

How to Stay Young and Healthy 21st Century Scientific Way

By Sang Whang

There are two basic scientific facts we need to know in order to understand human health and longevity.

- 1) As we age, we build up acidic wastes in our body. Acid comes from foods that we eat, some foods producing more acid than others. Acidic wastes are formed in our cells as we burn nutrients to get energy to live. Our body tries its best to dump the acidic wastes through urine, perspiration, and breathing CO₂ out. Unfortunately, we cannot get rid of 100% of these acidic wastes. We gradually accumulate these leftovers somewhere within our body. This is the process of aging.
- 2) Acid coagulates blood. It is a necessary property of blood to stop bleeding when we have a cut. Because of this life-saving property, blood gets thick as we age (or as we accumulate more acid), causing poor blood circulation. Poor blood circulation is the primary cause of adult degenerative diseases.

When we understand the above scientific facts, the solution to maintain youth and health is to reduce the acids in our body. Taking blood thinners is the wrong solution because bleeding will not stop when we have a cut; this is unnatural. Surgeons will not operate on patients who are on blood thinners. Then how can we reduce the acids? Here are three conventional and one lesser-known methods.

- 1) Diet: Reducing food intake forces the body to use up stored fats.
- 2) Exercise: Burn more calories and sweat more acids.
- 3) Physical removal: Liposuction or surgery.
- 4) Neutralization of acids: Drink alkaline water to dissolve acids for safe discharge through the kidneys.

Diet and exercise do work to a certain extent; but to be effective and long lasting, we must follow through for an extended time, which is not that easy. Since we build up acids gradually and the entire body adjusts to the changes accordingly, we must, therefore, reduce slowly, giving all parts of our body time to adjust to the change. It is risky to rush this process. Liposuction or surgery is not only painful and expensive, but both are also unnatural. These methods can only remove fatty acids but not other deeply imbedded acids such as uric acid, kidney stones, sulfate, etc.

Drinking alkaline water is the cleanest and most effective way to reduce acids. The Japanese have been drinking alkaline water for over half a century. They developed a machine, called a water ionizer, that electrically splits tap water into alkaline water and acid water. At the end of World War II, Americans lived longer than the Japanese by about six years. Today, fifty years later, Japanese people live longer than Americans by about six years. In fact, they now have the longest life span on earth.

How can we get alkaline water? A water ionizer is one method. However, depending on the mineral content of the tap water, the ionizer may not produce high pH alkaline water. Another way to make alkaline water is with the alkaline concentrate, AlkaLife®. Two drops of it in a glass of ordinary drinking water (6 to 8 oz.) changes the water to alkaline water (pH of 9 to 10). AlkaLife® comes in a 1.2 oz. bottle, it is portable, making it very convenient to drink alkaline water anywhere anytime. The recommended dosage is 5 glasses a day for the average person. A bottle has approximately 600 drops and should last about 2 months.

Alkaline water does not burn fatty acids away but dissolves them. When we touch chicken or meat fat, our hands become sticky. Washing the fat off our hands with regular tap water does not work unless we use soap. Soap liquefies the fat and makes it easier to clean. **Fat is acid and soap is alkaline.**

Of the four methods to reduce acids in our body, drinking alkaline water is the cleanest, easiest and most effective. Alkaline water neutralizes acids, liquefies them and discharges them safely through the kidneys. Burning acids away by diet and exercise is the hard way, melting acids away by alkaline water is the easy way. Alkaline water is not a quick weight loss scheme. Yes, many lose weight but very slowly and it requires a steady drinking regimen.

Alkaline water does not have any nutritional value or medicinal value; all it does is neutralize and eliminate the excess acids in our body, thus improving blood circulation. When blood circulation improves, we feel more energetic and many disease symptoms diminish. Alkaline water is indeed the proverbial "fountain of youth". Since alkaline water is so beneficial, any intelligent person can recognize the damaging effects of highly acidic soft drinks, especially those with phosphoric acid.

" 'Life is a struggle, not against sin, not against the Money Power, not against malicious animal magnetism, but against hydrogen ions.' These words, written by H. L. Mencken about the meaning of life and death, may also apply to the struggle of the healthy skeleton against the deleterious effects of retained acid." (Dr. Jeffrey A Kraut, M.D., The New England Journal of Medicine, page 1821, Vol. 330 No. 25, June 23, 1994). Mr. Mencken wrote these words in 1919. Indeed life's struggle is against retained acids (hydrogen ions are acid radicals). The most effective scientific weapon against acid is alkaline water.

Science has finally discovered the secret of health and longevity!

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