



THE GREAT ALKALINE WATER CONTROVERSY

By Tricia Talerico, D.C., M.S., Nutr.

Alkaline water or high pH water has gained rapid popularity in recent years. Unfortunately, research is limited on the potential alkaline water benefits. What is alkaline water anyway? Alkaline water is a type of water that has a higher pH (usually 8-9.0) than regular water (7.0 or less). Basically, it has more oxygen available and there is no known disease that can survive in an alkaline state. Alkaline water also has more key minerals that the body needs to function properly, such as calcium, potassium, sodium and magnesium. Those in favor of alkaline water suggest the following benefits:

1. Improves circulation and overall cardiovascular system function.

It allows blood to flow more easily through your body by reducing viscosity or thickness of the blood. This was demonstrated in a 2016 study published in the Journal of the International Society of Sports Medicine.

2. Reduces acid reflux symptoms.

Alkaline water may have a beneficial effect on neutralizing pepsin (enzyme that breaks down proteins and plays a key role in acid reflux). Alkaline water

can only provide temporary relief from acid reflux, so the root cause of reflux still needs to be addressed.

3. Increases hydration.

Alkaline water is believed to enhance hydration more than standard drinking water.

4. Regulates blood sugar.

Preliminary research has shown that alkaline water may help balance and maintain normal glucose levels.

5. May promote bone health.

A highly acidic diet may increase bone loss by causing excretion of calcium through the urine. Conversely, an alkaline diet and water can help preserve bone health. This may be due to the effect on the parathyroid gland.

6. Slows aging process.

Mineralized alkaline water contains powerful antioxidants that act as free radical neutralizers. Free radical damage causes cellular breakdown and could cause your body to age faster.

As with all things in life, balance is key when it comes to alkaline water. An overabundance of alkaline water and foods can cause alkalosis. This is a disruption of your body's delicate pH balance, and, in extreme cases can cause nausea, vomiting and confusion. Drinking alkaline water regularly can also deactivate the activity of pepsin, impairing your ability to break down proteins. It can also interfere with the natural acidity of your stomach acid.

So, alkaline water is safe when consumed in moderation but should be paired with a nutritious diet and, of course, an active lifestyle.

IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!



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