

Frequently Asked Questions about Ionized Water

- [What exactly is Ionized Water?](#)
- [How does the Water Ionizer produce ionized water?](#)
- [Why should I drink Ionized Water?](#)
- [How does Ionized Water taste compared with conventional water?](#)
- [How Long does Ionized Water stay Ionized?](#)
- [Does Ionized Water have any negative effects?](#)
- [Who should drink it?](#)
- [How should I start drinking it?](#)
- [Can it be used commercially?](#)
- [How does Ionized Water effect athletes?](#)
- [Why should I buy a Water Ionizer?](#)

Additional Information about Water Ionizer

- [Why Buy a Water Ionizer](#)
- [The Perfect Water](#)

What exactly is Ionized Water?

Ionization simply means to gain or lose an electron. Water that has been ionized becomes either alkaline or acidic, meaning that the pH has been adjusted up or down.

Alkaline water is full of Hydroxyl ions. This is the water we drink that has many [Health Benefits](#) as described below.

Acidic water is full of Hydrogen ions. This is water that we apply only to the outside of our body. It is also great for plant growth.

How does the Water Ionizer produce ionized water?

Water is run over positive and negative electrodes, which ionizes the water. It is then separated into alkaline and acidic water as it passes through membranes. It accomplishes this by repelling the water now that it has been "charged" into positive and negative ions.

Why should I drink Ionized Water?

There are three main benefits to Ionized Water.

First and foremost, it is a powerful antioxidant. People spend hundreds of dollars a month purchasing antioxidants because they are anti-diseases, anti-aging, anti-cancer, which they accomplish through neutralizing free radicals. Free Radical damage causes us to age and causes disease. Since Ionized Water is a liquid antioxidant, it is easily absorbed into the body which makes it much more effective and a powerful antioxidant.

Once the Ionized Antioxidant in the form of Hydroxyl Ions (oxygen molecule with an extra electron) donates its extra electrons to free radicals (oxygen molecule that is missing one electron) you are left with lots of oxygen. Ionized Water gives you **Energy by providing your body with lots of oxygen!** This is one of the most incredible aspects of Ionized Water!

Secondly, Ionized Water **Balances body pH because it is very alkaline.** Our diet is often extremely acidic. Soft drinks, fast foods & processed foods deposit acid waste in our bodies that builds up over time and creates an ideal environment for diseases of all kinds to thrive. Look at any cancer patient for instance and their bodies are invariably acidic to some degree. This is, of course, true even with children. Chronic soft drink consumers such as children put themselves in grave danger by allowing their bodies to build up acid waste. Many end up with serious diseases at a very young age. Maintaining an alkaline pH (6.9-7.2) helps us to maintain an environment in our bodies that is NOT conducive to disease. It may take years depending on how acidic your body is, but Ionized Water, because of its alkaline properties, will flush acid waste from our bodies.

Ionized Water is meant to work as a preventative measure, however if you are ill with any disease it always helps to stay Alkaline. [Spirulina](#) and [Chlorella](#) are also good for this which in the “**Complete Health System**” found at www.HealthLivingToday.org

Thirdly, **Ionized Water has a different molecular cluster size.** It contains only five to six water molecules instead of the ten to thirteen that conventional water molecule clusters have. It has changed from an irregular shape that is 10-13 molecule to a hexagonal regular shape that is half the size. This smaller or "reduced" water is much more hydrating than conventional water. There are two consequences of this. First, Ionized Water is much more hydrating than conventional water and, second, it is extremely detoxifying.

The detoxification properties of Ionized Water are powerful and astounding. They simply can not be ignored. A Water Ionizer has different levels of intensity because the average person cannot start out drinking strongly ionized Water. This is particularly true of the elderly, who need to start out at the lowest level and work their way up slowly. People who have spent a lifetime building up acid waste in their bodies will suffer headaches and diarrhea if they drink too much too soon.

How does Ionized Water taste compared with conventional water?

A common remark regarding the taste of Ionized Water is that it tastes smoother than conventional water. This is because of the molecule cluster size and shape. Since it is small and regular shaped, it feels smooth because it is. It also does not fill you up and bloat you the way conventional water can do if you drink a lot of it at once.

How Long does Ionized Water stay Ionized?

The Antioxidant (hydroxyl ions) will last approximately 18-24 hours. The Higher pH (alkaline properties) will last approximately 1-2 weeks. The smaller molecule cluster size will last approximately 1-3 months.

Does Ionized Water have any negative effects?

Absolutely none, as long as it is used properly. Only the alkaline water should be consumed. NEVER DRINK THE ACIDIC WATER. We have never seen a single negative effect from Ionized

Water, either alkaline or acidic, as long as it is used properly.

Who should drink it?

Anyone and Everyone, young and old, human or animal. It is beneficial to some degree to nearly everyone and everything it comes in contact with.

How should I start drinking it?

Start out slow at level one, drinking 1-3 glasses per day. If the water agrees with you, increase the amount you drink and the level of Ionization intensity. The stronger, the better, but take your time in building up to the higher levels. The antioxidant is most powerful on the high levels. You will of course experience more energy at the higher levels, but the fresher the ionized Water is, the stronger these properties are. **The detoxification is STRONG and unmistakable.** However, it only lasts a short time.

Can it be used commercially?

Yes, in innumerable ways. In the dairy industry, with Live Stock, healthier, faster growing crops, etc. All this is now being demonstrated, albeit slowly, to these industries. The Alkaline Ionized Water should be fed to the animals. The Acidic Ionized Water will benefit the crops, as well as the livestock in that it will help keep a much lower mortality rates and cleaner environment, keeping in mind the acidic water retards bacteria and bacterial growth. Tests are underway in various industries demonstrating the positive effects of Ionized Water but they are still in their infancy.

How does Ionized Water effect athletes?

In an extremely positive way, as you might expect. Blood oxygen levels will rise varying amounts with regular use of strong Ionized Water. This increases stamina, endurance and provides the muscles tissue and organs with high amounts of oxygen which the human body often lacks, even in athletes because of inadequate diets. If Professional and Amateur sports were to ever discover this, it would eventually become one of the most established benefits to athletes everywhere. That will happen, but acceptance of Ionized Water will take time.

Why should I buy a Water Ionizer?

The Health Benefits of Ionized Water are numerous as stated above. We sell it at our retail location for one dollar per gallon. However, it is best to have it on hand because the fresher it is, the better it is.

To have Acidic Water on hand 24 hours a day is worth the price of the Ionizer alone. Once you have begun to use it and take advantage of its incredible properties, you will know that you have made the right decision to purchase one.

Why Buy a Water Ionizer

Ionized Water is a Powerful Antioxidant. Imagine having the ability to take normal tap water and turn it into an antioxidant with a NEGATIVE ORP (or charge), which retards the aging process. Put simply, a high or rising ORP causes oxidation and therefore aging. **The negative ORP of Ionized Water literally retards the aging process by counteracting this rising ORP.** Ionized Water essentially renews us at a cellular level. This is as close as we can ever hope to get to a Fountain of Youth, as incredible as that may sound.

For instance, real fresh squeezed orange juice has a negative ORP of -250. Although we can only drink a few glasses of fresh orange juice in a day, we *can* drink as much Ionized Water as we wish to a day. Many people drink as much two gallons of Ionized Water per day.

Ionized Water's other Antioxidant property which also provides the body with lots of oxygen.

The other Antioxidant quality of Ionized Water is hydroxyl ions. These are oxygen molecules with an extra electron attached to them as are all antioxidants such as vitamins A, C and E. Hydroxyl ions scavenge for free radicals, which are unstable oxygen molecules that cause damage to us. Once the hydroxyl antioxidant and free radical have canceled each other, the result is that the body is provided with lots of oxygen and therefore lots of energy. Oxygen is one of the most exhausted nutrients in our body because of our diet and the Earth's oxygen-depleted environment today. Oxygen destroys cancer cells as well as bacteria and viruses invading the body. It carries away acid waste from body tissue. It is vital to human health, perhaps our most important nutrient. A glass of strong Ionized Water first thing in the morning naturally helps you to wake up.

To get the full power of Negatively Charged, Antioxidant, Oxygen-Rich Ionized Water, it must be consumed fresh and strong, right out of the tap. Slow the water flow down on the Technos Water Ionizer and the glass you fill will have thousands of tiny bubbles in it. Those are hydroxyl ions, which is the antioxidant and the reason for the Negative ORP. This is because the ORP is the most fragile aspect of Ionized Water lasting only a maximum of 18-24 hours.

Ionized Water is very Alkaline and helps balance the body's pH, which tends to be acidic because of our diet comprised of cooked foods, pasteurized or otherwise processed foods. Soft drinks are the most acid substance a person can put in their body. This acidic condition creates an ideal environment in our body for disease to thrive. **For example, accumulated acid waste in the joints encourages inflammation and arthritis. Because it is very Alkaline, Ionized Water dissolves accumulated acid waste and returns the body to a balance. Keeping ourselves Alkaline is the first line of defense in fighting any disease.**

Ionized Water is up to six times more hydrating than conventional water. Water is one of the most important element in the body, which is over 80% water. Ionized Water is fundamentally different from conventional water. This is because the size and shape of the water molecule cluster has reduced in size and changed in shape to hexagonal, which allows the water cluster to pass through our tissue more easily. **One of the primary causes of disease is chronic cellular dehydration, a condition which leaves the body's cells in a perpetual state of weakness and defense.** One of the major causes of chronic disease is not providing the body with sufficient water. We simply do not drink enough water (at least half our weight in ounces) to keep ourselves properly hydrated and therefore healthy.

Ionized Water is extremely detoxifying. This is also because of the reduced size and shape of the water molecule clusters. Once reduced, these water clusters pass through the body's tissue much easier and push out toxins and acid waste quite effectively. Water Ionizers have several levels of strength so people who are toxic can begin by drinking mild Ionized Water, slowly drinking it stronger as they acclimate to it.

Minerals that are ionized are more bio-available, meaning that the body can absorb them much more efficiently and make use of them where they are needed throughout the body. Water soluble trace minerals of any kind can be added to your water source through the filter on the Technos Water Ionizer. Minerals are some of the most important nutrients the body needs, yet mineral deficiency is common. Ionized Water is an efficient and effective way for the body to get its minerals.

Ionized Water improves the taste of food. Ionized Water hydrates food better, helps bring out its flavor, lowers acid levels of any food including coffee, tea & juice. It ionizes the minerals in the food which helps make them bio-available.

Having Ionized Acid Water on hand is worth the price of a Water Ionizer

Ionized Acid Water is great for the skin. Applying **Ionized Acid Water** regularly works like an astringent to tighten the skin and remove wrinkles, however, there is NO chemical residue. It soothes and helps keep the skin clear of acne and other blemishes.

At its strongest level, **Ionized Acid Water** kills most bacteria on contact. It improves hair and skin conditions of any kind, including fungus, cuts, scrapes, even serious wounds. It takes the itch out of mosquito bites, the sting out of other insect bites.

Ionized Acid Water has been used successfully in treating diabetic ulcers. This is a condition that develops in diabetics where a fester opens in the skin, usually in the legs or feet, which can result in amputation if not promptly treated. These ulcers can become very serious. However, soaking the ulcer in Ionized Acid Water has tremendous healing effects.

Ionized Acid Water promotes substantially healthier plant growth.

The Perfect Water

There are many measurements of water, but the most important for determining the best water to drink are, the pH, oxidative reduction potential, or energy potential, or electron activity, molecular structure and purity.

Currently the best waters to drink are those with a pH of 9 pH or above, an electron activity in the negative millivolts (-150 to -300mV), a redox of 22 or less, a water that is less than 5 molecules per cluster and ideally a monomolecular water, and a pure clean water free of organic matter.