

From Dr. Peggy Parker, Naturopathic Physician, Biological Medicine:

“Months of testing and research have led me to the discovery that **drinking Kangen Water™** is the most effective tool I have found to **quickly, easily, and economically reduce cellular oxidation and achieve a more alkaline pH in the body.**

Water can be made alkaline in a wide variety of ways - adding baking soda, adding inorganic calcium, adding salt mixed with trace minerals, just to name a few. For many years I drank RO water and added minerals to it to create an alkaline pH in the water, because I was told it would help my system become more alkaline. What happened is the added minerals created a whole host of health challenges for me! I developed bone spurs on my heel, arthritis in my thumb and index finger, kidney stones and LOTS of gallstones - so many that I ended up with severe gallbladder disease which turned my gallbladder gangrenous!

Water can also be ionized in a variety of ways. Nature creates ionic water when it flows over rocks, crashes on to a beach or falls over cliffs in the form of water falls. It can be ionized (with a -ORP reading) any time minerals are added to the water and they become aqueous forms.

However, the **process of running a strong electrical current through water** (a process known as electrolysis) is a fantastic way to create ionized water. This process splits water (H₂O) into a variety of molecular and atomic structures including OH⁻ (which makes it alkaline), H₂, O, and H⁺. **This is where the magic can occur!** When the H₂ molecules are exposed to platinum, they freely give up their electrons. These electrons act as an **ideal antioxidant, quickly and effectively mitigating free radicals** and even reversing the oxidation they have caused.

Because your stomach contains acids, the alkalinity of the water is quickly changed before moving on to the small intestine. So unless you are drinking very large quantities at one time (a quart or more) it cannot really create the alkaline tide in the small intestine that is the goal when drinking alkaline water.

Additionally, the more alkaline water is, the faster it **leaches the plastics out of a bottle, effectively creating a water filled with petrochemicals.**”