

WHAT ARE THE BENEFITS OF ALKALINE WATER- WHAT ARE SOME USES OF ACID WATER

Antioxidant Benefits

Alkaline water acts as an antioxidant, scavenging for and neutralizing harmful free-radicals. Because alkaline water has the ability to give up electrons, it can effectively neutralize and block free-radical damage to the body.

Ionized alkaline water seeks out free-radicals and converts them into oxygen which your body can use for energy production and tissue oxygenation.

Oxygenates the Body

Ionized water contains hydroxyl ions which are oxygen molecules with an extra electron attached to them.

In the same way mountain stream water passing over the surface of rocks picks up electrons and oxygen, hydroxyl ions scavenge for free radicals, which are unstable oxygen molecules that cause cellular damage.

When the hydroxyl molecule and the free radicals collide, the body is provided with high levels of oxygen which improves energy levels.

pH Balancer

Alkaline water helps balance the body's pH which tends to be acidic because of our high acid food diet, stress and exposure to environmental toxins such as smog.

Water Ionizers have several levels of alkalinity. You can begin by drinking mildly alkaline water, slowly increasing the alkalinity to cleanse your body of acid wastes.

Detoxification Benefits

The body can be detoxified by the daily use of alkaline water from a water ionizer. Acid wastes collected in the body over years of improper diet and daily stress can cause inflammation, low energy levels, immune suppression, and can lead to more serious health conditions.

Drinking alkaline water daily can neutralize the acidity and wash acid waste products from cells and tissues.

Some Uses of Acid Water

- Skin Care
 - Natural astringent for improving complexions. Improves smoothness and elasticity of the skin. It removes skin oil and greasy dirt without harsh chemicals.
 - Soaking in warm acidic ionized water may improve healing from athletes foot, rashes, nail fungus infections and insect bites.
- Hair Care
 - Natural hair conditioner.
- Antiseptic
 - Highly antiseptic for cuts, abrasions, and wounds.
- Use as a mouthwash after brushing teeth. (Not to be consumed)
- Acid-loving Plants will thrive
 - Helps promote plant and vegetable growth
 - Cut flowers last longer
 - Reduces fungus on rose bushes

For More Information
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