

A river runs through it

You don't have to go quite so far to find chronic shortages of health-giving water. Just look within you, says **Vincent Wong**.

Water plays two vital roles – in metabolic and elimination processes – without which life won't not be possible. Or at least, if it were, it would be terribly unpleasant. This is why scientists look for water when they look for signs of life in outer space – we cannot conceive of life without it.

But apart from drinking enough water, there is also the quality of the water we drink. Mineral water isn't just a fad. It sells because people are asking: is it possible to get water that is better for our health than tap water is?

Ionised alkaline water researchers and drinkers think so.

We've covered the many health properties of alkaline ionised water in our previous issues well enough, so this issue, we're doing something different. I'm going to report the results from my own experience with alkaline water ionisers, of which one, the Jupiter ALPHION JP109 kindly provided by Kemp Trading, has been installed in

my home for the last 6 months.

The results, as they say, are interesting.

My biased opinion

With my own machine turning out ionised alkaline water

by the gallon, I no longer had to rely on vested-interest testimonials from manufacturers, sellers or users. And like any other user, I embarked on a search for clinical papers that reflected my own personal experiences with the water. Soon enough, I found one.

Dr Hayashi from the Kyowa Medical Clinic, Japan, presented "The Concept of Prehepatic Medicine" at The Eight Annual International Symposium On Man And His Environment in Health And Disease, on February 24th 1990, at The Grand Kempinski Hotel, Dalls, Texas, USA.



A sampling of the presentations by his scientific colleagues at this conference included gems such as:

- 'Multiple Chemical Sensitivities: Challenges and Opportunities', a presentation by an MIT Professor
- 'Immunological Therapy of Chronic Inflammatory Bowel Disease', a presentation by University of Budapest
- 'The Importance of Personal Activities and Indoor Sources to Human Exposure to Toxic Compounds', by U.S. Environmental Protection Agency
- And many more, from countries spanning Canada, China, Belgium, and the U.K.

So his medical qualifications are not in doubt. Dr Hayashi's reputation belongs amongst the rest.

Here's what he had to tell his esteemed colleagues about ionised alkaline water.

"Since the introduction of alkaline ionic water in our clinic in 1985, we have had the following interesting clinical experiences in the use of this type of water. By the use of alkaline ionic water for drinking and the preparation of meals for our in-

patients, we have noticed :

- Declines in blood sugar levels in diabetic patients.
- Improvements in peripheral circulation in diabetic gangrene.
- Declines in uric acid levels in patients with gout.
- Improvements in liver function exams in hepatic disorders.
- Improvements in gastroduodenal ulcer and prevention of their recurrences.
- Improvements in hypertension and hypotension.
- Improvements in allergic disorders such as asthma, urticaria, rhinites and atopic dermatitis.
- Improvements in persistent diarrhoea which occurred after gastrectomy.
- Quicker improvements in post operative bowel paralysis.
- Improvements in serum bilirubin levels in new born babies."

"While confirming clinical improvements, we have always observed changes of stools of the patients, with the colour of their faeces changing from black-brown colour to a brighter yellow-brown one, and the odour of their faeces becoming almost negligible."

"The number of patients complaining of constipation also decreased markedly. The change

of stool findings strongly suggests that alkaline ionic water intake can decrease the production of putrefield or pathogenic metabolites."

Finally, "Based on the clinical experiences obtained in the past 15 years, it can be said that introduction of electrolyzed-reduced water for drinking and cooking purpose for in-patients should be the very prerequisite in our daily medical practices. Any dietary recipe cannot be a scientific one if the property of water taken by the patients is not taken into consideration."

My far-from-final take

Is this report in favour of ionised alkaline water a definitive one? I have but one element of my own personal experience that resonates strongly with Dr Hayashi's findings. Hours after drinking alkaline ionised water, I went - and I have been going regularly every day since without fail. A contrast, then, with before.

It's up to you to try

Because I'm aware that the whole world now knows about the frequency of my bowel movements, I'm trying not to make a big deal out of this.

But do consider the following. I once asked a doctor if he believed in detoxification therapies. He didn't, and he held that ordinary water is good enough for anyone, because the body naturally detoxifies well enough on its own.

But I think that might be true only for people who are already healthy.

Many others, such as the old and the already sick, may be operating too close to the threshold of "well-enough", detoxification-wise.

And for them, it's easy to cross the tipping point from living well into living rather badly. Just ask kidney-failure patients. **LW**

