

# Ionized Water

## The Best Substance We Can Possibly Consume

By Robert McCauley

Without water, life could not exist. It is the most common substance found on Earth. Water is also the body's most vital need. Most tap water is fine to consume as long as it is properly filtered with both carbon and particulate filters. Spring and mineral bottled water are also good choices.

Purified water, reverse osmosis or distilled, should be completely avoided. It is water that has had all the minerals removed from so it is literally pure H<sub>2</sub>O. Because of its extreme purity, purified water absorbs carbon dioxide out of the air, which makes it acidic and even more aggressive at dissolving alkaline substances it comes in contact with. It turns the body acidic, leaches vital minerals and does not hydrate the body well at all.

The best water to drink is *Ionized Water*, which is produced by running normal tap water over a positive (anode) and negative (cathode) electrode. This creates positive and negative ions in the water that are then separated. Thus, two different waters with opposite characteristics are created at the same time, one alkaline, the other acid.

To *ionize* simply means to gain or lose an electron. Essentially, the ionization process robs an electron from one molecule and donates, or transfers it to another molecule. Both Alkaline and Acid *Ionized Water* have extraordinary properties and benefits, however, their respective uses could not be more

different. We drink Alkaline Water and use the Acid water on the outside of our bodies as well as for many other purposes. *Ionized Water has a beneficial effect on everything it comes in contact with as long as it is used properly.*

### **Powerful Antioxidant**

*The centerpiece of Ionized Water is its antioxidant properties.* It is miraculous that normal tap water can be instantly transformed into a strong antioxidant. *Ionized Water* has two antioxidant qualities, its negative charge and the presence of hydroxyl ions which are free radical scavengers.

All liquids have an Oxidation Reduction Potential (ORP), which is the millivoltage (mV), vibration or frequency it possesses. Rust is an example of slow oxidation, fire an example of rapid oxidation. Our bodies are somewhere in between these extremes. Only a negative ORP can reduce or negate oxidation. Strong Alkaline *Ionized Water* has an ORP of -150 mV to -350 mV. Thus, we counteract the aging process by consuming a negatively charged substance, which dampens the positive ORP of our oxidizing body.

### **Increased Oxygen and Free Radical Scavenger**

The body is starved for electrons and Alkaline *Ionized Water* contains an abundance of them, which nullify free radicals in the body. *Ionized Water* is an extremely effective antioxidant because it is a liquid with a small grouping of water molecule clusters and thus is more easily absorbed into the body where it can be of immediate use.

*Drinking Ionized Water gives you energy.* Once the extra electrons are donated to free radicals in the body, what is left are two stabilized oxygen

molecules, thus providing the body with more oxygen. Oxygen is a nutrient the body desperately needs. It makes us alert and invigorated. It carries vital nutrients around the body. For someone with cancer, the high oxygen level provided by *Ionized Water* is particularly helpful since oxygen destroys cancer cells.

### **Balances Body pH**

Because of the predominance of hydroxyl ions in *Ionized Water*, the water becomes alkaline, meaning it has a high pH. The pH level can be adjusted with a Water Ionizer between 7 and 10.

All disease thrives in an acid environment in the body and will not flourish and thrive in an alkaline environment. If we acidify our bodies through poor diet we become vulnerable to any disease that invades the body. The more acid we are the more susceptible we become to disease. As disease flourishes in the body, it begins to create a more acidic environment in order to spread further until it consumes the body. Currently, the medical establishment as a whole has not embraced the idea that body pH and disease work hand in hand.

Body alkalinity is most accurately measured through the saliva or urine. One of the keys to Great Health is keeping the body pH properly balanced and alkaline. Drinking plenty of *Ionized Water* will easily help achieve that.

### **Powerful Detoxifier and Superior Hydrator**

*Ionized Water* is sometimes called *Reduced Water* or *Cluster Water* because of its small molecular grouping. Water molecules typically group together in clusters of 10-13. *Ionized Water* molecule clusters are split in half and clustered

into 5-6 water molecules, thus they are *reduced* in size. The *Ionized Water* molecule cluster also has been changed from an irregular shape to a *hexagonal shape* that passes through and saturates body tissue much more efficiently than conventional water. It is this smaller, regular shaped cluster that is extremely penetrating and therefore hydrates everything it comes in contact with. As it hydrates body tissue, it pushes out all the things that don't belong in the body, which are commonly known as toxins. Therefore, *Ionized Water* is very detoxifying, which is why people who are very toxic must start drinking *Ionized Water* very slowly so they do not detoxify too quickly.

There is nothing more important for the body than water and there is no better water than *Ionized Water*. Water is our best defense against disease of every kind. Sixty percent or more of all chronic disease would be significantly reduced if people would simply keep themselves properly hydrated. Health is a habit, not an event and drinking water should become our first habit in our quest for Great Health!