



# Two Up

*Can good water get any better? Seems like alkaline ionized water can with new research highlighting an additional property on top of its already famed high pH values, antioxidant nature and micro water clustering. Discover the new benefit of alkaline ionized water!*

**FOR** long periods of time, alkaline ionized water was recognised to have a few key benefits that included keeping acid build-up at bay, minimising free radical damage on cells and faster hydration of the body.

However, recent research has revealed that alkaline ionized water is also rich in dissolved hydrogen, possibly useful for remedying different ailments.

#### **ABOVE & BEYOND THE SCIENCE**

A 2013 study done in Japan found that water processed through ionization yielded a 300-fold increase of dissolved hydrogen in the water as compared to the control sample of filtered water.

The study explained that ionization, which is also known as electrolysis, separates water into alkaline and acidic water via the cathodes and anodes respectively. This causes the reduction effect

of alkaline ionized water and in turn increases the presence of dissolved hydrogen.

The study also documented that in tests done on animals, the increased hydrogen improved the heart and kidneys' condition. Other studies conducted also noted more benefits such as reducing brain cell death, improving skin condition, as well as having a strong anti-diabetic ability.

#### **PROCEED TO CHECKOUT**

Whilst there are various sources of hydrogen-rich water, one of the easiest methods to obtain high amounts of dissolved hydrogen in water is through a water ionizer. These devices usually have filters, which purify the water before it is passed through the electrodes. This produces a consistent level of electrolysis that yields high levels of dissolved hydrogen in addition to the aforementioned benefits.

As there are numerous water ionizers available, it is important for a consumer to do some due diligence before purchasing. Remember to query about the quality of the ionized water obtained - hydrogen count, the pH obtainable and even the antioxidant values, as well as the source of the machine (reliable sources are either from Japan or Korea).

The company's track record, after sales service and even pricing of the unit where most quality systems fall within the \$2,000 to \$3,000 range are also some factors worth considering.

#### **WHAT'S NEXT?**

The tricky part is in finding a suitable model to suit your daily requirements but once that is settled, you can look forward to drinking hydrogen-rich alkaline ionized water that can help improve your quality of life and wellbeing. **LW**

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