

8 Benefits to Drinking Alkaline Water...

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A growing health trend has led people to give up sodas and unhealthy drinks and taking up alkaline drinks instead. Alkalized water has been shown to boost your metabolism, reduce acid in your bloodstream, and help your body absorb nutrients more quickly, along with many other benefits. It is rich in potassium, folate, Vitamin B6 and thiamin as well as approved amounts of magnesium, calcium, phosphorous and vitamins A and E. Alkaline water is also a great way to get your recommended amount of water intake in a given day.

Best of all, you can alkalize your own water at home with little to no additional cost. Lemon water, for example, is a fast and delicious way to cut down on the acid in your body. Simply squeeze half a lemon into a big bottle of cool water. This easy way of alkalizing water goes a long way into cutting down acidity in your body. There are many benefits to introducing alkaline drinks into your lifestyle. We have compiled a short list showing the biggest advantages to throwing out the sugar and caffeine beverages and switching to alkaline drinks...

1. **Immune Boosting:** your immune system can get weakened by the acidic property of everyday foods. Lemon is an excellent and rich source of vitamin C, an essential nutrient that protects the body against immune system deficiencies.
2. **Fights Aging & Free Radical Formation:** The Vitamin-C in lemons and the alkaline properties they possess can rid the body of Free Radicals. These unpredictable elements can cause a lot of inflammation or painful swelling in the body.
3. **Arthritis:** vitamin C rich foods have been shown to provide humans with protection against inflammatory polyarthritis, a form of rheumatoid arthritis involving two or more joints.
4. **Anti-Biotic:** There are flavonoids in limes and lemons called glycosides which have antibiotic effects. Glycosides have been shown to prevent the growth and multiplication of pathogenic bacteria that cause infections and diseases.
5. **Anti-Cancer:** While research trials are still underway, there is a strong belief in the medical and alternative medicine community that certain compounds in citrus foods called limonoids can help fight cancers of the mouth, skin, lung, breast, stomach and colon.
6. **Detoxifying:** Many people swear by the detoxifying qualities of lemons. Taking lemon juice or lemon water in the morning flushes out toxins built up and processed for removal during your sleep. In fact, alkaline water is better than regular water for detoxifying your body.
7. **Anti-Inflammatory:** As mentioned earlier, citrus has anti-inflammatory characteristics and can help with reducing pain and inflammation in joints and knees as it dissolves uric acid. Citrus has also been a relief for people with gout.
8. **Eye Health:** the vitamins and carotenoids in lemons help prevent macular degeneration. Therefore, they play a direct role in maintaining the health of your eyes and your eyesight.

This Alkaline lifestyle involves eating mainly alkaline foods in order to keep the body's pH between 7.35 and 7.45. The ultimate aim is to eat 80 per cent alkaline foods and 20 per cent

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acidic foods. A large part of this diet is cutting down on sugary acidic drinks and introducing alkalized water into your lifestyle. This long-term practice will have a direct effect on your overall health and fitness. Dr. Don Colbert.

PS: from FactorReady.com. Dr. Don Colbert is the author, ““Let Food Be Your Medicine,” and Divine Health brand products. Visit his web site is drcolbert.com. Other ways to increase body tissue pH can include adding of alkaline pH drops to drinking water, or even 1/2 tsp. of baking soda per 1 gallon of filtered tap water. Consumption of bragg.com brand all natural apple cider vinegar will also raise pH, with 1-2 tsp. in 8 oz. of filtered water taken 3 times daily suggested.. Water filters from seychelle.com can serve to raise tap water pH too, as well as filter the water. A great solution is a Water Ionizer such as the popular Emco Tech models at royalwater.com. Many health proponents advocate a good water ionizer for overall good health, including Robert Wright, author of “Killing Cancer-Not People.” at americanaci.org. In fact, an ionizer is his number one natural product recommendation for most cancer patients. He also advises that “alkaline water is not ionized water, but ionized water is alkaline water. The Ionized water is steeped in science with its high, low negative ORP (oxidation reduction potential), ultra high alkalinity, and hydrating micro-clustering.” Therefore, Ionizers produce more positive effects than just alkalizing the water. (Note: Mr. Wright personally recommends the kangen.com brand of quality water ionizers).

Additional pH Notes: Cancer is reportedly very acidic and does not survive well or flourish in alkaline (7.26 levels and above) and oxygen environments. Ranges involve a 7.0 neutral pH level, with 0-6 being acidic, and 8-14 readings being the alkaline side. Body pH (Potential Hydrogen) can be measured by inexpensive test strips available at most health stores and pharmacies. Follow any supplied instructions. Sample body fluid (saliva or urine) is generally applied to the strips and resulting color is compared to a color chart to determine current pH level. Readings of 7.30 or slightly above are usual recommendation for optimal health. For testing drinking water, pH test meters are available or pH test reagent drops placed in a water sample for a color applicable reading. Most community supplied tap water is approx. 7.0 on the scale. Note: there is a 10 fold increase between a 7.0 to 8.0 reading, or a 10 fold drop between 7.0 and 6.0 readings, etc. So remember the saying, “When the Fish is Sick-Change the Water!” This applies to us as well as the gold fish :-). You can find and print a free pH Food Chart at phmiracleliving.com (under Resources tab/pH food chart). Also see our web site at FactorReady.com for updated Health & Emergency Tips & Resources (see the Health tab main article and pdf articles under Downloads in the Health Tips folder). Stay Well, Stay Prepared, and Stay Prayed Up!

Usage Tip: Lemon excerpt notes per Dr. Josh Axe (DrAxe.com). Lemon Essential Oil is one of his top recommended (5 most popular use) EOs. The oil is derived from cold pressed lemon peels, not the fruit itself, and contains d-limonene, a cancer-fighting antioxidant. If organic lemons not readily available in your area, and for consumption convenience, just put 2 drops of any brand therapeutic grade organic and pure lemon essential oil in 6-8 oz. of filtered water and drink daily (it even helps fight candida).