



# The Heart Truth about Ionized Water

*Most people associate water with thirst, and occasionally detoxification. However, there is a lot more truth in water being beneficial for the cardiovascular system than just reducing heart attacks. Find out how alkaline ionized water solves problems of the heart.*

**THE HEART** is a key organ of our body. Likewise, water is of paramount importance to the body. Yet, most people do not commonly relate both of these elements together. The reality, however, is the two organs are much closer to each other than we think. Hence, the type of water that one consumes has a significant impact on his heart as well.

## HEART TRUTHS AND 'HARD' TRUTHS

Based on a World Health Organization (WHO) study conducted in the 1970s, it was found that there was a strong correlation between the incidence of high blood pressure, arrhythmia and stroke, and whether the water had sufficient minerals in them, or more commonly known as the hardness or softness of water. One theory suggests that softer water could lead to a hardening of blood vessels in the heart and hence result in the increase of the above mentioned health complications.

This was important and serious enough for the WHO to issue a statement declaring that "The use of demineralized and/or desalinated water in a given area should be approached cautiously."<sup>1</sup> Other

organisations such as the National Academy of Sciences in the United States also suggested to drink water that has approximately 170 mg/L of hardness. They concluded that "there is a definite relationship with TDS (total dissolved solids) and heart disease mortality. Higher levels of TDS results in less heart disease."<sup>2</sup>

## ALKALINE WATER TO THE RESCUE

With that in mind, it is essential to note that alkaline ionized water is mineral rich and its total hardness is above the minimal recommended range of 170 mg/L. A quick check with a local leading brand of water ionizer showed that its TDS was above 200 mg/L. Furthermore, the mineral presence exists in ionic form that makes it much easier for the body to absorb. All these indicate that the quality of alkaline ionized water is suitable and beneficial for long term consumption.

In addition, several studies in Japan and Korea have indicated that use of alkaline ionized water has beneficial properties to the heart. From as early as 2008, scientific testing using alkaline ionized water demonstrated positive responses towards heart conditions. Several

doctors in Japan also reported using ionized water to treat high blood pressure and heart disease successfully. Professor Kuninaka Hironage, Head of Kuninaka Hospital said, "By drinking ionized water for a period of 2 to 3 months, the blood pressure should slowly drop, because the ionized water is a good solvent, which dissolves the cholesterol in the blood vessels."

## TAKE YOUR PICK

While all the evidence points to alkaline ionized water being of value in helping one's heart issues, it is essential for a consumer to select the correct water ionizer. Always choose a system that is from Japan and Korea with a factory medical approval number. Also feel free to check with the company on the level of hardness that the alkaline ionized water is able to achieve and lastly, ensure that the company has a strong track record. Ultimately, it is in your best interest to choose a water ionizer that serves its purpose. When in doubt, just ask. After all, it's a matter of your heart. **LW**

1. [http://www.who.int/water\\_sanitation\\_health/dwa/nuthardness.pdf](http://www.who.int/water_sanitation_health/dwa/nuthardness.pdf)
2. <http://iosrjournals.org/iosr-jpbs/papers/vol1-issue1/B0110720.pdf>