

## **Ten Common Diseases and Alkaline Water!**

The Japanese claim that one of the underlying causes of adult diseases is the accumulation of acids in our body. In order for a treatment to be effective it must remove these excess acids from the system, otherwise the treatment will only offer a temporary cure. It is for this reason that medical science is rather poor when it comes to curing adult diseases.\*

To help our bodies rid of these acid wastes it's imperative to decrease our intake of acidic foods and drinks and increase our consumption of alkaline foods and drinks. This including drinking plenty of alkaline water. Using a water ionizer is a convenient way to convert tap water to strong alkaline water with a high pH.

As our body is made up of 70% water, alkaline water will help flush out acid wastes which can lead to disease. The diseases discussed below are what Japanese doctors have treated and cured in Japan by means of Alkaline Water and/or elimination of toxins and wastes.\*

### **1. Cancer**

Much research has been done in the way of a cure for cancer with little success. Research has shown that the primary cause of cancer is the lack of oxygen in a cell. This lack of oxygen is caused by too much acidity in the system. When the environment becomes too acidic - there is not enough oxygen to go around to all cells in the area.\* Drinking high pH alkaline water from a water ionizer which has excess oxygen will help in preventing cancer.

### **2. Heart Disease and High Blood Pressure**

The heart is the centre of all blood circulation. Your blood transports all nutrients and oxygen to the cells in your body and carries all wastes away from your tissues. Acidification of the body starts in the blood. Doctors have shown that patients with high blood pressure have an acidosis condition and have shown that acid free high pH alkaline water can lower blood pressure. In order to effectively treat high blood pressure the level of acid in the blood must be lowered.

### **3. Diabetes**

In a healthy body the pancreas produces insulin which helps the body to use sugar and carbohydrates properly. However, in the case of people with Diabetes Mellitus, the output of insulin is inadequate for the body's needs.\* The reduced production and release of insulin leads to an acidic blood condition. This type of diabetes has been treated very successfully using alkaline water. If we prevent wastes from accumulating by means of alkaline water, the person will not get diabetes.

### **4. Arthritis**

Many forms of arthritis are the result of acid build up in the joints. It is this accumulated acid that damages cartilages and irritates the joints. Unfortunately the blood cannot carry wastes out of the joints easily. Drinking alkaline water will change the acidic condition so the body can fix the problem by itself.

### **5. Kidney Disease**

As the body produces more acidic wastes the kidneys are overworked trying to remove the acids

from the blood. Bladder diseases and nephritis are acidic related conditions which can be improved by the consumption of alkaline water.\*

Further, kidney stones form in the kidneys because the environment is too acidic. Drinking plenty of alkaline water will prevent the kidney stones from forming and can even dissolve them.

## **6. Asthma and Allergies**

[Allergies](#), in general are the result of an erroneous immune system which builds up antibodies against normally harmless substances. Japanese doctors believe this immune disorder is caused by acidosis. Drinking high pH water from an alkaline water ionizer can help create a more alkaline environment.

## **7. Osteoporosis**

The skeletal structure of the body is a calcium reservoir. When the body becomes too acidic it compensates by taking calcium from the bones which leaves them brittle and prone to breakage. Prolonged usage of alkaline water can help prevent and repair the damages.

## **8. Eye Diseases**

Most people just assume that their vision will get worse with age but this does not have to be the case. If we don't allow acids to accumulate in our cells these things would not happen. Drinking plenty of alkaline water will help!

## **9. Indigestion, Gas, Nausea**

All these [symptoms](#) are caused by too much acid. Control of acid by means of alkaline water will help alleviate and prevent these acid-related intestinal and stomach disorders, including [ulcers](#).

## **10. Chronic Diarrhea and Constipation.**

While these may sound contradictory both are the result of too many acids. Too much acid causes the pancreatic juice to be less alkaline and the foods coming into the intestine to be too acidic, causing diarrhea. Drinking alkaline water will help. Doctors in Korea have found that constipation is caused by acid accumulation somewhere near the colon. It is possible that alkaline water helps the secretion of fluids into the colon by eliminating acid build-up.\*

**Bonus! Pregnant Women Read on...** When pregnant, the fetus takes priority in getting all the necessary alkaline minerals which results in the mother losing a lot of alkaline minerals and her blood becoming acidic quite quickly. According to Japanese doctors, this phenomenon is known as morning sickness. Mineral supplements and the continual use of alkaline water are recommended to help alleviate morning sickness.\*

**A water ionizer turns ordinary tap water into strong alkaline water with a high PH. It is a powerful antioxidant that can help to treat and prevent disease. One of the best things you can do for your health is to use a water ionizer and drink ionized alkaline water.**