

Will Reverse Osmosis and Distilled Water Kill You? And, Why is RO So Much Worse than Alkaline Ionized Water?

If you consider your body slowly rotting away from over-acidity, then I will say yes, you're being killed by RO or Distilled water if you don't properly remineralize your water. Why? Well, the key is the lack of beneficial alkaline minerals in RO and distilled water. Sixteen years ago I was introduced to the concept that the pH (not the purity) of the water was the most essential thing to consider when looking at maintaining a natural healthy life style. If you take all the good alkaline minerals out of the water, what is left will be or shortly become acidic because it will leach acids from the air.

This is something that can be easily tested (by me, you or anyone with or without a water ionizer) with a simple pH test kit.

Go buy a bottle of RO or distilled water and test it. It will be acidic. Probably pH 6.0. Not healthy!

Water distillers and RO machines operate on very different techniques, but have one thing in common. That's the elimination of all minerals from the water (the good and the bad). The Japanese call this "dead water", because it's unnatural and unhealthy to have water with no minerals in it. With a **water ionizer**, the alkaline minerals all get pulled toward the alkaline electrodes and the acidic minerals and elements get pulled toward the acidic electrodes. What comes out of the bottom hose of a water ionizer is acidic water, virtually void of alkaline minerals. It tests between 3 pH (highly acidic) and 6 pH (somewhat acidic). Out the top spout, comes the healthy, fresh, filtered, ionized alkaline-mineral-rich water.

Your body gives off more than enough acidity ...the end process in each cell is acid wastes.

What your body needs is more alkalinity to buffer the excess acids, so your blood doesn't need to rob your joints and bones of the alkaline minerals it needs to maintain the proper pH. Therefore the answer to finding good healthy water is NOT in reverse osmosis machines or water distillation...it's in **water ionization!** If you have to use something like reverse osmosis, you should properly re-mineralize your water then you can ionize it and get fantastic healthy water!

What makes water ionization healthy when RO and water distillation are not?

- 1) First of all, the water ionizer filters the water and rids it of the undesirable elements while at the same time allows the good elements (alkaline minerals, such as calcium, magnesium, potassium, etc.) to pass through into your healthy-drinking alkaline ionized water. RO and water distillation just indiscriminately get rid of everything (the good and the bad).
- 2) Secondly, the process of ionization forces the harmful acidic elements, such as chlorine and fluoride, out the bottom (non-drinking water) spout. Further protection for you.
- 3) Water Ionization also splits the water molecules, making the cluster-size smaller and more easily absorbed into cells.
- 4) Water Ionization increases the hydrogen (OH-) in the ionized water, making it an

effective antioxidant free-radical scavenger. RO and distillation do not do this.

- 5) If there is a hard-water or contamination concern in your area, there are prefilters and devices you can get to go with your water ionizer to handle those problems. Or if you do need to use RO, then you should go the extra mile and remineralize it and then ionize your purified, remineralized water with a good water ionizer. This will likely add years and years of health and beauty to your life!

I have spoken to many people who used to use RO or distilled water, and made the switch to an alkaline water ionizer.

These people make some of the most profound changes (more proof of how unhealthy the RO or distilled water was for them). Just yesterday, a friend of mine who just made this switch (she used to purchase RO water in big 5-gallon jugs but felt something was wrong with it...it didn't feel quite right). About a week ago she installed her new water ionizer that I had sold her. She had purchased some pH test strips at the health food store and had been testing her saliva and urine before purchasing her water ionizer. Her urine and saliva were acidic (that's with drinking the RO water for over 2 years). After one week of drinking ionized water the urine and saliva tests showed up green (alkaline) for the first time!!!! That's after one week of switching to the right water. Here's another thing she told me. After drinking water from her new water ionizer for one day, she has had much more energy and has actually at the same time needed less sleep! Needless to say, she's flabbergasted. I just love hearing stories like that, and I hear them a lot in this business. Alkaline ionized water is the real McCoy! I've experienced nothing else, health-wise, that tops it! Find out for yourself!

Wishing You Water Wellness!

*Sincerely,
Cathleen LoGrasso
Blog-Master*

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