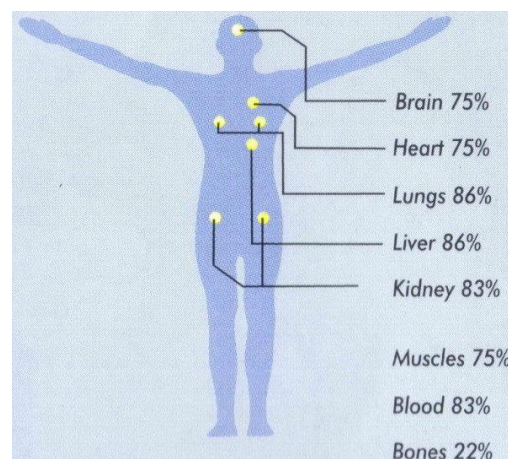
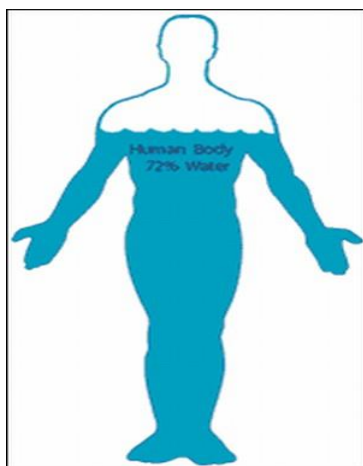


The Importance of Water to Human Health

Introduction

Water is acknowledged as the life force of all living things. Imagine a world without water – actually you couldn't because without water there would be no you.

- Next to air (oxygen), water is the most essential element to human life. Water is essential to the functioning of every single cell and organ system in the human body. Water makes up greater than 2/3 of the weight of the human body; the brain is 75% water, blood is 83% water, bones are 22% water, muscles are 75% water, and the lungs are 90% water.



Water Comparison

There are five major forms of water? These are:

- Tap Water
- Bottled Water (Including "Mineral Water")
- Reverse Osmosis Water (RO Water)
- Alkaline Ionized Water

- Ion tech Alkaline Water - The Highest Grade of [Alkaline Ionized Water](#)

Tap water

Tap water is a healthier option than soft drinks. But according to the Environmental Working Group, there have been 315 pollutants found in tap water, and over half of these pollutants are completely unregulated and can legally exist in any amount.

NOTE:- Not recommended to drink this water due to contamination of Industrial waste, Domestic Waste, Agriculture Pesticides and many more.

- **Toxic heavy metals** such as lead, [mercury](#), copper, cadmium, aluminum
- **Volatile organic chemicals (VOCs)** such as [pesticides and herbicides](#), pharmaceuticals, chemicals from irresponsible manufacturers, as well as thousands of untested chemicals in our personal care and household cleaning products
- **Water treatment additives** such as [chlorine](#), [fluoride](#), and other toxic chemicals
- **Bacteria and viruses** such as giardia, cryptosporidium, coliform and E-coli

Bottled water

Bottled water costs much more beside bottled water is not guaranteed to be any healthier than tap water. Often the only difference is the added minerals which have no proven health benefits.

A four-year study by the Natural Resources Defense Council shows that 1/3 of the bottled water tested contains levels of contamination which exceed allowable limits. Bottled water can also be slightly acidic, which may affect your body's pH balance. Finally, the environmental impact caused by the production and disposal of plastic bottles is harmful to our ecosystem.

NOTE:- Drinking Bottle water is unhealthy to human body

Harmful substances Apart from harmful chemicals in plastic, water when get stored in plastic bottles also produces harmful substances like fluoride, arsenic and aluminum which can be poison for human body. So, drinking water from plastic bottles would mean drinking slow poison that will slowly and steadily deteriorate your health.

2. Dioxin production: Plastic does melt in hot environment. And we, often store water in plastic bottles while driving and so many times leave it in the car where it is in the direct exposure of sun. Such heating releases a toxin called Dioxin which when consumed can accelerate breast cancer.

3. BPA generation: Biphenyl A is an estrogen-mimicking chemical which can lead to lot of health problems like diabetes, obesity, fertility problems, behavioural problems and early puberty in girls. It's better not to store and drink water from a plastic bottle.

4. Liver cancer and reduced sperm count: Because of presence of a chemical called phthalates in plastic, drinking water from plastic bottles can also lead to liver cancer and reduction in sperm count.

5. Vitamin based bottled water: Nowadays, we get water mostly in plastic bottles and to increase its health content, manufacturers make it vitamin-enriched to attract buyers. But this is even more harmful as it carries health-harming additives like food dyes and high fructose corn syrup.

6. Impact on immune system: Our immune system is immensely affected when we drink water in plastic bottles. The chemicals from plastic bottles are ingested and tend to disturb our body's immune system.

Reverse osmosis water

Reverse Osmosis is a filtering process which may be effective in areas that do not receive municipally treated water and is commonly used in bottled water facilities. The problem with this process is that dangerous chemicals like pesticides, herbicides, and chlorine are molecularly smaller than water and can pass freely through the filter. Reverse osmosis removes healthy, naturally occurring water minerals. These minerals not only provide good taste, they also serve a vital function in the body's system. When stripped of these minerals, water can be unhealthy. Also, 2-3 gallons of water are wasted for every gallon of purified water produced.

- **Removes essential minerals:** While RO water purifier removes dissolved impurities it removes natural mineral such as iron, magnesium, calcium and sodium which are essential to the human body and cause a mineral deficiency in the body.
- **Not kills bacteria, viruses:** RO water purifier does not kill waterborne disease-causing bacteria and viruses. There high probability that microorganisms can pass through RO membrane(It

is advisable to pass RO water through the UV water purifier to treat microorganisms)

- **Water taste altered:** As natural minerals are removed water gets de-mineralized as a result water taste affected, it becomes tasteless.
- **More time to purify:** RO water purifier takes too long to the purification of water.
- **Water wastage:** Approximately much more water compared to filtered out water flushed down as waste water.
- **Expensive:** RO water purifier costlier compared to counterpart water purifiers UV and RO water purifier consumes much more electricity.
- **RO membrane breakage:** No mechanism is there, to know when to replace RO membrane. Chlorine can damage RO membrane. Chlorine makes small pores of RO membrane clogged and makes drastic reduction in performance. On breakage of membrane dissolved salts, bacteria, viruses can easily pass through RO membrane. It is advisable to replace RO membrane once in a year.

Human body requires healthy Alkaline Hydrogen Rich Ionized water for drinking and to be free from diseases.

What is alkaline Water ?

Alkaline water is **water** that's less acidic than regular tap **water**. This means it is rich in alkalizing compounds, including calcium, silica, potassium, magnesium, and bicarbonate. Drinking this water makes Human body healthy and disease Free.

What is Ionized Water ?

Ionized water is **water** with mineral ions in it. Minerals in **water** become **ionized** when they either gain or lose electrons. This water **helps** to neutralize acid in the bloodstream, which leads to increased oxygen levels and improved energy and metabolism; it contains antioxidant properties (anti-aging and anti-disease)

What is acidic water ? **body is acidic.**

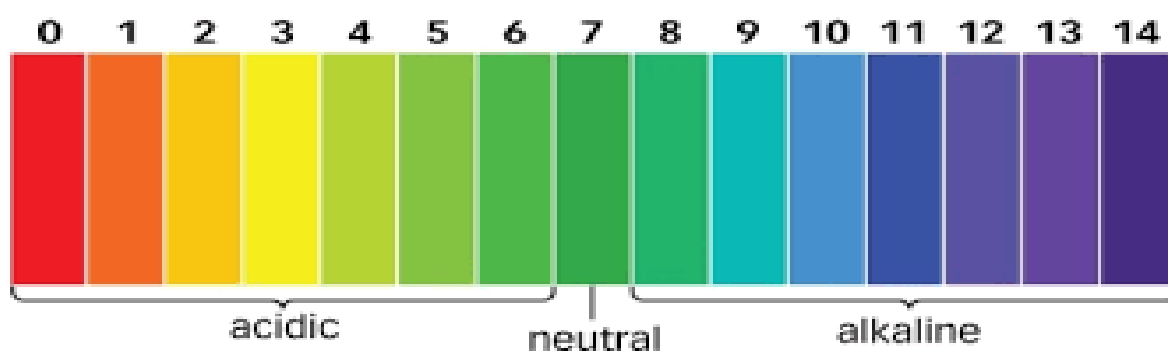
Acidic water (often referred to as electrolyzed **water**) is **water** with a potential hydrogen (pH) of less than 7. Drinking this water leads to

deposition of acidic waste in the body makes human health with Loads of diseases.

What is pH?

pH is a measurement of the acidity or alkalinity of a solution. It provides a value on a scale from 0 to 14 where 7 is neutral, less than 7 is acidic, and greater than 7 is alkaline (or basic). The closer you move towards 0, the more a solution is acidic, and the closer you move to 14, the more a solution is alkaline.

pH is often depicted on a graphical color scale as shown below:



When talking about water, its pH value is related directly to the ratio of positively charged hydrogen ions $[H^+]$ and negatively charged hydroxyl ions $[OH^-]$.

When water has an equal concentration of H^+ ions and OH^- ions, it is said to be neutral ($pH=7$)

When water has a greater concentration of H^+ ions, it is said to be acidic ($pH<7$)

When a solution has a greater concentration of OH^- , it is said to be alkaline ($pH>7$)

▪

Like the Richter scale that measures the intensity of earthquakes, the pH scale is a logarithmic scale, which means that when the pH increases or decreases by one unit, you change the concentration of H^+ ions tenfold. So for example, a solution with a pH of 8.0 is ten times more alkaline than a solution with a pH of 7.0. A solution with a pH of 9.0 is 100 times more alkaline than a solution with a pH of 7.0.

What is ORP?

In the world that surrounds us, we do not see it, but there is a continuous exchange of electrons that takes place between substances in the air, in the earth, in water, and in our bodies. This phenomenon is known as ion exchange.

In an effort to reach a state of stability, substances that are lacking electrons are desperately seeking out electrons wherever they can: these substances are referred to as oxidizing agents. On the contrary, substances which have a surplus of electrons are capable of donating their extra electrons: these substances are referred to as reducing agents, or anti-oxidizing agents.

Oxidation-reduction potential, or ORP, is a measurement that indicates the degree to which a substance is capable of oxidizing or reducing another substance. ORP is measured in millivolts (mv) using an ORP meter.

- A positive ORP reading indicates that a substance is an oxidizing agent. The higher the reading, the more oxidizing it is. As such, a substance with an ORP reading of +400 mv is 4 times more oxidizing than a substance with an ORP reading of +100 mv.

- A negative ORP reading indicates that a substance is a reducing agent. The lower the reading, the more anti-oxidizing it is. As such, a substance with an ORP reading of -400 mv is 4 times more anti-oxidizing than a substance with an ORP reading of -100 mv.

-

Most types of water, including tap water and bottled water, are oxidizing agents as their ORP value is positive.

Alkaline ionized water is an anti-oxidizing agent, as it has a negative ORP value and it is able to donate extra electrons to neutralize the [harmful effects of free radicals](#) on the body. Most other types of water are oxidizing agents as their ORP is positive.

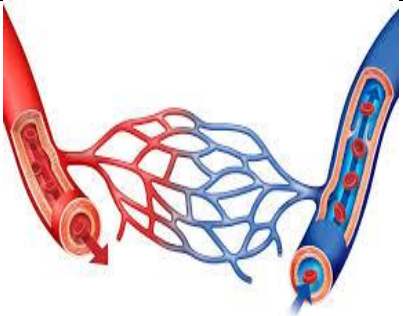
In Japan hospitals and clinics have used alkaline Water, for over 40 years to treat a number of disease conditions. According to peer reviewed scientific studies that have been performed in well respected universities and hospitals around the world,

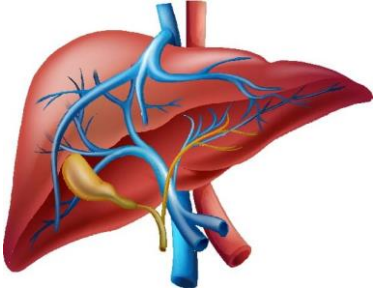
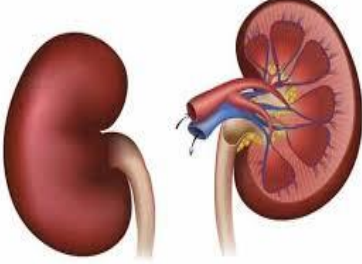
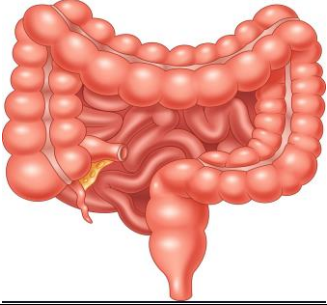
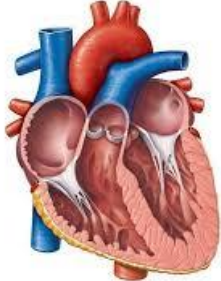
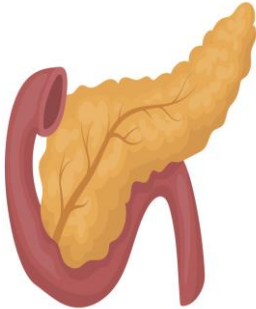
Drinking Alkaline Water benefits are as follows :

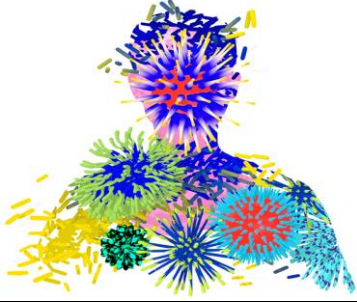
1. Release excess body fat and stored toxins
2. Normalize blood sugar and insulin
3. Normalize blood pressure
4. Support healthy colon function

5. Resolve urinary tract infections
6. Relive asthma and chronic respiratory infections
7. Stop abnormal gastro-intestinal putrefaction
8. Reduce proliferation of candida, fungus, and undesirable microforms
9. Reduce chronic pain
10. Good for Bone Health
11. Digestive Upset
12. Acid Reflux
13. Detoxification

Benefits of Iontech Alkaline Hydrogen rich ionized water

	Brain Parkinson's, Ischemic Brain Disease Alzheimer Disease, Autism Migraine, Stroke, Trauma, Cerebral Disorder, Infarction, Bipolar Disorder, Schizophrenia and Cancer
	Lungs Ventilation Induced Lung Injury, Shock Lung (Septic, Hypovolemic, Hypersonic Lung Injury, Ischemia/Reperfusion Injury Asthma, Allergies, and Cancer
	Blood Vessels Restenosis, Atherosclerosis, Endothelial Dysfunction and Hypertension, Anemia, Fluidity, Vein Graft, Lymphoma.
	Eyes Ischemia/Reperfusion Injury, Macular degeneration, retinal degeneration and cataracts

	Liver Hepatitis, Jaundice, Obesity, Ischemia/Reperfusion Injury, Drug-induced liver injury Obstructive
	Kidney Chronic kidney disease, Renal graft and Nephritislar degeneration, retinal degeneration, and cataracts
	Intestine Inflammatory bowel diseases, Ischemia/Reperfusion Injury, Paralytic Ileus, Colitis, Intestinal Graft, Neonatal enterocolitis and Cancer.
	Heart Cardiac Fibrosis, Ischemic Hear disease, and Myocardial infarction. Atherosclerosis
	Pancreas & Metabolism Type-II Diabetic, Acute Pancreatitis, Islet dysfunction

	Immune System Chronic Inflammations, Auto-Immune, Lupus, Ms, and Cancer.
	Joints Rheumatoid Osteoarthritis and Psoriasis
	Skin & Ageing Skin ageing, Sunburn, Wrinkle, UV Radiation, Atopy Psoriasis, Dermatitis and melanoma
	URINARY ORGAN ERECTILE DYSFUNCTION, Infertility, Testicular Injury.
	Diabetic Diabetes, Ageing and Chronic fatigue
	Auditory system Sensorineural hearing Loss

	Ear Hearing Disorder and Hearing Loss
	Muscle Myopathy
	TEETH Periodontitis

The Benefits of Alkaline Water for Your Diet



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Improve Immunity
An alkaline environment nurtures healthy blood cells and increases overall immunity.
- 

Increases Hydration Level
It easily penetrates your body at a cellular level, thus hydrates the body better.
- 

Source of alkaline minerals
Ionized alkaline water restores alkalinity and flushes out acidic toxins from the body.
- 

Elevates Oxygen Level
It has high oxygen levels and delivers nutrients to your body cells more efficiently, keeping you more energized throughout the day.
- 

Rids you of diseases
It prevents diseases such as Arthritis, Cancer, Hypertension, Diabetes, Digestive Problems, Weight Problems, Osteoporosis, Asthma, Allergies, Skin Disorders, and Acid reflux.

Drinking 1.5 Liters of
Hydrogen-rich Water



has the equivalent antioxidant power as consuming

516  , 756  or 38 

