



## IMPROVING HEALTH, SUPERCHARGE IMMUNE SYSTEM AND FIGHT THE AGING PROCESS WITH ANTIOXIDANT-RICH ALKALINE WATER

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### Abstract

To protect the life of human beings by diseases and to make them medicine free life, the drinking of alkaline water is now becomes the necessary condition of life. Providing alkaline water makes our new generation healthy and ultimately our country becomes healthy and wealthy. Therefore for the sake of improving the health of the people especially young generation and ultimately the progress of our country, drinking of alkaline water must quite essential to our society. Our young generation will become decision making in future, hence they need to be fully aware of the important aspect of change in the body and climate change. Adaptation is necessary to manage the risks posed by climate change. If we give the cancer patient alkaline water having Ph. 10-12 daily then it is observed that 80% cancer can be reduced from the body. Normal alkaline water should have Ph. 8 to 9.

### Introduction

The body of human beings requires 80 % alkaline and 20% acidic nature. This is the healthy body. In previous days running waters of rivers was not contaminated with chemicals and industrial waste materials, therefore the river water were alkaline in nature. But now a day due to industrialization and globalization the river water is contaminated with harmful chemicals which make the water acidic. The Indian Government is committed to provide the pure water to the people. For the purification the water has to be mixed with bleaching powder ( $\text{CaOCl}_2$ ) which oxidizes the water killing the bacteria and germs, but it is difficult to remove contaminated chlorine from the water. This chlorine makes the water acidic in nature. That means the government says that they are providing pure water to the people but it is acidic in nature.

The mineral water which is available in the market in various brands are also acidic, all the cold drinks are highly acidic in nature, all types of wine, whisky, beer etc are highly acidic. Thus in our surroundings everywhere we get acidic water, Also our food materials are contaminated with fertilizers and chemicals which makes our body acidic. In the globalization everybody is under stress which also produces certain chemicals in our body making our body acidic. Due to all above reasons our body nowadays becomes 80% acidic and 20% alkaline which is very harmful and causes various diseases in our body. Acidic nature is the root cause of various diseases. The acidic nature damages the cell which becomes

weak and is easily affected by diseases. It is very harmful to the young generation which takes only acidic food and water.

In our body 80% water is necessary so if water is alkaline, it can neutralize the acidic food materials in the body by assimilation reactions. Thus rather than food the water must be available in alkaline form, which makes the body healthy. The alkalinity does not damage the cell and also in alkaline medium the bacteria could not developed. All these reasons the alkalinity in the body makes it healthy. To protect the life of human beings by diseases and to make them medicine free life the drinking of alkaline water is now becomes the necessary condition of life. Providing alkaline water makes our new generation healthy and ultimately our country becomes healthy and wealthy.

Therefore for the sake of improving the health of the people especially young generation and ultimately the progress of our country, this plant must quite essential to our society.

Our young generation will become decision making in future, hence they need to be fully aware of the important aspect of above change in the body and climate change. Adaptation is necessary to manage the risks posed by climate change. If we give the cancer patient alkaline water having Ph. 10-12 daily then it is observed that 80% cancer can be reduced from the body. Normal alkaline water should have Ph. 8 to 9. **"A low blood pH is the basic foundation of all disease."**

## **APPLICATION OF ALKALINE WATER DETOXIFY**

Detoxify your body to remove normal acidic waste products accumulated daily, plus remove toxins accumulated in your body from your environment, prescription drugs, unnatural foods and from the “normal” process of aging. Acid wastes collected in the body can lead to more serious health conditions. Drinking alkaline water daily can neutralize the acidity and wash acid waste products from cells and tissues.

### **HYDRATE**

Hydrate your body: this is basic to maintain or regain optimum health. During ionization your alkaline water filter forms your water into micro clusters that are more easily absorbed at the cellular levels thus “super hydrating” your body.

### **ALKALIZE YOUR BODY'S pH**

Alkaline water helps balance the body's pH, which tends to be acidic because of our high acid food diet, stress and exposure to environmental toxins such as smog. Alkalize your body pH from acidic to alkaline pH, because cancer and many other illnesses cannot live in alkaline environments. Alkaline is the “normal” state of healthy persons.

### **ANTI-AGEING**

Alkaline Water's powerful detoxifying qualities eliminate deep stored waste that in turn empowers your body to shed weight and water retention. Alkaline Water's smaller water clusters also help rejuvenate the skin's overall appearance by penetrating the very deep pathways within skin cells. As a result, the skin is better cleansed and receives essential nutrients on a much deeper level.

### **ANTI-HANGOVER**

Alkaline Water is very detoxifying, as its smaller than normal water clusters are able to penetrate cells much quicker and deeper than nearly any other water or performance beverage. As a result, your body is able to hydrate up to six times faster, deliver essential nutrients quicker and eliminate toxins much easier. AMAZING Water's strong detoxifying abilities leave your body cleaner, your cells stronger and your immune system healthier.

### **ANTI-OXIDANT**

Alkaline Water's alkalinity allows its molecules to carry more oxygen than normal with an extra attached electron (hydroxyl ions). As a result, these molecules are able to seek and neutralize free radicals in your body and prevent free radical damage to your cells. These natural antioxidant benefits leave your body rich in oxygen and energy.

## **FASTER HYDRATION**

Because of the science behind it, Alkaline Water has smaller water clusters than standard water. These smaller water clusters penetrate cells easier and far quicker. Thereby delivering oxygen, nutrients and replenishment up to six times faster than nearly anything else you can drink. Alkaline Water's smaller water clusters combined with its electrolytes are able to detoxify and refuel your body at far superior levels than nearly any other water or performance beverage.

### **PERFORMANCE and ENERGY**

Alkaline Water's combination of electrolytes, smaller water clusters and antioxidants penetrate and replenish cells extremely quickly while also delivering more oxygen to your body. As a result, your body receives quick boosts of oxygen and energy that increase performance levels in any activity. Even better, when Alkaline Water is combined with vitamins and supplements, it's smaller water clusters are able to deliver the nutrients to cells much quicker than standard beverages.

### **WHY DRINK ALKALINE WATER?**

Alkaline water at pH 9.5 is the perfect anti-oxidant for your body to ensure life-long disease free good health! The Normal body in good health, without any medical problems has pH level of 7.35 to 7.45. However, due to various reasons like Stress, eating habits, addiction to liquor, tobacco, life-style, work Related hazards, this pH falls to below 7, the body balance is greatly disturbed and the body becomes more acidic, and thereby cannot effectively assimilate vitamins, minerals and food supplements so important for the body to heal itself.

An imbalance in body's pH can cause any of the following illness

- Hormone concerns,
- Pregnancy and child-birth related problems,
- Diabetes,
- B.P. , High Cholesterol
- Cardiovascular weakness / failure,
- Weight Loss/Gain,
- Chronic Acidity, indigestion,
- Chronic constipation and infection in body.
- Bladder and Kidney malfunction / failure,
- Immune Deficiency,
- Acceleration of free radical damage,
- Structural system weakness, including brittle bones, hip fractures, arthritis, osteoporosis,
- Stressed Liver function,
- Yeast / Fungal overgrowth,
- Cancer,

The body needs a balance alkaline level to heal itself from the above issues, and function normally. It is the desired alkaline level which provides the oxygen to the cells and thereby cures the disease. (Disease can only survive in a acidic body). Cancer cells have acidic pH; hence can NOT survive in oxygen rich environment, as provided by drinking alkaline water. So when the body pH is raised to 7.45, the cancer cells can NOT survive, and are out-numbered by healthy cells, hence faster recovery from Cancer. Reduced side-effects of chemotherapy and radiation hence by maintaining a regular habit of consuming alkaline water of Ph 9.5, you are ensuring that your body alkaline level is being restored to pH7.35 to 7.45. Alkaline water with 9.5 pH is making up the deficiency of essential minerals like calcium, phosphorus, magnesium, manganese, iron, and others (which the body is lacking). It is to be noted here that filter water or R.O water are acidic in composition, and R.O. water is lacking minerals altogether, Hence only alkaline water has the Health Benefit to re-store pH level to 7.35 in the body, giving the body a chance to heal itself.

#### **WHAT IS ALKALINE IONIZED WATER?**

It's not only the quantity of water you drink, but the amount of water that actually gets into your cells matters. The ionization process electrically charges your tap water to produce stable negative hydrogen ions. It's this powerful element, the one that created life on Earth, which gives alkaline ionized water. Ionization reduces water cluster size and surface tension by constructing a hexagonal structure. Water becomes alkaline, oxygen rich, and a powerful antioxidant. It even transforms the minerals in your tap water into an ionic form, so they can be more efficiently absorbed.

#### **Water gets structured finally nutrients get in and toxins get out efficiently**

Did you know that water could form different structures depending on how each molecule bond together? Structured water is composed of six tiny molecules of water in hexagonal shapes, just like you see in snowflakes. Your cell walls are also formed of a hexagonally shaped matrix. And that's why, like LEGO bricks, micro clustered and hexagonal water can perfectly fit into your cell walls. On the other hand, regular water is composed of large pentagonal shaped water clusters, and will not penetrate your cell walls. So it must be re-structured within your body to be absorbed, which is an energy-consuming and inefficient process. Even then only about 20% of that is actually hexagonally structured at the most.

Think about it. 4 out of every 5 glasses of water you drink go into your toilet. As a result you end up staying dehydrated and keep wondering why you are feeling tired! On the other hand, regular water is composed of large pentagonal shaped water clusters, and will not penetrate your cell walls. So it must be re-structured within your body to be absorbed, which is an energy-consuming and inefficient process.

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#### **WATER GETS ALKALINE and OXYGEN-RICH**

Did you know that most of the food you consume in your daily life is acidic? A pH of 7 is neutral. A pH below 7 is acidic and above is alkaline. Every point lower or higher is a factor of 10. So if you drink a can of pop this has 2.5 pH, that's 100,000 more acidic than your blood! In fact, most of the drinks and foods we eat are acidic. This includes meat, dairy products, sports drinks, and coffee.

So what's alkaline water? All natural water consists of H<sub>2</sub>O molecules with OH<sup>-</sup> and H<sup>+</sup> ions in very small quantities. It is these ions that give acidity and alkalinity to water. The pH of water is a measure of the quantity of H<sup>+</sup> ions in the water. When these ions are equal in number, the water is neutral, when the H<sup>+</sup> is higher it is more acidic, when the OH<sup>-</sup> ions are higher, it is more alkaline.

In regular water both acidic and alkaline minerals are mixed together. However, when water gets charged with electrical energy, ionization causes the hydrogen within to get separated into hydrogen ions (H<sup>+</sup>) and hydroxide ions (OH<sup>-</sup>). This separation happens when all the alkaline elements in the water are drawn towards the negatively charged plate and all the acidic elements are drawn toward the positively charged plate.

Each of these ions is formed around an alkaline or an acidic mineral. Every OH<sup>-</sup> ion will be bonded with an alkaline mineral like calcium. Every H<sup>+</sup> ion will be bonded with an acidic mineral like sulfate. OH<sup>-</sup> ions are a form of oxygen, a stable form as it is bonded with an alkaline mineral. When two such molecules combine they produce a molecule of water, the

organic mineral itself, and pure oxygen. All three are absolutely essential for your body: water, oxygen, and ionic alkaline minerals.

Take a quick look at blood. As we know, blood has lots of water in it, and so it also has a ratio of both the acidic and the alkaline water. When there are more alkaline ions, there is more oxygen in the blood. In fact, if your blood is just a tiny bit more alkaline (from 7.3 to 7.45), it will be holding around 67% more oxygen, this means more energy for you!

**WATER BECOMES AN ANTIOXIDANT PROTECTS YOUR CELLS BY DESTROYING FREE RADICALS**

Free radicals are atoms with missing electrons. They attack healthy cells to steal their electrons and cause damage to the cells. That's called oxidation. Antioxidants scavenge and destroy free radicals by feeding electrons to neutralize them. This means healthy cells are protected from free radical attacks. The OH<sup>-</sup> ion present in ionized water is a true antioxidant with an extra pair of electrons.

Unlike most other antioxidants in the food chain, antioxidant water does not become a free radical itself when it gives its electrons away to neutralize another free radical. In fact, ionized water stays as an antioxidant until it leaves your body. That's why it's a real antioxidant.

In one of the method, scientists use to measure antioxidants in liquids is through "Oxidation Reduction Potential" better known as O.R.P. Most water including tap and bottled spring water are oxidants and create cell damaging free-radicals in our bodies. In fact, beverages such as tap water, soda, and sports drinks are up to 100 times more oxidant compared to alkaline water antioxidant water.

Stable negative hydrogen (OH<sup>-</sup>) present in antioxidant water is an incredibly powerful antioxidant due to it being the smallest of all elements, so it can penetrate the cells of the body instantaneously. In fact it is so powerful that it is 5 times more antioxidant than green tea and has 4 times more oxidant than freshly squeezed orange juice. Can you imagine the benefits of drinking this powerful antioxidant every day?

**Change your water and change your life!!!  
Alkaline water better for you than plain water**

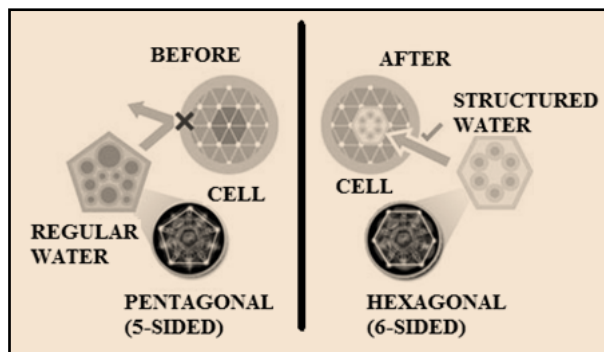


Figure 1

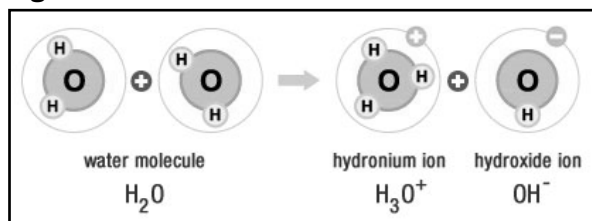


Figure 3

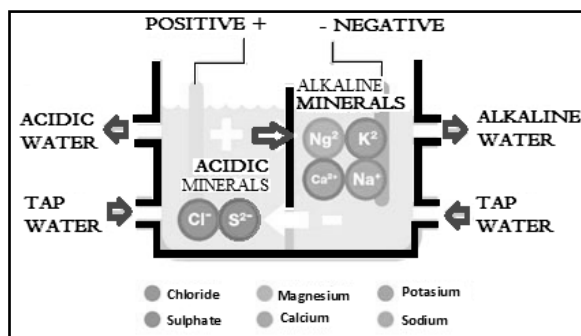


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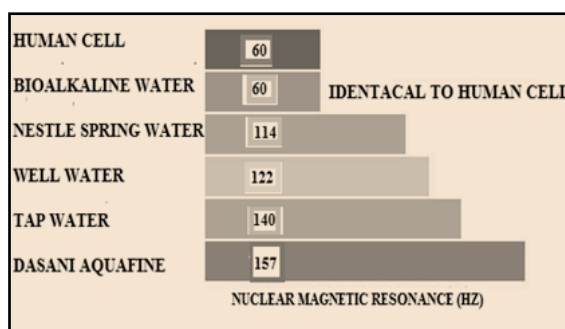


Figure 2

**Conclusions:**

Unlike conventional drinking water, pH 8.8 alkaline water instantly denatures pepsin, rendering it permanently inactive. In addition, it has good acid-buffering capacity. Thus, the consumption of alkaline water may have therapeutic benefits for patients with reflux disease.