

In our last issue, the story titled “The Secret Life of Water” generated an unprecedented amount of reader interest. So here we are again with an exploration of what ionised alkaline water is, and isn’t.

WHAT IT ISN'T

Water is just water, right? Not if you take a cursory look around supermarket aisles. Generally, bottled water is categorised into four different types.

- **Spring Water:** Water derived from an underground formation from which water flows naturally to the surface of the earth.
- **Purified Water:** This is water that has been produced by distillation, deionisation, reverse osmosis, or other suitable processes.
- **Distilled Water:** Water that has been vaporised into steam, then cooled to re-condense it back into water. The water’s minerals are left behind, leaving only pure tasting steam-distilled water.
- **Mineral Water:** This is water that contains no less than 250 parts per million (ppm) total dissolved solids (TDS). This includes brands such as Evian.



WATER

world

Reams of paper have been written about the best type of water to drink. But one type – ionised alkaline water – has achieved the strongest reputation to date.

DRINKING ALKALINE WATER HELPS REDUCE THE BURDEN ON THE LIMITED ALKALINE BUFFERS WHICH ARE NEEDED FOR THE BODY'S NATURAL DETOXIFICATION PROCESSES.

What you won't find on the shelves, however, is bottled ionised alkaline water. For that, you have to order an alkaline water ioniser and make it yourself.

PRODUCING IONISED ALKALINE WATER

There are many ways to attain alkaline water. One way is through the addition of baking soda (sodium bicarbonate) or calcium salts, which give the water (now named 'hard water') its characteristically soapy taste. This type of water is chemically enhanced to make it alkaline and may have certain unwanted side effects.

Proponents of alkaline water produced by ionisation, on the other hand, say this kind of water has many vitally different properties than those obtained through simpler methods.

ACID TESTS

First, ionised alkaline water attains a lower redox potential. This term refers to the relative ability of water to bond with active oxygen molecules – free radicals – promoting its antioxidant properties. A low redox potential

means the antioxidant properties of water are increased. If you already take vitamin C pills to fortify your immune system, why not drink antioxidant water?

Second, ionised alkaline water is more easily absorbed by your body, affecting the rate of hydration and detoxification properties. This is because of the micro-cluster effect introduced by ionisation, which changes the typical cluster size of water to shrink from around 11-13 to about 6 molecules per cluster.

You can test this visually. A teabag immersed in ionized alkaline water will absorb more water than if immersed in an ordinary glass of distilled water, resulting in a visible difference in water levels.

Hence theoretically, ionised alkaline water reaches your body cells faster, and carries away toxins faster as well for disposal.

Lastly, the body keeps blood pH stable by utilising alkaline buffers to neutralise acidic liquids and other acidic byproducts. But as the blood stream receives these acidic substances from the intestines, the alkaline buffers get used up.

Drinking alkaline water helps reduce the burden on the limited alkaline buffers which are needed for the body's natural detoxification processes.

WHAT'S IT GOOD FOR?

Amongst other things, drinking ionized alkaline water promotes:

- Recovery from Gout
 - Recovery and relief from Knee Joint Pains
 - Improvements in Blood Pressure
 - Overall improvement in health
 - Relief from Mouth Ulcers and Dandruff
 - Relief from Gastric and Acid Reflux
 - Relief from Eczema and athlete's foot
- Japanese and Korean researchers

have even reported that ionised alkaline water (termed electrolysed reduced water in their research) may have anti-cancer effects.

WHERE TO GET

At least two companies in Singapore sell these ionisers. Kemp Trading (www.kemptrading.com) and H2O Life Source (www.h2olifeforce.com) both sell many models of alkaline water ionisers. Bear in mind that all alkaline water ionisers should contain the following basic technologies.

ADVANCED FILTRATION

Alkaline water ionisers incorporate sophisticated filtration units to remove any particulate matter or finer impurities from the water they produce. Check the micron rating of the filter and also the materials used.

ELECTROLYSIS PLATE QUALITY

You should check the pH levels the machine can attain. Although you may not drink water at this high a pH, it means improved performance when your water source is a low pH. Recommended pH is between 9 to 10 for daily consumption. Also, electrolysis plates tend to have a definite life cycle. You should find out more about the manufacturer and quality of the electrode plates, as well as how long they are projected to last.

FLEXIBILITY OF USE

Check the installation options. You want a full choice of options for installing - counter top to faucet; counter top connecting under the sink; or under sink installation with all controls on the faucet.

WARRANTEE OF PARTS AND LABOUR

Given the amount of money you are forking out for your machine, don't you want to be sure to have the best after-sales care you can get? **LW**