

# Why is Ionized Water Better?

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## Why is Ionized Water Better? Rejuvenation through Ionized Water

### **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 of our cells 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.

For example, real fresh-squeezed orange juice has a negative ORP of -250. So does KYK Harmony water. 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 in a day.

### **Ionized Water Provides the Body with Lots of Oxygen and Lots of Energy :**

**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.**

The other antioxidant quality of ionized water is hydroxyl ions. These are oxygen molecules with an extra electron attached to them as in the case of all antioxidants such as vitamins A, C and E. Hydroxyl ions scavenge for free radicals, which are unstable oxygen molecules that cause damage to the body. Once the hydroxyl antioxidant and free radical have cancelled each other, the body is then provided with lots of oxygen and therefore lots of energy.

Today oxygen is one of the most exhausted nutrients in our body because of our poor diet and the Earth's oxygen-depleted environment. Oxygen destroys cancer cells as well as bacteria and viruses that invade the body. It carries away acid waste from body tissue. Being one of our most important nutrients, it is vital to human health. A glass of strong ionized water first thing in the morning helps you to wake up naturally.

## **Ionized Water is Alkaline :**

Ionized water helps to 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 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 :**

The body is over 80% water, so water is one of the most important elements in the body. Ionized water is fundamentally different from conventional water in that the water molecule cluster has been reduced in size and changed in shape to hexagonal. These factors allow the water clusters to pass through our tissues 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. Drinking ionized water helps to alleviate this condition.

## **Ionized Water is Detoxifying and a Superior Hydrator :**

These effects are also due to the reduced size and shape of the water molecule clusters. Once reduced, the ionized water clusters pass through the body's tissue much easier and push out toxins and acid waste more effectively. The KYK Harmony Water Ionizer has several levels of strength, thus allowing people who are toxic to begin by drinking mildly ionized water, and then slowly increasing the strength as they acclimate to it.

## **Minerals that are Ionized are more Bio-available :**

This means that the body can absorb and utilize minerals much more efficiently. Water soluble trace minerals of any kind can be added to your water source through the mineral port on the Harmony Water Ionizer. Minerals are one of the most important nutrients that 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 than tap water, helps bring out its flavor, and lowers the acid levels of any food, including coffee, tea and juice. It ionizes the minerals in the food, which helps to make them more bio-available.

Having Ionized Acid Water on hand is, in Itself, Worth the Price of a Water Ionizer :

### **Ionized Acid Water is great for the skin, including the scalp.**

Regularly applying ionized acid water from the KYK Harmony works like an astringent to tighten the skin and remove wrinkles, yet it leaves NO chemical residue. It soothes and helps the skin to remain 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, scraps, and even serious wounds. It takes the itch out of mosquito bites and the sting out of other insect bites.

Ionized acid water has been used successfully in treating diabetic ulcers. This is a condition that can develop in diabetics wherein a fester opens in the skin, usually in the legs or feet. These ulcers can become very serious and can even require

amputation if not promptly treated. However, soaking the ulcer in ionized acid water can have tremendous healing effects. If you can drink alkaline ionized water while also eating a sensible diet and incorporating alkalizing activities into your lifestyle such as meditation or prayer, your body will balance.