

To Our Health

In our society we are all striving to understand the secrets to optimal health. Most of us are looking at more Natural ways to lose weight, get healthy, have more energy, fight disease, live longer etc.

The importance of Calcium, Vitamin D, eating and drinking healthier is known to most of us. But there is one thing that has been understood in many parts of the world but not in this country, the importance of our bodies PH. The higher our PH the more **Alkaline** we are. The lower our PH, the more **ACID** we are. What does this mean?

Below I use quotes from experts in this field as it is how I learned. This is a consensus of my experience and research to make this more understandable. First of all this information has been known to some of the world outside of the US for decades but for many reasons it has not been exposed to us. I am not a conspiracy theorist but relate it more to capitalism to the extreme.

The Basics:

Mainstream medicine accepts the human body has to maintain a **Blood** PH of 7.3 to 7.42 to stay alive. It needs to be understood this is measure on a logarithmic scale, like the Richter scale. As Sang Whang writes in his book "Reverse Aging", "it works out that a Blood PH of 7.45 has 64.9% more excess oxygen than a Blood PH of 7.3", quite a drastic difference. As written by Robert Young in his book "The PH Miracle for Weight Loss", "scientists agree that the body falls out of it delicate PH balance, then vital organs can be damaged and life itself threatened. Therefore, your body will go to great lengths to stay in PH balance--building cholesterol plaques, storing fat, leaching calcium out of the bones or magnesium out of the heart or muscles to act as buffers-- all in an attempt to protect itself from **ACID** damage".

What it all means:

It is important to understand what can cause our PH to be low:

- Eating **ACID** Foods
- Drinking Carbonated Beverages
- Drinking Low PH Liquids
- Smoking
- Stress

This all means that if we consume low PH foods/drinks/water our body will leach the alkaline minerals, calcium, magnesium, sodium, potassium and manganese to maintain the PH. As the skeletal system of our body is a "Calcium bank", as mentioned in Reverse Aging by Sang Whang, the body robs the bank to raise our PH to keep us alive.

If our diet consists of mostly meat, bread, fried foods, coffee, sweets and carbonated beverages which all have a PH below 5 or 6, (Carbonated beverages are around a PH of 2) this will lower our Salvia and Urine PH to under 6 or even under 5. This will make us a breeding ground for detrimental conditions such as: Heart Disease, Atherosclerosis, High Blood Pressure, Diabetes, Arthritis, Gout, Kidney Disease, Chronic Diarrhea and Constipation, Hemorrhoids, Asthma, Hay Fever, Allergies, Headaches, Psoriasis, Eczema, Gas, Osteoporosis, etc.

Besides these obvious conditions it has come to the attention to many researchers that an overly **Acidic** (low PH) environment opens us up to the possibility of Cancer along with many other non-communicable diseases. As Sang Whang writes: "The growth of Cancer cells is a fermentation process which can be initiated only in the relative absence of oxygen", or in other words an acid environment.

Obesity:

Obesity is one of the most common results of **Acidosis** or low PH, why? As Robert Young writes, "The body retains fat as a protection against the overproduction of acids produced by the typical American Diet. Fat is used by the body to store the excess fat. Ask any Plastic Surgeon: The fat the liposuction from their patients is brown and black because of all the **Acids** it contains". So that persistent and annoying fat on our hips, thighs and around our bellies is actually part of a larger survival mechanism. Quite simply, the more **Acidic** your lifestyle becomes, more fat must be utilized to keep you alive. Your fat is actually saving your life. But who wants all that fat hanging around, lets change things so you body has no need for it!

What to do:

We need to offset the effect of the *ACID* foods and drinks we consume by changing our diet and drinking Ionized Water. No one is saying never eat meat, bread, coffee etc but just less of it. Never drinking Soda Pop, eating more dark leafy greens, vegetables and fruit is the best start. From my experience with a change in diet alone I was able to raise my PH from 5.5 to around 6.5 consistently. There are many lists of Alkaline foods on the internet; you can find them by doing a search.

By using the Ionized Water I was able to get my PH consistently to 7 and above.

How to do it:

First we need to measure our personal PH level. We can check our own PH with PH test Strips using our Saliva and Urine. It is optimal to keep it around 6.75 to 7.5 most experts say. Remember the Alkaline levels of 1 to 14 work as a Richter scale. A PH of 7 is 10 times higher than a PH of 6 for example. If we consume foods that average a PH of 6, we need the Ionized Water at a level of PH 9 or above to raise our PH to the recommended level of 6.75 to 7.5. If you drink 1 oz of 7-up or any carbonated beverage you would need approx. 12 or more ounces of Ionized Water at a PH of 10 to neutralize it.

I have a supply of PH measuring strips if you need them.

How the Ionizer works:

Ionized Water is energy-rich free radical fighting water produced from the ordinary tap water. As your tap water passes through the Life Ionizer, it is divided into two streams, one *Acidic*, the other *Alkaline* which is micro-clustered for maximum hydration and cellular detoxification. In addition to the *Alkaline* benefits it also breaks the water down into smaller clusters of molecules per water cluster. In layman's terms, this makes the water much easier to absorb and will keep your red blood cells from "sticking together" they can do their job much better if they are swimming solo!

Steps 1 and 2, First Filtration and Ionization:

The Life Ionizer 12-step filtration system removes all contaminants and then ionizes the water to create antioxidants.

Steps 3 and 4 Alkalization and Micro-Clustering:

The water is then sent through titanium plates which divide the water into *Acidic* and *Alkaline* mineral streams. The *Alkaline* water is for drinking and is then micro-clustered for better hydration and detoxification.

Putting it all together:

There are many other parts to this puzzle but this is my short synopsis of the importance of PH Balance. There are many good programs on the market for your health and if they get people interested and noticing benefits of eating better that is great. However they can only help the PH by the effect of their ingredients. No food or supplement you can eat is going to have a Ph that can offset an *ACID* diet or lifestyle, only Ionized water can do this.

The Ionizers are not inexpensive, but it is only a one time cost and if it helps you stay healthier by avoiding Doctor Bills, Medicines and or treatment then it becomes the least expensive choice you can make.

For this to work it takes a change in our lifestyle by drinking Ionized water for most of you liquid intake and eating more *Alkaline* foods.

My Position

I am now selling the Life Water Ionizers. They are the most efficient Ionizers with the best warranty I could find.

I have never been able to sell anything I did not believe in and it has never been truer now. I have felt the benefits of Ionized water now for 1 ½ years and have never found anything as good for my overall health. Those of you that know me understand I am a techie and want to investigate all the details; this letter is a short explanation of my experience and findings.

There is much more to Ionized Water and if you would like to learn more just contact me, I would be happy to share.

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