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10 Alkaline Water Benefits: Drink Your Way to Better Health

Healthy woman drinking alkaline water for it's benefits

Did you know that drinking alkaline water provides many benefits that may increase your overall health? Alkaline water benefits are not limited to just keeping us healthy, but there are cases reported where it may contribute to the cure of many diseases. Several studies can prove that alkaline water has a positive effect on the body. Here are the top ten health benefits of drinking alkaline water.



1. Alkaline Water Is A Powerful Antioxidant
2. Alkaline Water Effectively Balances The pH Levels Of The Body
3. Alkaline Water Promotes Better Hydration
4. Alkaline Water Benefits – Detox the Body
5. Boost The Immune System
6. Alkaline Water Can Help You Lose Weight
7. Alkaline Water Benefits – Helps Fight Cancer
8. Alkaline Prevents The Development Of Diabetes
9. Alkaline Water Can Help Cure Psoriasis
10. Save Money With An Alkaline Kapsules
- 11 Summary – Alkaline Water Benefits

1. Alkaline Water Is A Powerful Antioxidant

Anti-oxidants help protect our bodies from free radicals that can cause various health problems. Free radicals are groups of atoms that can damage our body by hurting the immune system. When our immune system is compromised, it can lead to infection and different types of diseases ranging from minor illnesses to serious degenerative diseases.

Free radicals come from a variety of sources such as exposure to toxic substances such as pollution, cigarette smoke, and even common household products. The body needs antioxidants to help combat the effect of free radicals in our environment. A great source of anti-oxidants is alkaline water.

In other words, by just by drinking alkaline water, you can help protect your body from many different diseases that can cause serious health issues. In fact, it is reported to be much more effective than most products and capsules available today for the simple reason that alkaline water is in liquid form. This makes it much easier for the body to absorb.

2. Alkaline Water Effectively Balances The pH Levels Of The Body

The body tries to naturally maintain the acid-alkaline balance of your blood. But when your body is overly acidic, your system has to work even harder to keep that balance. That can in turn cause stress in other areas. When your body becomes too acidic, it can interfere with the activity of all the cells in your body.

The average modern diet consisting of fatty meats, cheeses and butter contribute to an overly acidic condition. Smoking, coffee, soft drinks, processed sugar, and alcohol also play key roles. Have you heard the expression, "Too much of a good thing can kill you?" Enjoying too much of these foods will deposit acid waste into our bodies. Diseases thrive where acid levels are high.

Alkaline water helps by neutralizing the acid levels of the body. Although it works best as a preventive measure, those who already have an illness or disease can still drink alkaline water to help speed up their recovery process.

3. Alkaline Water Promotes Better Hydration

Alkaline water has smaller molecular content making it easier for the body to absorb. The body can be hydrated more effectively by drinking alkaline water instead of everyday tap water.

Alkaline water also has various types of naturally ionized minerals that can help the blood circulate more efficiently. This assists in making your body function at optimum levels.

4. Alkaline Water Benefits – Detox the Body

Alkaline Water Benefits Detoxification

A primary benefit of drinking alkaline water is its ability to wash away toxins that may cause your body to develop diseases and illnesses. Drinking plenty of water is a vital element to good health.

Almost every detox diet you read about stresses the importance of drinking lots of water. Of course, eating a healthy diet with lots of fruits and vegetables is also important, but drinking 8 glasses of water or more is a foundation of detoxification.

Many detox programs also recommended purchasing an alkaline water machine or water filter to ensure that water is free of harmful minerals and other impurities. What would be the benefit of drinking eight glasses of contaminated water loaded with bacteria when you are trying to cleanse your system?

5. Boost The Immune System

Keeping our bodies in a more alkaline state will boost the immune system. This is a natural effect of neutralizing the free radicals and helping to cleanse or body of toxins.

Overall, it is proven that regular intake of alkaline water will significantly help improve a person's immune system. The benefits of alkaline water are vital to long-term health.

6. Alkaline Water Can Help You Lose Weight

Weight Loss Road Sign

Alkaline water is very helpful for those who have problems with their weight. Today's diets consist mostly of junk food that significantly increases the acid in the body. As a result, the body creates more fat cells to neutralize the acid. This inevitably results in unwanted weight gain.

Alkaline water naturally neutralizes the acids in the body. In other words, those who drink alkaline water do not need to create more fat cells to neutralize the acid from all the junk food.

Drinking alkaline water significantly helps in weight loss because fat storage is reduced. A body that has a healthy level of alkaline loses weight easier than a body with a high level of acidity.

7. Alkaline Water Benefits – Helps Fight Cancer

In simple terms, cancer cells do not live in an environment with a neutral pH level. Cancer thrives in an acidic environment. The alkaline balance of the body is important to prevent the growth of malignant cells. Everything a person eats contributes to the acidity levels of the body. Alkaline water is useful because it keeps the acid in the body neutral. For a healthy body, a pH level of 8pH should be maintained. Drinking alkaline water can help you maintain those levels.

Alkaline water is also effective in preventing the growth of cancer cells. Therefore, even the healthiest persons should drink alkaline water as a preventive measure before anything potentially malignant develops.

8. Alkaline Prevents The Development Of Diabetes

Dr. Theodore Baroody released a study about alkaline water where he says there is an important relationship between sugar intake and alkaline water. In his book *Alkalize or Die*, Dr. Baroody stated,

“The pancreas is highly dependent on correct alkaline diet. In return, it produces alkaline digestive enzymes and sodium bicarbonate. All aspect of pancreatic function reduces excess acidity.

The pancreas also regulates blood sugar balance which creates energy in the body. Thus, to have proper blood sugar balance, maintain a primarily alkaline-forming diet.”

In Japan, Dr. Keijiro Kuwabara has been treating diabetes using alkaline water for years now. He says that even just a month of drinking alkaline water could significantly help bring down sugar at an undetectable level. All these studies from various parts of the world help prove that bringing down sugar levels is one of the many alkaline water benefits.

9. Alkaline Water Can Help Cure Psoriasis

Psoriasis is a skin disease that has no cure. The symptoms of psoriasis include patches on the face, neck, legs and other affected areas. Silver, flaky skin appears on many parts of the body too. It is a chronic disorder that occurs when the immune system is threatened by healthy skin. The result is a reddish, inflamed appearance.

Alkaline water can be applied to affected areas to help cure psoriasis. It would also help to switch to drinking alkaline water every day instead of drinking regular water. Alkaline water system effectively neutralizes skin to reduce the symptoms of psoriasis.

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