

WHY ALKALIZED ALKALINE WATER?

Fact: The pH level (acid - alkaline measurement) of our internal fluids affects every cell in our bodies. Extended acid imbalances of any kind can overwhelm your body. Just as the body regulates its temperature in a rigid manner, so will it manage to preserve a very narrow pH range - especially in the blood. As a matter of fact, the body will go to such great lengths to maintain a blood pH of 7.365 that it will even create stress on other tissues or body systems to do so. Chronic acidification will interrupt all cellular activities and functions and interferes with life itself.

When the pH of the body gets out of balance (too acidic), we may experience low energy, fatigue, excess weight, poor digestion, aches and pains, and even more serious disorders. The body becomes imbalanced and overly acidic primarily as a result of three things:

- **Acidic Diet**
- **Toxicity & Microform Overgrowth**
- **Improper Elimination & Neutralization of Acid**

There are 2 types of alkaline water: Alkaline water which has been chemically induced.
& Alkalized or alkaline water which has been electrically induced.

True alkalized alkaline water has three properties to it: - ORP, Alkalinity, Micro-Clustering

Alkaline water has synthetic minerals in the water (minerals that are put into the water by drops or powder) and has no negative charge to it, which means it is not micro-clustered. Thus, the water molecules will be too large to hydrate the cell properly and this type of alkaline water will not be able to flush out all of the acid build up within your cells. Alkalized water has ionic minerals that are bonded to each OH⁻ ion which makes one of the best sources of antioxidants you can put into your body to maintain a healthy immune system. You must understand that not all alkaline waters are the same.

The process of restoring pH balance begins with proper diet and nutrition. This includes eating alkalizing foods (vegetables, low sugar fruits, etc.), super hydration (drinking plenty of ionic, structured, and proper supplementation. **Proper pH balance is much like the balance of light.** Clear, bright, white light comes from a perfect balance of every color in the spectrum. If there is any imbalance in the spectrum of colors, the light will no longer be clear. In the same way, pH Balance is achieved by the synergy between each and every element and nutrient that the body needs. No single element can bring the body into balance, but when the body has all of the raw materials it needs to function and an optimal inner environment, balance is realized. A body in balance is full of vitality, functions properly, and operates optimally. Mental clarity, healthy glowing skin, and a leaner physique will be some of the signs of this balance.

All deficiency disease is the result of pH imbalance and a lack of nutrients, minerals, amino acids or essential fatty acids. When you lack any of the essential nutrients or have toxins enter your system, you are beginning the process of acidosis and breaking down at a cellular level. In other words, your body's pH balance is disrupted, causing the body to form the perfect environment for the development of disorders such as arthritis, weight gain, fibromyalgia, chronic fatigue, yeast infestations, constipation, spastic colon, Crohn's disease, gout, acid reflux, kidney stones, diabetes, heart disease and cancer.

Body pH balance can be easily tested using a pH strip to test your saliva and urine. The body pH balance scale reads from 1, which is acidic, to 10, which is alkaline. The ideal body pH balance should fall between 6.8 and 7.5. Anything below 6.8 should be of concern and anyone who tests at 4.5 or below may have a serious existing health condition. When urine tests over 9.0 the body is so acidic that it must produce excess ammonia to protect the kidneys as any super acidity for a prolonged period of time will destroy the kidneys. Ammonia is extremely alkaline and is produced by the body to offset the acid that will strip out the lining of the kidneys.

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Xpert Nutrition
3825 S. Roxboro St.
Durham, NC 27713
(919) 484-1290

www.Facebook.com/XpertNutritionDurham
www.Facebook.com/XpertNutritionRaleigh
www.Instagram.com/xpertonutrition
www.Twitter.com/Xpert_Nutrition

Xpert Nutrition
6325 Falls of Neuse Rd.
Raleigh, NC 27615
(919) 872-1862