FAQ's - Why Ionized Water?

Why is drinking ionized alkaline water better than drinking just regular tap or bottled water?

Tap water and most bottled waters are slightly acidic. Ionized alkaline water has negative ions that work as antioxidants in your body to reduce cell-damaging free radicals.

Why is drinking ionized alkaline water from a water ionizer better than drinking bottled alkaline water?

Ionized alkaline water is rich in antioxidants in the form of negative ions. Some bottled alkaline water will have a negative electrical charge but the antioxidant properties aren't as strong as water from an ionizer. Also, depending on how the bottled water was transported and stored, changes in temperature can cause the water to lose its alkalinity and antioxidant benefits.

Why should I buy a water ionizer when I can just buy bottled alkaline water?

In the long run, buying a water ionizer to produce your own ionized alkaline water will be more affordable – and you can use the water for everything, not just drinking. The cost of bottled alkaline water limits you to just using the water for drinking. Owning a water ionizer lets you use ionized alkaline water for cooking, cleaning and enhancing the flavor of foods. Also, fresh ionized alkaline water from your own water ionizer will have more antioxidant properties than bottled alkaline water – and you won't be contributing to the collection of plastic bottles in landfills.

Why should I buy a water ionizer when I can just buy those alkaline drops – don't they both do the same thing?

If you read the label on those alkaline drops you'll see that there are limits to how much you can use throughout the day. You'll also have to rely on bottled water to ensure you're getting "clean" water to use with your drops. With a water ionizer you can produce as much water as you want – bottle it yourself and take it with you for the day – there is no limit to how much you can drink, allowing you to give your body a steady stream of alkaline boosting antioxidant water all day long.

Isn't water from a reverse osmosis filter better for you than any other kind of water?

Water from reverse osmosis systems is acidic and has no mineral content. The positive electrical charge of the water and acidity do not offer the antioxidant properties or immune system support you get with ionized alkaline water. There are many who also believe that reverse osmosis water also draws minerals from the body.

Why is ionized water better than distilled water?

The simplest way to put it is that distilled water pulls essential minerals out of the body and ionized water helps put essential minerals found in tap water back into the body. Also, ionized water offers an abundant supply of antioxidants your body can use to remove toxins from the body to reduce acidity. Distilled water itself is not only acidic but is not well absorbed by the body.

Why should I pay so much for a water ionizer when I can just get a good water filtration system for a couple of hundred dollars?

A water filter removes common contaminants from the water making it safer to drink and use for cooking. A water ionizer removes contaminants from the water and creates negative ions – powerful antioxidants that reduce acidic waste and toxins in the body.

Why should I buy an electric water ionizer – I've heard that non-electric water ionizers are just as good, maybe better?

Non-electric water ionizers are basically oversized portable water ionizers. They use the same basic filtration media that portable water ionizers use to elevate the alkalinity of the water and give it a mild electrical charge – ion exchange, magnetic particles and minerals. Non electric water ionizers do not create the same level of antioxidants in the water as an electric water ionizer. They do not give you the option to produce multiple levels of alkaline and acidic water for multiple uses and they do not have a "purified only" option for producing water that can be used at mealtimes or when taking prescription medications.

Isn't eating an alkaline diet good enough?

Eating an alkaline diet is a good start but drinking ionized alkaline water will work to support your alkaline diet and help the body eliminate excess toxins. By eating an alkaline diet, or just making healthier food choices, you're reducing the acids building up in your body. By drinking ionized alkaline water you are actively flushing excess acidic waste and toxins from your body. Think about weight loss – changing your diet will help you lose weight – changing your diet and exercising will help you lose weight more efficiently and support overall health. Ionized water and an alkaline diet work together just like diet and exercise.

I have a healthy diet, don't drink, smoke or take any medications and I exercise on a regular basis – I'm healthy enough – so why should *I* get a water ionizer?

You live a healthy lifestyle so that you can enjoy a healthier longer life. Owning a water ionizer lets you take your healthy lifestyle to the next level – more effective elimination of free radicals your body produces by simply digesting food or acids produced by your muscles when you exercise. Owning a water ionizer gives you healthier options for taking care of your skin and hair – healthy alternatives to many chemical cleaners you use in your home – ionized water can be used to clean produce and enhance the flavor of your favorite healthy foods and recipes.

Aren't water ionizers just for people with health problems like diabetes or cancer or people trying to lose weight?

It's true that water ionizers are considered medical devices in many countries and are widely used to treat a number of diseases – but they are also used to boost the immune system, reduce damage to cells that results in the signs of premature aging and prevent buildup of acidic waste and toxins that stress the circulatory system and organs – one of the primary causes of age related diseases. Even professional athletes and people who are overall in good health notice a difference in the mental and physical energy levels and overall sense of wellbeing.

TYENT
USA
WATER FOR WELLNESS