

# What is alkaline water essay



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Alkaline water, also commonly known as ionized water, is water that has a pH level greater than seven. This water is generally produced with the aid of a faucet-based water ionizer, or “alkalizer” and features a number of health benefits. Making Alkaline Water These are some of the possible sources of alkaline water: \* Lemon (& Lime) Water \* pH Drops \* Alkalising Powder \* Mainstream Water Filters \* Water Distillers \* Reverse Osmosis \* Alkaline Water Ionizers While water ionizers are arguably the most popular source of ionized water, such water can be produced with the aid of a water distiller. A distiller will convert regular water into steam, condense it back into water and, in much the same fashion as a water ionizer, will purge any impurities and get rid of the acid toxins.

If you want to alkalize your water on a budget, you may want to consider adding some ingredients to your regular water. For example, squirting a few drops of lemon or lime juice into a typical glass of water will make it considerably healthier, as said fruits are very alkaline-heavy. Water Ionizers If you're really interested in purchasing a water ionizer, there are several factors to take into consideration before making your selection. First, you'll need to decide whether you'd like a removable ionizer that can easily be attached to or detached from your faucet head or if you'd like a heavy duty ionizer that will be permanently installed beneath your faucet. While the heavy-duty ionizers are generally more effective in purging acid toxins, they tend to come with much steeper price tags. Although they may not be as effective as their permanently-installed counterparts, the detachable faucet head units can conveniently be moved from one of your home's faucets to another, thus eliminating the need to purchase multiple ionizers.

Also, when shopping around for a water ionizer, make a point of looking for a unit that is easy to clean. You will need to clean the device as often as possible in order to keep the water it produces completely pure. If you've been looking for an easy, though highly effective, way of improving your health, look into alkaline water. This water is easy to produce and can offer a number of immediate and long term health benefits. Benefits of Drinking Alkaline Water Many people claim that regularly drinking alkaline water will slow down the aging process, help fight tooth decay and prevent bone loss.

This is because most people eat a highly acidic diet, which subsequently causes their bodies to balance their blood pH levels by taking vital minerals, such as magnesium and calcium, from their bones, tissue and teeth.

Additionally, it is said that regular alkaline water consumption can help prevent diseases associated with the bone and cellular degeneration, such as arthritis, osteoporosis and assorted types of kidney disorders. Alkaline water is also thought to normalize blood flow as a result of normalizing blood pH levels. Furthermore, because of the effective way it penetrates cells, many people say ionized water is better at hydrating your body than regular water. On an aesthetic level, ionized water can prove useful in preventing dry hair and skin.

Diets that include a lot of animal protein can lower urine pH and raise the risk for kidney stones. So eating a diet rich in vegetables, as with an alkaline diet, can raise urine pH and lower the risk for kidney stones, says John Asplin, MD, a kidney specialist who is a fellow of the American Society of Nephrology. Researchers have speculated that an alkaline diet might slow bone loss and muscle waste, increase growth hormone, make certain chronic

diseases less likely, and ease low back pain. However, that hasn't been proven.

“ Clinical studies have proved without a doubt that people who eat more fresh fruits and vegetables and hydrate properly do have lower rates of cancer and other diseases,” Nolan tells WebMD, “ but it probably has nothing to do with blood pH. “