

# What do the Experts say?

**Dr Theodore Baroody** *Author, Alkalize or Die*

"I have administered over 5000 gallons of this water for about every health situation imaginable. I feel that restructured alkaline water can benefit everyone."



"After years of very positive continuous clinical experiment that I am conducting with hundreds of clients using electronically restructured alkaline water, it is my opinion that this technology will change the way in which all health providers and the public will approach their health in the coming years.

...My suggestion is to drink restructured alkaline water whenever possible."

**Felicia Drury Climent**

*Author, The Acid Alkaline balance Diet, Adjunct Professor, City College, New York*

**Dr Sherry Rogers**

"Alkaline water rids the body of acid waste... After carefully evaluating the results of my advice to hundreds of individuals, I'm convinced that toxicity in the form of acidic waste is the primary cause of degenerative disease."



**Dr. Susan Lark**

*University lecturer and author of The Chemistry Of Success, says:* "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. Alkaline water should be used when conditions of over acidity develop, such as cold, flu or bronchitis. Like vitamins C, E and Beta Carotene, alkaline water acts as an antioxidant because of its excess supply of free electrons. This can help the body against the development of heart disease, strokes, immune dysfunctions, and other common ailments."

**Daniel Reid,**

*Author of The Tao of Detox says:*

"Drinking alkaline water is a great way to neutralize and flush out all of the toxins and acids that drain from the tissues and bodily fluids, and to quickly rehydrate the body and keep the blood alkaline."





**David Niven Miller,**

*Anti-aging expert and author of 'Grow Youthful',*

"Increasing your consumption of good quality tap water or filtered water can transform your health and play a central role in the healing of virtually all degenerative diseases. However, alkaline water has profound long-term effects because it alkalizes your body and provides an effective antioxidant."



**Harald Tietze**

Author of "Youthing" says that "by drinking alkaline water, the aging process can be reversed and the wastes can be reduced in the long-term to a level of a much younger person. The functions of the organs can be revived."

**Dr. Ingfreid Hobert MD**



"You do not need expensive medicine with all the negative side effects to regain health... Alkaline water has profound long term effects because it alkalizes your body and provides an effective antioxidant".



**Sang Whang**

*Author, Reverse Aging*

"Here is the simple process of aging. Every living cell within our body creates waste products. The nutrients from our food are delivered to each cell and they burn with oxygen to provide energy for us to live. The burned nutrients are the waste products. The food that is either good or bad for you is determined by the amount and quality of the wastes produced: toxic, acid, alkaline, etc. Most of our cells go through metabolism and old dead cells become waste products."

"These waste products must be discharged from our body. In fact, our body tries its best to dispose of them through urine and perspiration. Virtually all waste products are acidic; that is why urine is acidic and skin surface is also acidic. The problem is that, due to several reasons, our body cannot get rid of 100% of the waste products it produces."

"The main reason for this is our lifestyle. We stay up late and get up early. We do not take time to rest; some of us work more than one job. We, therefore, spend more time producing waste products than processing them."

**Dr. Robert O. Young, PhD**



*In his book, The pH Miracle says it this way:*

"Those willing to look again, and with clear eyes, will be rewarded with the secrets to permanent health. We can heal ourselves by changing the environment inside our bodies. Potentially harmful invaders, then, will have nowhere to grow and will become harmless."



## **Dr Hidemitsu Hayashi**

*Director of the Water Institute, Tokyo,*

He says that bad diets such as meat and potatoes, fried foods, soft drink colas, and sugars build up acid salts in the body. Often these deposits, by having to be stored away from the blood flow, can remain in the body for decades. He recommends the consumption of ionized alkaline water, which will slowly and gently wash these salts away.

## **Dr Howard Hay(1930)**

"...people with more acidic blood were more likely to be ill. He defined a pH range of 7.4 to 7.5 to be associated with good health. When foods are metabolized, acids are produced which are neutralized by the alkaline salts (carbonates) of calcium, magnesium, potassium and sodium. Foods containing chlorine, phosphorous, sulfur and nitrogen, animal products and refined carbohydrates tend to be acid forming."

## **Celia Wright**

*The Wright Diet,*

"...the over-acid person as being grouchy, sensitive, exhausted, inclined to aches and pains, headaches, and problems with sleeping and acidity of the stomach. Smokers have been found to have a high acid content in their urine. Cravings appear to be reduced on a more alkaline diet."

## **Dr Arthur M. Ecano, MD**

Says that.. "if the world has accepted antioxidants to slow down the aging process, it should readily agree to the uses of ionized alkaline water as an antiaging agent. Their roles are closely linked and intertwined such that a lasting antiaging program is incomplete without addressing both free radicals and organic acid wastes."

# Are You Acid or Alkaline?

## ***What do the experts say?***

It's quite easy to know whether you need to alkalize before making your decision to invest in alkaline balancing systems.

Although the vast majority of Westerners are overloaded with acid waste, there are a very few who are not.



In her excellent book *The Chemistry of Success* Dr Susan M. Lark MD says that understanding the importance of your pH balance will lead you to the realisation that peak performance and general health are intimately related, and that robust health is essential if you want to meet your goals in life.

## **Dr Lark lists the benefits of maintaining a healthful state of slight alkalinity:**

*(Please note this is for education purposes only and is not intended to diagnose or treat. Consult a qualified medical practitioner when considering any health regimen modification.)*

### **Peak performance benefits**

- May increase Physical vitality and stamina
- May enhance mental clarity and acuity
- May increase ability to get on with other people.
- May increase optimism and vision.
- May give faster recovery from illness, injury, and exertion (including colds, flu, sinusitis, bronchitis, pneumonia, allergies, traumatic injury and surgery)
- May give increased resistance to illness (colds, flu, sinusitis, bronchitis, pneumonia)

### **Health benefits**

- May reduce incidence of digestive problems such as heartburn, irritable colon, Crohn's disease and colitis.
- May reduce risk of and increases relief from urinary tract conditions such as bacterial cystitis, interstitial cystitis, and uric-acid kidney stones.
- May reduce risk of gout.
- May reduce risk of and helps in treatment of rheumatoid arthritis and other autoimmune diseases.
- May lower risk of osteoporosis and promotes bone and teeth growth.
- May aid in prevention and treatment of diabetes.
- May reduce hypertension.
- May also reduce the risk of cancer.