

# **Correct Your Acid/Alkaline Balance with the Water you Drink:**

**Bottled water and filtered/RO water are stripped of minerals and realize a great reduction in alkalinity. Is the water we drink causing poor health?**

## **What the Experts Say**

In health circles there has been much recent talk about acid /alkaline imbalance. Let's see if we can clarify how experts recommend we correct this imbalance.

### **The problem**

Your body functions best when neither too acid nor too alkaline. Unfortunately almost all of us have become acidic due to diet, drinks and stress -- both psychological and from pollution. Acids can build up in our body, causing systems to be out of balance.

### **The effects**

According to Dr. Stefan Kuprowsky, *"Acid wastes build up in the body in the form of cholesterol, gallstones, kidney stones, arterial plaque, urates, phosphates and sulfates. These acidic waste products are the direct cause of premature aging and the onset of chronic disease."*

When this occurs, the body will restore its optimal pH by depleting certain minerals, such as potassium, calcium and magnesium, from organs and bones. In addition, your immune system may become fatigued from dealing with an excess of acid. Your body then stores acidic wastes in 'hiding places' such as muscles etc. rather than releasing the acids into the bloodstream.

As Dr. Robert Atkins, the well-known author, health and diet expert, notes: *"Just about every condition I can think of, from arthritis to diabetes to cancer, is associated with acidity."*

*"The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!"* Theodore A. Baroody, ND, Ph.D.

### **What can be done?**

A vast body of research reveals that you can help neutralize acid build-up in the blood and maintain a balanced pH, by taking some simple steps, such as:

- Exercise
- Avoiding highly acid-forming food and drink
- Drinking the right water

### **What is the "right" water?**

*"International studies show that populations with little or no history of illness, such as cancer, drink higher pH (alkaline) waters. Dr. Leonard Horowitz in "Aids and Ebola"*

Sue Pollock, N.D. writes, we can *"assist the body in being more alkaline with ...drinking alkaline water."*

### **Why not just rely on a change of diet?**

According to Sang Whang, researcher and author of "Reverse Aging", the danger is that we might omit important foods:

*"Since the waste products that we are trying to discharge are acidic, the right kind of water is alkaline water...My personal recommendation is to enjoy the foods that we like, but do not over-eat or exclude any food. Eat in moderation following the professional dieticians' "balanced diet" concept, and let alkaline water do the job of cleansing acidic wastes."*