

Body's pH relation to Disease & Aging (Acid- Alkaline)



PEACHY SEIDEN, MS, RDN

PEACHY'S HEALTH SMART, LLC



What will be discussed today



- How cells age
- Disposal of new and old waste
- Chronic diseases associated w pH
- Water and it's properties
- Elements in food
- Waste products of food
- Importance of Water & Hydration
- Benefits of Alkaline Water
- **Our responsibilities:**
To Obtain and Preserve Good health

Accumulation of Waste



- During normal metabolism, all foods create waste
- Waste products are acidic
- The body must dispose this waste completely by:

Physical exercise

Eat alkaline forming foods

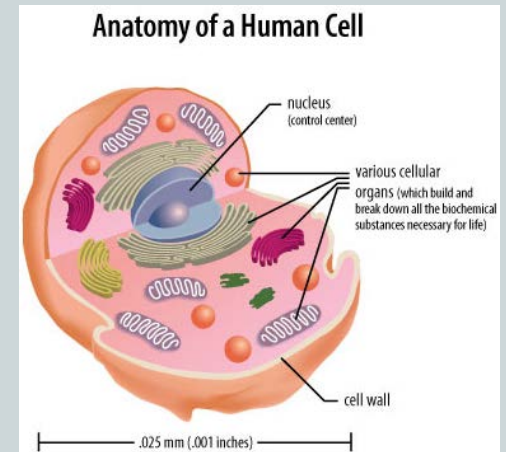
Drink alkaline water

- 6 areas of waste and toxin removal
 1. Lymph nodes
 2. Liver
 3. Large intestines
 4. Kidneys
 5. Lungs
 6. Skin

Understanding the Cell



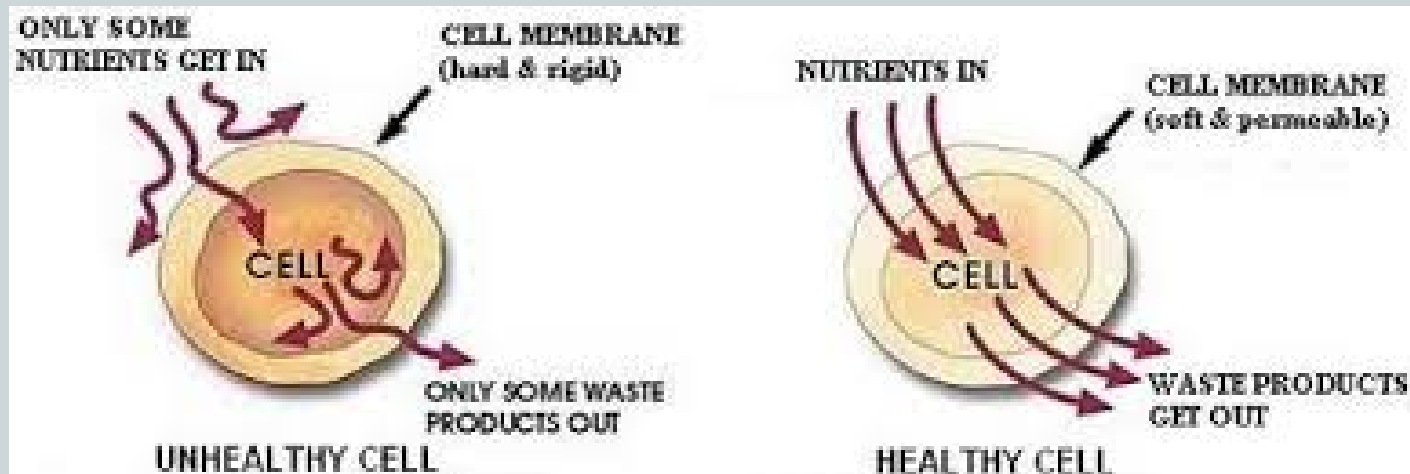
- So much activity going on in the cell, right now:
 - * New cells are born or regenerated
 - * Perform chemical transformations
 - * Make proteins, neuro-transmitters, hormones, growth factors, enzymes, ATP and much more
- 100 trillion cells in our body all with different capability and purpose: communicate 24/7
- Cells take in intelligent nutrients and remove toxic waste products



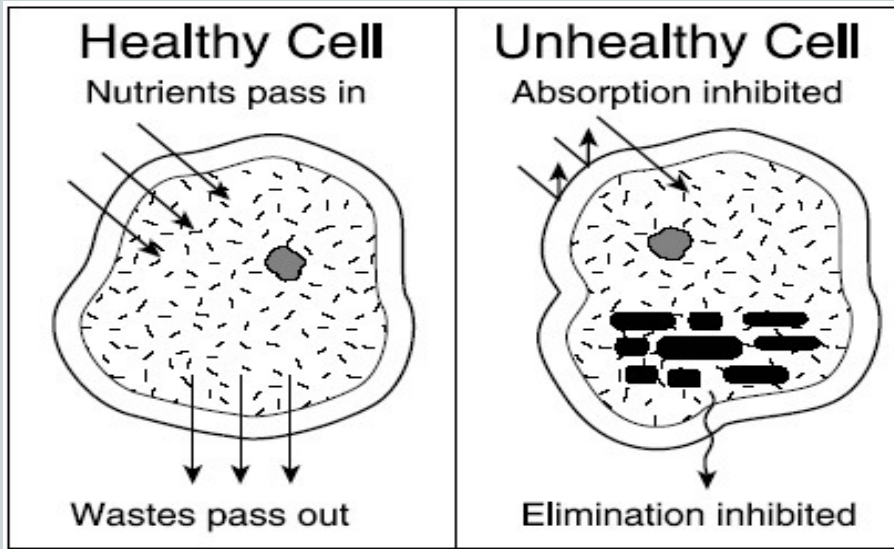
How Cells Age



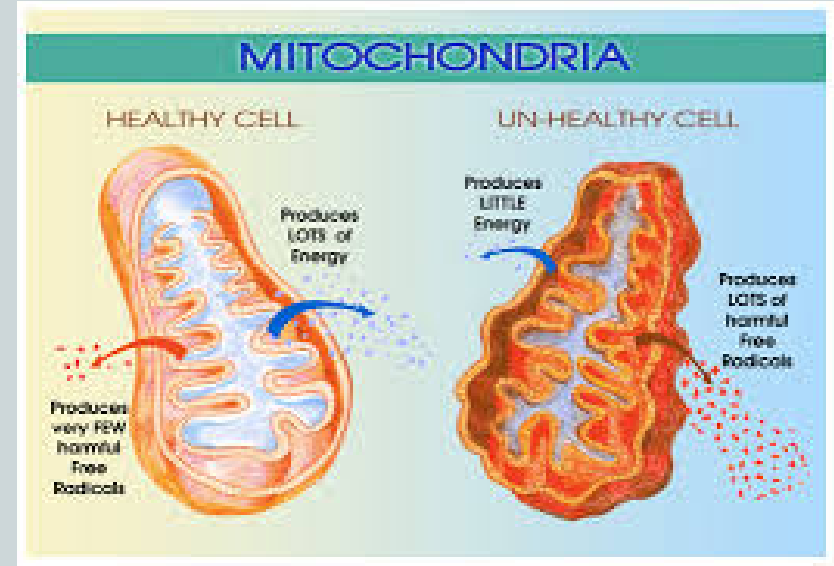
- Food we eat enters the body's cells and used to nourish the cell
- During metabolism of energy, waste is produced and cells puff them out
- Some toxins enters too, can harm the cell, so it must be removed
- Accumulated waste and toxins ages the cell, sometimes causes it to change to a sick cell or abnormal cell



How Cells Develop Dis-Ease



- Cells deteriorate → lose its function



- Cells die → we age
- Cells mutate → cancer

The underlying cause: Acidic Environment



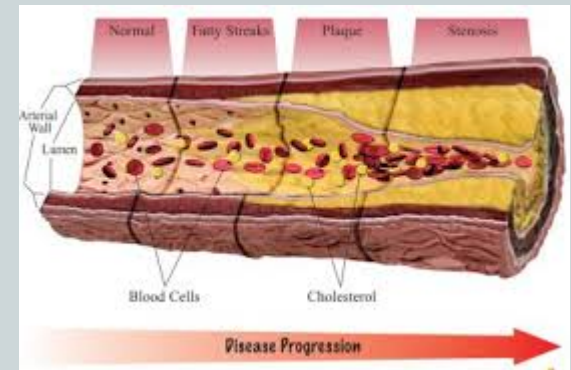
- At birth, we have the highest level of alkaline mineral concentration
- Years of accumulation of **toxic sludge in tissues and cells** leading to poor blood and lymph circulation and poor cell activity
- Results: Prevention of nutrients from entering the cell
- Cells are weakened, unable to 'clean house'
- Toxic sludge (germs, bacteria, pus, fungus, dead waste) accumulates → Disease



Toxic Sludge: Underlying cause of



- **Cancer**
- **Heart disease**
- **Arteriosclerosis**
- **High blood pressure**
- **Diabetes**
- **Arthritis and Gout**
- **Kidney disease**
- **Asthma and allergies**
- **Psoriasis and other skin disorders**
- **Indigestion, diarrhea, nausea**
- **Obesity**
- **Tooth and gum diseases**
- **Osteoporosis**
- **Eye diseases**



pH: Regulatory Authority

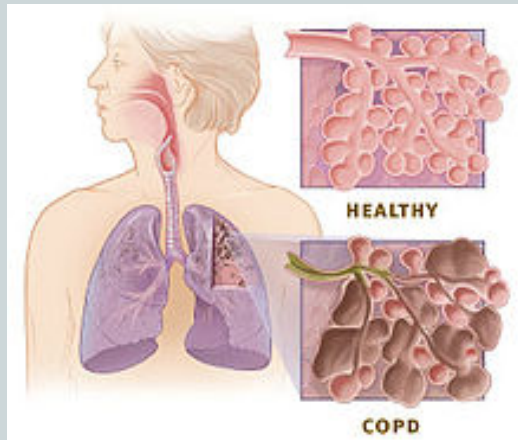


- pH affects our body's state of cleanliness (health) or filth (disease)
- Closer to pH of 7.35-7.45: best state of health, able to resist disease and onset of symptoms
- Below 7.35 = potential danger or **disease state**
- When blood is acidic, acid waste gets pushed into the tissue cells, compromising them
- Over time, cells corrode and its activity is interrupted

Disease is named after the Locale of Accumulation



- In joints: Arthritis
- In lungs: COPD
- In beta cells of pancreas: Diabetes
- Gets dumped in our weakest link



Healthy Condition



- Depends upon high level of electromagnetic negative (-) charge on tissue cells
- Acidity is the opposite, positive (+) charge and dampens out electrical fields
- If tissue pH deviates too far to the acid side, **cellular metabolism will cease and oxygen deprivation will occur**
- Acidity and lack of oxygen are the ideal environmental condition for morbid microforms to flourish (cancer)

Un-Healthy Condition



- Acute or recurrent illnesses & infections are the attempt by the body to mobilize mineral reserves from all parts of the body, or a crisis attempts at detoxification
- Example, the body may throw off acids through the skin, producing symptoms like:

eczema

dermatitis

acne

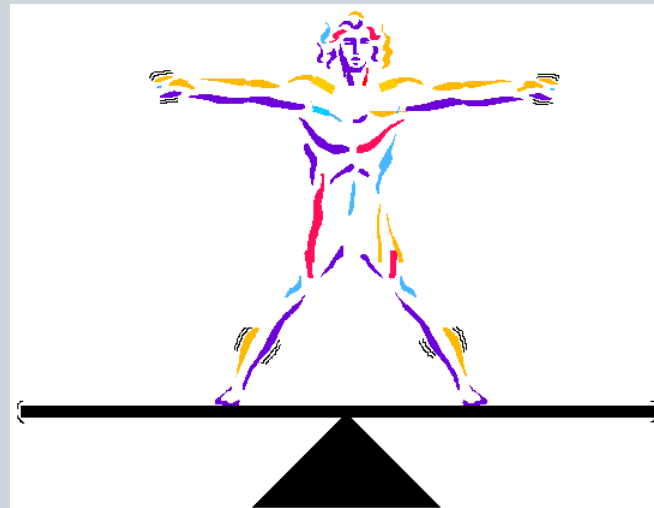
other skin disorders



Body's Constant Fight



- **To maintain a blood pH at around 7.35 -7.45** (much like our internal thermostat that tries to maintain a 98.6-degree body temperature)
- **To maintain homeostasis (balance)**



Seven homeostatic adaptation responses that fight to maintain this pH balance



- 1) Using high pH bodily fluids such as water as a solvent
- 2) Pulling bicarbonate from the pancreas into the blood (an alkalizing agent)
- 3) Protein act as buffers intra-cellularly to bind or neutralize acids during cellular disorganization
- 4) Electrolyte buffers: sodium, calcium and potassium work in the blood, lymph, and extracellular and intracellular fluids to bind acids
- 5) Pulling stored calcium and magnesium from skeletal bones and teeth to neutralize blood acids
- 6) Filtration and elimination of acidic residues through the skin, urinary tract and respiration.
- 7) Pushing blood acid residues and accumulated toxins into outer extremities **away from vital organs**



Sickness and Disease



- Our bodies way of reacting to the foreign things: breathing, eating, drinking and bathing in acidic, toxic substances will damage the cells and immune system through time
- It's not the bacteria or the viruses that produce the disease, it's the byproducts of the microorganisms enacting on the malfunctioning cell of the body that actually produce the disease.
- If the body's cellular metabolism and pH is perfectly balanced, **it is susceptible to no illness or disease**



Acid Related Degenerative Disease



- Morbid waste and toxins produce potent acidic by-products, which further compromise pH and create disruption in the body's biosystem.
- Result: Toxic waste build-up
- Disease comes from the inside out and the acid environment of the body is the catalyst for the development and progression of all disease.
- **Unfortunately**, there are other contributing factors from external circumstances: trauma, airborne microforms, air pollution, radiation, chemicals and drugs
all provide acidic impressions

Toxic Diet, Environment and Lifestyle



- Supports the morbid changes of germs to bacteria, bacteria to viruses, viruses to fungal forms and fungal forms to cancer cells in the body.



IMPORTANT! Warnings Signs of acidic pH



- In the **early stages** of acidic pH in the body's tissues, the warning symptoms are mild: **skin eruptions, headaches, allergies, colds, flu and sinus problems.**
- These symptoms are frequently treated with antibiotic drugs and suppressive medications (**more acids**)
- With continued suppression of the warning signals of an acidic and nutrient deficient environment, more serious symptoms arise, disease is driven deeper
- **Later stages:** Weakened organs and systems start to give way (*heart, lung, thyroid, adrenals, the liver, kidneys, etc.*)

Why joint pain? Why skin problems?



- The wrist, joints, fingers, toes and skin are the major target areas to keep the toxins from saturating internal vital organs like the heart and lungs.
- When all seven-protection phases are overwhelmed, the end result is accumulated acid residues at the cellular level
- With this acidic, low oxygen terrain, the microzymas trigger morbid microbe infiltration of fungus, molds and parasites, cancer cells, etc. they seek the diseased acid terrain as food.

Mycozoma (*small ferments*)

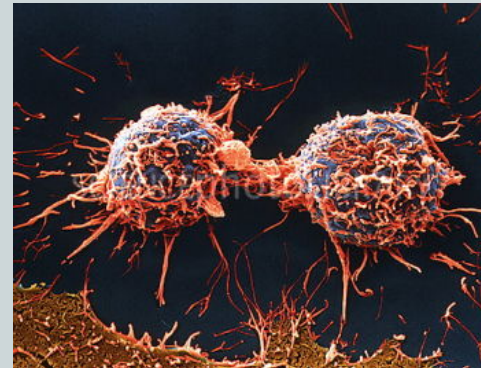
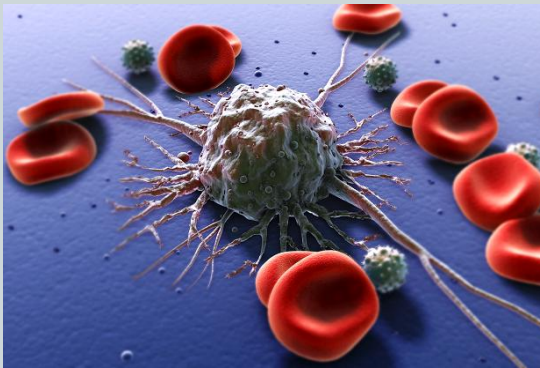


- Lives in **cells**, blood and lymph fluid
- Act as both the builder and recycler of organisms
- In a healthy terrain, they act harmoniously and fermentation occurs normally and beneficially making healthy aerobic microbes like acidophilus and bifidus
- Under diseased internal conditions (*low oxygen, malnutrition, acidic pH, poor circulation, etc.*), microzymas can change their forms, like a chameleon: pleomorphism (many forms)
- These pathogens can either evolve or devolve depending on the surrounding conditions of the cell.
- The answer in disease processes lies in the condition of cellular balance or will it support the development of unwanted pathogens
- Being acids themselves, they greatly worsen the acidity caused by an **acidic diet** and **toxic acid emotions**

Growth of Cancer Cell



- Cancer is not localized, it's systemic but shows up in the weakest part of the body
- Acidic positively charge rotted cells attaches to healthy negatively charged cells, depriving the healthy cells of oxygen, causing them to rot also



- “all forms of cancer are characterized by 2 conditions: acidosis or hypoxia” Dr. Warburg, 1931 Nobel Price winner for *Root of All Cancer*

Acidic pH Enhances the invasive behavior of human melanoma cells



- Clin Exp Metastasis. 1996 Mar;14(2):176-86.
- **Acidic pH enhances the invasive behavior of human melanoma cells.**
- Martínez-Zaguilán R¹, Seftor EA, Seftor RE, Chu YW, Gillies RJ, Hendrix MJ.
- Author information
- **Abstract**
- As a consequence of poor perfusion and elevated acid production, the extracellular pH (pHex) of tumors is generally acidic. Despite this, most in vitro experiments are still performed at the relatively alkaline pHex of 7.4. This is significant, because slight changes in pHex can have profound effects on cell phenotype. In this study we examined the effects of mildly acidic conditions on the in vitro invasive potential of two human melanoma cell lines; the highly invasive C8161, and poorly invasive A375P. **We observed that culturing of either cell line at acidic pH (6.8) caused dramatic increases in both migration and invasion, as measured with the Membrane Invasion Culture System (MICS).** This was not due to a direct effect of pH on the invasive machinery, since cells cultured at normal pH (7.4) and tested at acidic pH did not exhibit increased invasive potential. Similarly, cells cultured at acidic pH were more aggressive than control cells when tested at the same medium pH. **These data indicate that culturing of cells at mildly acidic pH induces them to become more invasive.** Since acid pH will affect the intracellular pH (pHin) and intracellular calcium ([Ca²⁺]_{in}), we examined the effect of these parameters on invasion. While changes in [Ca²⁺]_{in} were not consistent with invasive potential, the changes in pH_{in} were. While these conditions decrease the overall amount of gelatinases A and B secreted by these cells, there is a consistent and significant increase in the proportion of the activated form of gelatinase B.

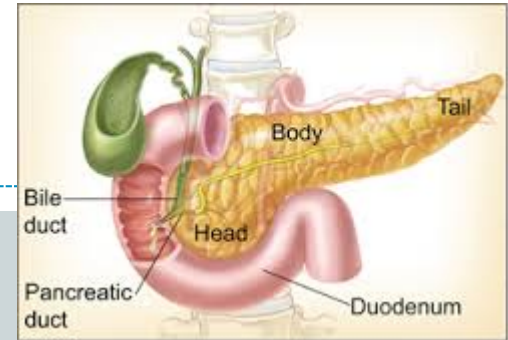
Best Cancer Prevention Means

Healthy cells are Alkaline while Malignant cells are Acidic

- Blood circulation=the transport system; providing oxygen and nutrients to all cells.
- Acidification begins in the blood
- WE MUST ensure alkalinity by **consuming alkaline producing foods**
- Alkaline water intake will increase blood pH



Diabetes



- Pancreas produces one of the highest pH body fluids - pH of 8.8
- Shortage of calcium ions in the body impairs the production and the release of the insulin
- This eventually leads to an acidic blood condition
- With the accumulated acidic waste products coats the insulin producing beta cells, insulin is prevented from being synthesized or utilized
- Diabetes is the end result; this could be improved by an alkaline diet and detoxification

Kidney Disease



- As acidic waste products accumulate in the blood, kidneys - the filter - become more taxed, leading to nephritis, uremic poisoning, bladder diseases
- All kidney disease is acid related, which can be improved by an alkaline diet.
- Kidney stones are salts of phosphoric acid and uric acid, combined with calcium and/or magnesium. These salts are acidic salts that gradually build up into a stone-like objects
- Calcium and magnesium are in the salts, they are there to soften the poisonous effects of uric acid and phosphoric acid
- Some people mistakenly believe that kidney stones are formed because there's too much calcium - not true.
- Adding calcium from greens in diet will help lower blood acidity (and w/ alkaline diet) kidney stones can dissolve from the inside.

Asthma, Hay Fever & Allergies



- Allergies in general results from the build up of anti bodies by immune system triggered by various triggers
- Often causes are unknown why certain things can result in allergic reaction
- Other experts (Dr Theodore Baroody) believe that diseases not caused by bacteria or viruses but is caused by too much acid or the presence of imbalance
- Balance is most important (Acid/Alkaline)

High Blood Pressure, Heart Disease & Atherosclerosis



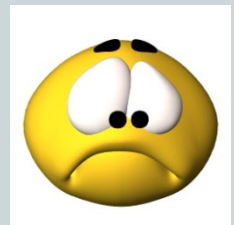
- Deep breathing releases CO₂ (acid) and increases oxygen: which lowers BP
- If one can lower BP this way, one can lower BP by drinking alkaline water in a few months
- High pH water contains excess oxygen → heart works less hard



Arthritis & Gout



- Various forms of arthritis and gout are the result of acid accumulation in joints
- Accumulated acids damages cartilage and irritates joints
- Blood cannot easily carry out wastes from joints
- Gout= excess uric acid in blood which gets deposited around the joint tissues
- These degenerative diseases are results of too much acidic waste
- Usually treated with pain relievers (more acid!)



Pharmaceuticals



- Headaches, nausea, fever, skin rashes, brain fog, severe tiredness, gastric bloating, angina pain and dizziness are the body's intelligent warning signals of a cellular problem due to an acidic pH in an organ or system.
- All are treated with pharmaceuticals
- Pharmaceuticals are acid; **acid cannot treat an acidic condition**
- By killing the viruses, bacteria or cancer cells with drugs, microzyma evolution is triggered making the enemy pathogens stronger by creating resistant strains reaping more disease in the future.

Soft Drinks, the slow killer



- Glass of cola's pH= 2.5
- It would take 32 glasses alkaline water w/ pH of 10 to neutralize 1 glass of cola
- Dentists recommend not drinking colas; not from sugar content as much as its acidity



- ‘Adult disease’ developing more in the younger population, paralleled by the success and growth of soda companies

Balanced Moderate Clean Diet



- Exclusion of certain foods may cause deficiency
- Eat small amounts of a variety of whole foods
- Take only good nutritional supplements
- The body knows and will use what it needs
- Don't use food to discard waste products
- Use water to wash out the waste



Stress: Creator of Acid



- Mental and emotional stress
Creates more acid (stomach ulcer is perfect example)
More devastating than physical stress (no rest time)
- Physical stress:
Too much, too fast produced lactic acid
Must be followed by rest, and consumption of
alkaline water
(Elevation of internal temperature from exercise
expands blood vessels & waste products dissolves)

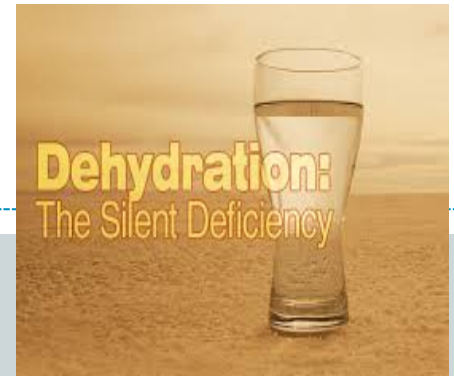
Water



- Sustains all forms of life
- Moistens all tissues and protects organs
- Solvent: Dissolves nutrients and minerals
- Heat regulation
- Joint lubrication
- Carries nutrients and oxygen to cells

Daily Need: Half of your weight in ounces

75 % of Americans are Dehydrated



According to research:

- Dehydration: #1 trigger of daytime fatigue!
- 8-10 glasses of water can significantly ease joint and back pain for 80% of sufferers
- 2% drop in body water can trigger short term memory loss
- 5 glasses of water can reduce: **colon cancer by 45%**
breast cancer by 78% and bladder cancer by 50%
- Mild dehydration slows down metabolism by 3%
- 2% drop in body water diminishes athletic performance

Why drink Alkaline water?



- Anti Aging properties
- Supports Immune system
- Helps w/ Mineral deficiencies
- Improves energy, endurance and stamina
- Mental clarity and focus
- Up to 6X More hydrating
- Minerals are more bioavailable
- **Fights free radicals!**



Read about the Hunza People of Northern Pakistan & Ikaria people of Greece

<https://cultureandplacesboutiquetravel.wordpress.com/2015/01/18/hunza-people-of-northern-pakistan-alkaline-water/>

More reasons to drink Alkaline water

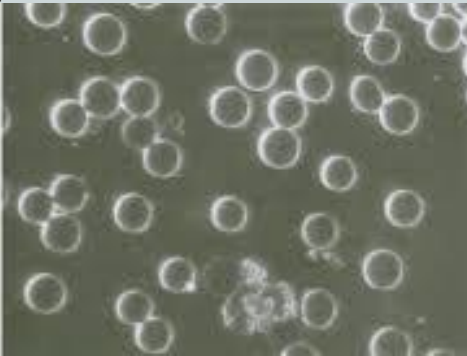


Effects of Dehydration



- Platelet aggregation (blood cells stick together)
- Acidic environment
- Inflammation, cancer, diabetes, infections

25 min after Alkaline water



- Reduced platelet aggregation (blood no longer sticky)
- Improved blood flow

Alkaline Water Addresses:



- Fatigue
- Diarrhea
- Heartburn
- Digestive Issues
- Bone Density issues
- Dehydration
- Poor circulation
- Joint pain
- Constipation
- Leg Cramps
- Stress
- High Blood Pressure
- Regulating blood sugar
- Migraines
- Nausea
- Weight issues

Reduced Water vs Just Alkaline Water (at stores)



- The pH of tap water is about pH 7, or neutral
- When tap water is electrolyzed into Ionized Water, its **reduced water has a pH of about 9** and the oxidized water a pH of about 4
- Making alkaline water of pH 9 by adding sodium hydroxide or make acidic water of pH 3 by adding hydrogen chloride, you will find very little change in the ORP values of the two waters
- On the other hand, when you divide tap water with electrolysis you can see the ORP fluctuate by as much as -900 mV.
- By electrolysis we obtain reduced water with negative potential that is good for the body.

Alkaline Water as Anti Oxidant



- Oxidation Reduction Potential (ORP) is a way to measure antioxidants in water by testing its electrical charge

(+) Positive ORP = free radicals (bad)

(-) Negative ORP = antioxidants (good!)

- Alkaline ionized water has a very strong (-) negative ORP, lots of electrons!
- Readily donates its electrons to oddball oxygen radicals and blocks the interaction of the active oxygen with normal molecules.
- Antioxidants can help prevent disease like cancer, cardiovascular disease, immune dysfunction, and much more!

ORP (Oxidation Reduction Potential)



Coffee
+175



Soda
+410



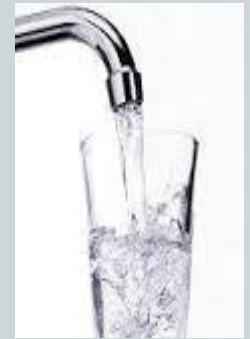
Sports Drink
+438



Bottled
+295



Juice
+200
-100 (fresh)



Tap Water
+300-500

Peachy's Health Smart Reduced-Alkaline Water: -300 to -800

This means it has a large mass of electrons ready to donate to electron-thieving active oxygen.

Positive is Bad

Negative is Good

Types of Water



- City water- contains chloride to kill bacteria, but harmful in large quantities; combines with hydrocarbons to produce **carcinogenic chlorinated hydrocarbons**
- Charcoal filters- filters chloride until all carbons are used up; requires regular checking
- Reverse Osmosis filters- removes all beneficial minerals
- 'Pure' distilled water- is dead water
- Soft water- calcium ions is replaced with sodium ions mixed with chloride and more acidic (not healthy to drink)
- Bottled water- contains BPA

If your water is tested: Water without anything is not the best water

Food Problem



- 97% of our food is carbon, nitrogen, hydrogen and oxygen (acidic)
- Only 3 % are alkaline minerals → no matter what we eat, we produce acidic waste
- **Our current world basically feeds on acid producing foods that have chemical pesticide residues and lots of chemical additives**
- Almost all toxins that get into the body from whatever means contribute to a shift towards acidity.



We need to eat clean, unprocessed foods



Recipe of the Day



Vegetable Curry



Ingredients



- Root vegetables: rutabaga, carrots, parsnips
- 2 cups cruciferous veg mix
- 1 Onion, diced
- 4-5 cloves garlic, minced
- 1 inch Ginger minced
- 1 can coconut milk
- 2 tbsp coconut oil
- 1 tbsp dry curry powder
- 1 tsp coriander powder
- 1 tsp cumin powder¹
- 1 tsp turmeric powder²
- 2 tbsp fish sauce or soy sauce

Optional:

sriracha sauce or cayenne
fresh cilantro chopped
fresh or dried mushrooms

4-5 garlic cloves, 1 inch ginger



Mince ginger and garlic



Heat 1-2 tbsp coconut oil



Add garlic and ginger



Add curry, cumin, coriander and turmeric



Add onions, sauté for 3 minutes



Add root vegetables and mushrooms



Add 1 can coconut milk



Put lid on and cook on low for 6-8 minutes



Add diced red peppers



Add juice of 1 lemon



Add 1 tbsp fish sauce



Add cruciferous vegetables



Serve with black and red rice



Reminder



- Visit the website:

PeachysHealthSmart.com

to get the schedule for:

Healthy Cooking Classes

Free Nutrition/Health Seminars

Or Email me at: peachyseiden@gmail.com







Announcements



Suggested books:

- *Integrative Nutrition*, Joshua Rosenthal
- *China Study*, T Collin Campbell
- *Health and Nutrition Secrets*, Russell Blaylock

Peachy's Health Smart Free Seminars:

- Every first Saturday of the month
- Next seminar, Saturday, April 1st, 2:30 PM

Fighting Cancer with Food

- Free Smoothie Making Class:

First Sunday of the month 2:30 PM

References



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<http://www.ncbi.nlm.nih.gov/pubmed/2000176>
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<http://www.ncbi.nlm.nih.gov/pubmed/18773120>
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<http://www.springerlink.com/content/kn41764j65165u3x/fulltext.pdf>

How Ionizers Work



How Ionizer work, to keep it simple:

1. The water is filtered
2. The ionizer splits the water into two
3. Out of one tap comes the alkaline, ionized, microclustered water and out of the other comes the acidic, oxidized water

Alkaline Water in the Kitchen



- Cleans and revitalizes fruits and veggies after 10-20 minute soaking
- Food, coffee and tea taste better
- Drink 30 minutes before meals to improve digestion
- Fluffier rice and grains
- Longer lasting vegetables when washed in alkaline water
- Sweeter fruits and vegetables
- Sweeter smoothies
- Perfect stain remover



Uses of Acidic (Oxidized) Water by Ionizer



Oxidized water with its redox potential of +700 to +800 mV is an oxidizing agent that **can withdraw electrons from bacteria and kill them**

- Natural astringent
- Natural hair conditioner
- Antiseptic: kills bacteria on contact
- Natural mouth wash
- Removes plaque from teeth
- Treats sunburns
- Treats bug bites
- Treats skin conditions, eczema, acne

To Sum it Up



Three biggest contributors to illness and health issues are:

- Dehydration
- Over-acidification
- Oxidation (free-radical damage) of cells

Ionized, alkaline water addresses all three of these issues

Our job to keep out bodies healthy:

- No processed and fried foods, soft drinks and power drinks
- Limit alcohol
- Don't smoke
- Eat less meat (20%) more fruits and vegetables (80%)
- Drink ionized, alkaline water



What people say after taking ionized water regularly:

- way more energy
- clearer skin
- no coughs, colds or flu since
- much faster recovery from exercise (esp resistance exercise)
- much better athletic performance (faster 10k and able to lift heavier)
- better sleep
- others have reported weight loss, skin conditions clearing, digestive problems easing, candida clearing up and heaps more!

• Suggested Books to Read



- Whang, Sang *Reverse Aging*
- Shinya, Hiromi *The Enzyme Factor: How to Live long and Never be Sick*
- Baroddy, Theodore *Alkalize or Die*
- Batmanghelidj, F. *You're not Sick, You're Thirsty*

Reviews:

<http://liveenergized.com/alkaline-water/alkaline-water-ionizer-review/>

<https://cultureandplacesboutiquetravel.wordpress.com/2015/01/18/hunza-people-of-northern-pakistan-alkaline-water/>

Questions? Need Ionized Water?



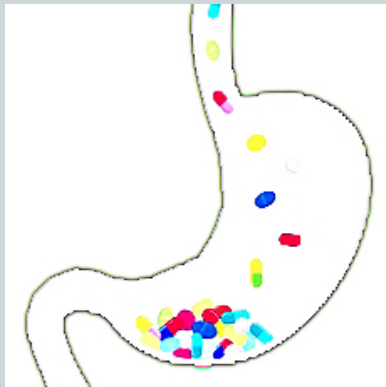
or

Email Peachy at peachyseiden@gmail.com

Hyperacidity, Indigestion, Gas, Reflux



- Alka seltzer and many antacids are used to increase the pH
- Alkaline water has been shown to alleviate acid-related stomach and intestinal disorders (Dr. Sang Wang, Reverse Aging)



Lower Cholesterol



Alkaline water shown to Lower Cholesterol

Clinical Research:

- Effect of daily consumption of 2 liters of electrolyzed water for 2 months
- Study participants made no changes to their diet other than consuming alkaline water
- Results:

Average Reduction in total cholesterol was 17 mg/dl

Most significant reductions were seen in triglyceride levels - A reduction of 32.8 mg/dl!

Obesity and Acid pH

ALKALINE WATER Study:

September 1, 2011 | Abrabam, Guy E.; Flebas, Jorge D. *Internist*

- Effect of daily consumption of 2 liters of electrolyzed water for 2 months
- Study participants made no changes to their diet other than consuming alkaline water
- Results: Beginning: 255 lbs (average weight)
Month One: 249 lbs.
Month Two: 243 lbs.
Based on Clinical Research= 12 lbs. lost in Two Months!
- Alkaline Water Detoxification from Heavy Metals

Researchers monitored their urine and observed that the levels of heavy metals in their urine increased in the first few days after they started drinking alkaline water. Heavy metals were being drawn out of the participant's tissues. This lead the researchers to conclude **that alkaline water was helping detoxify study participants' bodies of heavy metals.**

Previous articles on this blog have reviewed other studies that show alkaline water may protect against the toxic effects of mercury

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