

Ionized Water May Help These Common Diseases & Conditions!

In the fascinating book *Reverse Aging* by Sang Whang, it is explained that “the Japanese claim that one of the underlying causes of adult diseases is the accumulation of acids in our body. In order for a treatment to be effective it must remove these excess acids from the system, otherwise the treatment will only offer a temporary cure. It is for this reason that medical science is rather poor when it comes to curing adult diseases.”

In addition to reducing our acid intake, it's important to eat and drink as much alkaline food and water as possible to neutralize the acid in our bodies and flush out the existing buildup. While a purely alkaline diet consists of mostly raw vegetables and is therefore difficult for most Americans to follow, alkaline water can be conveniently created at your sink with your ionizer.

Water ionizers were certified in Japan as medical devices by the Pharmaceutical and Food Safety Bureau of Japan's Ministry of Health, Labour and Welfare in 2006 but have been researched and used for decades in Japan, Korea and Russia.

The following is a list of common diseases and conditions which Japanese and Korean doctors have treated and in some cases believe they have cured by alkalizing the body with an alkaline diet or ionized water, which is completely natural and safe:

1. Cancer

If the blood develops a more acidic condition, then the excess acidic wastes have to be deposited somewhere in the body. If this unhealthy process continues year after year, these areas steadily increase in acidity, and their cells begin to die. Other cells in the affected area may survive by becoming abnormal; these are called malignant. Malignant cells do not respond to brain commands. They undergo a cellular division that is out of control. This is called cancer.

Modern medicine in America treats these malignant cells as if they were bacteria or viruses. It uses chemotherapy, radiation, and surgery to treat cancer. Yet none of these treatments will help very much, if after all of that, the acidic environment remains. Drinking water that has a high alkaline pH, because of its de-acidifying effect, will help in preventing cancer. In Asia, alkaline water is regularly served to patients, and is considered a regular part of treatment.

—Dr. Keiichi Morishita, author of *The Hidden Truth of Cancer*

We also recommend the two DVDs “Healing Cancer from Inside Out” (about treating cancer by alkalizing the body through diet) and “Cancer is Curable NOW” a feature length documentary which covers all aspects of holistic cancer treatments and the main causes of cancer.

2. Heart Disease and High Blood Pressure

Cardiovascular diseases account for more than half of the deaths in the U.S. each year. Heart disease is a result of clogged arteries and lack of oxygen in the blood. While traditional water contains free oxygen which is actually a free radical that oxidizes the body, ionized water binds oxygen to hydrogen resulting in a safer delivery of oxygen to the cells. Therefore, Japanese

doctors have used ionized water to treat heart disease. High blood pressure is a result of an acidic environment and drinking alkaline water may help lower blood pressure.

Drinking four to six glasses of alkaline water a day will help to neutralize over acidity and over time will help to restore your buffering ability... This can help the body against the development of heart disease, strokes, immune dysfunctions, and other common ailments.”

—Dr. Susan Lark, author of *The Chemistry of Success*

3. Obesity

According to Dr. Robert O. Young, author of *The pH Miracle for Weight Loss*, “The body retains fat as a protection against the overproduction of acids produced by the typical American diet. Your fat is actually saving your life.”

Tests on fat which was liposuctioned by plastic surgeons has revealed that fat is full of acid. It is believed that a person’s alkaline-acid diet should be at a ratio of 80/20. By continuously alkalizing the body with ionized water, weight loss may result since the toxins will be flushed out thereby rendering the fat unnecessary.

4. Diabetes

Diabetes is a result of a lack of insulin produced by the pancreas and this imbalance prevents the body from processing sugar and carbohydrates correctly. Although there is no cure for diabetes, regular use of alkaline ionized water may help support normal blood sugar levels and reduce the amount of insulin a diabetic needs to inject.

When I was serving in the Fire Insurance Association, I used to examine many diabetic patients. Besides treating them with drugs, I provided them with ionized water. After drinking ionized water for one month, 15 diabetic patients were selected and sent to Tokyo University for further test and observations. Initially, the more serious patients were a bit apprehensive about the treatment. When the ionized water was consumed for some time, the sugar in the blood and urine ranged from a ratio of 300 mg/l to 2 mg/dc. There was a time where the patient had undergone 5 to 6 blood tests a day and detected to be within normal range. Results also showed that even 1 1/2 hour after meals, the blood sugar and urine ratio was 100 mg/dc 0 mg/dc. The sugar in the urine has completely disappeared.”

—Dr. Kuwata Keijiroo

5. Arthritis, Gout

Arthritis and gout are caused by uric acid deposited between the joints, non-dissolved due to the low alkalinity of an older person’s blood. Drinking alkaline ionized water can help flush out the acidic build up in the joints, thereby relieving joint pain and improving arthritis and gout.

I have had countless numbers of patients with painful osteoarthritis on many different medications for arthritis. Many have been pain free within a couple of months after

adjusting their urine pH to 7.0 to 7.5 by consuming adequate amounts of alkaline water and alkaline foods. As a result, many are able to go off of their medications.”

–Dr. Don Colbert, author of *7 Pillars of Health*

6. Kidney Disease, Kidney Stones

Kidney stones form in an acidic environment and are usually found in severely dehydrated patients (75% of all Americans are considered to be at least mildly chronically dehydrated). Because the kidneys are in charge of processing wastes in the body and our diets are increasingly acidic, the kidneys are overworked. Consumption of alkaline ionized water may prevent kidney stones from forming and dissolve them.

Dr. Kuwata Kerijiroo explains that for severe kidney failure, water intake has to be restricted. However whereas ordinary tap water “contains phosphate, calcium carbonate and the acidic ions... [that] tend to reduce the efficiency of the calcium ions...” he feels that in controlled amounts, alkaline ionized water will “strengthen the heart and increase urination.” He goes on to claim that over the next six to twelve months, the patient should maintain an alkaline diet (reduced animal protein) and continue drinking alkaline ionized water to reduce the amounts of urea and uric acid in the blood. He also feels that through his clinical experience, patients undergoing kidney dialysis should also drink alkaline ionized water as well as those patients with kidney disease who do not respond to drugs.

7. Asthma and Allergies

Allergies, in general are the result of an erroneous immune system which builds up antibodies against normally harmless substances. Japanese doctors believe that allergies including asthma are an immune disorder is caused by acidosis. Drinking alkaline ionized water may help alleviate and reverse allergies by alkalizing the body and combating acidosis.

Bob McCauley, author of *The Miraculous Properties of Ionized Water* explains that ionized water flushes accumulated pollen, mold and chemical substances from the body, which therefore helps allergies and removes mucus from the body. Mucus is caused by dairy, rice, wheat and processed foods which contain gluten and mucus locks allergens into the tissue where they become deeply embedded. Because ionized water is micro clustered, it is better able to penetrate the cells and flush out the allergens.

8. High Cholesterol

High cholesterol is actually a symptom of chronic dehydration. When dehydration causes too much liquid to be removed from inside the cells, the body tries to stop this loss by producing more cholesterol. Hydrating with alkaline ionized water may flush out the excess cholesterol thereby rendering its continued production unnecessary.

Too many fats in the diets, which lead to the deposition of cholesterol on the blood vessels, which in turn constrict the blood flow, cause most illnesses such as high blood pressure. With the consumption of alkaline antioxidant water for a period of two or three months,

I have observed the blood pressure slowly drop, due to the water's solvent ability, which dissolves the cholesterol in the blood vessels.”

–Prof. Kuninaka Hironaga, Head of the Kuninaka-Hospital in Japan

9. Osteoporosis

Our blood has to maintain a pH of 7.3 continuously in order for us to survive. When we consume acidic foods, drinks, or are under a lot of stress which causes acidity in our body, the body has to find a way to neutralize the acid to keep the blood's pH level steady. The way it does this is by robbing the body of its natural alkaline minerals such as calcium, magnesium and sodium from our bones. Over time, this can create a mineral deficiency in the bones which results in osteoporosis. If one were to drink alkaline water, the body would theoretically not need to rob itself and should therefore prevent the mineral loss and repair the bone damage.

Alkaline balance is very important for bone health. We evolved in an alkaline ocean environment, and even today our body's internal environment remains alkaline, with a pH just above 7.0. Our enzymatic, immunologic, and repair mechanisms all function their best in an alkaline environment. Despite this, our biochemical functioning, the metabolism of food, and many other fundamental life processes, all produce a great deal of acid.”

–Dr. Susan E. Brown, Author of *Better Bones, Better Body*

10. Fibromyalgia

Fibromyalgia is a chronic pain disorder that has historically been considered either a musculoskeletal disease or neuropsychiatric condition. Often those who are diagnosed with fibromyalgia are also under a lot of stress, which is known to create an acidic environment in the body. Just as alkaline ionized water can be used to alkalize the body and flush out the acidity in joints lessening the pain of arthritis, so might it help with fibromyalgia.

11. Alzheimer's Disease, Dementia, Mental Fog

The brain is the first organ that the body supplies water to, and clouded thinking is a symptom of dehydration. When fully hydrated, the brain functions closer to full capacity. Therefore it would stand to reason that those who have memory problems like Alzheimer's and Dementia are severely and chronically dehydrated.

Dr. Mona Harrison, former Director of the International Water Council, noted that, “When alkaline ionized water was used with Alzheimer's patients, just by drinking a gallon a day, their senility problem subsided.”

12. Chronic Dehydration, Headaches, Hangovers

Most people are dehydrated and don't even know it. Common symptoms of dehydration include headaches, irritability, lack of energy, and cravings for sugar and salt. Our thirst mechanism doesn't kick in until we are already slightly dehydrated, and sometimes when we feel hungry our body is actually crying for water.

According to Japanese scientists, the water molecules in ionized water are micro-clustered and thus they are more easily absorbed by our cells. Therefore alkaline ionized water is believed to be more hydrating than conventional water and should combat dehydration faster. In Japan, ionized water is known as a common hangover cure.

13. ADD, ADHD

Dr. Mona Harrison also noted that “Ionized water is great for Attention Deficit Disorder as this condition is [caused by] too much rhodium and iridium in the brain. Ionized water calms these types of children.”

14. Depression, Insomnia, Loss of Libido, Chronic Fatigue Syndrome, Lupus, Multiple Sclerosis, Muscular Dystrophy

These conditions are all caused by prolonged chronic dehydration and may subside once the body becomes hydrated if paired with muscle exercises.

15. Eye Diseases, Poor Eyesight

Just as the body robs itself of alkaline minerals in the bones to offset acidity in our bodies, so will it rob our eyes and eye sockets resulting in eye disease and poor eyesight. Some who wear glasses have reported having their prescription strength reduced since beginning to drink alkaline ionized water.

16. Ulcers, Indigestion, Gas, Nausea, Chronic Diarrhea, Heartburn and Constipation

These are all acid-related intestinal and stomach disorders, which may be possible to treat and control by drinking alkaline ionized water. In 1965, the Japanese Ministry of Health, Labour and Welfare declared that ionized water can be promoted as a way to help “abnormal gastrointestinal fermentation, chronic diarrhea, indigestion, and acid indigestion.”

Diarrhea is a result of too much acid in the pancreas and intestines, and drinking alkaline water can help alkalize the system and support healthy intestinal function. Korean doctors have found that constipation is caused by acid accumulation near the colon. Alkaline ionized water may help the secretion of fluids into the colon by eliminating acid build-up.

17. Skin Blemishes, Sores, Rashes, Bedsores (Pressure Ulcers)

Because our skin is naturally slightly acidic, skin blemishes, sores, rashes and bedsores may be treated with topical applications of ionized acid water, which is a by-product produced by water ionizers. Japanese doctors were amazed when acidic ionized water healed bedsores all the way down to the bone! Acidic ionized water should never be consumed, only applied.

18. Premature Aging

The older we get, the more dehydrated we become. Free radicals are oxidants which are continuously breaking down and aging our cells. Alkaline ionized water is not only hydrating, but an anti-oxidant which helps scavenge for free radicals and may help prevent premature aging from the inside out.

Dr. Mu Shik Jhon, author of *The Water Puzzle and the Hexagonal Key states*: “The more alkaline ionized water in the body, the healthier you will be. Several studies support the premise that consuming alkaline water results in a general slowing of the aging process.”

19. Morning Sickness

According to Japanese doctors, morning sickness is a result of the mother losing a lot of alkaline minerals to the fetus and her blood becoming acidic rapidly. They recommend continual use of alkaline water to help alleviate morning sickness.

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Additionally, almost every one of the conditions described above have a root in inflammation. Alkalizing the body with ionized water seems to address the inflammation because of the antioxidant nature of ionized water.

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