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Moms, Babes and Alkaline Ionized Water



E. Jean Perrins asked:

Studies in Japan show that pregnant women that drink alkaline, ionized water have brighter, more alert babies that develop well and have strong immune systems.

Pregnant women who drink this type of water have fewer complications during pregnancy and childbirth. This special water helps balance the hormones that often cause depression after childbirth. Alkalizing the body with this water relieves the bloating that women often feel after childbirth and helps the lower abdomen and genital area heal faster.

The pounds you put on while you are pregnant tend to come off quicker by drinking alkaline, ionized water. Children at age 3 can start drinking alkaline, ionized water. It keeps their immune system strong, helps prevent dehydration because of the smaller cluster size, helps build strong bones and teeth, helps keep their body from becoming acidic, helps prevent overeating and excess weight gain, in addition to many other advantages.

Alkaline, ionized water helps keep the mouth closer to alkaline to prevent tartar build up and tooth decay. When people drink alkaline, ionized water, they tend to crave healthier food choices like green stuff, salads and raw fruits and vegetables. Their bodies also crave more of this healthy water. The acidic run off from an ionizer machine is excellent for skin, body and diaper rashes, jock itch, foot fungus, eczema and psoriasis.

Slightly acidic water has a pH of 6.0-4.0. It's terrific to use for gentle cleaning and beauty care. Use this water to cleanse your face and hair. You can also use it in the rinse cycle of your laundry. In addition, it's great for washing glass surfaces and removing dirt from hardwood floors because it never leaves any kind of sticky residue, which is often the case when using commercial chemical cleaners.

Strong acidic water has a pH of 2.7 or lower and makes for an incredible disinfectant. In fact, in 2002, in accordance with the Food Hygiene Law, it was even approved for the use of disinfecting food products. Use Strong acidic water to sanitize kitchen utensils, countertops, etc. to keep areas safe and free of germs. Imagine never having to buy bottled water or household cleaners again!

Boundless energy just seems to happen to people who drink alkaline, ionized water. Sleep like a baby when your body pH is in balance.

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