



## H1 H2O Water ALKALIZER

### Know your body & back to the fundamentals

On top of all the prevention medicines, supplementary foods, balancing diets and various health & toxification therapies, for those who are willing to look into the fundamental elements of our own body will be rewarded with the secrets to prevent illness & maintain continuous good health.

Many don't believe that the one determining factor responsible for a remarkable health and longevity is simply the amount of water you drink each day and the quality of the drinking water.

*"You are not sick, you are thirsty. Many illnesses that plague millions of people worldwide spring from a simple unrecognized cause - we don't drink enough water.*

*What doctors label as diseases is 'deeply dehydration'...*

*When our bodies eventually cry out painfully in protest, we call those desperate thirst signals asthma, diabetes, arthritis, angina, obesity, Alzheimer's, high cholesterol and hypertension among many other maladies."*

**Dr F Batmanghelidj, MD**  
Author of "Bodies Many Cries for Water" "Water Cures, Drugs Kill"

### Fascinating Facts:

The human body is 70% water with each of the 6 trillion cells within is fluidized with water. Water hydrates and irrigates these cells and is essential for over 90% of the biochemical process. Generally, water is necessary for flushing toxins & waste from our body (detoxification). Thus preventing dehydration & degeneration of body cells and diseases.

### You might be drinking DEAD WATER!

Many studies & researches show that drinking water that is consumed by us daily might not have the right properties and certainly will not do the same job as natural & energetic water, generally known as 'Dead Water'.

*"Cells do not have to degenerate or die. It is the fluid surrounding the cells that degenerates. If you refresh that fluid regularly and effectively, the pulsation of life can go permanent..."*

**Dr. Alexis Carrel**  
Nobel Price Winner

### Tap Water

All public-utility water these days is severely contaminated with toxic metals and other pollutants, as well as chemical poisons like chlorine deliberately added to kill germs. If

you drink such water long enough, it may kill you too. Boiling the tap water for drinking is no longer a wise & safe practice in the 21st 'health concern' century as this will destroy the water's life-giving properties.

### Bottled Mineral & RO Water

Bottled or mineral water is not necessarily the answer. Pure, distilled or reverse osmosis produced bottled water is actually harmful for our body because it causes the leaching of minerals from our body. Mineral water is better in that sense, but many studies have shown that many mineral water bottles contain more contaminants than tap water. Also, as it's kept in plastic bottles for long periods, some of the harmful, carcinogenic substances in plastic get into the water.

### Danger of Drinking Distilled Water

Many health fanatics, however, are often surprised to hear that drinking distilled water on a regular, daily basis is potentially dangerous. Distilled water is an active absorber and when it comes into contact with air, it absorbs carbon dioxide, making it acidic. The more distilled water a person drinks, the higher the body acidity becomes.

## Your body needs more than just 'clean' water...

As drinking water is at the heart of the detoxification revolution and healing therapy, an ideal drinking water should be far more than merely meeting the WHO guidelines and other hygiene quality standards.

*"Distilled water, being essentially mineral-free, is very aggressive, in that it tends to dissolve substances with which it is in contact. Many metals are dissolved by distilled water."*

**U.S. EPA**  
Environmental Protection Agency

This is the reason why...

A growing number of health care practitioners and scientists from around the world have been advocating the theory that aging, disease and degenerative conditions that leads to weaken all body systems is the direct result of the accumulation of acid waste products in the body. Meats, sugar, white flour products, fried foods, soft drinks, processed foods, alcohol, dairy products and other junk foods cause the body to become more acidic. Stress, whether mental or physical can lead to acid deposits in the body too. Secondly, recent research reveals that the effectiveness of vitamin supplements and careful diet is effective in the prevention and control of disease. Much of this research leads us to the same core principle :- the prevention of oxidation among healthy cells by too much active oxygen in the body that breaks down the cell and makes it susceptible to infection and disease. Therefore, the concerned but neglected criteria in our drinking water shall be the

## pH Balancing & Alkalinity

If any substance changes from pH 7 to pH 8, it has become ten times more alkaline. Conversely, if it has changes from neutral pH 7 to pH 6, it is 10 times more acidic. As an example, a popular Cola, at pH 2.5 is almost 50,000 times more acidic than neutral water, and needs 32 glasses of neutral (pH 7) water to counteract the consumption of one glass of Cola. (Active ingredient: Phosphoric Acid) Blood plasma

and other fluids that surround the body cells have a pH of 7.2 to 7.3 while all organs within the body tend to neutralise the acidic condition naturally as if its pH drops from the optimum level pH 7.365 down to pH 7, you will lapse into a coma and die" You can now see that a change from the normal level 7.365 to pH 7 would mean that blood would suddenly be around 4 times as acid as it should be. You would die from poisoning by own blood. This is why every body system is used to support the correct blood pH You can also understand from this that our blood pH can be affected at any time of the day by a myriad of events; food, drink, stress, pollution, exercise, or beneficially, by meditation, by drinking alkaline water, by deep breathing, even by being happy.

*"In view of our current hectic and unhealthy living style, my research showed that the sheer volume of acid waste our body has to handle has forced it to take drastic 'war' style action to preserve its strategic reserves - the kidney and liver - our major essential detoxifying organs. We found that we are now 'stockpiling' acid in fatty deposits rather than eliminating it via the kidneys and liver. The body tends to chose to save the kidney and liver from degradation by excess acid and eventually leads to costly consequence such as obesity, lowered immunity, lack of energy and the whole host of acid related diseases we are subject to including cancer, diabetes, osteoarthritis, etc..."*

**Dr Lynda FrassettoA**  
Acid/alkaline researcher  
The University of California

## Why balancing the pH is so important?

Simply because our body and blood can not afford to be acidic while unfortunately we can create acidic waste within our body anytime, anyway" Excess acidity will force the body to 'borrow' minerals - including calcium, sodium, potassium and magnesium - from vital organs and bones to buffer (neutralize) the acid and to safely remove it from the body. As a result, the body can suffer severe and prolonged 'corrosion' due to high acidity - a condition that may go undetected for years. This will be resulting to

where disease can easily manifest, as opposed to a pH-balanced environment which allows for normal body functions - necessary for the body to resist disease. It is true that if we have a healthy body, we will maintain sufficient **alkaline** reserves to meet emergency demands. However when excess acids must be continually neutralized, our **alkaline** reserves are depleted, leaving the body in a weakened, disease-prone condition. Nevertheless, there are still many practitioners who believe that the body can somehow 'naturally' balance its pH - as if we were living in nature and eating raw foods and herbs. The truth is so far beyond this ideal as we know we have great chances to generate acidic waste while our pH balance depends on what is left after the metabolism. pH balancing (measure by pH Level) Anti-oxidation (measure by ORP - Oxygen Reduction Potential Level) that both contribute greatly to our body detoxification process & energy level.

*"The longer one drinks distilled ater, the more likely the Development of mineral Deficiencies and an acid state. A growing number of health care practitioners and scientists from around the world have been advocating the theory that aging and disease is the direct result of the accumulation of acid waste products in the body.*

*Distilled water tends to be acidic and can only be recommended as a way of drawing toxins out of the body. Once this is accomplished, the continued drinking of distilled water is a bad idea."*

**Dr. Zoltan P. Rona, MD, MSc**  
Past president of the Canadian Holistic Medical Association  
Consultant to the Toronto Hospital

## Source of Acid waste

Acid wastes that are created from food, stress and our own metabolism move around the body via the blood and lymphatic system until our overloaded kidneys decide to dump them on us within, as the body struggles to counteract acid-producing foods, acid-producing pollution and acid-producing stress. In fact of all acidifying factors, stress is the greatest. It can neutralize and acidify an alkaline diet with one surge of adrenalin

*"The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!"*

**Dr. Theodore A. Baroody**  
Author of 'Alkalize or Die'

Listed below are those classified as "Acidifying Food"...

#### Fats & Oils

Corn Oil, Hemp Seed Oil, Flax Oil, Lard, Olive Oil, Safflower Oil, Sesame Oil, Sunflower Oil

#### Fruits

Cranberries

#### Grains

Rice Cakes, Wheat Cakes, Barley, Buckwheat, Corn, Oats (rolled), Rye, Spelt, Kamut Wheat, Hemp Seed, Flour

#### Dairy

Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk, Butter

#### Nuts & Butters

Cashews, Brazil Nuts, Peanuts, Peanut Butter, Pecans, Tahini, Walnuts

#### Animal Protein

Beef, Carp, Clams, Fish, Lamb, Lobster, Mussels, Oyster, Pork, Rabbit, Salmon Shrimp, Scallops, Tuna, Turkey, Venison

#### Pasta (White)

Noodles, Macaroni, Spaghetti

#### Other

Distilled Vinegar, Wheat Germ, Potatoes

#### Drugs & Chemicals

Drugs, Medicinal Drugs, Psychedelics, Pesticides, Herbicides

#### Beans & Legumes

Black Beans, Chick Peas, Green Peas, Kidney Beans, Lentils, Lima Beans, Pinto Beans, Red Beans, Soy Beans, Soy Milk, White Beans, Rice Milk, Almond Milk

#### Alcohol

Beer, Spirits, Hard Liquor, Wine

#### Waters

Soft-drink, Rainwater, Distilled water, Reverse Osmosis water

## Acidity Impact

Accumulated acid waste will corrode our tissue, veins and arteries. It eventually interrupts all cellular activities and functions, from the beating of the heart to the way we think.

As we have mentioned, acids can be stored in fat. Cholesterol and crystallized uric acid are solidified acids that have been dumped within the body for 'later' removal – the 'later' that never comes.

Acid coagulates blood. Blood has major problems flowing around fatty acids, resulting to High Blood Pressure.

The skin, deprived of life-giving healthy blood, loses elasticity and begins to wrinkle.

Trillion of cells are slightly acidic within and are surrounded by slightly alkaline interstitial fluid around them. This polarity is essential for chemical or energy interchange, and is lost with acidity - one reason why so many people lack energy.

Acidic pH interferes with mineral absorption. We will receive no iodine unless the body pH is almost perfect and calcium is very difficult to absorb with an excessively acid body too.

*"Even if we eat the best of organic fruit and vegetables, 97% of our food still consists of carbon, nitrogen, hydrogen and oxygen, which will still be reduced to acid waste. It is not what we put into our bodies it is what stays in our bodies as waste that creates our over-acidic condition and what causes us to age prematurely. In terms of acid/alkaline balance, the only difference between 'good' food and 'bad food' is that 'good' food will have less acid waste and more acid neutralizing result..."*

**Sang Whang**  
Author of 'Reverse Aging'

*"The pH factor plays an important part in ridding the body of mercury and other toxins. The more acidic the body is the more it holds on to (heavy) metals. Heavy metals in turn create a high oxidative stress that acidifies the body.*

**" Dr. W.R. Kellas, Ph.D**  
.Co-author of 'Surviving in a Toxic World'

*"The important thing to remember is that we age because we accumulate acidic waste products. Therefore, if we get rid of these wastes, we can reverse the aging process. We can even eliminate the symptoms of adult diseases by these processes if no irreversible damage is done all ready. "*

**Sang Whang**  
Author of 'Reverse Aging'

This often leads to ..

- o " Cancer
- o " Hypertension
- o " Diabetes
- o " Arteriosclerosis
- o " Gastric-Ulcers
- o " Arthritis
- o " Osteoporosis
- o " Disorders of kidney and liver
- o " Obesity
- o " Stress
- o " Anorexia
- o " Chronic fatigue
- o " Migraines
- o " Asthma
- o " Skin disorders
- o " Gout (Uric Acid)
- o " Joint & back pain

Without a basic acid/alkaline balancing plan, every part of your body works ever harder to maintain health - because every system; all the organs, the lungs, even the skin - are involved in the maintenance of correct blood pH.

*"Cancerous tissues are acidic, whereas healthy tissues are alkaline. Water splits into H+ and OH- ions, if there is an excess of H+, it is acidic; if there is an excess of OH- ions, then it is alkaline. High acidic levels encourage morbid, cancerous growth; high alkaline levels encourage healthy cell growth."*

**Dr Otto Warburg**  
Nobel Price Winner

## Oxidation and ORP

Like a skinned apple exposed in the air, oxidation process caused by free radicals like Active Oxygen will tend to damage our body cells the same way too.

When normal Oxygen is changed to free radical form (Active Oxygen), which lose electron and become unstable oxygen, it is very reactive substances that damage the cells of our bodies and principally the cause of aging.

This chemical mechanism of these free radicals is very useful in disinfectants such as hydrogen peroxide and ozone (O) which can be used to sterilize wounds or medical instruments.

About 2% of the oxygen we normally breathe becomes active oxygen, and this amount increases to approximately 20% with aerobic exercise.

Other factors that accelerate Free Radical formation are Chlorine exposure (during shower), cigarette smoke, environmental pollutants, sunlight exposure, extreme changes in temperature.

## Active Oxygen in our body

Active oxygen could oxidize tissue and can cause disease. Active Oxygen is known of having high oxidation potential, which Means they are capable of 'stealing' electrons from other cells. When too much active oxygen is absorbed into the body, it can become extremely reactive and unstable and has a tendency to attach itself to any biological molecule of normal, healthy cells and damage them genetically by oxidation. Because Active Oxygen can damage normal tissue, it is essential to scavenge them from the body before it can cause disintegration of healthy tissue. If we can find an effective method to block the oxidation of healthy tissue by active oxygen, then we can attempt to prevent disease.

## Anti-Oxidants block dangerous Oxidation

Anti-Oxidation means counter aging and prevents illness.

What stops this oxidation from happening substances known as Anti-Oxidants like Vitamin C and E, which also known as reducing agents that donate electrons to free radicals like Active Oxygen thus neutralizing their high oxidation potential and preventing them from reacting with healthy tissue and oxidation to happen.

Measurement of reducing power to prevent oxidation is known as ORP (Oxidation Reduction Potential). Over 70% of our body consists of water with very low negative ORP values (-100 to -250mV).

Tap water has an ORP +200 to +500 mV. Because it has a positive potential, it will acquire electrons and oxidize other molecules like Active Oxygen, and then rob your body of electrons in the form of energy.

This means if our drinking water has the great Negative ORP Value, then it has a larger mass of electrons ready to donate to electron-thieving Active Oxygen in the form of free radicals and prevent oxidation of healthy tissue effectively.

## Anti-Oxidant Alkaline Water

Of course there would be more than one way to balance your body pH and get anti-oxidation process from various supplementary food or health diet.

However, to achieve a balance, health practitioners recommend an 80/20 mix of alkaline and acid foods. As you may find this rule is rather hard to keep. The problem with trying to alkalize your body through diet is that unless you can afford organic foods, otherwise you will metabolize a large amount of pesticides, herbicides, fungicides and other chemical residues.

Drinking Alkaline Water is simply the most convenient and ideal way as you can hydrate your body while maintain the pH level and provide Anti-Oxidant at the same time Calcium can certainly replace lost alkalinity, as it is constantly being raided in the acidic body but Calcium is very difficult to absorb with an excessively acid body condition.

## What measurable properties does alkaline water have?

- **High pH** - It has more OH<sup>-</sup> ions than tap or acid water. This has been calculated to give an excess oxygen of around 65% at pH 10, in the stable bias form that the body can use.

- **Low ORP** - Abundance of electrons which make it a powerful liquid Anti-Oxidant, more effective than vitamin C because of its smaller molecular size, and it doesn't need any synergistic elements.

- **Low NMR** values - The water molecules clump together in micro-clusters (measured by Nuclear Magnetic Resonance, NMR). This makes the water better at penetrating and hydrating.

- **High colloidal** minerals - The ionization converts the minerals in the water into an ionic or colloidal form, considered the best bio-active form. Every OH<sup>-</sup> ion will be bonded with an ionic mineral like calcium. Each glass of alkaline water has many billions of these life enhancing molecules. Remember, just dissolving calcium in water and drinking does not mean that your body will assimilate the calcium - your body can only assimilate minerals that are in ionic form.

- **High Bio-Energy** - Alkaline water is alive, charged, life-enhancing as opposed to tap water or stored bottled water, which is dead.

*"Alkaline Water is a powerful anti-oxidant and effective tool in preventative medicine as alkaline minerals will oxygenate cells, neutralize body acids, and restore pH balance"*

**Dr. Hidemitsu Hayashi**  
Heart Surgeon and Director The Water Institute of Japan

## **Benefits of Anti-Oxidant Alkaline Water**

Anti-Oxidant Alkaline Water is known as possibly the most important health advance of the 21st Century. 15% of the population of Japan that drinks Alkaline Water have a 10 plus year longer life expectancy than those in the United States. They have been drinking the ionized water for an average of only 12 years

- Improves the reducing power of water by removing Damaging free-radicals Active Oxygen from your body more efficiently than consuming bottles of vitamin C
- To oxygenates your body more effectively than any other 'oxygen' therapy.
- To flush toxins and acidic waste out of your body better and with considerably less negative effects than any other detoxification program / protocol.
- Water & nutrients are absorbed more effectively into the body.
- Effectively prevent cancer, obesity, high blood pressure, diabetes, arthritis, kidney/renal disease, cardio-vascular disease.

### **Vegetables**

Garlic, Asparagus, Fermented Veggies, Watercress, Beets, Broccoli, Brussels sprouts, Cabbage, Carrot, Cauliflower, Celery, Chard, Chlorella, Collard, Greens, Cucumber, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Dandelions, Edible Flowers, Onions, Parsnips (high glycemic), Peas, Peppers, Pumpkin, Rutabaga, Sea Veggies, Spirulina, Sprouts, Squashes, Alfalfa, Barley Grass, Wheat Grass, Wild Greens.

### **Fruits**

Apple, Apricot, Avocado, Banana (high glycemic), Cantaloupe, Cherries, Currants, Dates/Figs, Grapes, Grapefruit Lime, Honeydew Melon, Nectarine Orange Lemon, Peach, Pear, Pineapple, All Berries, Tangerine, Tomato, Tropical Fruits, Watermelon

### **Protein**

Whey Protein Powder, Cottage Cheese, Chicken Breast, Yogurt, Almonds, Chestnuts, Tofu (fermented), Flax Seeds, Pumpkin Seeds, Tempeh (fermented), Squash Seeds, Sunflower Seeds, Millet, Sprouted Seeds, Nuts, Eggs

### **Other**

Apple Cider Vinegar, Bee Pollen, Lecithin Granules, Probiotic Cultures, Green Juices, Veggies Juices, Fresh Fruit Juice, Organic Milk (unpasteurized), Mineral Water, Alkaline Antioxidant Water, Green Tea, Herbal Tea, Dandelion Tea, Ginseng Tea, Banchi Tea, Kombucha, all herbs.

### **Sweeteners**

Stevia, Xylitol

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

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

*"Drinking 4-6 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. "*

***Dr Susan***

*Lecturer of Lark University Author of 'The Chemistry Of Success*

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