

# Is Alkaline Water the Fountain of Youth?

by Judi Burton

Ever since the 16th century Spanish explorer Ponce De Leon traveled to Florida in search of the Fountain of Youth, the obsession over living longer has grown. Now, there are new machines on the market called ionizers that produce alkaline and antioxidant water, which is being touted as the key to postponing your eventual demise.

“Alkaline” and “antioxidant” have become buzzwords in today’s health world. They are all over juice bottles and cereals. Even wine is given the title of an antioxidant. Let’s break down what those words actually mean. Alkaline and antioxidant water has a pH higher than 7. It is the exact opposite of acidic water, or oxidant water, which has a pH lower than 7. Just to be clear, oxidizing is another word for aging or rusting. Alkaline water has minerals still in the water, as opposed to distilled water, which has been stripped of all its beneficial minerals. The body is 75 percent water, so the theory for alkaline water is to have a pH over 7 in the body, which will supposedly slow the aging process. An acidic body has far more chances of developing cancer than an alkaline body, according to proponents of alkaline water.

The question is does it actually work? According to Mayo Clinic, there is no scientific basis for such claims. Yet some medical professionals such as Dr. Kenneth Orbeck and Dr. Dalal Akoury, of Myrtle Beach, have completely embraced the idea of alkaline water. But others are far more skeptical. Dr. Gabe Mirkin, talk radio doctor and author, states that alkaline water is essentially irrelevant to the body, because all foods that leave the stomach are acidic and all foods that leave your intestine are alkaline. The pH level of



the foods and liquids you ingest impact nothing but the pH level of your urine. Basically, the stomach is so acidic that drinking alkaline water cannot have any meaningful effect.

Yet reports of amazing transformations in the health of elderly people have dumbfounded many who initially opposed the alkaline water theory, but now may have changed their minds. One such person is 72-year-old Raymond Owens, who lives in Georgetown, SC. We sat down with him so he could tell us about his experience with alkaline water.

**NA: How long have you been drinking alkaline water?**

Owens: *Two years.*

**NA: What were your major medical problems before alkaline water?**

Owens: *I was diagnosed with kidney stones, a growth on my liver, aneurysm in my aorta, arthritic symptoms and hypertension.*

**NA: What are your major medical issues now?**

Owens: *I don’t have any. I don’t take any medication. After having tests re-*

*done, all of my issues have apparently disappeared.*

**NA: How often do you drink the alkaline water?**

Owens: *I drink about 3 quarts a day; we are supposed to drink about a half ounce per pound of body weight. I drink three glasses in the morning and two glasses in between meals.*

**NA: Do you only drink it or do you bathe in it, too?**

Owens: *I do have an ionizer for my shower, but it produces an acidity level correct for skin.*

**NA: How do you feel when you stop drinking the alkaline water?**

Owens: *It doesn’t take long to start feeling like you’re losing energy. You just feel different. When you drink the water your joints are lubricated, and you have energy; but when you stop, it goes in the opposite direction.*

**NA: Do you trust bottled water at all?**

Owens: *No. The quality of bottled water varies tremendously. It’s not regulated as much as tap water, and alkaline water is the best you can get.*

**NA: What else is it good for besides fighting disease and slowing the aging process?**

Owens: *You can use the different pH levels on the ionizer for cleaning produce to get rid of pesticides and herbicides and use acidic water to treat skin problems like rashes and psoriasis. Once you establish a pH balance in your body it can affect your weight and adjust it to what your body weight should be.*

Some doctors have attributed cases like Owens’ to the pure fact that he is just drinking so much water that it is helping to cure him, and that the alkaline has nothing to do with. It makes you wonder though. If regular water could cure all of the diseases Owens was facing, then why don’t doctors just prescribe water instead of mountains of medications?

*For more info on alkaline water, call Raymond Owens at 843-833-1773 or go to [RaymondsKangenWater.com](http://RaymondsKangenWater.com). See ad page, 21.*