



# Water for Life USA

## What is the Healthiest Drinking Water?

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What is the best drinking water for you and your family? Believe it or not, most bottled water and tap water is acidic, meaning it is oxidizing to your body. You want to drink water that is natural, not stagnant. And natural water from a spring or glacial stream is alkaline and full of antioxidants. Only water from a water ionizer can create natural water that's the healthiest to drink.



### Are There REAL Health Benefits to Alkaline Water?

Believe it or not, there aren't many benefits of alkaline water alone. That may be surprising considering all the alkalizing water sticks, pitchers, and other products out there that make water alkaline and promise numerous health benefits. The truth is simply making water alkaline is not enough.

Water needs antioxidants and you can only get antioxidants if water is exposed to an energy source like the sun or water electrolysis. Natural water, like that from a spring, is full of hydroxyl ions, which is hydrogen combined with ions from the sun, and those hydroxyl ions cleanse our bodies. Water without hydroxyl ions is still hydrating but not cleansing.

Before we get ahead of ourselves, let's first establish that drinking any kind of water has many health benefits. In fact, water is the most important thing we put in our bodies. Our bodies are about 69% water and that water plays a vital role

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nearly every body metabolic function. Water is also essential for:

- 1) Proper food digestion.
- 2) Nutrient absorption.
- 3) Enzyme performance.
- 4) Chemical reactions.
- 5) Blood circulation.
- 6) Keep our bodies cool.

If we don't drink water and get dehydrated, our body cells are weakened and vulnerable to disease, our immune system is weakened and can't fight viruses and infections well, and can even lead to nutritional and pH imbalances that will cause disease.

The point is, we really need to drink water. So, if you have a choice in what to drink, always choose water. But if you have choice in what water to drink, always choose ionized, alkaline water. Here's why:

## Benefits of Alkaline Water

The health "*benefits of alkaline water*" are that it's not acidic water. Most of the bottled waters people buy like Dasani and Aquafina are, in fact, acidic. They have been purified through a filtration system called reverse osmosis or distillation, leaving them stripped of all the alkaline minerals, oxygen, and antioxidants that were once there. This acidic water is still better than soda or high sugar beverages, but the fact that it is empty and acidic water means that it is oxidizing to your body. Think rust. If you drink acidic water for too long, it will leach minerals and nutrients from your body!

So, if you have a choice between an acidic bottled water or alkaline water from a pitcher, stick, or some other apparatus, always choose the alkaline water. It's alkalizing to your body and won't cause oxidation, but there is a much better choice.

## Benefits of Alkaline Water That's Ionized

Alkaline, ionized water is water that has been exposed to an energy source, like the sun or electrolysis produced by a water ionizer like the Genesis Platinum by EOS. The hydroxyl ions created in the water are a powerful antioxidant that reduces what scientists call the oxidative stress levels in our cells. Oxidative stress is a measurement of the concentration of all those little free radicals bouncing around and damaging our cells. The more free radicals, the higher level of oxidative stress. High levels of oxidative stress are connected to or are the direct cause of virtually every illness and disease we face as humans.

So, if you have cancer, or diabetes, or high blood pressure, or thyroid issues, are overweight, lethargic, anxious, depressed... etc... those conditions are all caused by or made worse by high levels of oxidative stress.

Drinking alkaline, ionized water will significantly reduce the oxidative stress levels in your cells, making all of these conditions better. It will also:

- 1) Provide your body with lots of oxygen, which it will use as energy. Your brain will operate better and you'll feel more energized.
- 2) Alkalize acidic waste in your tissues. Take the strain off of your body and you'll feel better.
- 3) Detoxify your body — remove toxins, lose unwanted pounds, sleep better.

There are 35 years worth of published medical clinicals on the [benefits of alkaline water](#) that's also ionized, making it one of the most studied subjects ever. About one out of every three households in Japan and Korea have a water ionizer because they recognize how essential ionized water is to their health.

Right now, the quality and performance of water ionizers has never been better, so if you want the maximum health *benefits of alkaline water* that's ionized, take a look at EOS water ionizers at [waterforlifeusa.com](http://waterforlifeusa.com).

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## Are There Health Benefits to an Alkaline Water Machine?



There are many so-called "alkaline water machines" or other contraptions on the market to make your water alkaline. Some use magnesium, others use FIR or far infrared radiation, some stir the water around and around real fast — all of them have the same goal in mind and that's to make your water alkaline. But why? Do they work? And are they all the same?

All alkaline water machines are not created equal. In fact, to be honest with you, just drinking alkaline water isn't going to make much of a difference in your health. Don't get us wrong, drinking water is the single most healthy thing you can do for your body and Americans are chronically dehydrated, so please drink water, alkaline or not!

But if you're searching for an alkaline water machine, it probably means you've bought into many of the health claims that have been made about alkaline water like it cures diseases. We would like to strongly say that drinking alkaline water, no matter how it's made, isn't going to cure any diseases!

## Most US Tap Water is Alkaline. Still Want an Alkaline Water Machine?

Think about it, the entire state of Florida has really alkaline tap water, about a 9 pH. Are Floridians healthier than the general population? Not really. They still get diseases just like the rest of the country. Most of Southern California, New Mexico, Arizona, and Texas also have alkaline tap water. They still get sick! Mountain folks also drink a ton of alkaline tap water. They still get diabetes, cancer, and everything else it's supposed to cure.

So, just making your water alkaline using an *alkaline water machine* is a waste of money. Don't put sticks in your water, don't buy something that ingests it with alkaline minerals, don't spin it around like a tornado — just don't! Save your money. Alkaline water is only good in that it's not acidic, or oxidizing, to your body. Other than that, it won't make you healthier. In fact, if it's too hard, it just might give you kidney stones!

## The Alternative to an Alkaline Water Machine

There is a natural water that you can drink that really does make you healthier because it is full of natural antioxidants. You can find this water in Lourdes, France in the so-called Fountain of Youth, you can also find it at longevity springs and glacial streams all around the world.

This water is indeed naturally alkaline but it has one more vital component to it — energy. The energy, which comes from the sun in the form of ions, combine with the hydrogen in the water to form hydroxyl ions, which is water's natural antioxidant. It's this natural antioxidant that truly can make you healthy! It lowers oxidative stress levels in your cells, which is rust caused by free radicals, and when this happens your cells get healthier. Healthy cells work better, fight diseases, fight viruses, etc. Natural antioxidants are amazing.

Almost all of the world's population does not live near these longevity springs and creeks but there is one more place you can get this special, antioxidant rich water and that's your kitchen!

A water ionizer is an [alkaline water machine](#) that sits right on your countertop or goes [under your sink](#). A water ionizer also uses water electrolysis the same way that mother nature uses it fill the water with ions and create those magical antioxidants that truly fight diseases, detoxify your body, and make you healthier. Water from a water ionizer is called ionized water. Besides antioxidants, it provides your body with oxygen and gives you energy!

Ionized water also helps you get rid of acidic wastes that have accumulated in your body from food digestion. It cleanses your digestive tract, which can significantly improve your health because your digestive tract has to be clean to allow your body to absorb nutrients in the right way.

If you eat cooked food all the time, a layer of mucous may deposit on your intestines. This mucous is called mucoid plaque. It is a rubber-like dark greenish substance. Partially digested foods, drugs and the other toxins may accumulate in

the intestines and never get out of your body. As a result, you body will become unable to absorb nutrients.

Your small intestines must be clean to help the nutrients get into the bloodstream. Ionized water is an amazing cleanser of your digestive system!

Ionized water also has smaller water molecule clusters than tap water, bottled water, or alkaline water machines. This means you get hydrated faster and the oxygen and antioxidants are more easily absorbed into your cells.

So, all this time, you've been looking for an *alkaline water machine* and what you really need is a quality water ionizer. There thirty-five years worth of published peer-reviewed medical articles prove that antioxidant rich ionized water is the healthiest water you can drink. It has been shown to treat diabetes, lower blood pressure, improve arthritis, and much more.

So, don't waste your money on an alkaline water machine. You're probably drinking alkaline water already! [Water ionizers](#) really deliver on the promise of better health because they have antioxidants, which your body desperately needs.

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## Top 3 Reasons to Avoid Alkaline Water Drops

Are you considering *alkaline water drops* to improve your water and make yourself healthier? You may be surprised to learn that, despite marketing claims, they aren't very effective. Here are the top 3 reasons to not buy alkaline water drops.



### 1) Most tap water is already alkaline, you don't need Alkaline water drops.

If you live in the mountains, or Arizona, Southern California, Florida, Georgia, Texas, Louisiana, South Carolina or any other southern state, your tap water is already alkaline. That is because there is an abundance of alkaline trace minerals present in the tap water in those states, like magnesium and calcium, that naturally boost the pH.

Most alkaline water drops are just concentrated minerals so if you're adding them to your water, you're not accomplishing anything.

Even if you live in some northern states, like Colorado, where the tap water tends to be more neutral than alkaline, you still don't need to add drops. There are still plenty of alkaline



trace minerals in this water and, quite honestly, you get lots of minerals from your food so having them in your water isn't so important.

If you have really soft water that's acidic, you may consider adding minerals to bring up the pH to at least neutral. But using alkaline water drops would be an insanely expensive way to do that.

## **2) Alkaline water drops are insanely expensive.**

A 1.2 ounce bottle of Alkazon or Alkalife alkaline water drops are about \$17.00 a bottle. If you add 3-4 drops to an 8 ounce glass of water, that bottle will make about 1600 ounces or 12.5 gallons of water, that comes out to \$1.36 per gallon of water! Considering that the average person has to drink 8 ounces of water every hour until they drink about half of their body weight in ounces a day, that's a very expensive proposition.

I am 260 pounds, I need to drink 130 ounces a day. That means I would need to buy a new bottle of alkaline water drops every 12 days. That's almost three bottles a month, or \$51! Just for drinking water! And it's not even filtered!

In comparison, a water ionizer makes filtered alkaline, ionized water full of antioxidants for only \$.02 cents a liter!

## **3) Alkaline water drops are unproven science.**

Most alkaline water drops will only claim to be concentrated alkaline minerals to raise the pH of your water. But some like to claim that they will also add antioxidants to your water.

The average American has 1.6 sextillion parts of free radicals built up in their cells at any given time. That means it takes something with billions and trillions parts of antioxidants to make any sort of dent in that number and improve your health. I'm sorry, but even if there are some antioxidants in the 3 to 4 drops of solution you add from a bottle of alkaline water drops to your glass of water, there are not billions and trillions of antioxidants in those 3 to 4 drops. It's impossible.

That's why, when it comes to published peer reviewed research on alkaline water drops, there just isn't any. There are hundreds of published studies on electrolyzed or ionized water from a water ionizer showing it helps with indigestion, arthritis, high blood pressure, or any other condition caused or made worse by free radical damage to our cells.

But alkaline water drops do not have any such studies. Some companies will claim that their water is the same as from a water ionizer, but until they can prove it with a published, peer-reviewed study — steer clear!

## **If not water enhanced with alkaline water drops, what do I drink?**

As mentioned a couple times in this article, a water ionizer is a much more solid investment when it comes to getting alkaline water full of antioxidants that's also filtered to 99.99% purity. A water ionizer is an expensive upfront investment but after that you only have to replace the filters every year or so and,

over it's lifespan, the total cost per liter is only about \$.02 cents!

You can go to research websites like [www.pubmed.gov](http://www.pubmed.gov) and search for electrolyzed water and you'll find hundreds of published studies. Not only does drinking the alkaline, ionized water from a water ionizer make you healthier, the acidic water can be used to naturally sterilize your home, including your kitchen and bathroom. It is even a wonderful natural astringent for your face, cleaning better than any chemical.

The uses of the acidic, ionized water are worth a water ionizer investment alone. So, instead of spending over \$50 a month on alkaline water drops per person, consider a water ionizer for your entire family that will significantly reduce free radical damage in your cells and even keep your home clean and sterile.

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## **Should I Buy Distilled Water?**

If you're looking to buy distilled water, I sincerely hope it is because you are scientist and need pure water to clean your lab instruments. Because if you're not a scientist and just want to drink distilled water, don't do it! It's very acidic and will over time will make you sick.

Distilled water and reverse osmosis water was created so it wouldn't leave behind residue. Lab equipment is very sensitive, so when you clean it, you don't want alkaline minerals like calcium and magnesium left behind. It was never created with idea that people would want to drink it.

Fast forward to today and throw in some greedy corporations with deceptive marketing campaigns, and you've got products like Dasani and Aquafina and the Pure Water Store, all selling this "zero" water. Why? Because they argue that pure water is better for you. It's not!



## **Don't Buy Distilled Water to Drink**

So, why don't you want to *buy distilled water* to drink? For one, it's empty, and that's a very bad thing when it comes to your health. Water is supposed to have stuff in it make you healthy like alkaline minerals, oxygen, and antioxidants. When you purify it with a distilled or reverse osmosis, you take all that good stuff out, and leave behind an empty vessel.

When water is empty, it is acidic, and when something acidic comes in contact with something else, it oxidizes it. Oxidation is rust. If you drink distilled or reverse osmosis water over time you will leach valuable minerals from your bones, leaving

you susceptible to conditions like osteoporosis. The rusting occurs at a cellular level where drinking pure water over time will raise oxidative stress levels (think free radical damage). The higher these oxidative stress levels, the more likely you are to develop adult onset diseases like arthritis, cancer, and diabetes.

High levels of oxidative stress have been determined to be the cause of or linked to over 200 illnesses and diseases we face. When it comes to water, you certainly don't want to drink something that increases oxidative stress in your cells and increases the chance you will get sick!

## So If I Don't Buy Distilled Water, What Else Is There?

If you don't [buy distilled water](#), you may be tempted by other types of bottled water. If it's Aquafina or anything other brand using reverse osmosis to purify the water, the end result is the same acidic water as distilled water. Some bottled water brands, like Fuji, are bottled spring water. This water is usually much better than distilled or reverse osmosis water because it has natural alkaline minerals in it that keeps the pH around 7, or neutral.

If you have a choice, you should choose a spring water. But there is a big problem with any kind of bottled water, regardless of how it started out, that's the fact it's been sitting in a bottle for a long time.

A natural spring water has energy from the sun in the form of ions. These ions combine with the hydrogen in water to make hydrox ions, which are water's natural antioxidant. But if you take natural spring water away from the sun and stick in it a bottle, those natural hydrox ions will fizzle out just like carbonation fizzes out of a soda. This natural water, once alive and ready to make you healthy, becomes stagnant and dead.

## Don't Buy Distilled Water — You Need Antioxidants!

Most of us don't have access to a natural spring or glacial stream to get water that's naturally full of antioxidants. Luckily, water ionizers replicate the sun and create the same quality healthy water. The first water ionizers made in Japan used the Fountain of Youth in Lorges, France as the model for the natural water they wanted to create. When scientists tested this water and water from other longevity springs and glacial streams, they discovered that it had about a 9.5 pH and -330 ORP. ORP stands for oxygen reduction potential and in natural water, it is a measurement of the antioxidants in the water.

Japanese scientists discovered that using water electrolysis could take stagnant water, like from a tap, and transform it into natural alkaline water full of antioxidants that measured the same as the longevity springs and glaciers and even the Fountain of Youth.

Now, the technology has improved even more with advanced 16 stage filtration systems to go along with superior quality platinum-titanium plates. A modern water ionizer like the [EOS Genesis Platinum 9](#), will remove 99.99% of toxins and impurities from your water, create the perfect drinking water

at a 9.5 pH and -330 ORP, and create multiple other water pH levels that you can use to clean, water your plants, clean your face, and even sterilize bacteria and viruses in your sponges and tooth brushes!

So, don't buy distilled water to drink, it's not healthy and it's expensive. The cost of a liter of water from a water ionizer is only about \$.02 cents! You'll save money with a [water ionizer](#) and get the healthiest possible water to drink.

## The Benefits of Alkaline, Ionized Water

Are there any alkaline water benefits? Yes and no. That may come as a surprise to you considering that alkaline water has been marketed as a cure for disease, lowers blood pressure, fights cancer, etc. These claims are wrong. At least they are only half-right. It takes one more very important aspect to water in order for it to be super-healthy and that's antioxidants. Just being alkaline isn't enough!



## How Water Becomes Alkaline

There are many ways for water to become alkaline and some processes have "alkaline water benefits" and others have virtually no benefit. Before you spend nearly \$3 a liter for bottled alkaline water (like Diamond Water), or invest in some water alkalizing machine, consider these three ways water can become alkaline. Not all alkaline water is created equal!

1) Alkaline minerals. If you live in Florida, Arizona, or other parts in the Southern US, turn on your tap and you've got alkaline water. In parts of Florida, it can be as high as a 9 pH. So, if there were all of these *alkaline water benefits* that some companies claim, why aren't the people in Florida healthier than the rest of the US? It's because the water there is made alkaline by an abundance of alkaline minerals, mostly calcium and magnesium. So, if you're deficient in these minerals, that water will benefit for your health in that way. But it will not impact your blood pressure or prevent disease.

You see, most human illness and diseases are caused by high levels of oxidative stress in our cells, also known as free radical damage, that literally breaks us down at a cellular level. The older we get, the higher levels of oxidative stress in our cells, the more likely we are to develop disease and illness.

So, if there are going to be [alkaline water benefits](#) like fighting illness and disease, it has to have antioxidants in it. Antioxidants are natural to water like in a glacial stream energized by the sun, but once water is removed from its natural state and put into storage, like a bottle or municipal water tank, those antioxidants fizzle away, and even if the water is alkaline, it won't benefit your health other than to hydrate you and give you minerals.

2) Natural alkaline water energized by the sun. The best water you can drink is, in fact, energized by the sun. The healthiest water is from a glacial stream. The sun's energy is magnified by the ice and super-energizes the water with ions, creating an alkaline chemical structure that is reduced in size and easily absorbed into your cells and it is full of water's natural antioxidant called hydroxyl ions. The ions from the sun join with the hydrogen in the water to create these hydroxyl ions, which go into your cells and neutralize the free radicals causing the oxidative stress that leads to illness and disease.

So, if you want the most *alkaline water benefits*, move next to a glacial stream!

Unfortunately, that's not possible for 99.9% of the world's population. You can't just bottle it, either, because the hydroxyl ions will fizzle out like carbonation fizzes out of a soda. So what do you do?

3) Far infrared radiation makes water alkaline. Far infrared radiation comes from minerals like tourmaline, found mostly in really good springs. If the water is exposed to enough of these minerals, they can electrolyze the water and create a weak alkaline pH, about 7.5 or 8 pH, AND create a low number of antioxidants in the water since the FIR will energize the hydrogen and create the hydroxyl ions. If you can purchase a machine or other apparatus that has these FIR minerals in it, you can create a drinking water that has alkaline water benefits like mildly reducing the oxidative stress level in your cells. But this is no where near what the sun can do.

4) Alkaline water made by water electrolysis. The closest process to the sun in creating alkaline, antioxidant water is water electrolysis created by a water ionizer. A water ionizer uses platinum and titanium plates connected to positive and negative electrodes to deliver pure ions to your tap water, creating a large number of hydroxyl ions, similar in number to the water you would find in a glacial stream.

Additionally, a water ionizer cleans all of the impurities out of your water using an advanced, multi-stage water filter so that nothing harmful makes it to your glass.

Yes, it would be awesome if we could all live next a glacial stream to drink nature's water with [alkaline water benefits](#) and antioxidants, too. But since that is impossible for almost all of us, the next best thing is a water ionizer. Drink alkaline, ionized water and those marketed health benefits will become a reality!

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