

Living Water

KILLING CANCER – NOT PEOPLE

CHAPTER SIX

“Step Three of the Cancer Diet: Restructured, Ionized Water Could Save Your Life”

“Water treated by electrolysis to increase its reduction potential is the best solution to the problem of providing a safe source of free electrons to block oxidation of normal tissue by free oxygen radicals.”

Dr. Hidemitsu Hayashi, M.D.
Director, Water Institute of Japan

I undertook a study of water, off and on, for about four months. I am now slightly less confused than when I started. Wait, that is an overstatement. I know a lot more than I used to and, more importantly, I am aware of the real importance of this life-sustaining fluid – especially in its “ionized” form.

Water is an enigma to many – make that most – people. They know they need it, but they don’t seem to know why or in what form. I’d like to have a dime for every time I’ve heard that “water is water.” Well, I can assure you that while it may all look the same, it is definitely – and conclusively – not all the same. And here’s what I mean.

Water out of the tap is not the same as bottled water. Water flowing down a stream from a glacier is different from Mississippi River water. Everglades swamp water differs greatly from that in the Great Salt Lake. You get the picture. We have difficulty discerning, however, the quality, structure and properties of the water we drink and pay no mind to its purity, hydrating effectiveness, mineral content or electrical characteristics (what’s that?). Nor do we seem to know why these elemental attributes are important.

Book after book, study after study, and paper after paper have been produced about water. The Internet is a virtual library on water. While you can continuously study this never-ending volume of H₂O paraphernalia, you will probably wind up confused and come to the prevailing (and cop-out) conclusion that “water is water”, but you would be missing one of the simplest and most valuable ingredients to good health.

Most of us know that the body is about 70% water, we should drink eight glasses a day, humans can go for weeks without food but only three to four days without water, etc., etc. What we don’t know – or fail to realize – is that most water is acidic, much of it is “dead” (no minerals), tap water is full of poisons (chlorine and fluoride), it struggles to hydrate our cells, and contains oxidants

rather than antioxidants.

Let's break it down. We've already discussed the importance of the acid/alkaline problem with cancer patients. Most humans are acid, which promotes disease. Remember the pH scale. The letters pH stand for "potential of hydrogen" or "per hydrogen" which just equates to the amount of hydrogen atoms (H^+ acidic) and/or hydroxide ions (OH^- alkaline) within a substance. So a pH of 8 would mean many times more hydroxide atoms (alkaline) than a pH of 6 (actually, 100 times more). This is important for two reasons. First of all, water with a pH of 8 would have a tendency to alkalinize us while that of 6 would acidify our bodies. Secondly, hydrogen is essential to fuel us and to heal us.

Water has electrical energy that can be measured in millivolts (no, you won't be electrocuted), and that capacity for electrical charge can be positive or negative and lost or gained over time. What is imperative to understand here is that positively charged hydrogen atoms or ions (H^+) make water acidic, while a hydrogen atom that bonds with an oxygen atom produces a negatively charged (OH^-) molecule of water that is alkaline. The science goes way beyond what we care to pursue, but this is what you need to know.

The positive or negative characteristics of water are called the Oxidation Reduction Potential (ORP) because of their ability to promote or neutralize free radicals in the body. Acid and alkaline are always at war within us and, because we constantly overload our systems with acid food and drinks (the H^+ positive hydrogen ions) – acid usually wins and our bodies become acidic over time (read cancer). Conversely, if we concentrate on eating foods and drinking water with negative hydroxyl ions (OH^-), we increase the negative charge or negative Oxidation Reduction Potential. These OH^- ions then bind to the H^+ (acidic) ions to neutralize the free radicals that cause the "rusting" or "rotting" of the human internal terrain.

Increasing the alkalinity leads to decreasing the oxidation. The effects of free radicals or oxidation of the cells can be better described as hepatitis, cirrhosis and cancer in the liver; pancreatitis, diabetes and cancer in the pancreas; and nephritis, nephrosis and cancer in the kidneys. While all are bad, do you see the common denominator to all of these? Yes, it's cancer.

So ionized water increases our alkalinity and uses its negative oxidation reduction potential (ORP) to neutralize free radicals. There is one more important aspect that can be attributed to negatively charged, reduced water – low microclustering of the water molecules. This is a hot topic. There seems to be somewhat of a split school of thought within the scientific community on this subject. Many researchers believe that water is dynamic and can have no stable, low microcluster capability. An equal number believe the opposite and offer proof through studies using nuclear magnetic resonance testing that show that the electrolysis process reduces clustering of water molecules from 10-20 (or more) per cluster for regular tap water down to 5-6 for ionized water. This process reduces the surface tension of the water and allows for solubility and cell permeability.

And what did my Great Hekawi Grandmother say about the proof being in the pudding? So I had to put it to the test. Water has a half-life of 5-10 minutes in the stomach depending on how much you drink, how fast, and how cold it is. This means that the water (needing no digestion) has a 50%

chance of having left the stomach completely within that period of time. Believe me, for good quality ionized water this is true and, like Elvis, it has left the building (stomach) within that time frame. It works for me and with all users with whom I have spoken. From experience you know that if you guzzle 12-16 ounces of any liquid you can feel it “sloshing” around down there for quite some time. On the other hand – and because of its low microclustering character – you can literally jump on a trampoline 5 minutes after consuming an equal amount of ionized water and feel no discomfort. And that’s because it has already been transported out of the stomach and is working its way into the cells. And I’ve heard that exact story from many who have tried it. There’s the empirical or “life” (not clinical) evidence.

Because of its low microclustering capability, its strong alkalinity and, most importantly, the low negative ORP and free radical scavenging capability, I believe that ionized water is a mandatory, baseline “treatment” for those with cancer.

Many people ask about distilled and reverse osmosis water. I simply tell them that they are acidic with all (or most of) the nutrients (minerals) removed. Sure, it’s pure. But at what cost? Water without minerals will scavenge them from your bones and everywhere else in your body as it moves through you. Water has an inherent need for minerals and, if it doesn’t have them, it will go find and take them. The stream running down the mountain picks up minerals from the rocks, earth and sand that it travels over. Don’t let it happen to you. Bag the distilled and RO water, the tap water, and bottled water, as well. Almost all water that is sold in a plastic container is acid and was bottled, on average, three years prior to your purchase! Gee, I wonder where it’s been?

Since your body is over 70% water, doesn’t it make sense to put the best water possible into it? I think so, especially if you have cancer. And you’ll feel the difference.

There are many different machines out there that produce ionized water. I have researched them – and you should too. The technology is pretty much the same across the board with this equipment, with slight differences, but the quality varies widely.

Operation is generally quite simple and the electrolysis process is straightforward. With most machines, after installing a provided splitter on the tap, with the flip of a small lever, water is diverted through a hose and into the machine where it is filtered. The chlorine and contaminants exit here. The water then enters the electrolysis chamber where it passes over, around and between titanium plates that are platinum coated or plated. These serve as the electrodes (electrical conductors). The minerals in the water are “ionized” which, basically, restructures the liquid into its alkaline (OH-) and acid (H+) components. The water then flows out of the machine via two different ports; one for the acid water and one for the alkaline. Fluoride is an acid molecule so it passes out the acid port and down the drain. Since the water molecule is fundamentally “split” at this point, the chambers shunt the lower pH fluid through a smaller hose and the high pH liquid through the main, upper hose. Settings on the equipment (most brands) will allow the user to produce alkaline water to about 10.0 pH and acid water to about 4 or 5 pH. A few go as high as 11.5 pH and as low as 2.5 pH.

But you wouldn’t drink 2.5 pH or 11.5 pH water, would you? The answer is normally “no” you wouldn’t. It appears that Americans have no fear of consuming 2.5 pH soda pop, however. The

equipment that produces these pH extremes does so for specific reasons. Most people don't know that when water gets below about 2.6 pH it kills most bacteria and pathogens known to man. This makes it ideal for open wounds, burns, and infections. In addition, 11.5 pH water is an emulsifier and will remove oils and pesticides from fruits and vegetables. I soak all my produce in 11.5 pH water for 5-10 minutes before storing or eating. When I take them out of this very high alkaline liquid, the water is actually yellow – reflecting the chemicals and pesticides that have been removed. It also will extend the “shelf life” of your produce to at least twice its normal refrigerator existence. And, since its high alkalinity draws out acids, many with arthritis and gout, muscle soreness or tissue injuries, utilize the 11.5 pH water to soak in to “pull out” acids associated with inflammation, injury and pain. Yes, I've seen it work.

Usually, drinkable water falls in the 7.0-9.5 pH range. Most who set out on the ionized water journey start at 8.5 and work up to 9.5. This allows for a build up to higher alkalinity in the body that can bring on a “healing process” known as a Herxheimer reaction. It is actually a good thing and demonstrates that the alkaline water is challenging the body's disease-causing acidosis. Depending on the severity of one's sickness or degree of acidity, this “reaction” should be relatively short-lived. Symptoms can be lethargy, tiredness, headaches, slight nausea, etc. If this reaction gets too severe, one should back off of the pH (read reduce) but INCREASE the volume of water ingested. As a result, the body will flush the toxins that have been “stirred up”, while reducing (slightly) the pH will slow the stimulation of these internal poisons.

We spoke of the Hunza people in a previous chapter regarding the nitrilosides in their food, namely apricot kernels. The Hunza have the longest lifespan in the world, routinely living to over 120 years old. Yes, they have a nutrient-rich diet that is devoid of all the crap and processed food that we ingest. But they also drink water from pristine glacial streams. The structure of ionized water is similar to that of “Hunza” water. Dr. Henri Coanda and Dr. Patrick Flanagan (and others) discovered that this glacial water had a very high natural mineral content, a high alkaline pH, and a load of active hydrogen with that very important negative oxidation reduction potential (ORP). Can we make the connection?

The technology that has become alkaline, ionized water was birthed in Russia back in the 1950's. About 36 years ago the Japanese grabbed hold of the technology and perfected it. During the past three and a half decades it has gone through many phases, much research, and endless testing. Restructured ionized water, produced by electrolysis machines, has become a proven and accepted methodology in that country and drinking this substance is a way of life for the Japanese. It should also be so in America but, unfortunately, it's not. As a matter of fact, one Company's line of ionizers is now officially classified and certified as a medical device in Japan. And this is the company that I endorse and, as always, I must tell you that I receive nothing for saying so.

I informed you earlier that I spent about four months investigating both ionized water and the equipment that produces it. Within the past ten minutes, you should have developed a sufficient, working knowledge about this water, its efficacy, and importance for cancer patients. During the course of this water quest, I also reviewed the multitude of companies that produce ionizing equipment and their individual electrolysis technologies and “water reducing” machines. What I discovered is that there is a very wide range of quality and price among the many manufacturers. You can literally buy an ionizer for as little as \$600 or as much as \$6,000. You could also purchase

a plastic bottle with a mineral filter that, in my opinion, will not get you anywhere you need to go – as we have previously discussed.

In the field of ionization and electrolysis, it became very evident to me that you really get what you pay for. While there are many machines that will give you excellent alkaline water and some that will provide a relatively high-negative ORP, there are many others that won't do so and some for not very long. You must decide what works for you, what you can afford, and which technology or equipment makes you the most comfortable. I made my choice based upon quality (actual, not perceived), longevity, and the “studied proof” of its ionized water and overwhelming support from literally thousands of users via their life-changing testimonies. And, no, I didn't just read about these – I have actually talked to the people, heard their stories, and viewed their results first hand. Their experiences were truly life changing.

Do your own homework – get what you feel is best for you. In a moment, I will tell you what I chose. Prior to that, though, let's listen to what some of the experts say about alkaline, ionized water, and their reasons for why you should drink it.

Dr. Ray Kurzweil and Dr. Terry Grossman, authors of “Fantastic Voyage: Live Long Enough to Live Forever” state that: “Consuming the right type of water is vital to detoxifying the body's acidic waste products and is one of the most powerful health treatments available. We recommend that you drink 8-10 glasses per day of this alkaline water. It is one of the simplest and most powerful things that you can do to combat a wide range of disease processes.”

The author of “The pH Miracle”, Dr. Robert Young, says that “To maintain or restore your body's natural pH balance for optimal health, drink restructured, ionized water which is rich in anti-oxidants and alkaline minerals. Ionized water helps reverse the effects of acid accumulation in the body, the root cause of degenerative diseases and aging.”

Dr. Gabriel Cousins, author of “Conscious Eating” says it simply: “Water ionization could be one of the most important health breakthroughs in our era.”

“Alkaline water produced by a water ionizer has become the most important advancement in health care since Sir Alexander Fleming's discovery of penicillin.” This quote (and a stunning one, at that) was voiced by “Cancer Cure” author, Dr. William Kelly.

Dr. Theodore Baroody, D.C., N.D., Ph.D. Nutrition, and author of the classic book “Alkalize or Die”, provides his opinion on this elixir of life:

“After years of very positive continuous clinical experiments that I am conducting with hundreds of clients using electronically restructured, alkaline water, it is my opinion that this technology will change the way in which all health providers and the public will approach their health in the coming years. My suggestion is to drink restructured, alkaline water whenever possible.”

The following statements all came from the detoxifynow.com website:

“Ionized water has millions of hydroxyl ions per glass. No other water has this incredible benefit.

Hydroxyl ions ‘neutralize’ cancer causing and destructive free radicals in the body.”

“Ionized water is thousands of times more healthful to your body than any other water. And the proof ‘is in the pudding’ so to speak. Everyone who drinks ionized water, either in its natural state as glacier milk, or from a properly built and functioning water ionizer, lives in a state of health light years beyond those that don’t.”

“One glass of Ionized water can hydrate your body better than gallons of any other water.”

“Ionized water alkalizes your body better than the only other method (eating a 100% organic and raw vegetarian diet).”

“Cancer, obesity, high blood pressure, diabetes, arthritis, kidney/renal disease, cardio-vascular disease, ad infinitum, are all slowed, stopped, and in most circumstances reversed when drinking ionized water.”

“Ionized water can flush toxins and poisons out of your body better and with considerably less negative effects than any other detox program/protocol.”

This last statement has been verified in spades by Dr. Hiromi Shinya, the co-developer of the colonoscopy and a life-saving medical tool used for the endoscopic treatment that removes polyps in the colon. His technique for removing these growths, called the “Shinya Method”, is widely utilized in colonoscopies today. Dr. Shinya has performed more than 370,000 of these medical tests and over 140,000 polypectomies and is a staunch supporter of ionized water, mainly because he has seen its results in the descending colon. The video evidence, both before and after the usage of ionized water, is stunning. You can view these videos yourself by entering the good Doctor’s name into your search engine – hopefully, after you’re done eating. Dr. Shinya puts all of his patients on a high alkaline diet with a minimum of one gallon of ionized water (depending on body size) per day. All of the cancer patients that he and his team have treated have a ZERO recurrence of ANY kind of cancer. In his book he states flatly that if people would follow his recommended lifestyle – there would be no cancer at all.

If I were looking for an electrolysis unit today, I would choose the SD501 made by the Enagic Company. I have explained most of my reasoning for this decision in earlier comments. The versatile, multi-function SD501 is rather expensive at just under \$4,000, but worth every penny and is simply the “Rolls Royce” of water ionizers. Other equally impressive units from this company range in price from \$1,300 to \$6,000 (commercial). The water that they produce is referred to as “Kangen Water”™, which is a registered trademark of the Enagic Corporation. No other company’s ionized water can legally be called by this name. They were the first, having been in business for over 30 years, and have been the unquestioned leader of this industry since their first unit was built. Most of their equipment will last for yours or my lifetime and, if we outlive it, they will recondition it for a small fee.

The fact is that I only want to buy one ionizer, I want it to be durable, and to always produce the high alkaline, negative ORP, low microclustered water that my body really “thirsts” for. For all of my requirements, including the 2.5 acid water feature and the 11.5 super alkaline water capability,

only Enagic fit the bill. Some may disagree with me – that's O.K. Establish your own criteria and find the one that works best for you. Although the Enagic unit is a little pricey, it is more than worth it for what you get – and it might just save your life. Remembering that a single day in the hospital for a cancer patient now far exceeds \$6,000, this could be a real bargain. I don't believe mine will ever expire and I plan on living a lot more years. It will still probably outlive me – that's how good I believe it is.

Whatever your choice, find a way to get good quality, highly alkaline, negative ORP, low microclustered, ionized water into your body as rapidly as you possibly can – especially if you have cancer. Do not drink a lot when you take medications as it makes them more potent. Take only a small amount with your meds and allow 30 minutes or so on either side of this for consuming larger quantities. Also, stop drinking about 20 minutes before you eat and wait for at least an hour after meals to resume.

Checkout the Enagic USA corporate website at www.enagic.com and review the technology and equipment. You can find out how to acquire a water ionizer through this site or by calling their home office in Torrance, California, at 866-261-9500 or 310-542-7700.

If you choose to go another route for ionized water, please research thoroughly and choose wisely. You'll be glad you did. Giddiyup!

I have no financial interest in the Enagic Company nor do I receive any remuneration for my recommendations.

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