

WHY WE MUST USE ALKALINE WATER FOR HEALTH BENEFITS

Proper hydration of alkaline water plays a critical role in the alkaline diet for your health. Water is an essential and the major component of all living matter, and the largest single component of our bodies. Water is the one substance (other than oxygen) that we must absolutely have if we are to survive.

You need to learn to recognize and identify the signs of dehydration. Learn how to hydrate properly and what kinds of alkaline waters to use for maximum health benefits. Identify how much alkaline water you need to drink, and set a schedule for increasing your water intake to get there.

The purpose of alkaline water for you health is not only hydration, but also to help flush the body of acidic wastes and toxins. Believe it or not, there are different kinds of water to drink. A closer look at your favorite supermarket's water section will present you with many options: mountain spring water, drinking water, distilled water, carbonated water, just to name a few.

So which one should you use?

Let's remember the reason we want to increase our alkaline water intake: to remove impurities, toxins and acids from our health system and to provide pure water for our bodies to use.

When dietary and other factors cause an overly acidic condition in our bloodstream, the body is forced to either eliminate or to store away acidic wastes in order to restore our body's critical pH health balance.

The water we drink should help us slow the process of acidic health build up by removing it, not by adding to it.

So, we must choose only pure water with an alkaline pH for maximum health.

It is so critical that we alkalize our water that we drink for health reasons. To find out more about this, feel free to check out this free alkaline diet/water health resource on our website.

For More Information
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