# Boost your immune system by drinking alkaline water

**Water is an essential element for all living creatures and it is important to only drink water that is clean and fit for consumption. But just drinking normal tap water or packaged water is not enough says ROHAN DIAS**

The human body is made up of 60 percent to 70 percent water and not drinking enough water daily can have negative effects on the health. Several medical research studies have shown that the human body can stay without food for as long as two months but without water it's only a few days that the human body can perform its bodily functions.

Water is an essential element for all living creatures and it is important to only drink water that is clean and fit for consumption. But just drinking normal tap water or packaged water is not enough. Our hectic lifestyle puts a heavy toll on the body and our eating habits and consumption of carbonated drinks further burden the body and raises its acidity levels.

And even scary is the fact that this acidic problem creates an ideal environment that diseases thrive on. For example, acid wastes accumulated in the body joints can lead to arthritis and joint inflammation.

The main causes of acidity in the body are:

Consuming too many acidifying foods like meats, processed sugar, dairy products, alcohol, coffee, etc

As the body becomes more and more acidic, acidifying toxins are created by microforms such as yeast, bad bacteria in the body

Not all acids present in the body are the same; some are strong while some are weak. Acids like citric acid are weak and easy to neutralise as compared to strong acids such as uric acid

The body uses many systems to buffer acids including mineral reserves, breath and fat but when the buffering systems are overworked they cannot perform optimally and excess acids build up in the body.

A healthy lifestyle starts with the correct acid-alkaline balance in the body. Every cell in our body is affected by the pH level (acid-alkaline measurement) of the internal fluids and a high acid level harms the body leading to severe complications. Similar to how the body regulates its temperature, it maintains a narrow pH range and even goes to great lengths to manage it often leading to undue stress on the body systems.

But this overburden on the body systems leads to higher acidity levels that cause fatigue, low energy, excess weight, aches and pains, poor digestion and even more complex health disorders.

The process of re-establishing an acid-alkaline balance in the body begins with a healthy diet and proper nutrition. This includes eating foods such vegetables, low sugar fruits, etc that are high in alkaline, hydrating the body by drinking plenty of alkaline water that is structured and ionic and helps the body in maintain the pH level.

## Alkaline water! What's that?

We all know that water is important for all living beings and along with oxygen, it is very critical for our survival. It is essential to keep the body hydrated always and by correctly identifying the signs of dehydration, the acidity levels can be reduced. And a healthy option to keep the body hydrated and reduce acidity levels is by consuming alkaline water.

Drinking alkaline water is said to be beneficial as it neutralises the chemical imbalance of the body – reduces the acidity level – and is also said to help heartburn, aid in the treatment of asthma, help hydration between cells among other benefits.

Alkaline water is neither neutral nor acidic on the pH scale. It is on the alkaline side of the pH scale and hence the name alkaline water. It is also known as ionized water and many believe it has numerous health benefits and is vital for continued and consistent health.

Alkaline water is a vital factor in maintaining proper acid-alkaline balance in the body. The body loses close to 2.5 litres of water daily only by performing normal bodily functions and the quality of water consumed is just as important as the quantity of water consumed. The water you drink must be able to prevent chemical substances and toxins from accumulating and causing harm to the cells.

Reports from medical studies suggest that alkaline water can help the body resist diseases and even slow the aging process by:

- Replenishing essential minerals

- Helping to maintain normal blood flow and acid alkaline balance

- Increasing intracellular hydration

- Stabilising and protecting cells

- Flushing out and preventing wastes from accumulating in cells

- Preventing free radicals from forming and damaging other cells

Water must also transport nutrients and minerals required for cell metabolism and remove any harmful substances that can destroy the cells. Ideally, the water you drink should have a higher pH to neutralise stored acids and toxins.

## Benefits of alkaline water

If you are serious about good health, then alkaline water offers you a host of healthy benefits and the advantage of drinking it are incredible. Following are some of the benefits of drinking alkaline water regularly:

- Alkaline water is an effective antioxidant and it neutralises free radicals in the body. Antioxidants are important for good health as they are and anti-cancer, anti-disease and anti-aging, as they reduce the free radicals that cause aging

- Alkaline water aids the body absorb minerals, nutrients and vitamins at a much rate than tap water. Compared to plain water, alkaline water has a different molecular structure and contains only five to six water molecules instead of ten to thirteen. This makes it more hydrating than normal water and extremely detoxifying. If you are serious about good health, then alkaline water is your key to a good healthy lifestyle

- Since alkaline water is a liquid antioxidant, it is easily absorbed by the body making it highly effective in managing the acidity levels of the body. Alkaline water balances the acidity levels of the body and makes it stronger against diseases and viruses

- Improvements in allergic disorders such as asthma, urticaria, rhinites and atopic dermatitis

- Declines in blood sugar levels in diabetic patients

- Improvements in hypertension and hypotension

- Improvements in gastro duodenal ulcer and prevention of their recurrences

- Improvements in liver function exams in hepatic disorders.

Maintaining an alkaline pH helps the body in fighting and resisting diseases. It will take some time, but depending on the acidic level of your body, alkaline water will flush the unwanted acid wastes from the body. Alkaline water is a preventative measure, and if you are suffering from any illness, then it is best to go alkaline.

In western countries, consumption of alkaline water by all age groups including teens, adults and senior citizens is very popular. It is widely believed that alkaline water poses no harm but only offers immense benefits to the body. Our bodies need to be hydrated sufficiently to perform bodily functions and the best way to do that is by drinking alkaline water that is rich in minerals.

The benefits of alkaline water to create a better body with proper health functions and maintain a balance between the acid level and alkaline level in the body are numerous especially if you have a weakened immune system. Drinking alkaline water is beneficial as it slows down the aging process; helps the body resist diseases by creating a proper acid-alkaline balance in the body and maintains optimal energy and health. 𝒫