



Marianne W. Rosen, M.D.

Dr. Rosen is a board certified dermatologist who has been in private practice in Charleston, South Carolina for over 20 years.

Dr. Rosen became interested in alkaline/ionized water as a possible alternative treatment for patients with severe skin disorders. Many of these patients are being placed on highly toxic or immunosuppressive medications to control their diseases. The use of ionized water is considered a medical treatment in Japan for many skin and other disorders. What could be safer than just changing one's water?

Harmful facts about drinking water:

- Tap water is becoming more and more contaminated and is full of added and possibly harmful chemicals such as chlorine.
- Most bottled water is very acidic and is packaged in plastic which not only leaches into the water, but is threatening our environment.
- Reverse osmosis and distilled water have no minerals which can lead to multiple mineral deficiencies. Also these waters readily become acidic.
- Other types of water filters can also make the water more acidic. (Such as refrigerator filters, etc.)

"In my opinion all of these waters may actually be harmful for us. I believe alkaline/ionized water is the best water one can drink. The healthiest state for our bodies is to be slightly alkaline. Cancer, which now has a lifetime risk of almost 1 in 2 individuals, thrives when the body is more acidic but does not thrive when the body is more alkaline."

The Health Benefits of Alkaline/Ionized Water

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Alkaline/Ionized water has been in use in Japan for over 50 years. Research has shown it to provide some incredible health benefits and in Japan it is considered to be a medical treatment for many disorders. Water ionizers are not only found in Japanese hospitals and clinics, but also in many private homes. This may contribute to Japan's rank as #1 in the world for healthy life expectancy designated by the World Health Organization.

In the U.S. we are just beginning to hear about ionizers and fortunately there are some highly acclaimed physicians that are now recommending this water. They include Dr. Susan Lark, at Stanford University School of Medicine, who is considered one of the foremost authorities in preventive medicine and clinical nutrition, and also Dr. Hiromi Shinya at Beth Israel Medical Center who is considered to be one of the top gastroenterologists in the world.

So what exactly is alkaline/ionized water? This is tap water run through a machine called a water ionizer which does the following:

- It **filters** the water to remove lead, chlorine, and other contaminants.
- It then ionizes the water, which makes it very **alkaline**, and gives it powerful **antioxidant** properties
- Lastly, it structures or **micro-clusters** the water, which aids in its ability to better hydrate us.

It is Clean Water

We all know that our tap water is becoming more and more contaminated and is full of added chemicals including chlorine. To avoid this, many people turned to bottled water thinking it was a healthier choice. But a recent large study by the Natural Resource Defense Council found that overall bottled water is NO better than tap water, with over 25% of the brands having contaminants above the accepted standards. Also, there is the problem of the tons of plastic bottles accumulating on our planet, as well as the toxic chemicals that leach from the plastic into the bottled water.

It Helps Our Bodies Become More Alkaline

Research shows that the healthiest state for the body is to be slightly alkaline, but almost all the water we have to choose from is highly acidic **as are sports drinks**. So, if one is drinking a lot of acidic water, it is difficult to get the body more alkaline. Another advantage of drinking alkaline/ionized water is that it is a much easier way to get our bodies more alkaline than trying to do this by diet alone. An alkaline diet requires giving up coffee, tea, sodas, sugar, dairy, meat, alcohol, and more, which most people are not willing to do. One may actually decrease his lifetime risk of getting cancer by becoming less acidic.

It Acts as a Powerful Antioxidant

Free radicals underlie not only many disease processes but also the aging process. Probably the most important advantage of ionized water is its ability to scavenge free radicals. The health benefits of antioxidants, such as green tea, are due to their ability to scavenge free radicals, but ionized water can be anywhere from 3 to 10 times more powerful than green tea at doing this (as measured by an ORP meter). This load of electrons from the ionization process can actually help our bodies heal themselves. This is one of the reasons why ionized water is considered a medical treatment in Japan.

It Improves Hydration

The last advantage is ionized water's ability to better hydrate us, which also helps flush out toxins. Its micro-clustered structure aids in superior absorption of the water from the stomach and into the cells. Athletes know that when they are poorly hydrated they get more muscle cramps and their energy and endurance is lower. But according to Dr. F. Batmanghelidj (who has extensively studied the relationship of hydration to disease) better hydration can improve many chronic conditions such as low back pain, arthritis, asthma, kidney stones, obesity, migraines, and many others. The body loses about six to ten glasses of water per day just to carry out its normal functioning. Most of us are probably chronically dehydrated due to not replacing this water. It is recommended that we strive to drink anywhere from ½ to our full body weight in ounces per day. Example: A person who weighs 120 pounds should drink between 60 and 120 ounces of water per day. Also, when you increase your water intake substantially, you should increase your salt intake as well. Not sodium intake, but natural sea salt, which is 97% minerals and has much less sodium than table salt.

Weight Loss

If you are looking to lose weight, recent research published in the Journal of Circulation shows that within 5 minutes of drinking 8 to 16oz. of water, "fat burning enzyme" is activated for more than 90 minutes. So, drinking a glass of water every 90 minutes will keep this enzyme activated all day, thereby helping our weight loss efforts. But keep in mind the importance of not drinking contaminated or acidic water.




The bottom line is, water is not just water; and in my opinion alkaline/ionized water is highly superior to all other drinking waters. It is clean alkaline mineral water that you can make yourself and that assists your body in achieving its optimal health.

Footnote: Because alkaline/ionized water is gaining in popularity, there are many different ionizers now on the market. Some of these machines are not powerful enough to make sustained very negative ORP water. In my opinion, the best machines are made by a company called Enagic.

For more information on these machines go to:

www.enagic.com and

Change Your Water... Change Your Life™
IONIZED ANTIOXIDANT ALKALINE



Greg Belardi, Ph.D.
757-615-7390
Therese Belardi, RN, MS
757-615-7405
drgregb@bhniwater.com
www.bhniwater.com

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