



**2001 W Kenosha * Broken Arrow OK 74012 * naturalhealthclinic.biz *
For mail order of supplements and vitamins call: 1-800-798-HERB**

So what is alkaline water anyway?

The Life Ionizer is not a new filtration system or a new type bottled water. Alkaline water from a water ionizer has health benefits that have been documented in studies showing above and beyond tap water or bottled water on the market. In fact, alkaline water has been used in all major hospitals in Japan for over 40 years. Japan has one thing in mind: they work on prevention, whereas here in North America, we concentrate on treatment. That is one of the main reasons we are Number 37 in longevity and Japan is Number 1. Prevention makes much more sense. It saves from so much suffering and is so much less costly.

The Life Ionizer detoxifies. It simply needs to be hooked up to your faucet. Although made in America, the Life Ionizer uses a revolutionary Japanese water technology that turns your acidic, contaminated, and chlorinated tap water into healthier alkaline water that does your body wonders. The tap water first gets purified by going through the internal filter, and then ionized through the electrolysis process, splitting the water into two parts: alkaline (hydrogen-rich) and acidic (oxygen-rich). Alkaline water is for drinking and cooking; acidic water is for cleaning and sterilizing.

Alkaline water gets rid of the root of all evils--free radicals--which are essentially a bunch of very active and unstable oxygen molecules that often damage important cells in our body, including DNA. Free radicals are known to be the leading cause of your body's internal, harmful oxidation process as well as over 80% of chronic diseases. In Dr. Shirahata's theory, while it is still not 100% proven yet, this alkaline water is said to contain a lot of active hydrogen molecules, which would bond with free radicals and then turn into water (H₂O) to be flushed out of your body safely. As a result of that process, it is believed to tone your body from the cellular level and to supercharge your immune system and self-healing power.

This unmatched power of deoxidation and detoxification is the reason why this water is rewarded with such a special status. Better yet, it's only water, after all. Plus, since there are no known side effects, you can drink as much as your body needs to cleanse itself.

There have been personal testimonies that alkaline water may help with these problems:

- Detoxifies
- Reduces yeast
- Helps maintain weight
- Relieves chronic diarrhea
- Prevents/helps fight cancer
- Eliminates/prevents parasites
- Eliminate/prevent menstrual cramps
- Increases libido
- Corrects skin disorders
- Balances blood sugar levels
- Lowers excess gastric acid
- Lowers high blood pressure
- Relieves indigestion and heart burn
- Eliminates erectile dysfunction (ED)

General Characteristics of Alkaline Water

1. Low Oxidation Reduction Potential (ORP) of -200mV and Below

As you probably know already, it is now common knowledge that a lot of medical benefits come from anti-oxidative properties. Oxidation Reduction Potential (ORP) is a measurement. When it's on the negative side, it indicates the power to slow down oxidation (aging) process by eliminating free radicals safely from your body. This ORP factor is perhaps the most important characteristic of alkaline water because this is what distinguishes itself from any other water on the market.

Technically, in order to be classified as alkaline water, it needs to show a negative ORP in the range of -200mV to -450mV, while typical ionized alkaline water shows anywhere between +100mV and -100mV, depending on the quality of the machine. The reading of mV indicates the millivolts of hydrogen electrons present in the water available to bond with free radicals and flush them out.

Additionally, alkaline water machines typically are able to electrolyze the water even further by mixing some salt during the electrolysis process. These machines can produce incredibly functional waters called Super Alkaline Water (ORP: below -550mV) and Super Acidic Water (ORP: over +1000mV). While they are not drinkable, the power of these two waters, particularly Super Acidic Water, has been recognized and widely used in various medical practices in Japan for many years.

2. Ionized and Alkaline

Since water (H₂O) is made up of hydrogen and oxygen, it can be ionized and split into two different parts: the hydrogen-rich and the oxygen-rich, through the electrolysis process. Alkaline water is the hydrogen-rich part and is known to have a strong power to dissolve and soften materials.

3. Micro-Clustered Water Molecules

The water is also known to have small clusters of 5 to 6 water molecules, as a result of the electrolysis process. This is approximately 1/3 to 1/2 that of tap water, whose cluster is usually made up from 13 to 15 molecules. Small clusters mean the increased ability of water to dissolve elements as well as to be absorbed into your body. This is particularly important for your metabolism since smaller elements pass through cell membranes more easily and eliminate acidic wastes and toxins from your body more effectively. With this water, your body will enjoy quicker cellular hydration and super waste elimination!

4. Concentration of Essential Minerals

The electrical charge rearranges healthy minerals that are naturally included in your tap water. As a result, alkaline water contains essential minerals such as calcium, magnesium, sodium and potassium, in a form that can be assimilated more easily into your body.