

WATER

AN ESSENTIAL MEDIUM FOR ATTAINING LIFE BALANCE

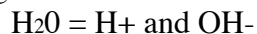
by Seymour Koblin

Since 1978 when I began studying Tai Chi, Shiatsu, Macrobiotics, Ayurveda, Native American, and other traditional health approaches, I learned the common link they all share; Vital Health is an expression of our ability to manage the extremes of our lives~ Movement/Rest, Hot/Cold, Expansion/Contraction, Happy/Sad, Light/Dark, Hard/Soft, Positive/Negative... Yin/Yang. Our manifestation of either dis-ease or vitality stems from our ability to adapt to our surroundings.

An essential pair of polar extremes that is generally overlooked in our quest for improving health is the *ACID/ ALKALINE BALANCE OF THE WATER WE CONSUME*. Water makes up 70% of our body content and is second only to air (oxygen), as our most vital nutrient. Of equal importance is water's role in cleansing the body of wastes. The "pH+" (term for measuring fluid acidity or alkalinity) of the water we consume is an essential factor in maintaining optimal health.

ACID AND ALKALINE WATER

Water/H₂O, molecules are composed of H⁺ and OH⁻ ions. (Ionization, the loss or gain of electrons is caused by the angle that holds the H atoms to the O atoms).



When H⁺ and OH⁻ exist in equal concentrations, water/fluid is considered *neutral*.

In a given volume of neutral, room temperature water, the ratio of H⁺(Hydrogen) or OH⁻(Hydroxyl) ions to the total water volume is 1×10^{-7} (.0000001). This state is referred to as pH 7. (At room temperature, 22° C, the sum of the exponents is always -14).

Water/fluid is considered *acid* when the number of H⁺ ions is greater than the number of OH⁻ ions.

For example: at pH 4, H⁺ ions = 1×10^{-4} (.0001) (NOTE: a smaller negative exponent means a larger amount).

To balance the total the number (1×10^{-14}) OH⁻ ions decreases to 1×10^{-10} (.0000000001) (NOTE: a larger negative exponent means a smaller amount).

Water/fluid is considered *alkaline* when the no. of OH⁻ ions is greater than the no. of H⁺ ions. E.g. At pH 8 (1×10^{-8}) Hydrogen ions decrease. (Remember a larger negative exponent means a smaller amount).

When acid minerals are added to water, H⁺ ions *increase* (because hydrogen atoms give away negatively charged electrons to the acid minerals) yielding a more acidic water condition.

Acid-forming minerals are: sulphur (S), phosphorus(P), chlorine(Cl), iodine(I)

When alkaline-forming minerals are added to the water H⁺ ions *decrease* (because the alkaline minerals combine with H⁺, leaving a greater concentration of OH⁻).

Alkaline-forming minerals are: sodium(Na), potassium(K), Calcium(Ca), magnesium(Mg), Iron(Fe)

It is essential for us to maintain an optimal balance of Acid and Alkaline-forming minerals. This balanced concentration of minerals in our blood keeps us healthy.

E.g. Harmful viruses and bacteria cannot proliferate in an alkaline (ph7.4) environment.

| Body Fluids | pH | Fluids | pH |
|--------------------|----------------|-------------------------------|----------------|
| Stomach juice | 1.5 (acid) | Cola | 2.5 (acid) |
| Skin | 4.7 (acid) | Diet Cola | 3.2 (acid) |
| Saliva | 7.1 (alkaline) | Beer | 4.7 (acid) |
| Blood Cell | 7.4 (alkaline) | Rev. Osmosis H ₂ O | 6.8 (acid) |
| Pancreatic juice | 8.8 (alkaline) | Distilled H ₂ O | 7.0 (neutral) |
| | | Filtered Tap H ₂ O | 8.4 (alkaline) |

With the exception of skin moisture and stomach juice, most of our essential fluids are alkaline. **Every movement we make and every food we digest results in the formation of acids that must be removed from the body.** Athletes who exercise too vigorously experience pain or stiffness from *lactic acid* build up. An overly acidic internal condition will eat away at our vital organs e.g. an *ulcer*. That is why, as a protective measure, stomach acids are generally produced only in the presence of food.

Acid waste products from activity or food are eliminated through the fluids of perspiration and urination. Both have an acid pH.

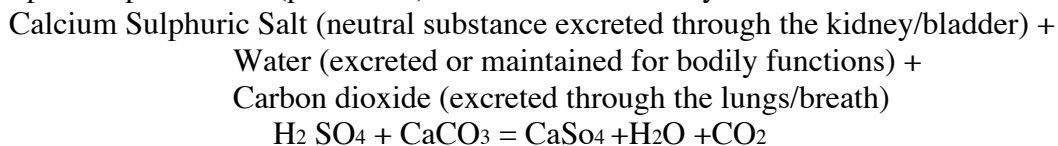
Waste Products

| | |
|--|---|
| Acetic Acid CH ₃ COOH | Ammonia NH ₃ |
| Lactic Acid CH ₃ CHOHCOOH | Uric Acid C ₅ H ₄ N ₄ O ₃ |
| Cholesterol C ₂₇ H ₄₅ OH | Fatty Acid C _n H _{2n} O ₂ |
| Carbonic Acid H ₂ CO ₃ | |
| Sulfuric Acid H ₂ SO ₄ | Phosphoric Acid H ₃ PO ₄ |
| Hydrochloric Acid HCL | |

These highly volatile and corrosive wastes could damage our kidneys and other internal organs unless they are disposed of in a way that is safe for the body. Before excreted they are neutralized by **alkaline mineral-rich** substances like:

- *Sodium Carbonate or Bicarbonate Na₂CO₃, NaHCO₃
 - *Potassium Carbonate K₂CO₃
 - *Magnesium Carbonate MgCO₃
 - *Calcium Carbonate CaCO₃
- } *The minerals in these substances are supplied by ingested liquids, foods, and supplements or are extracted from storage centers in the body like the blood, bones and certain internal organs.

For example: Sulphuric acid (poisonous)+ Calcium carbonate yields:



ALL ACIDIC WASTES ARE NEUTRALIZED IN THE PRESENCE OF ALKALINE FORMING MINERALS. IF THESE MINERALS ARE DEFICIENT IN THE BLOODSTREAM, OUR BODY WILL LEACH THEM FROM THE BONES TO SURVIVE.

The slightest decrease in blood alkalinity (referred to as an acidic condition) promotes the growth of harmful bacteria and viruses. Our blood is similar to the ocean. Ideally, both maintain an alkaline condition that prevents toxic wastes from forming while circulating life-supporting nutrients.

Ingesting foods and liquids that tax our digestive/eliminative systems, exposure to stress and over-exerting ourselves physically create acids. If these acids accumulate, germs proliferate, and in an effort to reestablish health, the body will feel *fatigue, pain, experience cleansing reactions (colds, flu fever, perspiration, breath or body odor, skin discharges, diarrhea, emotional episodes, accumulations (fat, stones, tumors) and eventually nervous system blockages*. All of these are signals and coping mechanisms to assist us to feel better. Medicating and masking these symptoms only drives the acidic wastes deeper into the body. All dis-ease is based on one's ability to eliminate wastes.

WHAT TO DO:

Breathe~ Air (O₂) is our most important nutrient. Without it, we would die in minutes. Breathing is also our most important means of elimination. 70% of all metabolic wastes are eliminated from our breath (CO₂). An exercise program that incorporates deep breathing, stretching, and weight bearing exercise (movements that challenge gravity - walking, climbing, Yoga, Tai Chi) all help to cleanse metabolic wastes while maintaining the calcium content of our bones. The heat derived from exercise opens capillaries and tissues where accumulated acidic wastes have been stored. Alkaline blood flowing to these areas attracts and absorbs these acidic wastes and eliminates them through the breath, perspiration, urination, and bowel movement. For those who cannot exercise, or who are choosing to undergo regular deep cleansing, I recommend the *infrared sauna. Equally important is REST; e.g. Sleep, Meditation, Massage, Relaxation in nature- all clear the body of wastes while creating vitality and life longevity.

Water~ Our body is composed of 70% Water. Drink ALAKLINE water. Water with a pH of 7.4 or greater is essential to maintain the condition of our blood. Even though our stomach juices lower the pH of the water we drink, the net concentration of alkaline forming minerals resulting from drinking alkaline water, combined with the excretion of other alkaline juices (pancreatic juice, bile salts) results in maintaining a mineralized blood alkalinity that supports vital health.

The lower the alkalinity of the water- the lower our necessary mineral content in the blood will be. Water with a pH *greater than* 7.4 and no higher than 10 will promote elimination of accumulated acid wastes. Distilled, reverse osmosis, and many bottled water brands are mineral-deficient and create an overly acidic blood condition. Check the water you are using with a reliable pH test kit. You can get these at pet and pool supply stores. Drinking water with a pH *below* 7.4 contributes to acid build up and leaches

valuable minerals from the blood bones and nails. The effect is a compromised immune system and degenerative dis-ease.

There is a *therapeutic water filter that in addition to purifying, also alkalizes water and ionizes the alkaline minerals in tap water, making these minerals easily accessible by the body. This filter also creates acid water for cleansing the skin and hair.

Food~ A balanced diet composed of a wide variety of organic *whole* grains, seeds, nuts, fruits, vegetables from the land and sea, and small portions of animal food that are free of antibiotics and hormones will minimize acid build up in the body. Note- Foods tested in a laboratory for *alkaline* or *acid* forming qualities do not take into account chewing, water quality used in preparation, preparation styles and the varying digestive/eliminative functions of different individuals. Eat foods that support your vitality and well-being.

Feel~ Feel emotions..... not as words like anger or sadness but as physical sensations that resonate in different places throughout the body. Breathe into the tension, the heat the contraction or pain. These physical sensations are fuel for healing as long as we breathe into them, give them a home....shhh..... listen ... scan your body now... where is the *at tension*? Be with it ... breathe notice what happens... STOP any thoughts ...be... breatheopen to it..... At the grocery store line up ... in the next conflict that raises your shoulders and grips your chest take 10 seconds... shhh... listen....be..... breathe.

Joy~ Follow dreams and choose to live an inspired life- Never let fear influence us to “*settle*” for less than our greatest desires. Let’s make choices that improve Health, Happiness and Harmony in all relationships.

References: Reverse Aging- Sang Wang: Acid Alkaline- Herman Aihara

*AlkalineWater Filtration and Infrared Sauna info callwww.hightechhealth.com 800 794 5355