

The Benefits of Alkaline & Acid Ionized Waters

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Two general concepts:

- Primarily the alkaline water is used to detoxify the cells. Internal use. One drinks this water.
- Primarily the acid water is used as a disinfectant. External use only. One NEVER drinks this water.

Alkaline water:

This type of alkaline water is alkaline water made by electrolysis, called ionization. This is done with a positive and a negative electrode in a batch type alkalizer. This type of machine produces both acid water as well as alkaline water. Both types of water have specific uses and are not interchangeable.

Alkaline water is made at the range of -400 mV to -800 mV with a pH in the 8.5 to 9.5 range. Only Batch type alkalizers make this quality of alkaline water. Flow-through type alkalizers that hook up to the faucet generally do not produce such a high negative charge in the water; hence a waste of \$\$\$.

It is important to note that it is the negative charge that does the work and produces the benefit. It is Japanese/Korean medical grade alkaline water (-240 mV or greater), that has the cellular cleansing action and hence the reverse aging properties. This type of alkaline water will not counteract/neutralize the stomach acid like using an antacid (chemical) will.

Dropping alkalizing chemicals into the water to form chemically induced high pH alkaline water usually leaves the water more positively charged!!! These chemicals usually are oxidants. The same goes for dropping hydrogen peroxide-an oxidant. Aren't we supposed to be cleansing with anti-oxidants and not oxidants?

How to Drink Alkaline Water:

1. Start drinking the alkaline water at ¼ cup 3 times a day and gradually increase it up until you are drinking nothing but alkaline water. Watch for any signs of detox (headaches, extra tiredness, runny nose...). As soon as any detox symptoms turn on, even SLIGHTLY, stop drinking alkaline water for 2-3 days until the detox symptoms diminish. Then start all over at the ¼ cup level and gradually increase it again.

Remember that **PAIN** is the first indicator to **STOP**. “No pain, no gain” is **not true**. That may apply to career advancement, but it certainly does not apply to health issues including exercise! Pain is some thing to avoid. So when the body starts to detox, it is important that one backs off from drinking any alkaline water for 2-3 days, until the detox symptoms diminish

The signs of detox are headaches (minor ones), migraines, runny noses, extra tiredness, sluggishness and it can also come in skin rashes, pimples, zits. The body has some 14 other ways to dispose of toxins.

2. Alkaline water may be **boiled** to make tea, coffee, soups, rice, noodles and other food applications.
 - In addition to the pH there is the ORP charge (Oxidation-Reduction Potential – a measurement in mV (millivolts)). There is also the “**Frequency**” which this water possesses. When you boil alkaline water, you lose some of the millivolts but not the frequency, **so one still gets quite a bit of the benefit from the alkaline water.**
3. If a person is critically/chronically ill, he or she may want to drink 1-1 ¼ gallon of alkaline water per day, but, they must go on FULL bed rest while drinking this quantity of alkaline water. They must not answer the phone, run errands...etc. If they are true to bed rest, they can consume this quantity of water and sleep off most of the detox symptoms. If they don't, they will be miserable with runny nose, headaches and extra fatigue.

How exactly does alkaline water work?

- a. It is vital to understand that it is **NOT** the **pH** that creates the benefit. It is the ORP/ **millivoltage** that the water possesses that is doing the work.
- b. Basically, one's acid waste and heavy metals are highly positively charged and the negatively charged alkaline water merely helps the cells to discharge their toxic waste.
- c. The heavy metals in the body are in oxide forms. In other words, one does not have chunks of metal in their body but have metal salts, such as, mercury salt, lead salt (mercury oxides, lead oxide).
- d. Alkaline water will help uptake nutrition. It is commonly used for chicken and cattle ranching to increase feed efficiency and enhance the immune systems of the animals.
- e. Alkaline water may also be used to foliar (leaf) spray garden plants. The natural organic fertilizers may be premixed with alkaline water to increase the efficiency of the foliar sprays.

Demonstrations:

4. a. Get 2 pots and 2 glass coffee cups and one box of Lipton brisk tea. (Do not

use any other kind of tea or the experiment will fail.)

- b. Boil one cup of alkaline water.
- c. Boil one cup of tap or bottled water.
- d. Pour the boiled alkaline water into one of the coffee cups and the boiled tap/bottled water into the other clear coffee cup.
- e. Dip the tea bags simultaneously into each of the coffee cups.
- f. Let the tea bags steep (brew)
- g. Watch what happens.
- h. You will notice that the alkaline water cup, the essence of the tea will shoot out of the tea bag, in little puffs. The cup of tea will turn dark faster and darker.
- i. The tap/bottled cup of water will slowly seep out of the tea.
- j. Use a teaspoon and get the audience to taste the tap/bottled water tea first.
- k. Note the aroma (none). Note the taste (typical slight bitter after taste).
- l. Next, get them to taste the alkaline water tea.
- m. Note the aroma (nice bouquet). Note the taste (the bitter taste is gone and it may taste like someone slipped a 1/8 teaspoon of sugar in it).

5. **Cut flowers:** (alkaline water)

- a. Roses are the best flowers to use for this demonstration.
- b. Change the water daily.
- c. Soak one rose in tap water.
- d. Soak one rose in alkaline water.
- e. Note that after 3 days the city water rose is pretty much dead.
- f. The alkaline water rose may last from 10-14 days.

6. Demonstration for the power of alkaline water penetration:

- a. Chinese chestnuts usually come clean and dried. They are hard as rocks.
- b. The usual processing time is 12 hours soaking, followed by 4 hours of boiling in honey and water.
- c. When using alkaline water, you only need to soak for 2-4 hours and the cooking time is reduced to 30-45 minutes.
- d. As you can see, this demonstration shows the power of the alkaline water's ability to penetrate and soften or to extract the essence. Herbal preparations can be made more potent.

This story should be relayed, rather than shown.

Acid water:

When washing with acid water, please realize that it is the high frequency, high positive charge of the water that creates the medicinal properties of the acid water.

As one washes the injured site, if you are sticking your hands or feet in the pan, the hand or foot will discharge the water. Therefore, pour a little water into the pan and wash the injured site and continue to add more water as one continues to clean the injured site. In this manner, you will maintain the charge and efficacy of the water.

7. If someone who has **open sores**, accompanied by various shades of red/purple swelling, in addition to heat, itch and other discomforts, you can give this person a quart to a half of gallon of acid water and a wash cloth. Tell them to wash their face or injured part for an hour. They will usually be disgruntled in the beginning, with you. Tell them to humor you and wash it as long as they want to. They will normally get such immediate itch relief and the redness will slowly lesson or disappear that they will want to keep washing for hours. You could charge \$35-\$50 for a gallon of acid water and you wouldn't hear many complaints. (See how to make super charged acid water for extra tough fungal toenail problems or gangrene.)

8. **Acid water** may be used in the following ways:
 - a. 1-2 cups to rinse the shampoo out of your hair.
 - b. 1-2 cups in the sink, when washing vegetables.
 - c. Straight acid water to **wash chicken, beef, fish** and other whole meat products. You will notice, especially with chicken and fish, if there is a surface layer of bacteria the kill off will turn the acid water milky white. Repeat the process 2 more times. If after the third time, the water is still milky white, I suggest you discard the meat. Normally, after the first wash, the second washing will result in clear water with minor blood in it.
 - d. Great for teenage **acne blemishes**, black heads, psoriasis and other skin problems.
 - e. **Skin abrasions and cuts** are best handled with acid water instead of hydrogen proxide, as the acid water will only kill the pathogens and leave your body cells alone. (Unlike hydrogen proxide, which will indiscriminately kill everything it contacts.) Acid water also eliminates most of the pain factor.
 - f. Indoor plants love acid water and you may use it straight or dilute it.
 - g. Acid water may be used as a **fungicide** for foliar (leaf) feeding. This is the **best natural non-toxic fungicide** available.
 - h. Acid water may also be added to swimming pools, which have CareFree Water Conditioner and hydrogen peroxide systems, to enhance anti-fungal properties.