

WHY FILTERED **ALKALINE** WATER?

By Michael Pedersen

Many people are finally aware of the necessity to filter their tap water – not only to make it taste better, but to reduce the risk associated with the ingestion of toxic chemicals found in today's tap water.

However, few people are aware of the World Health Organization's forty year ongoing study on the role minerals in water play in keeping one's good health - - particularly when it comes to cardiovascular disease and heart attacks.

Yet, even fewer people are aware of the importance of drinking alkaline water. Expensive products called water Ionizers which produce alkaline water have been certified as medical devices in the countries of Japan and Korea for many decades and are slowly gaining acceptance here in the USA.

Why? Well, medical evidence shows how alkaline water will ultimately aid in creating an alkaline state in our body. Our bodies will constantly try to maintain a pH state of 7.365. Medical science has discovered that as we age we lose bicarbonate (HCO_3) in our blood. Bicarbonate keeps the blood alkaline. However, this process is complex and if we do not have enough bicarbonate in our system the body will then use the calcium in our bones to aid in maintaining this slightly alkaline state. The process of the alkalization of our blood cells slows down as we age. Our body is made up of over 75 trillion cells of which half will divide on the average of every four weeks... these cells are the "healthy ones". However, the other half die. These decaying cells become acidic waste all throughout our body and can ultimately become the center of many diseases.

How then does the body eliminate these acidic decaying cells? Rather simply. By the time we are in the 5th grade we learn that our blood cells "bring in the good and take out the bad". It is the "taking out the bad" that is the important part here. Our blood cell has a basic outer negative charge (bicarbonate). As our blood circulates throughout our body the acidic waste (a positive charge) is picked up by our blood cell's outer wall positive charged bicarbonate and carried to our organs for disposal. However, as I stated earlier medical science has discovered that as we age our bodies' ability to remove waste decreases. This is because as we age we lose bicarbonate in our blood and it is bicarbonate that keeps the blood alkaline.

So how do we replace this loss of bicarbonate, where does it come from?

Actually, the easiest and most efficient way to increase bicarbonate in our body is by drinking alkaline water- but there is a process. Our bodies have the ability to determine when our stomach and lower intestine is running low on Hydrochloric acid (HCL) which is produced by our body to digest the food we eat (another answer found on "Are You Smarter than a 5th Grader?". However, we are not equipped with a low level replacement sensor for when we are low on bicarbonate like we have for HCL. I think that is because our bodies, although have a complex check and balance of internal chemical generators of many kinds, when it comes to HCL production our body is like a simple ionizer. When we need more HCL to digest food our body simply generates it. However, for every ion of HCL that is generated it concurrently generates an equal amount of you guessed it BICARBONATE. The HCL goes to the stomach and lower intestine and the bicarbonate gets assimilated onto the blood. However, there is no low level sensor for a low bicarbonate blood level. I believe that is because if there was a "Bicarbonate low sensor" the same process would be used to produce bicarbonate as for the production of HCL resulting in the generation of an excess

amount of HCL...NOT GOOD! So how can we safely get the body to replenish the bicarbonate we lack but need so badly to help keep our bodies clean? Simply send down to our stomach alkaline (positive charge) water... let the alkaline water *neutralize* the HCL and then set off our low level HCL sensor triggering the body to REPLACE the HCL to proper levels. This HCL production will then concurrently produce the much needed REPLACEMENT bicarbonate to keep the blood cells fully charged. This process helps reduce the acidic waste acclimated by our decaying cells and aids in keeping our body in an "Alkaline" state.

Here is what some other people have to say regarding drinking alkaline water:

As Dr. Robert Atkins, the well-known author, health and diet expert, notes: *"Just about every condition I can think of, from arthritis to diabetes to cancer, is associated with acidity."*

"The countless names of illnesses 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!" Theodore A. Baroody, ND, Ph.D.

According to 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."*

Sue Pollock, N.D. writes, we can *"assist the body in being more alkaline with ...drinking alkaline water."*

According to Sang Whang, researcher and author of "Reverse Aging" and "I'm OK, But What Happened to My BODY?", *"Drinking alkaline water is the cleanest, easiest and most effective method to reduce acids in the body"*

"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 they had been drinking waters with a pH of 9.0 to 10.0." Dr. Leonard Horowitz in "Aids and Ebola"

Alkaline ionized water *"first came to notice in Japan, where researchers noted that people drinking water that came from certain fast-moving rocky mountain streams enjoyed extraordinarily good health. It turned out that this naturally occurring water was alkaline and had a different structure and electrical properties."* Larry Clapp, PhD. in "Prostate Health in 90 days"

"Drinking water that has an alkaline pH as detailed in Chapter 13 of Lessons from the Miracle Doctors, maintaining a blood pH of around 7.45 without compromising the pH of the surrounding tissue, is vital. This requires the presence of minerals pure distilled water has a neutral pH but turns slightly acid over time as it absorbs carbon dioxide from the air, thus forming carbonic acid".
Jon Barron Author of "LESSONS FROM THE MIRACLE DOCTORS"