

Why should you drink Alkaline Water from a Water Ionizer?

Everything The Cleansing Diva sells or recommends, she has tested herself, and only makes a product available once she has seen results not just in herself but in others that have tested it on too.



For those looking to reverse health challenges, remove skin irritations, gain more energy, look more youthful, become better hydrated, have better athletic performance, remove toxins from the entire body, plus a whole host of other things, drinking negatively charged, ionized water with a pH of 9.5 is the answer.

The Cleansing Diva has tried many water ionizers and settled with a brand she continues to love, many years after experiencing her first glass of crystal clear, clean, pure alkaline water from a Chanson Water ionizer. Today there are many styles and price ranges and one to fit most budgets, there is even a financing program in place to help people spread the cost. Bottom line, there is no reason not to have one!

To learn more about what ionizers are available through The Cleansing Diva please visit the following page:

<http://www.purelyhealthyme.com/shopping/water-ionizers>

5 reasons why Alkaline Water supports Ultimate Health

1. Ionized Water Is Nature's Antioxidant

Alkaline, ionized water acts as a powerful and natural antioxidant. Because 60% of our body weight consists of water it is important to look at what type of water will benefit you the most. Ionized water through having a negative ORP (see below) and through producing hydroxyl ions helps with oxygen production, neutralizing harmful free radicals, increasing your energy level, correcting your body's acid/alkaline balance, hydrating cells and in general reducing many of the symptoms of aging.

What vitamins A, C and E have in common with ionized water is that they are capable of carrying oxygen with an extra electron attached. These hydroxyl ions in the ionized water seek out and neutralize free radicals. This is very

important since free radicals are what cause damage to our cells and bring about disease and (premature) aging. When the hydroxyl ions as an antioxidant have neutralized the free radicals the result is a body rich in oxygen and energy.

In our modern world oxygen levels are depleted due to stress, environmental pollution, diet and lack of exercise. Oxygen helps to destroy cancer cells, removes waste, carries nutrients and also helps in resisting bacteria and viruses that invade your body.

A high positive ORP (such as found in most bottled and city water) creates oxidation and accelerates the aging process. In comparison, when you drink clean, ionized water you are drinking a powerful and natural antioxidant that renews us at the cellular level.

When water is stored for over a day it becomes "dead". By drinking your oxygen-rich, antioxidant ionized water straight from your alkaline ionizer you gain the most benefit. If you slow the water flow down you will notice that your glass will have hundreds of very small bubbles floating in it. These bubbles are the hydroxyl ions and why your water now carries a negative ORP.

2. Ionized Water is Alkaline Water

Ionized Water helps to balance your body's pH. In general, our bodies are out of balance and have become too acidic. Feeling over-tired, weak, restless, frustrated, stiff, overwhelmed, unfocused or confused are often early warning signs that our bodies are no longer able to cope with their toxic overload.

A body that is too acidic provides the ideal environment for diseases to manifest and thrive in. Our body tries to buffer (or reduce) the effect of this excess acid by taking calcium from the bones, and magnesium needed for heart health. It turns acidic wastes into solids and stores them in fatty tissues resulting in hardening of the arteries and excess weight. It stores crystalline deposits in joints that creates gout, inflammation and stiffness. As our body's communication channels break down, cancerous cells may appear and organs will shrink and degenerate. Because it is very alkaline, ionized water dissolves accumulated acid waste and helps to restore balance. Keeping yourself alkaline is your first line of defense in fighting any disease.

3. Ionized Water is up to 6 times more Hydrating than Conventional Water

Ionized Water is very different from water that has been stored in dams and bottles. For many thousand of years, we have been genetically trained to drink water that has been moving (bouncing over rocks) and which is free from

chemicals. For those of you that have Cats at home, they are always looking for water dripping from a faucet to drink.

Now, we have alkaline water ionizers that bring this lost source to your kitchen sink. With ionized water the size and shape of the water molecule cluster is reduced in size and is changed in shape to hexagonal. This size and shape allows the water molecules to pass through your tissues more easily.

Also when the essential alkalizing minerals are ionized your body will be able to absorb and use them much more efficiently. In comparison, drinking reverse osmosis or distilled water will lead to mineral deficiencies. Using an ionizer and a re-mineralizer will allow the body to absorb alkaline minerals.

4. Ionized Water improves the Taste and Quality of Food

Because ionized water is able to hydrate food better, it is able to draw out its goodness and flavor better. It will also reduce the acidic level.

5. Acidic Ionized Water is great for the skin and the external body.

The skin is naturally an acid organ. People who regularly use acidic water to wash their bodies tend to have a younger looking skin than those who use hard water. Hard water is water that is alkaline usually due to the presence of excess calcium. By applying acidic (soft) ionized water to the skin it will help to clear up excess bacteria (reduce acne and other blemishes) and will work like an astringent to tighten up the skin and remove wrinkles. In Japanese hospitals acidic water is used to help sterilize wounds, treat diabetic ulcers and keep hospitals clear of infectious bacteria and viruses. Acidic ionized water can also be used to reduce inflammation and itchiness caused by insect bites.

What is a Water Ionizer unit?

The water ionizer unit, about the size of a bread maker, is an electronic water filter connected to your kitchen water supply to perform controlled low voltage electrolysis on tap water before you drink it or use it in the kitchen for cooking or cleaning.



A special attachment redirects tap water out of the faucet through a plastic hose into the water ionizer unit. Inside the unit, the water is first filtered through activated charcoal, removing common pollutants found in city water. Then this filtered water passes into a chamber equipped with platinum-coated titanium electrodes. Here is where the electrolysis takes place.

Cations, positive ions, gather at the negative electrodes creating cathodic or reduced water. Anions, negatively charged ions, gather at the positive electrode to make anodic or oxidized water. By this electrolysis process the reduced water not only gains an excess amount of electrons (e-), but the H₂O clusters are reduced in size from about 10 to 13 molecules per cluster to 5 to 6 molecules per cluster.

The reduced ionized water comes out of the faucet, and the oxidized water comes out of a separate hose leading into the sink. You can use the reduced water for drinking or cooking. The oxidation potential of the oxidized water makes it a good sterilizing agent, ideal for washing your hands, cleaning food or kitchen utensils, and treating minor wounds and eczema.

Want more information?

If you would like more information on Chanson water ionizers and the benefits of drinking ionized water, please contact The Cleansing Diva Fiona@purelyhealthyme.com or 1 800 792 0382. She LOVES to answer your questions.

It is an Outstanding Day!



The Cleansing Diva!
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The Cleansing Diva is certified Chanson Dealer.

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