

## Claims of Alkaline Water Benefits



The pH level of all water varies dependent on the source for that water. Experts state that natural water from a spring typically has a pH that is acidic. Those that are advocates of alkaline water believe that drinking water that is alkaline will help neutralize acid in the bloodstream, leading to increased oxygen levels as well as increased energy and metabolism.

### 1. Antioxidant Properties

Water that is alkaline has antioxidant properties that help by counteracting free radicals. These free radicals can cause pre-mature aging and other types of conditions. The antioxidants are in liquid form which allows for quicker absorption into the system. So these benefits are significantly clear since alkaline water has anti-aging and anti-diseases properties. It is also believed that in this water for drinking there are certain elements that will aid in developing cancer resistance.

### 2. Cleansing Features

Other benefits of alkaline water are that it will help to cleanse the organs; particularly the colon. As this unclean buildup in the colon continues, it eventually becomes poisonous and in some cases lethal. Using alkaline water is safe and will easily remove this fecal material. It will remove build up that is weeks or even years old and this leads to a more thorough and effective process of elimination. This helps decrease the recurrence of constipation and other unhealthy issues. As you drink it regularly (daily) and keep the system cleansed and in good working order you will become less susceptible to stomach viruses, flu's, colds, and other illnesses that are fairly common.

### 3. Physical Appearance Benefits

Along with the body cleansing of the inner systems, water that is alkaline also rejuvenates the skin and keeps it hydrated. It aids the skin in replacing tissues and as well contributes to its elasticity and the overall health of the skin. It will also help with detoxifying the skin and causing it to look smoother and leading to fewer breakouts. When the balance in pH is kept in check by eating good food, nutrients can be more readily absorbed by the skin. This contributes to a younger more youthful look. Water that is alkaline aids in your goals for weight loss by the breakdown of fatty essentials in food. It can also be seen and used as a natural suppressant of appetite since it has no calories yet is able to leave you

satisfied and refreshed. All of these physical improvements combined will make you feel revitalized and younger.

#### 4. Other Health Benefits

Other features of water are that it also lubricates muscles and joint to help with stopping injuries. This helps those who are prone to sprains or who may suffer from arthritis. As well dehydration can harm organs such as the heart to work harder. Clean organs do not have to work as much when they are clean nor expend the energy to maintain functioning.

## Scientific Facts about Alkaline Water

### 1. What is PH?

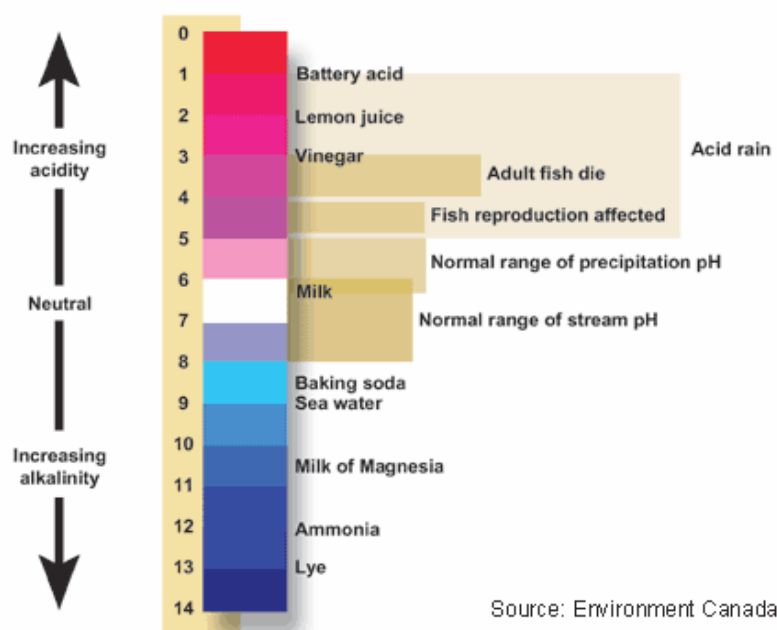
Within chemistry, pH is the measure of the acidity or basicity of any aqueous solution. Solutions that have a pH less than 7 are referred to as acidic and solutions having a pH greater than 7 are alkaline. Pure water has a pH that is close to 7.

#### Understanding PH

The concept of the acidity or alkalinity of your body - or of water - is based on the pH scale. So it's necessary to have a basic understanding of what pH is.

pH is simply a measure of the concentration of hydrogen ions. In fact, the acronym "pH" is short for "potential of hydrogen." The higher a liquid's pH, the fewer free hydrogen ions it has; the lower its pH, the more free hydrogen ions it has. One pH unit reflects a tenfold change in ion concentration - for example, there are ten times as many hydrogen ions available at a pH of 7 than at a pH of 8.

The pH scale goes from 0 to 14, and a pH of 7 is neutral.



Anything with a pH below 7 is considered acidic, with battery acid being the most extreme example, around 1. Anything with a pH above 7 is alkaline (or basic), with lye at the top of the scale, around 13.

Natural water on our planet ranges in pH from 6.5 to 9.0, depending on surrounding soil and vegetation, seasonal variations and weather, and even time of day responses to sunlight. Human activities further influence the pH of our water, from the barrage of toxic industrial pollutants.

According to an educational website called Water on the Web:

“Pollutants in water can cause it to have higher algal and plant growth, as a result of increased temperature or excess nutrients, causing pH levels to rise. Although these small changes in pH are not likely to have a direct impact on aquatic life, they greatly influence the availability and solubility of all chemical forms in the lake and may aggravate nutrient problems.

## **2. Science Behind Alkaline Water**

Since alkaline water has a pH level that is higher than tap water, there are plenty of proponents who make the claims you have read in this article. However this is not the opinion of the physicians and researchers. They have not been able to verify or reproduce any of these claims in the lab or other medical setting.

Some studies do make the suggestion that alkaline water can help slow bone loss but further research is needed to decide if this has any influence overall on bone mineral density and if the benefit can be maintained over the long term.

### **3. Cautions of Drinking Alkaline Water**

There's also the issue of water pH – acidic water versus alkaline water. There are a lot of amazing health assertions about alkaline water, but are they really true? Most of them aren't. It is best to drink water that is between 6.5 and 8 pH levels. As for being harmful to drink alkaline water over the long run all we do know is that it has been shown to be harmful to plants and animals.

In the case of alkaline water that is naturally there is no problem in drinking up to 2 liters a day. Since the alkalinity is a result of naturally minerals such as magnesium and calcium, the body is capable of using these minerals if needs and discarding or storing any excess. You will not become too alkaline by drinking alkaline water that is naturally.

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