

Living Water: What to Expect from Drinking Ionized Water

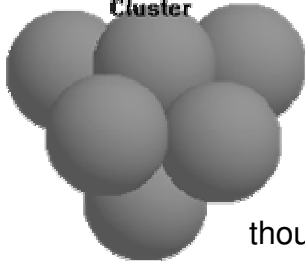
“Here are your waters and your watering place. Drink and be whole again beyond confusion.”

~ Robert Frost

The first thing that *Ionized Water* does to the body when a person begins drinking it is flush out the digestive tract, which is the best place for detoxification to start. This cleansing alone will significantly improve your potential for better health. The body cannot take in nutrients if the digestive tract is not clean. Enzymes continue their chemical attack on the food to break it down throughout the digestive process until it is small enough to pass through the lining of the small intestine and into the blood. Once there, the nutrients are carried away to the liver and other body parts to be processed, stored and distributed. None of this happens if the digestive tract is not clean of debris.

Detoxifying. Living on a cooked-food diet over a long period of time creates a layer of mucous throughout the digestive tract known as mucoid plaque, which deposits on the intestines where nutrients are absorbed into the body. Mucoïd plaque is a dark greenish substance that has the consistency of rubber. As it becomes thicker over the years we develop nutritional deficiencies even though we eat three meals a day that we believe are healthy.

Ionized Water Molecule Cluster



Our intestines become museums of partially digested, putrefying foods, drugs and other toxins that have never found their way out of the body. The intestines can swell to many times its size with only a pencil-size opening for feces to pass

through. Even though we may be overeating, we are starving ourselves under these conditions because the body cannot absorb nutrients. Eating should never be confused with health. Many parents believe that as long as their child is eating, they are healthy and this certainly is *not* the case. All that matters when it comes to health is what foods we put in our body, not the frequency or quantity.

Hydrating. If your small intestines are not clean and the actual lining wall isn't exposed, nutrients cannot get into the blood stream to be used by the body. *Ionized Water* is a terrific cleanser of the digestive tract because of its small water molecule clusters. It penetrates the mucoid plaque that is attached to the intestinal lining helping to remove it; once the surface of the lining is clean, the water then penetrates the lining itself to further cleanse and hydrate it so nutrients can pass into the blood with greater ease. When this happens, assimilation of nutrients to the body returns and the early stages of cellular rejuvenation can begin.

People comment how often they have to go to the bathroom when they first start drinking *Ionized Water*. This is because the water is cleansing your digestive tract quite thoroughly. It will subside once your body becomes accustomed to drinking *Ionized Water*.

Alkalizing. Drinking *Ionized Water* reduces the body's acid level as it balances the body's overall pH, which is not measured through the blood, but through the urine or saliva. However, raising the overall body pH will most likely take some time. Acid waste does not accumulate throughout the body overnight and it will not be flushed out overnight. Years of accumulated acid waste in the

joints, around the organs, in the brain and throughout the body takes months and even years to completely expunge. As to how quickly you will rid the body of acid waste will of course also depend on your diet.

Oxygenating. Consistently drinking *Ionized Water* increases blood oxygen and energy levels. Oxygen sharpens alertness because the brain is functioning closer to capacity when it is highly oxygenated. Oxygen is a nutrient that can become saturated in the blood, but the body cannot store it. Thus it is crucial that we constantly provide our bodies with a steady intake of oxygen. This can be achieved with *Ionized Water fresh out of the tap* because that is when it is at its greatest potential to provide the body with oxygen.

Oxygen carries nutrients around the body, provides us with energy, and kills bacteria, viruses and even cancer cells. Millions of years ago the atmosphere contained as much as 30% more oxygen than it does today. We evolved in a richer oxygen environment than we find ourselves in today, thus our need for oxygen is of great importance.

Antioxidant. The oxygen derived from *Ionized Water* arrives to the body in the form of an extremely potent antioxidant that has an extra electron attached to it and is known as a hydroxyl ion (OH⁻). It is produced when water is run over positive and negative electrodes and there is a shift of electrons from one molecule to another. This hydroxyl ion has an oxygen molecule that carries an extra electron which is donated to a free radical in the body (See Appendix 4: Free Radical Damage), therefore it is considered a free radical scavenger.¹ What

remains are two stable oxygen molecules and a higher blood oxygen level instead of only one free radical that will cause damage.

Consuming *Ionized Water* bathes the interior of the body in a negatively

Antioxidant	Molecular Weight
<i>Ionized Water</i>	18
Vitamin E	153
Vitamin C	176
Beta Carotene	150

charged liquid, which promotes rejuvenation of

each bodily system at a cellular level. All fresh

raw foods also have a negative charge or ORP.

Fresh squeezed orange juice carries a negative

ORP of -50 to -300 ORP (m μ). The lower the

negative number, the better it is for the body; the higher the positive number, the worse it is. On average, chlorinated city water has a positive $+700$ ORP, thus it is quite oxidizing and should never be consumed.

Anything that is being oxidized, or has the potential to oxidize another substance, has a positive ORP. Our bodies are constantly being attacked by oxidation in the form of free radicals; the older we are, the higher our body's ORP becomes. When we drink negatively charged substances such as *Ionized Water*, this oxidation is retarded and our body's cells are in a better position to rejuvenate, or de-age, themselves.

Water has a low atomic weight (18) and when ionized through electrolysis, it becomes the most absorbable antioxidant known. *Essentially, we are reversing the aging process.* However, we do not become younger in chronological years, which means that if we are 40 years old we do not become 20 again. Rather, we possess the body we had when we were in our twenties *at a cellular level.* This means that the cells that make up my body are as active,

productive, communicative and functional as those I had when I was supposedly in my prime and even potentially better. Thus, I have reversed my biological, not chronological clock.

After you've been drinking *Ionized Water* for a while you will become much more sensitive to whether or not you are actually dehydrated. For example, I become aware that my body needs water after only an hour or so of not drinking any water. Simply by keeping my body constantly hydrated, I am accomplishing many things that are necessary to Achieve Great Health. Staying hydrated helps stave off disease better than anything else we can possibly do for ourselves. When we are hydrated our blood is never too thin or too thick because of the lack of water or salt. We will not retain salt nor have high blood pressure when we drink enough water. Our organs function optimally because they are not starved for water, especially the kidneys. Like any muscle, regular use of the kidneys only strengthens them. A common misconception is that drinking too much water can overtax the kidneys. If you have weak kidneys from living on a cooked-food diet, start by drinking weak *Ionized Water* (8.0 pH) then increase it slightly each day. When we provide the body with real nutrients from *raw foods* and drink enough water, weak kidneys can become powerful, flexing muscles once again, the way they were meant to be. This is true of any muscle or organ in the body.

In the first few days of drinking *Ionized Water* you will not be able to quench your thirst. This is because your body is crying out for something it has rarely, if ever, experienced before: true hydration of its cells. The thirst mechanism in your body has been turned on for the first time in years, perhaps

the first time in your life. We develop many ways to turn off our thirst or ignore it completely with foods or liquids that couldn't possibly hydrate us.

Everyone's body has various degrees of toxicity, thus the effects of *Ionized Water* on your body will be slightly different than everyone else. It will depend on your historical and current diet, how much water you consume, how much you exercise, how positive a person you are, how stressful your life is, how much medicine you take now and in the past and how toxic you are. Regardless of that, *Ionized Water* benefits everyone who consumes it.

BENEFITS	Alkaline Water	Bottled Water	Tap Water	Well Water
Powerful Antioxidant	Yes	No	No	No
Balances Body PH	Yes	No	No	No
Powerful Detoxifier	Yes	No	No	No
Superior Hydrator	Yes	No	No	No
Enhances Mineral Absorption	Yes	No	No	No
Increases Oxygen	Yes	No	No	No
Low Cost	Yes	No	Yes	Yes

ⁱ Electrolyzed-reduced water scavenges active oxygen species and protects DNA from oxidative damage. Biochem Biophys Res Commun. 1997 May 8;234(1):269-74. Shirahata S, Kabayama S, Nakano M, Miura T, Kusumoto K, Gotoh M, Hayashi H, Otsubo K, Morisawa S, Katakura Y. Institute of Cellular Regulation Technology, Graduate School of Genetic Resources Technology, Kyushu University, Fukuoka, Japan.