

# Health Benefits from Ionized Water

## How Ionized Water can help You Achieve better Health

### 1. Ionized Water Is Nature's Antioxidant

Alkaline, ionized water acts as a powerful and natural antioxidant.

Because **60% of our body weight consists of water** it is important to look at what type of water will benefit you the most.

Ionized water through having a negative ORP (see below) and through producing hydroxyl ions helps with oxygen production, neutralizing harmful free radicals, increasing your energy level, correcting your body's acid/alkaline balance, hydrating cells and in general reducing many of the symptoms of aging.

Millions of dollars are spent on the antioxidants vitamins A, C and E yet millions again are spent on buying bottled water that is over 100 times more acidic than regular water and which is unable to be ionized because all the essential alkalizing minerals have been taken out.

What vitamins A, C and E have in common with ionized water is they are capable of carrying oxygen with an extra electron attached. These hydroxyl ions in the ionized water seek out and neutralize free radicals. This is very important since free radicals are what cause damage to our cells and bring about disease and (premature) aging. When the hydroxyl ions as an antioxidant have neutralized the free radicals the result is a body rich in oxygen and energy.

In our modern world oxygen levels are depleted due to stress, environmental pollution, diet and lack of exercise. Oxygen helps to destroy cancer cells, removes waste, carries nutrients and also helps in resisting bacteria and viruses that invade your body. A glass of ionized water first thing in the morning is a wonderful way to greet every day.

A high positive ORP (such as found in most bottled and city water) creates oxidation and accelerates the aging process. In comparison, when you drink clean, ionized water you are drinking a powerful and natural antioxidant that renews us at the cellular level. How amazing that so much is spent on doctors, pills and cosmetics as our bodies dehydrate and acidify.

If you make fresh organic juice you will have an antioxidant with a -250 ORP. Yet Ionized water from a Jupiter Science ionizer will give this ORP and lower AND you will BE able to drink and enjoy as much as you need throughout the day without any negative side effects.

If you are still addicted to coffee etc then try making it with ionized water. Not only will what you drink be so much healthier but the ionized water will also pull out the taste and flavor so much better than other water does.

**When water is stored for over a day it becomes "dead", By drinking your oxygen-rich, antioxidant ionized water straight from your alkaline ionizer you gain the most benefit.**

If you slow the water flow down you will notice that your glass will have hundreds of very small bubbles floating in it. These bubbles are the hydroxyl ions and why your water now carries a negative ORP.

### 2. Ionized Water is Alkaline Water

Ionized Water helps to balance your body's pH. In general, our bodies are out of balance and have become too acidic. Feeling over-tired, weak, restless, frustrated, stiff, overwhelmed, unfocused or confused are often early warning signs that our bodies are no longer able to cope with their toxic overload.

A body that is too acidic provides the ideal environment for diseases to manifest and thrive in. Our body tries to buffer (or reduce) the effect of this excess acid by taking calcium from the bones, and magnesium needed for heart health. It turns acidic wastes into solids and stores them in fatty tissues resulting in hardening of the arteries and excess weight. It stores crystalline deposits in joints that creates gout, inflammation and stiffness. As our body's communication channels break down, cancerous cells may appear and organs will shrink and degenerate.

Because it is very alkaline, ionized water dissolves accumulated acid waste and helps to restore balance. Keeping yourself alkaline is your first line of defense in fighting any disease.

### **Ionized Water** is up to Six Times more Hydrating than Conventional Water

Ionized Water is very different from water that has been stored in dams and bottles. For many thousand of years, we have been genetically trained to drink water that has been moving (bouncing over rocks) and which is free from chemicals.

In a few places in the world you can still enjoy, in nature, the health benefits of clean, safe, ionized water. Now, we have alkaline water ionizers that bring this lost source to your kitchen sink. With ionized water the size and shape of the water molecule cluster is reduced in size and is changed in shape to hexagonal. This size and shape allows the water molecules to pass through your tissues more easily.

Also when the essential alkalizing minerals are ionized your body will be able to absorb and use them much more efficiently. In comparison, drinking reverse osmosis or distilled water will lead to mineral deficiencies and the ability of the body to absorb mineral supplements will be compromised if your body is already in an over-acidic state.

### **Ionized Water** improves the Taste and Quality of Food

Because ionized water is able to hydrate food better, it is able to draw out its goodness and flavor better. It will also reduce the acidic level.

### **Acidic Ionized Water** is great for the skin and itchy scalp..

The skin is naturally an acid organ. People who regularly use acidic water to wash their bodies tend to have a younger looking skin than those who use hard water. Hard water is water that is alkaline usually due to the presence of excess calcium. By applying acidic (soft) ionized water to the skin it will help to clear up excess bacteria (reduce acne and other blemishes) and will work like an astringent to tighten up the skin and remove wrinkles. In Japanese hospitals acidic water is used to help sterilize wounds, treat diabetic ulcers and keep hospitals clear of infectious bacteria and viruses. Acidic ionized water can also be used to reduce inflammation and itchiness caused by insect bites.