

Overcoming an acidic body

Alkaline neutralizes acid. Drinking alkaline water helps our body dissolve acid wastes and make it easier for the body to dispose of them safely. Since the accumulation of acid wastes is aging, the reduction of acid wastes is reverse aging. Alkaline water is not a medicine to cure any disease. However, if consumed regularly, alkaline water gradually reduces the accumulated acid wastes. As a result of acid reduction, there are many reports of natural health improvement in Japan. One American cancer center showed significant improvements in their cancer therapy by getting 1,000 patients to drink 7 glasses of alkaline water a day. Their research concluded that the alkaline minerals in natural, alkaline water with a pH 7.5 helped to neutralize acidosis and thus helped to prevent cancer. Water, the origin of Life, contains 2 parts hydrogen and one part oxygen. Alkaline water is water that contains a larger amount of oxygen as compared to hydrogen. By drinking alkaline water, we increase our intake of oxygen compared to drinking plain water. The advantage of drinking alkaline water is that while being absorbed by the body, it helps neutralize acidic wastes, making them more soluble in the blood vessels. Thus, acidic wastes will be easily drained out of the body in the form of urine or sweat.