up to the next level. There's no need to rush though. Once you reach about the 3rd level, stop moving up. That's the ordinary "drinking-level" for alkaline ionized water. However, if you want to try a higher level, that's fine. If you like the taste, and you don't feel any negative effects from it after about 3 days, then it's probably the right level for you.

How Much Water Should You Drink Per Day?

You should drink at least 1 ounce of ionized water times half your body weight. That would mean, if you weighed 150 lbs, you'd drink 70 ounces per day (8 or 9 cups) of ionized water or more. However, it is even better if you can drink up closer to one gallon of ionized water per day for optimum results.

If you need to take prescription medicine, it is advised to drink only purified water for a 20-minute period just before and after taking your medication. This ensures that the pH

level of the water will not interfere with the intended effects of the medication.

Acid Water is for Cleaning, Skin-Care and Beauty

Uses for Acid Water

Use at a pH of about **2.5 - 3.5** for its antiseptic value. Put your ionizer on the strong acid water setting and use this water as an antiseptic, skin tonic or cleaner. You can put it in a spray-bottle for convenient use in the kitchen. **Acidic Water** has an astringent effect on what it comes in contact with. For this reason, it is able to tighten and smooth your skin, and is particularly effective in the treatment and prevention of acne, pimples and rashes. Moreover, its disinfecting and sterilizing ability also helps in treating minor skin wounds.

Strong Acidic Water (pH 2.7) is not suitable for drinking but is perfect for other tasks. Strong acidic water has great disinfecting power and is often used by restaurants to prevent food poisoning. This water is the strongest disinfectant of its kind! It's great for:

For your Skin, Hair and Teeth - specific benefits include:

- Strong acidic water improves many skin ailments such as Athlete's Foot
- Shampooing: When using acidic ionized water before and after shampooing, it will not only protect your hair, but also prevent hair loss, itching, and dandruff.
- Hair care - use acidic water instead of a conditioning rinse. It will reduce tangles and give your hair a healthy shine.
- Bathing: Mix in 6-10 liters of acidic water to your tap water in your bath tub. Bathing in this water will improve the overall health and beauty of your skin. Bath water - acidic water will keep your tub free of rings while keeping your skin radiant.
- Burns: Applying acidic water eases the pain of burns and accelerates its recovery.

- Sunburn: Acidic water also relieves inflammation and hastens recovery.
- Eczema and Acne: Acidic ionized water is able to kill bacteria, to keep the skin clean and to improve your skin condition.
- Brushing Teeth: If you regularly use acidic water for brushing your teeth, it will help to maintain healthy teeth with whitening, sterilizing and disinfecting results.
- Gargling: Gargling with acidic water prevents infection of germs by killing the microbes that cause colds and tonsillitis.
- Pimples, boils, infections or other skin eruptions use at the **medium to strongest acidic** setting and soak the infected area for 20-minute periods 2 to 3 times per day or more if desired until healed. If the area gets and stays red, reduce the acidity-level.
- Clean cuts, bruises and scrapes
- Kill acne bacteria
- Reduce inflammation and redness
- Soak burns, psoriasis or other skin sores
- Face wash or toner - the acidic water has amazing astringent properties that help to tone and firm your skin.
- Hygiene - use this water to disinfect your hands, toothbrush and more.

For Cooking with Acidic Water

Due to its constricting effect, **Acidic Water** also has a wide range of cooking uses, which are:

- Cooking noodles with acidic water will prevent the noodles from becoming soggy.
- Using acidic water to coat fried dishes will help that the dish is much crispier.
- Soak fish in acidic water before cooking. It will tighten the meat of some fish, making it easier to cook.
- Washing fruits and vegetables with acidic water will kill harmful bacteria. Clean (soak for 3-5 min.) vegetables with acid water [2.5 - 3.5] to kill the germs without harming the healthiness of the vegetables. Then soak your vegetables in the strongest setting you can get of alkaline water [11 - 11.5] for another 5-10 min. What this does is dissolve the pesticides from the surface of your vegetables. Farmers are using pesticides today that are oily, because the oily pesticides don't wash off easily in the rain. However, this makes them also not easy to wash off in your sink! Now you can counteract that by soaking your non-organic vegetables in the strong alkaline water. The water will turn a brownish color. That's the dirt and pesticides becoming released. After 10 minutes, Pour that water out and soak once more in some fresh alkaline water for another minute or so, and you're ready to go. Washing veggies and fruits will maintain their vibrant colors.
- Fried food - will come out crispy.
- Frozen food - when you spray your food with acidic water prior to freezing, you're ensuring that the flavor will not be lost when thawed.
- Cooking beans - they will cook to perfection in less time! Beans can be soaked in alkaline ionized water for a shorter time before cooking. Cooking rice with alkaline ionized water helps prevent spoilage.

Health:

- Gargle to relieve a sore throat and kill germs
- Used in hospitals in Japan to sterilize endoscopes and heal skin ulcers
- This water kills HIV and other viruses such as staph, strep, Candida, athlete's food fungus,
- **Teeth:** Used for brushing and gargling Sanitize your tooth brush (soak for 20-30 minutes) Effectively removes plaque from teeth. Have healthier gums. Brush with ionized acid water instead of toothpaste. Rinse with tap or alkalized water.
- Gargle to relieve mouth sores and to prevent infection by germs including the microbes that cause colds and tonsillitis.
- Removes bad breath.
- Sore throats: In the odd chance of a sore throat, try gargling with strong acidic water several times per day and see if that helps.
- Acts as an astringent to tighten skin and remove small wrinkles. Relieves chapped hands and dry, itchy skin.
- Excellent therapy for fungus such as athlete's foot.
- Helps heal and disinfect cuts, blisters, scrapes, rashes, burns and wounds.
- Accelerates recovery when applied to bruises, sprains, eczema and other skin problems.
- Helps heal diabetic skin ulcers.
- Alleviates the pain and speeds recovery of burns.
- Relieves inflammation and speeds recovery from sunburn.
- Provides relief from mosquito bites, bee stings, poison ivy and poison oak.

In the Kitchen and Cleaning Strong acidic water has excellent disinfecting powers that can prevent food poisoning. e. coli, salmonella and a host of pathogens in as little as 30 seconds.

- Cleaning and disinfecting - strong acidic water kills germs and bacteria, sanitizing your home in the most important places: the bathroom and kitchen. Strong acidic water was approved as a food product disinfectant in June 2002 in accordance with Food Hygiene Law.
- Wash and rinse dishes. Your glasses will come out sparkling clean.
- Clean work surfaces, cutting boards, etc. and rinse dishes with high level acid ionized water.
- House cleaning: Acidic water works as an agent to sterilizing, preventing odors, removes dirt and grime as well as unseen germs.
- Polishing: Acidic ionized water effectively cleans mirrors, glass, knives, and eyeglasses.
- Cleaning: Use acidic water to wash and disinfect your cutting boards, tableware and pots and pans (when soaked overnight, stains and burns are easily removed).
- Sponges: Fungal and bacterial growth is stopped, preventing bad smells and contamination.
- Washing hands: Wash your hands with acidic water to effectively remove odors and itching.
- Washing Vehicles: The dirt is removed much more easily when using acidic water.
- Polishing - polish mirrors, windows and more for a high sheen.
- Housecleaning - acidic water removes dirt from ceramic tiles, hardwood floors, and more without leaving a sticky mess behind.
- Disinfect knives, cutting boards and counter tops (soak for 20-30 minutes)
- Sanitize dish rags and sponges (soak for 20-30 minutes)
- Soak fish to remove impurities.
- Clean your house without using toxic chemicals
- Proven to kill MRSA (methicillin resistant staph aureus)

- Rinse cycle - soaking your clothes in acidic water before the spin cycle will soften your apparel.
- Removing stains - leave your clothes to soak in acidic water for a full day.



Miscellaneous Uses:

- Pet care - it gives your pet soft and shiny fur when you brush with it.
- Pets: Bathing your pets in acid water helps to prevent skin disease and itching and also leads to an overall healthier coat of fur.
- Flower Arrangement: Coat the stem of the flowers into diluted acidic water and your flowers will look fresh for a much longer time.
- Bathe pets in MILD acidic ionized water for silky fur and healthy skin.
- Improves healthy plant growth.
- Plants require less water.
- No need for pesticides.

Commercial uses:

Acid ionized water with high oxidant levels (O.R.P. of +1100mV) is currently used in American and Japanese hospitals in the treatment of bedsores, operative wounds with complicated infections, and diabetic ulcers. This water is sometimes referred to as "super oxide water". It is used extensively in Japan's medical facilities for the sterilization of surgical equipment and wounds. For the same reasons, it has been adopted by the food service industry for the sterilization of kitchen utensils and the cleaning of seafood and meats. In agriculture acid ionized water is used effectively on plants to kill fungi and molds. For

example, it is sprayed on sprouts, wheatgrass, and germinating plants in nurseries to prevent mold. Golf courses have used it to vastly reduce their reliance on pesticides and herbicides.

Strong Alkaline Water

Strong Alkaline Water (pH 11.5) is not safe for drinking.

It's a grease-cutter and is also used for Cleaning

Uses for High pH Alkaline Water pH 11

- You can pour 2 - 4 gallons of it in with your laundry and not need to use detergent.
- You can use for cleaning greasy areas, like floors, stoves and countertops.
- Strong alkaline water is used to remove pesticides and impurities from your vegetables and fruits, which remain if cleaned with regular water.
- If oil and strong alkaline water are combined, the water actually emulsifies the oil! This makes this type of water ideal for:
 - Cleaning - It's great for kitchen countertops, bathrooms, and more.
 - Sanitizing - It's great for utensils, kitchen tops, etc.
 - Oil removal - Remove oily substances from hard to clean items such as the outdoor grill.
- Plants - Strong alkaline water is used to kill fungi and other plant diseases. This is especially noteworthy because agriculture workers do not have to wear any protective gear when applying strong alkaline water to plants.

pH 10.0 (High alkalinity water):

High alkalinity water has a detergent-like effect and is able to dissolve and draw out oil-based substances (pesticides are often oil-based and not removed with standard water). pH 10.0 high alkalinity water more

effectively emulsifies oil, cleans oily or greasy items, strips oil-based pesticides off produce and infuses vegetables with negative ions that retard their degeneration. Some specific uses include:

- Clean cutting boards, knives and dishes
- Sterilize (soak) vegetables, beef, pork and fresh fish. Also helps to bring out natural flavors and reduce acid.
- Great for making soups
- First rinse rice in pH 8.5 alkaline water and then cook that rice in pH 10.0 water to quicken cooking time, reduce damage to the rice and maintain its natural flavor.
- Remove spots and stains
- Reduce detergent use
- Meats- for taste and tenderness, soak for 20 minutes
- Soak vegetables to remove bitterness. Boil vegetables in this water to help maintain their nutrients and color.
- Effectively remove pesticides from fruits and vegetables
- Infuse vegetables with a high negative ORP providing a ready supply of antioxidants.

Alkaline Water in Cooking:

Enhances food flavors.

Decreases food's acidity.

Improves nutrient absorption by the body.

Removes bitterness that some vegetables may have

Cooking beans - they will cook to perfection in less time! Beans can be soaked in alkaline ionized water for a shorter time before cooking. Cooking rice with alkaline ionized water helps prevent spoilage.

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Ionized Water (**pH 8.0 - 10.0**) is safe for drinking and makes your drinking

water more flavored. Ionized water helps to balance your body's pH level. With continued use, ionized water helps to replenish your calcium levels and balances your body's pH. It is ideal for:

- Drinking - There is a lighter taste, no unpleasant odor, and a sweet flavor.
- Food preparation - Removes the harsh taste and strong smell of foods such as onions and meats.
- Rice - Produces very fluffy rice. "Coffee and tea", you'll enjoy a richer flavor than ever before.
- Soups and stews - The ingredients will have purer flavor, lessening the need for additional seasoning such as salt.
- Plants - They thrive when watered with pure water.
- Animals - Your animals will experience increased health and energy as well as decreased body odor.
- Crafts - Pure water is perfect for dyeing cloths.
- Colon cleansing - Pure water helps to remove accumulated waste when used with a colon cleansing unit.

Clean Water (pH 7.0) removes chloride, rust and cloudiness from your water, creating absolutely delicious water. It is great for:

- Taking medication - Ionized clean water is quickly absorbed and helps your medication be assimilated quicker as well.
- Baby food: Clean water is ideal when preparing baby formula.

pH 9.5

- This is the level most adults choose to drink.
- This is also a good level for making tea; it enhances natural flavors and shortens stewing time.
- If you drink alcohol, this level of water is good to help with hangovers.

pH 9.0

After drinking pH 8.5 water for one to two weeks, drink this water for one to two weeks before drinking 9.5 pH.

pH 8.5

- Use this level when you first start drinking alkaline water. Drink this level for one to two weeks before progressing to 9.0 pH.
- This is also a good level for mixing with powdered milk and for those with gastroenteric issues.

pH 5.5 (Mild Acid Beauty water):

Beauty-Water (put your ionizer on the 3rd level of alkalinity and save the water that comes out of the bottom hose [pH 4 - 6] to use for rinsing and soaking your hair after washing, rinsing your face and sensitive skin areas regularly without need for added soaps)

Because human hair and skin is mildly acidic, acid water is used restore sheen to hair and smoothness to skin. It can relieve dry itchy skin, including the itchiness resulting from poison ivy and poison oak. Helps in the treatment of acne and eczema.

Use for personal cleansing and as an astringent (a substance that tends to shrink or constrict body tissues, usually used as a topical application). Two common examples are calamine lotion and witch hazel. Specific uses include:

- Restores shine to hair /lends silky softness to skin
- Has excellent cleansing and astringent qualities -tightens pores like a toner
- Ideal for bathing sensitive skin & Infants
- Relieves sunburn

- Relieves skin problems such as psoriasis, rashes, eczema and dryness
- Athlete's foot
- Minor burns and scratches
- Insect bites

Other uses for higher pH ALKALINE and Low pH ACIDIC Water

- Brush teeth to clean & whiten; rinse your mouth to kill germs and bacteria.
- Gargle to kill germs and bad breath
- Makes great tasting coffee and tea (removes acidity/acid taste)
- Great for cooking pasta/noodles
- Use to make batter for fried foods – makes them crunchier
- Great for cleaning windows
- Use in your humidifier

Why Drink Alkaline Ionized Water? The Basics

by Dr. Hayashi

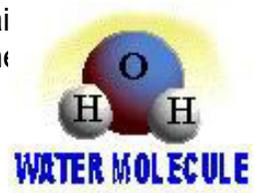
Water, The chemistry of life.

Whenever we attempt to determine whether there is life as we know it on Mars or other planets, scientists first seek to establish whether or not water is present. Why? Because life on earth totally depends on water.

A High percentage of living things, both plant and animal are found in water. All life on earth is thought to have arisen from water. The bodies of all living organisms are composed largely of water. About 70 to 90 percent of all organic matter is water.

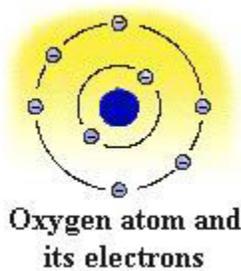
The chemical reactions in all plants and animals that support life take place in a water

medium. Water not only provides the medium to make these life sustain possible, but water itself is often an important reactant or product of the short, the chemistry of life is water chemistry.



Water, the universal solvent

Water is a universal, superb solvent due to the marked polarity of the water molecule and its tendency to form hydrogen bonds with other molecules. One water molecule, expressed with the chemical symbol H_2O , consists of 2 hydrogen atoms and 1 oxygen atom.



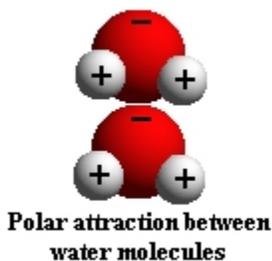
Standing alone, the hydrogen atom contains one positive proton at its core with one negative electron revolving around it in a three-dimensional shell. Oxygen, on the other hand, contains 8 protons in its nucleus with 8 electrons revolving around it. This is often shown in chemical notation as the letter O surrounded by eight dots representing 4 sets of paired electrons.

The single hydrogen electron and the 8 electrons of oxygen are the key to the chemistry of life because this is where hydrogen and oxygen atoms combine to form a water molecule, or split to form ions.

Hydrogen tends to ionize by losing its single electron and form single H^+ ions, which are simply isolated protons since the hydrogen atom contains no neutrons. A hydrogen bond occurs when the electron of a single hydrogen atom is shared with another electronegative atom such as oxygen that lacks an electron.

Polarity of water molecules

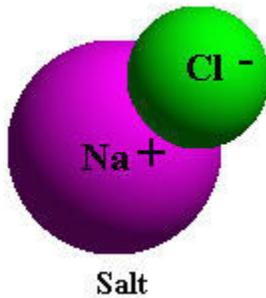
In a water molecule, two hydrogen atoms are covalently bonded to the oxygen atom. But because the oxygen atom is larger than the hydrogen's, its attraction for the hydrogen's electrons is correspondingly greater so the electrons are drawn closer into the shell of the larger oxygen atom and away from the hydrogen shells. This means that although the water molecule as a whole is stable, the greater mass of the oxygen nucleus tends to draw in all the electrons in the molecule including the shared hydrogen electrons giving the oxygen portion of the molecule a slight electronegative charge.



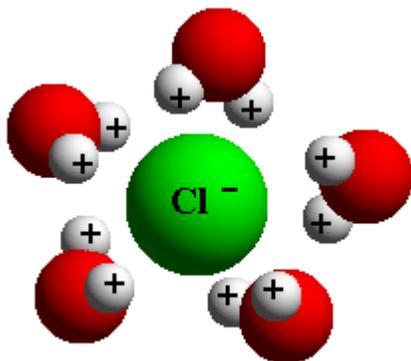
The shells of the hydrogen atoms, because their electrons are closer to the oxygen, take on a small electropositive charge. This means water molecules have a tendency to form weak bonds with water molecules because the oxygen end of the molecule is negative and the hydrogen ends are positive.

A hydrogen atom, while remaining covalently bonded to the oxygen of its own molecule, can form a weak bond with the oxygen of another molecule. Similarly, the oxygen end of a molecule can form a weak attachment with the hydrogen ends of other molecules. Because water molecules have this polarity, water is a continuous chemical entity.

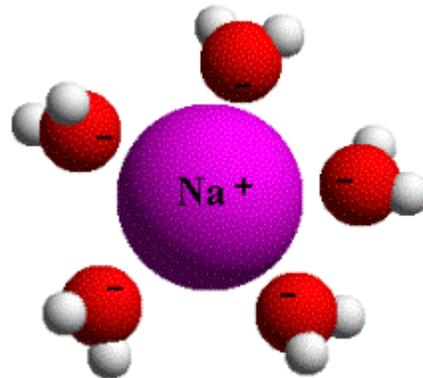
These weak bonds play a crucial role in stabilizing the shape of many of the large molecules found in living matter. Because these bonds are weak, they are readily broken and re-formed during normal physiological reactions. The disassembly and re-arrangement of such weak bonds is in essence the chemistry of life.



To illustrate water's ability to break down other substances, consider the simple example of putting a small amount of table salt in a glass of tap water. With dry salt (NaCl) the attraction between the electropositive sodium (Na⁺) and electronegative chlorine (Cl⁻) atoms of salt is very strong until it is placed in water. After salt is placed in water, the attraction of the electronegative oxygen of the water molecule for the positively charged sodium ions, and the similar attraction of the electropositive hydrogen ends of the water molecule for the negatively charged chloride ions, are greater than the mutual attraction between the outnumbered Na⁺ and Cl⁻ ions. In water the ionic bonds of the sodium chloride molecule are broken easily because of the competitive action of the numerous water molecules.



As we can see, water molecules are oriented around the chloride ion. This is because the oxygen atoms of the water molecules have a partial negative charge, and the hydrogen atoms have a partial positive charge. This causes the water molecules to be attracted to the chloride ion, breaking the hydrogen bonds between water molecules and forming a hydration shell around the ion.



Even the delicate configuration of individual water molecules is disrupted by the relatively stronger bonds by converging on a central ion. It is a natural solution that breaks the hydrogen bonds between water molecules. This is the chemistry of life on earth, in which water acts as a universal solvent.

Oxidation-reduction reactions

Basically, reduction means the addition of an electron (e^-), and its converse, oxidation means the removal of an electron. The addition of an electron, reduction, stores energy in the reduced compound. The removal of an electron, oxidation, liberates energy from the oxidized compound. Whenever one substance is reduced, another is oxidized.



To clarify these terms, consider any two molecules, A and B, for example.

When molecules A and B come into contact, here is what happens:

B grabs an electron from molecule A.

Molecule A has been oxidized because it has lost an electron.

The net charge of B has been reduced because it has gained a negative electron (e⁻).

In biological systems, removal or addition of an electron constitutes the most frequent mechanism of oxidation-reduction reactions. These oxidation-reduction reactions are frequently called redox reactions.

Acids and Bases

An acid is a substance that increases the concentration of hydrogen ions (H⁺) in water. A base is a substance that decreases the concentration of hydrogen ions, in other words, increasing the concentration of hydroxide ions OH⁻.

The degree of acidity or alkalinity of a solution is measured in terms of a value known as pH, which is the negative logarithm of the concentration of hydrogen ions:

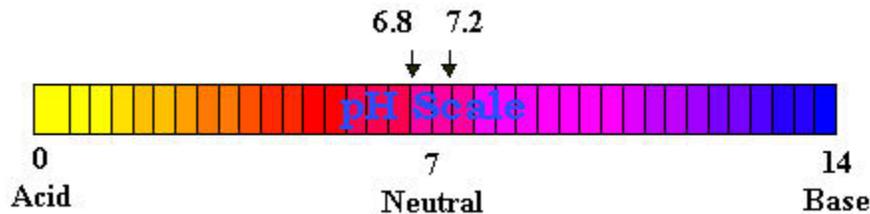
$$\mathbf{pH = 1/\log[H^{+}] = -\log[H^{+}]}$$

What is pH?

On the pH scale, which ranges from 0 on the acidic end to 14 on the alkaline end, a solution is neutral if its pH is 7. At pH 7, water contains equal concentrations of H⁺ and OH⁻ ions. Substances with a pH less than 7 are acidic because they contain a higher concentration of H⁺ ions. Substances with a pH higher than 7 are alkaline because they contain a higher concentration of OH⁻ than H⁺. The pH scale is a log scale so a change of one pH unit means a tenfold change in the concentration of hydrogen ions.

Importance of balancing pH

Living things are extremely sensitive to pH and function best (with certain exceptions, such as certain portions of the digestive tract) when solutions are nearly neutral. Most interior living matter (excluding the cell nucleus) has a pH of about 6.8.



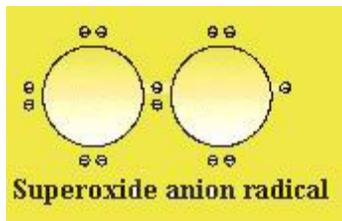
Blood plasma and other fluids that surround the cells in the body have a pH of 7.2 to 7.3. Numerous special mechanisms aid in stabilizing these fluids so that cells will not be subject to appreciable fluctuations in pH. Substances which serve as mechanisms to stabilize pH are called buffers. Buffers have the capacity to bond ions and remove them from solution whenever their concentration begins to rise. Conversely, buffers can release ions whenever their concentration begins to fall. Buffers thus help to minimize the fluctuations in pH. This is an important function because many biochemical reactions normally occurring in living organisms either release or use up ions.

NOTE: Dr. Hayashi is a Heart Specialist and Director of the Water Institute of Japan.

Oxygen: Too much of a good thing?

Oxygen is essential to survival. It is relatively stable in the air, but when too much is absorbed into the body it can become active and unstable and has a tendency to attach itself to any biological molecule, including molecules of healthy cells. The chemical activity of these free radicals is due to one or more pairs of unpaired electrons.

About 2% of the oxygen we normally breathe becomes active oxygen, and this amount increases to approximately 20% with aerobic exercise.



Such free radicals with unpaired electrons are unstable and have a high oxidation potential, which means they are capable of stealing electrons from other cells. This chemical mechanism is very useful in disinfectants such as hydrogen peroxide and ozone which can be used to sterilize wounds or medical instruments. Inside the body these free radicals are of great benefit due to their ability to attack and eliminate

bacteria, viruses and other waste products.

Active Oxygen in the body

Problems arise, however, when too many of these free radicals are turned loose in the body where they can also damage normal tissue.

Putrefaction sets in when microbes in the air invade the proteins, peptides, and amino acids of eggs, fish and meat. The result is an array of unpleasant substances such as:

Hydrogen sulfide

Ammonia

Histamines

Indoles

Phenols

Scatoles

These substances are also produced naturally in the digestive tract when we digest food, resulting in the unpleasant odor evidenced in feces. Putrefaction of spoiled food is caused by microbes in the air; this natural process is duplicated in the digestive tract by intestinal microbes. All these waste products of digestion are pathogenic, that is, they can cause disease in the body.

Hydrogen sulfide and ammonia are tissue toxins that can damage the liver. Histamines contribute to allergic disorders such as atopic dermatitis, urticaria (hives) and asthma. Indoles and phenols are considered carcinogenic. Because waste products such as hydrogen sulfide, ammonia, histamines, phenols and indoles are toxic, the body's defense mechanisms try to eliminate them by releasing neutrophils (a type of leukocyte, or white corpuscle). These neutrophils produce active oxygen, oddball oxygen molecules that are capable of scavenging disintegrating tissues by gathering electrons from the molecules of toxic cells.

Problems arise, however, when too many of these active oxygen molecules, or free radicals, are produced in the body. They are extremely reactive and can also attach themselves to normal, healthy cells and damage them genetically. These active oxygen radicals steal electrons from normal, healthy biological molecules. This electron theft by active oxygen oxidizes tissue and can cause disease.

Effects of Oxidation on Vital Organs	
Oxidized Tissue	Leads to:
Liver	Hepatitis, cirrhosis, cancer
Pancreas	Pancreatitis, diabetes, cancer
Kidney	Nephritis, nephrosis, cancer

Because active oxygen can damage normal tissue, it is essential to scavenge this active oxygen from the body before it can cause disintegration of healthy tissue. If we can find an effective method to block the oxidation of healthy tissue by active oxygen, then we can attempt to prevent disease.

Hydrogen sulfide, ammonia, histamines, indoles, phenols, and scatols present in the digestive tract of the human body.



In order to protect the body from damage by hydrogen sulfide, ammonia, histamines, indoles, phenols and scatols, neutrophils (leukocytes) produce active oxygen to oxidize these waste products.



Excess production of active oxygen occurs.



Excess active oxygen can damage normal, healthy biological cell molecules and alter their genetic codes.

Antioxidants block dangerous oxidation

One way to protect healthy tissue from the ravages of oxidation caused by active oxygen is to provide free electrons to active oxygen radicals, thus neutralizing their high oxidation potential and preventing them from reacting with healthy tissue.

Research on the link between diet and cancer is far from complete, but some evidence indicates that what we eat may affect our susceptibility to cancer. Some foods seem to help defend against cancer, others appear to promote it.

Much of the damage caused by carcinogenic substances in food may come about because of an oxidation reaction in the cell. In this process, an oddball oxygen molecule may damage the genetic code of the cell. Some researchers believe that substances that prevent oxidation -- called ANTIOXIDANTS -- can block the damage. This leads naturally to the theory that the intake of natural antioxidants could be an important aspect of the body's defense against cancer. Substances that some believe inhibit cancer include vitamin C, vitamin E, beta-carotene, selenium, and glutathione (an amino

acid). These substances are reducing agents. They supply electrons to free radicals and block the interaction of the free radical with normal tissue.

How we can avoid illness

As we mentioned earlier, the presence of toxic waste products such as hydrogen sulfide, ammonia, histamines, indoles, phenols and scatoles impart an offensive odor to human feces. In the medical profession, it is well known that patients suffering from hepatitis and cirrhosis pass particularly odoriferous stools.

Excessively offensive stools caused by the presence of toxins are indicators of certain diseases, and the body responds to the presence of these toxins by producing neutrophil leukocytes to release active oxygen in an attempt to neutralize the damage to organs that can be caused by such waste products. But when an excess amount of such active oxygen is produced, it can damage healthy cells as well as neutralize toxins. This leads us to the conclusion that we can minimize the harmful effect of these active oxygen radicals by reducing them with an ample supply of electrons.

Water, the natural solution

There is no substitute for a healthy balanced diet, especially rich in antioxidant materials such as vitamin C, vitamin E, beta-carotene, and other foods that are good for us. However, these substances are not the best source of free electrons that can block the oxidation of healthy tissue by active oxygen.

Water treated by electrolysis to increase its reduction potential is the best solution to the problem of providing a safe source of free electrons to block the oxidation of normal tissue by free oxygen radicals. We believe that reduced water, water with an excess of free electrons to donate to active oxygen, is the best solution because:

The reduction potential of water can be dramatically increased over other antioxidants in food or vitamin supplements.

The molecule weight of reduced water is low, making it fast acting and able to reach all tissues of the body in a very short time.

What is IONIZED WATER?

Ionized water is the product of mild electrolysis which takes place in the ionized water unit. The production of ionized water, its properties, and how it works in the human body are described in the next section. Ionized water is treated tap water that has not only been filtered, but has also been reformed in that it provides reduced water with a large mass of electrons that can be donated to active oxygen in the body to block the oxidation of normal cells.

THE IONIZED WATER UNIT

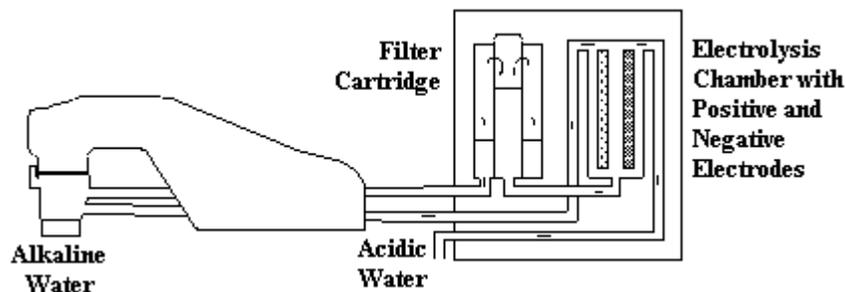
Tap water: What it is and isn't

Normal tap water, for example, with a pH of 7 is approximately neutral on the pH scale of 0 to 14. When measured with an ORP (oxidation potential) meter its redox potential is approximately +400 to +500 mV. Because it has a positive redox potential, it is apt to acquire electrons and oxidize other molecules. Reduced Ionized Water, on the other hand, has a negative redox potential of approximately -250 to -350 mV. This means it has a large mass of electrons ready to donate to electron-thieving active oxygen.

Before discussing the properties of Ionized Water further, let's take a look at what happens inside an Ionized Water producing unit.

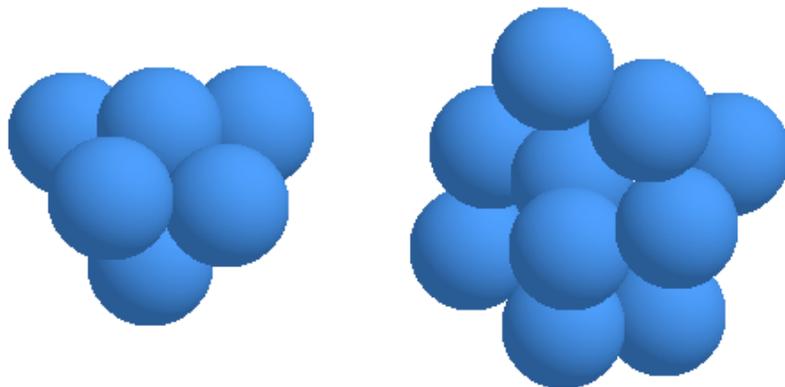
How an IONIZED WATER Unit works

The Ionized Water unit, slightly taller and thicker than a large dictionary on end, is an electrical appliance connected to your kitchen water supply to perform electrolysis on tap water before you drink it or use it in the kitchen for cooking or cleaning.



A special attachment re-directs tap water out of the faucet through a plastic hose into the Ionized Water unit. Inside the Ionized Water unit, the water is first filtered through activated charcoal. Next, the filtered water passes into an electrolysis chamber equipped with a platinum-coated titanium electrode where electrolysis takes place.

Cations, positive ions, gather at the negative electrodes to create cathodic water (reduced water). Anions, negatively charged ions, gather at the positive electrode to make anodic water (oxidized water).



Through electrolysis, reduced water not only gains an excess amount of electrons (e-), but the cluster of H₂O seem to be reduced in size from about 10 to 13 molecules per cluster to 5 to 6 molecules per cluster.

The reduced water comes out of the faucet, and the oxidized water comes out of a separate hose leading into the sink. You can use the reduced water for drinking or cooking. The oxidation potential of the oxidized water makes it a good sterilizing agent, ideal for washing hands, cleaning food or kitchen utensils, and treating minor wounds.

What the IONIZED WATER Unit Produces

Redox potential comparison

After electrolysis of the water inside the Ionized Water unit, reduced water comes out of the cathodic side and oxidized water comes out of the anodic side. Compare these measurements of these three types of water: tap water before electrolysis, the reduced water, and the oxidized water.

Reduction-oxidation (redox) potential			
Water Type	redox potential	pH	What it Means
Tap Water	+400 to +500 mV	7	Slight oxidation potential.
Reduced Water	-250 to -350 mV	8	Strong reduction potential, contains a mass of electrons that can be donated to free radicals.
Oxidized Water	+700 to +800 mV	4	Strong oxidation potential, a shortage of electrons giving it the ability to oxidize and sterilize.

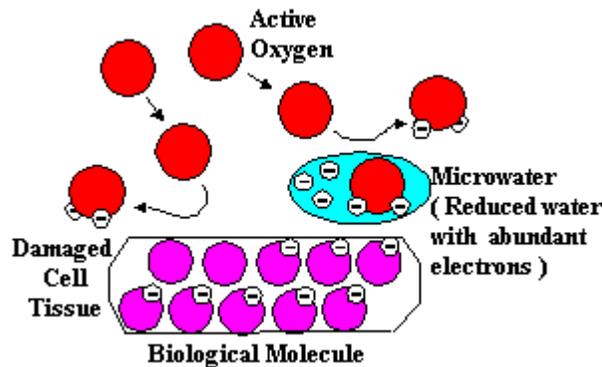
Redox potential, not pH, is the crucial factor

Traditionally we have judged the properties of water from the standpoint of pH, in other words whether water is acidic or alkaline. According to Dr. Yoshiaki Matsuo PhD., the inventor of the Ionized Water unit, *"In my opinion, redox potential is more important than pH. The importance of pH is over emphasized. 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 +- 0.005. But nothing has been discussed about ORP, or oxidation-reduction potential."*

The pH of tap water is about pH 7, or neutral. When tap water is electrolyzed into Ionized Water, its reduced water has a pH of about 9 and the oxidized water a pH of about 4. Even if you make alkaline water of pH 9 by adding sodium hydroxide or make acidic water of pH 3 by adding hydrogen chloride, you will find very little change in the ORP values of the two waters. On the other hand, when you divide tap water with electrolysis you can see the ORP fluctuate by as much as +- 1,000 mV. By electrolysis we can obtain reduced water with negative potential that is good for the body.

USING IONIZED WATER

What IONIZED WATER Does



The Ionized Water unit produces two kinds of water with different redox potentials, one with a high reduction potential and the other with a high oxidation potential.

Reduced Water

When taken internally, the reduced Ionized Water with its redox potential of -250 to -350 mV readily donates its electrons to oddball oxygen radicals and blocks the interaction of the active oxygen with normal molecules.



A biological molecule (BM) remains intact and undamaged.

Undamaged biological molecules are less susceptible to infection and disease. Ionized Water gives up an extra electron and reduces the active oxygen (AO), thus rendering it harmless. The AO is reduced without damaging surrounding biological molecules. Substances which have the ability to counteract active oxygen by supplying electrons are called scavengers. Reduced water, therefore, can be called scavenging water.

When taken internally, the effects of reduced water are immediate. Ionized Water inhibits excessive fermentation in the digestive tract by reducing indirectly metabolites such as hydrogen sulfide, ammonia, histamines, indoles, phenols and scatoles, resulting in a cleaner stool within days after reduced water is taken on a regular basis. **In 1965, the Ministry of Welfare of Japan announced that reduced water obtained from electrolysis can prevent abnormal fermentation of intestinal microbes.**

Oxidized Water

Oxidized water with its redox potential of +700 to +800 mV is an oxidizing agent that can withdraw electrons from bacteria and kill them. The oxidized water from the Ionized Water unit can be used to clean hands, kitchen utensils, fresh vegetables and fruits, and to sterilize cutting boards and minor wounds. Tests have shown that oxidized water can be used effectively to treat athlete's foot, minor burns, insect bites, scratches, and so

on.

Dr. Yoshiaki Matsuo, Vice Director of the Water Institute of Japan, has developed another apparatus capable of producing hyperoxidized water with a redox potential of +1,050 mV or more, and a pH lower than 2.7. Tests have shown that this hyper oxidized water can quickly destroy MRSA (Methicillin Resistant Staphylococcus Aureus).

Although hyperoxidized water is a powerful sterilizing agent, it won't harm the skin. In fact, it can be used to heal. Hyperoxidized water has proven effective in Japanese hospitals in the treatment of bedsores and operative wounds with complicated infections.

But perhaps the most exciting future application of hyperoxidized water is in the field of agriculture where it has been used effectively on plants to kill fungi and other plant diseases. Hyperoxidized water is non-toxic, so agricultural workers can apply it without wearing special protective equipment because there is no danger of skin or respiratory damage. An added benefit of using hyperoxidized water to spray plants is that there is no danger to the environment caused by the accumulation of toxic chemicals in the ground.

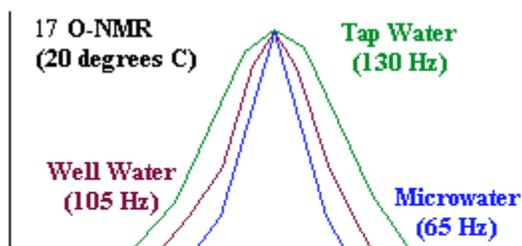
Ionized Water superior to antioxidant diet

Today we read much about correct dieting principles and paying attention to what we eat in order to stay healthy. This is a sensible practice, but it is surprising that many of us don't realize that the bulk of what eat is composed of water. Vegetables and fruits are 90% water; fish and meat are about 70% water as well.

Even advocates of the importance of vitamin C in diet staples have to admit that its potency, namely, the redox potential of this important vitamin, rapidly diminishes with age and preparation for the dining table. Carbohydrates, the main consistent of vegetables and fruit, has a molecular weight of 180 whereas water has a much lower molecular weight of 18.

Molecular Weight Compared	
Substances	Molecular Weight
Microwater	18
Beta-carotene	150
Vitamin E	153
Vitamin C	176

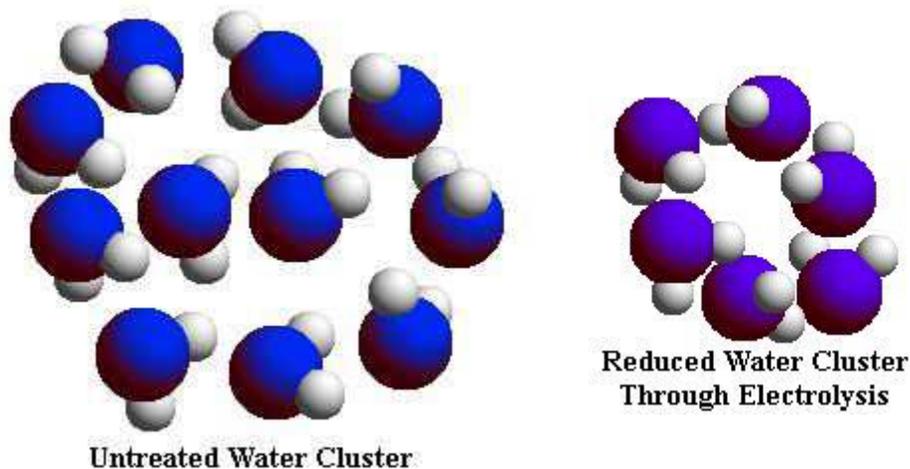
Ionized Water, with its low molecular weight and high reduction potential, makes it a superior scavenging agent of active oxygen. But electrolysis inside the Ionized Water unit not only charges the reduced water with electrons, it also reduces the size of reduced water molecule clusters.



NMR (Nuclear Magnetic Resonance) analysis

reveals that tap water and well water consists of clusters of 10 to 13 H₂O molecules. Electrolysis of water in the Ionized Water unit reduces these clusters to about half their normal size -- 5 to 6 water molecules per cluster.

As the graph shows, the NMR signal that measures cluster size by line width at half-amplitude shows 65 Hz for reduced water and 133 Hz for tap water, revealing that the reduced water clusters are approximately half the size of tap water clusters.



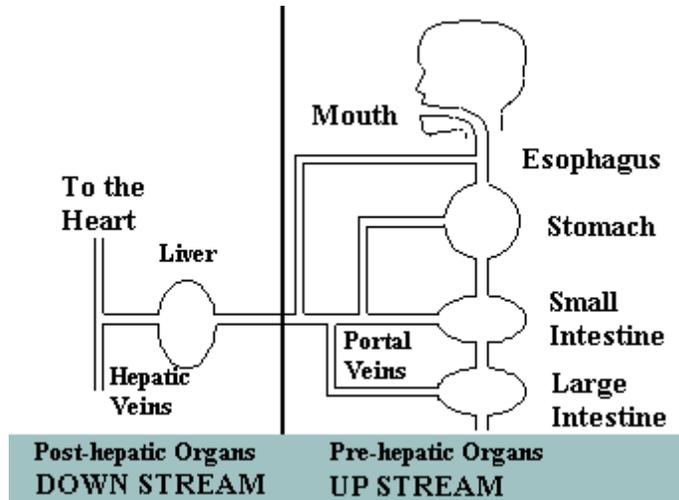
This is why Ionized Water is more readily absorbed by the body than untreated tap water. Ionized Water quickly permeates the body and blocks the oxidation of biological molecules by donating its abundant electrons to active oxygen, enabling biological molecules to replace themselves naturally without damage caused by oxidation that can cause diseases.

SUMMARY AND CONCLUSIONS

Upstream and downstream theory

Prevent disease at the source

According to Dr. Hidemitsu Hayashi, Director of the Water Institute of Japan, "To eliminate the pollutants in a large stream that is contaminated at its source, we must work on the problems upstream at the headwaters -- the source of the pollution -- not downstream where we can only try to treat the evidence of damage caused by the pollution. Ionized Water's contribution to preventive medicine is essentially upstream treatment."



Upstream

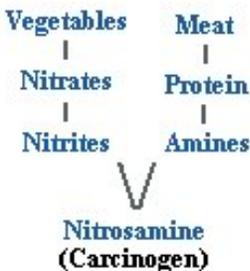
According to our model, we consider the digestive tract upstream where we intake water and food. Although many people today in developed countries are growing more skeptical about what they eat, they tend to concentrate more on what the food contains rather than the metabolized products of foods in the digestive tract.

Upstream

Reduced water indirectly reduces hydrogen sulfide, ammonia, histamines, indoles, phenols, and scatoles and changes them into harmless substances.



Defecation of cleaner stools.



For example, consider the typical balanced diet of meat and vegetables. Meat protein is metabolized into amines while nitrates from fertilizers used to grow vegetables metabolize into nitrites in the digestive tract. These amines and nitrites combine to form nitrosamine, a recognized carcinogen.

We've already discussed that odoriferous feces are evidence of excessive fermentation in the digestive tract, so reduced water performs a very important function upstream in the digestive tract by reducing this excessive fermentation as evidenced by cleaner stools within days of starting a steady regimen of reduced water.

Downstream

The oxidation of normal, healthy cell molecules by active oxygen is blocked. The biological molecules remain intact.



Diseases linked to excessive oxidation of normal biological molecules are prevented.

Downstream

Downstream from the digestive tract, starting at the liver, reduced water quickly enters the liver and other organs due to, first, its lower molecular weight, and, secondly, the size of its clusters. At tissue sites throughout the body, reduced water with its safe, yet potent reduction potential readily donates its passenger electrons freely to active oxygen and neutralizes them so they cannot damage the molecules of healthy cells. Normal cells are protected from the electron thievery of active oxygen and allowed to grow, mature, function and regenerate without interference from rogue, oddball oxygen radicals which tend to steal the electrons from the molecules of normal, healthy biological molecules.

The water boom

We are now in the midst of a water boom. In Japan and other countries consumers are buying various kinds of bottled and canned water even though water is one of our most abundant vital resources. Research data reveals that mineral waters have an ORP of +200 mV, slightly lower than the +400 mV measured for ordinary tap water. We can say that at least mineral water is marginally better than tap water from the viewpoint of ORP. Compared to any processed water for sale, however, Ionized Water with its reduction potential of -250 to -300 mV is beyond comparison due to its ability to scavenge active oxygen radicals.