WHY DRINK IONIZED ALKALINE MINERAL WATER

"Cancer cells are acidic while healthy cells are alkaline. Cancer is clearly the result of acidic wastes accumulation."

"Acid coagulates blood!"

Our body must maintain slightly alkaline level to survive. Our blood pH value is 7.4. Our body tries very hard to dispose of acidic wastes. Most of these wastes come out of our body through urine, perspiration and breathing. That's why our urine, skin and breath are acidic.

With all these efforts to dispose of acidic wastes, we still make more wastes than our body can get rid of. To survive the body converts some of the liquid acid into solid acid. Some examples of these solidified acidic wastes are: cholesterol, fatty acid, uric acid, kidney stones, urates, phosphates, etc. Cholesterol is incompletely burnt carbohydrate. Cows don't eat cholesterol-rich food yet they are full of cholesterol because they don't exercise and don't burn carbohydrates completely.

Acid coagulates blood! This is the fundamental problem that comes from the accumulation of acidic wastes. Buildup of acid clogs up capillaries and prevents smooth blood circulation. Body organs create all kinds of problems when blood circulation is cut off. Buildups of too much cholesterol and plaques in the artery can cause stroke, as we know very well.

Most of the degenerative diseases are caused by too much acidic wastes somewhere in our body that slows down blood circulation. Depending upon where our body accumulates the acid, disease symptoms are different. However, the causes are the same: too much acid. Modern medicine is concerned with the treatment of symptoms rather than the elimination of the causes of diseases

The primary place where we accumulate solid acidic wastes in our body may depend on the individual's genetic makeup. This may explain why some of the degenerative diseases are hereditary. Diabetes itself is not hereditary. What is hereditary is the accumulation of solid acidic wastes around the pancreas. If we do not allow wastes to accumulate around the pancreas, there will not be diabetes in that family even if family members reach the age of 50 or 60.

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Uric acid crystals in the joints cause gout. Uric acid comes from nitrogen in proteins. In Korea, gout is referred to as "the rich man's disease". Only rich men could afford to eat meat in the old days.

We take vitamins, mineral supplements and trace minerals with the hope of improving our health. However, if the body acid/alkaline balance is not maintained well, the body cannot absorb these things well and we wind up throwing them out. The solution to combat adult diseases caused by aging is to drink alkaline mineral water.

Stay Safe. Go Alkaline