

Water wonder!

If you're paying attention to what you eat for the sake of your baby's breast milk, why not pay attention to the water you drink as well?

If breast milk does wonders for your baby, then you must think about the water that goes into making it. Of course, that water comes right from whatever you're eating and drinking. After all, our bodies are 70% water, hence we require our water content to be continually replenished for our body's optimal health.

But while a lot of the water we ingest comes from the food, there's also common drinking water which we use to slake our thirst or to supplement our supply.

Experts tell us to drink at least 8 glasses a day, but they never say which kind of water we should be drinking. Water is water is water right?

Actually, there's many types, because of the many properties of water.

The properties of water

Common sense says we should only drink water that is clear, without any dirt or bacteria in it, and preferably without any dissolved substances in it as well.

The way we achieve this water in our water supply is through chlorination, to kill germs, through filtration, to remove dirt and tiny particulate matter, and typically for most of us, by boiling afterwards to kill off any remaining germs or viruses.

This leaves you with water that is nearly as pure as it can get. But truly pure water is distilled water – which contains no impurities and germs. Is this the only water worth drinking?

It would be, if the only property of water that makes it good for your body is purity.

That's not the case however. Water can contain useful minerals which are good for your body, such as calcium. It also possesses alkaline or acidic properties, which have an impact on your body when you drink it.

What's more, the molecular cluster sizes of the water you drink can make the difference between easier absorption – or not.

Alkaline water ionisers promise to provide you water that is better than pure distilled, by addressing these points, to provide the following benefits.



Benefits of Alkaline Ionized Water for mum-to-be :

- Helps prevent water retention
- Ionized Calcium (Ca²⁺) builds strong bones
- Neutralization of extra acidic wastes from the foetus
- Smaller cluster water hydrates and distributes nutrients efficiently to baby

Benefits of Alkaline Ionized Water for Baby:

- Antioxidants boosts immune system
- Ionized Calcium (Ca²⁺) builds strong bones and teeth
- Dissolves milk powder better due to smaller water cluster
- Nutrients are absorbed more efficiently into the body

Uses of Acidic Water for Baby:

- Restore skin's natural pH
 - Relieves skin allergy, nappy rash, sensitive skin etc
 - Chlorine-free, gentle to baby skin
 - Sterilize milk bottles, baby toys, clothes etc.
 - Excellent relief for mosquito bites
- Well how do these machines work? Why would alkaline ionized water have these benefits?

The alkaline property

Breast milk is naturally alkaline, as all milks are. Since the natural pH level of the body's fluids are alkaline as well, it makes sense to drink water that is already alkaline. While the body has sophisticated mechanisms to adapt the pH level of the water you drink to what it needs, it

does not have to work nearly as hard if you are already supplying it with the right pH level water.

Also, babies and young children are particularly vulnerable to the pH levels of their foods and drinks. Acidic foods and drinks are harder on their tiny body's alkaline buffers, and may prove unpleasant to their palate as well.

The cluster size property

Water which is alkalized by the process of ionization has a reduced molecular cluster size. This allows water to be more easily delivered to the body cells and utilized in body chemistry. What's more, it also enables water to be passed faster through the body's cleansing systems, reducing bloat.

The calcium level property

Certain brands of alkaline water ionisers bind calcium nanoparticles to the water ions, through the charging action of the electrolyzing plates. This allows calcium to be carried along with your drinking water. In turn, the smaller cluster size of ionized water may allow the calcium to be more effectively delivered to where it is needed.

The redox (antioxidant) potential property

Water that is reduced (ionized) has higher antioxidant properties, allowing its molecules to bind with free-radicals and reducing the oxidative stress from these marauding oxygen molecules.

What's more, most alkaline water ionisers also produce acidic water, which has germ-killing properties.

So you see, water isn't just water. **LWB**