

# Four Good Reasons to Drink Restructured Ionized Water

# 1

## Increase Hydration

The process of ionization reduces the size of the water molecular cluster by two-thirds. The cluster of water molecules takes on a hexagonal shape when ionized. Smaller, hexagonal water clusters are more able to penetrate the cellular membranes, enhancing tissue repair and waste removal. The amount of hexagonal water produced depends on the surface area of the electrolysis plates and the electrical power devoted to ionization.<sup>11</sup>



## Hexagonal Water

Biological organisms prefer hexagonal water, which is comprised of six molecules of water in a ring-shaped cluster. In nature, it is found in water from melting snow or ice. It can be produced by ionization of water containing certain alkaline minerals like calcium.

## pH

pH is a measure of the acidity or alkalinity of a solution. As the pH scale is logarithmic, it does not start at zero. Thus the most acidic of liquids encountered can have a pH as low as 2.5. Restructured ionized drinking water typically has a pH of 8.5 to 9.5, which is alkaline.

## Free Radicals

Free radicals are atoms or molecules which contain unpaired electrons. Active oxygen is a free radical because it is missing one electron. Free radicals indiscriminately steal electrons from other atoms, converting them into free radicals, which can cause substantial biological damage, leading to aging and illness.

## Oxidation

When the oxygen molecule loses an electron, it becomes a free radical and begins to search for any molecule that might have an extra electron. Oxidation occurs when an electron is taken from a molecule by oxygen. Oxidation is how our bodies age, resulting in wrinkles, degeneration of organs, bones, muscles, tendons and cellular membranes.

## Oxidation-Reduction Potential (ORP)

ORP is a measure of antioxidant power and is measured in millivolts (mV). It measures the presence of free electrons. A negative ORP means that a substance can donate free electrons, making it an antioxidant. A positive ORP means that a substance is taking electrons, making it a free radical or pro-oxidant.

# 2

## Balance Body pH

Ionization raises tap water pH by ionizing or splitting the water molecule (H<sub>2</sub>O) resulting in the ions H<sup>+</sup> (hydrogen with a positive electrical charge), and OH<sup>-</sup> (hydroxyl with a negative electrical charge), as well as ionic alkaline minerals. This abundance of OH<sup>-</sup> ions increases the bicarbonate buffers in the blood, balancing the body and neutralizing and excreting acids and toxins.<sup>16</sup>

# 3

## Increase Blood Oxygenation

Strong, fresh restructured ionized water contains an abundance of hydroxyl ions (OH<sup>-</sup>) which donate free electrons to unstable oxygen free radicals, resulting in stable oxygen molecules. According to experts, drinking restructured ionized water on a regular basis will increase the amount of dissolved oxygen in the blood.<sup>16</sup> Stable oxygen (a nonreactive oxygen molecule with evenly paired electrons – no electrical charge) provides us with mental alertness and is invigorating and energizing to the body.

# 4

## Neutralize Free Radicals

According to Dr. Hidemitsu Hayashi, Director of The Water Institute in Tokyo, Japan, because active oxygen is a free radical and can damage normal tissue, it is essential to remove it or neutralize it before it can cause damage to healthy tissue. "If we can find an effective method to block the oxidation of healthy tissue by active oxygen, then we can attempt to prevent disease," Dr. Hayashi explains.<sup>10</sup>

Restructured ionized water, with an abundance of hydroxyl ions (OH<sup>-</sup>), provides extra electrons that neutralize destructive free radicals circulating throughout the body. Restructured ionized water carries a high negative ORP (Oxidation-Reduction Potential) when it is first produced, making it a potent antioxidant. "When taken internally, the reduced ionized water with its redox potential, or ORP, of -250 to -350 mV readily donates its electrons to oddball oxygen radicals and blocks the interaction of the active oxygen with normal molecules," Dr. Hayashi adds.