

Alkaline water Exposed

Juice cleanses and cooking with alkaline water are all the hype these days, but why so? **Nur Fahimah** cracks the code behind this new “fountain of youth”.

If our body receives sufficient nutrients, it is able to maintain a balanced pH level. Alkaline water, or more commonly known as alkaline ionized water, is therefore consumed to support the body in maintaining this equilibrium. But why is it necessary to retain pH balance?

Alkaline Water and Our Body

In standard conditions, our body tries to maintain the body fluid at around pH 7.4. It uses the alkaline body fluid from the pancreas at pH 8.8 to counteract the acidity in our body, which is a result of our high acid food diet, stress and exposure to environmental toxins. This is important because consistent acidic conditions will lower the immune system and increase the chance for disease.

Alkaline water, as its name suggests, has a pH greater than 7 and features a wide range of health and practical benefits such as protecting cells from the damaged caused by free radicals, hydrating the body faster, neutralising uric acids and promoting healing by balancing the body's pH.

That is thanks in no small part to its key properties –

Firstly, alkaline ionized water is much smoother compared to normal water. This is due to the presence of ionized minerals that are smaller in size to facilitate efficient assimilation into the body system for hydration. They also rapidly excrete

waste matter from the body at the same time, which helps with detoxification.

Alkaline ionized water also assists in countering the harmful effects of acidic waste build-up, which may cause joint problems such as rheumatism and arthritis. Again, the ionized minerals are responsible for this, helping to dissolve acidic deposits found at the joints and therefore ensuring strong bones and teeth.

Thirdly, alkaline ionized water is also known to contain high amounts of dissolved hydrogen. The oxygen in the water is similar to antioxidants such as vitamin A, C and E. Our body contains many toxins that damage the cells and may lead to premature ageing. Being rich in antioxidants, alkaline ionized water is able to counter the free radicals in the body so as to slow down premature ageing, as well as flush out the toxins effectively.

Cooking with Alkaline

Interestingly, alkaline water is not just for drinking anymore. Washing or cooking ingredients with alkaline ionized water retains the natural vitamins and nutrients, while at the same time removes excessive oil-based coatings that may contain pesticides or insecticides. As such, more people are liking the real taste that is being brought out in the foods and started incorporating alkaline it into their cooking.

The following are some examples of how alkaline ionized water can be used in cooking:

1. RICE

Soak washed rice in alkaline ionized water for 30 minutes before cooking it. This will make the rice fluffier and improve its taste.

2. VEGETABLES

Veggies cooked with alkaline ionized water taste less bitter and have enhanced flavour. Alkaline water retains the vitamin and mineral content that is normally lost in the cooking process, plus there are less hydrogen ions to destroy the chlorophyll, so your veggies stay greener.

3. MEAT

Soaking raw red meat in alkaline ionized water for about 30 minutes draws out the blood and eliminates odour, hence improving the tenderness and taste.

Get Your Juice On

Alkaline water are also taking centre stage in juice cleanses. Juice cleanses, to begin with, provide an alternative method of cleansing the body of harmful toxins. It gives the digestive system a rest from



processed food, while clearing it with nutrients.

Including alkaline ionized water in juice cleanses provides the body with the additional benefits of antioxidant and hydration. These juices are easier to digest, resulting in effective absorption. In short, you will be reaping all the benefits of the alkaline ionized water, while rebooting your body system – a double win!

Levelling Up

Now that you are a new alkaline ionized water convert, there are some things you should take note of as you start on your alkaline journey.

Alkaline ionized water has different levels, ranging from the lower to the higher pH levels. Start out at the lowest level first, and slowly increase levels as your body gets accustomed to it. This is particularly important for the elderly and young children. When incorporating alkaline ionized water into cooking, use the level that is suitable.

Should the dispensed alkaline ionized water not be consumed immediately, it is advisable to store it in a dark-coloured UV resistant glass bottle, or a double vacuumed stainless steel container. This is to maintain as much of the ionizing properties as possible. The dispensed alkaline ionized water is able to retain its antioxidant properties for approximately 18 to 24 hours. If the pH level is high, the alkaline property is able to last up to a week in proper storage.

Taste the Difference

With its wide range of benefits, even Hollywood celebrities like Miranda Kerr and Angelina Jolie swear by it! So don't just take my word for it, incorporate alkaline ionized water into your daily life and witness the improvements to your health and wellness! **LW**