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So what is Alkaline Water anyway?

It's not a new filtration system nor a new type bottled water. In fact, it's been around for quite some time - Alkaline Water has been used in all major Hospitals in Japan for over 40 years. Japan has one thing in mind, they work on prevention, whereas here in North America we concentrate on treatment. That is one of the main reasons, we are Number 37 in longevity, and Japan is Number 1. Prevention makes much more sense, it saves so much suffering and, it is so much less costly.

The Machine detoxifies, the secret is all in the small machine which needs to be hooked up to your faucet. The Machines produced by a revolutionary Japanese water technology that turns your acidic, contaminated, and chlorinated tap water into healthier alkaline water that does your body wonders. The tap water first gets purified by going through the internal filter, and then ionized through the electrolysis process, splitting the water into two parts; alkaline (hydrogen-rich) and acidic (oxygen-rich).

This water gets rid of the root of the all evils, free radicals.

Free radicals are essentially a bunch of very active and unstable oxygen molecules, which often damage important cells in our body, including DNAs. It is known to be the leading cause of your body's internal oxidation process as well as over 80% of those chronic diseases. In Dr. Shirahata's theory, while it is still not 100% proven yet, this Alkaline Water is said to contain a lot of active hydrogen molecules, which would bond with free radicals and then turn into water (H₂O) to be flushed out of your body safely.

As a result of that process, it is believed to tone your body from the cellular level and to supercharge your immune system and self-healing power.

This unmatched power of deoxidation and detoxification is the reason why this water is rewarded with such a special status. Better yet, this is only water, after all. Since there are no known side effects, you can drink as much as your body needs to cleanse itself.

At last, we may be looking at "the fountain of youth and health" on tap indeed. Would you like to turn your faucet into one?!

General Characteristics of Alkaline Water

1. **Ionized and Alkaline** Since water (H₂O) is made up of hydrogen and oxygen, it can be ionized and split into two different parts, the hydrogen-rich and the oxygen-rich, through the electrolysis process. Alkaline water is the hydrogen-rich part and is known to have a strong power to dissolve and soften materials.

Although being ionized and alkaline itself isn't considered to have much medical merit to your body, you will find it extremely useful when it comes to cooking with this water. It not only shortens the cooking time but also extracts more flavors and essence from the food you are cooking. Even tea and coffee taste better. No wonder increasingly more restaurants and cafes in Japan are now taking advantages of this merit by installing commercial units in their kitchens, whether discreetly or loudly advertising.

It is also known to prevent hangovers if you drink this water when, or even after, you consume alcoholic beverages, which are very acidic by nature. And guess what?! So many bars in Japan are now serving Alkaline Water as a part of their services.

2. **Micro-Clustered Water Molecules**

The water is also known to have small clusters of 5 to 6 water molecules, as a result of the electrolysis process. This counts approximately 1/3 to half that of tap water, whose cluster is usually made up from 13 to 15 molecules. Small clusters also mean the increased ability of water to dissolve elements as well as to be absorbed into your body.

This is particularly important for your metabolism since smaller elements pass through cell membranes more easily and eliminate acidic wastes and toxins from your body more effectively. With this water, your body will enjoy the quicker cellular hydration and super waste elimination.

3. Concentration of Essential Minerals

The electrical charge rearranges healthy minerals that are naturally included in your tap water. As a result, Alkaline Water contains essential minerals, such as Calcium, Magnesium, Sodium and Potassium, in a form that can be assimilated into your body more easily.

4. Low Oxidation Reduction Potential: -200mV and Below

As you probably know already, it is now a common knowledge that a lot of medical benefits come from anti-oxidative property.

Oxidation Reduction Potential (ORP) is a measurement, when it's on the negative side, it indicates the power to slow down oxidation (aging) process by eliminating "Free Radicals" safely from our body. This ORP factor is perhaps the most important characteristic of Alkaline Water because this is what distinguishes itself from any other water on the market, including its lesser grade cousin, Ionized Alkaline Water.

Technically, in order to be classified as Alkaline Water, it needs to show a negative ORP in the range of -200mV to -450mV, while typical Ionized Alkaline Water shows anywhere between +100mV and -100mV, depending on the quality of the machine.

The reading of mV indicates the millivolts of hydrogen electrons present in the water available to bond with the free radicals and flush them out.

Additionally, while this is not a point of differentiation technically, Alkaline Water machines typically are able to electrolyze the water even further by mixing some salt during the electrolysis process. These machines can produce incredibly functional waters, called Super Alkaline Water (ORP: below -550mV) and Super Acidic Water (ORP: over +1000mV). While they are not drinkable, the power of these two waters, particularly Super Acidic Water, has been recognized and widely used in various medical practices in Japan for many years.

And now, thanks to the technological advances in recent years, these machines are much smaller so you can have one in your home as well. So, you probably want to try this incredible water now!

These statements have not been evaluated by the FDA