Highlights on the Importance of Alkaline

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An understanding of pool water chemistry provides a better awareness of the importance of alkalinity within the human body. Neither the human body nor a body of pool water can be as healthy as it should be without managing the proper level of alkalinity. There are many components in achieving a balanced and healthy human body as well as a body of pool water. Alkalinity is extremely important for both.

Alkalinity in Pool Water:

- 1. Alkalinity is the buffer that stops swings in pH (Aquatics International).
- 2. Ideal levels of total alkalinity should be between 80 to 120 parts per million (ppm). When the levels fall below or rise above these parameters, the ability to control pH becomes difficult. Total alkalinity is an important variable in the calculation of water balance; it acts as a buffer to protect pH (Carney).
- 3. A body of pool water cannot be healthy and balanced properly unless the alkalinity is within the recommended levels.

Alkalinity in the Human Body:

- 1. Alkaline buffers the human body.
- 2. Mildly alkaline bodies in the range of 7.3 to 7.4 pH are prone to be healthy (Cecil D. Odom M.D., personal communication, March 25, 2013).
- 3. Chronically ill patients, such as cancer patients, and healthy patients are only a few points apart on the pH scale (Tammy H. Young M.D., personal communication, April 5, 2013). It is most beneficial to keep a mildly alkaline body through correct food and beverage choices; even a few points on the alkalinity side of the pH scale results in a better quality of life.
- 4. All cancers use glycolysis for the ATP (energy) source. This increased rate of glycolysis in a person's metabolism results in a tremendous increase in lactic acid, carbon dioxide, and hydrogen ions. The only other time the human body produces similar rates of lactic acid, CO2 and H is when the person is performing very strenuous anaerobic work or in the late stages of maximum aerobic work. Low pH levels pose a dramatic threat to the homeostatic control systems of the body. There is certainly a chance that ingesting very alkaline water would appear to help offset this lowered pH and help the body return to normal pH 7.4 (Suzanne McDonough, PhD., personal communication, April 16, 2013).
- 5. A body that is alkaline is more likely to be healthy.

- A. An oxygenated body helps to produce an alkaline body (AEA, personal notes).
- B. Alkaline water has been used in Japan for more than 40 years and has been shown to help restore the body to its original, healthy condition. The electrode plate (top quality titanium) in Kangen LeveLuk's electrolysis cell is thicker and larger than other companies' products. It is medically tested and the Japanese Ministry--the equivalent of the FDA in the USA--is very strict and has approved the Kangen Water Machine units as medical devices. It is not a home appliance; it is a medical device (Kangen Alkaline Water-FAQ).
- C. pH balance and acid buffering are crucial to human health (Burns/Lark).

Alkalinity in the Athlete:

- Endurance and elite sports athletes should be concerned about maintaining a healthy pH balance. Athletes, coaches and practitioners of holistic and traditional medicine are paying more attention to this area. The use of alkaline water is proving to increase competitiveness and overall performance in world class athletes (Burns/Lark).
- In the opinion of Wade McNutt, competitive bodybuilder, all sports teams should be drinking alkaline water because it will reduce injuries and allow for more efficient training. The use of alkaline water has motivated him to come out of retirement (Professional Athletes Can Benefit from Alkaline Ionized Water).
- 3. Since proper hydration is also a key factor in preventing exercise fatigue, consuming alkaline water before, during, and after exercise can help. Most athletes do not consume enough alkaline...instead their diets contain high amounts of acid forming foods, such as meat, fish, poultry, eggs, and dairy...an alkaline water device can provide a safe, gentle, and effective way of restoring the pH balance of all the cells in your body as well as providing excess free electrons to act as super antioxidants (Lark).

Alkalinity Testimony:

My previous article, "Bone Density Revelation" reveals I have cancer. Since the 1980's I have consumed fruits and vegetables (most of the time within my caloric requirement), and watched my intake of fat while exercising regularly. However I continued to eat moderate amounts of sugar including natural and sugar substitutes, not realizing a third of the cancers grow due to sugar, enzyme P13K pathway research (Cantley); and fructose is poisonous (Lustig). My cancer was discovered at the end of 2010.

After extensive cancer surgery and refusing chemotherapy by IV, I became seriously interested in learning more about the importance of alkaline in regards to my health. This was mainly due to two reasons:

- 1. My awareness that pool water could not become healthy without maintaining a recommended level of total alkalinity.
- 2. The advice of my physician on the subject of drinking alkaline water.

Since I knew the pH of my "tummy" was acidic, I decided the more I could saturate my body with the best alkaline water the more chance I had of keeping a mildly alkaline body. My goal was to achieve the highest level of health I could attain. My first step was to discover which drinking water had the best reading of alkaline, and which one entered the body cells more thoroughly. Thus, my husband and I began researching alkaline water. I used a pool testing kit (similar to the one I use at work) and tested the pH of all tap and bottled waters I could locate. In doing so, I discovered even though the companies advertised filtered water, purified water with added minerals, spring water, alkaline water, mountain water, living water, etc., none had the alkaline reading I was seeking. Also I looked intently at each container, but I did not see any oxygen bubbles visibly present.

After research and testing, my husband and I soon located exactly what we needed. We made the purchase, and immediately began drinking 4-5 guarts a day of ionized alkaline water (we chose the 9.5 level). The machine we purchased has longevity of at least fifteen years. It is quite cost effective since different levels can be selected for necessities other than alkaline drinking water, such as disinfecting. I no longer purchase disinfecting products, and this machine provides many other specialties such as producing a toner for my skin. I personally use the beauty water level of 6.0, and my husband uses the medication level of 7.0, not only for his medication, but in his machine that requires distilled water. I also began using the alkaline water (level of 9.5) to prepare our foods. This resulted in improving the taste of our meals and required less salt during the cooking process. We no longer purchase bottled water; and when we travel by car we take our quarts of water with us; even after 2 days, oxygen bubbles are still visible in our water containers. These different types of services resulted in saving us many annual dollars on items we no longer needed, and our purchasing expense of the medical device quickly became quite cost effective.

It was not long after we began drinking the alkaline water that we both noticed that our energy level was higher than usual, and our energy seemed to be lasting longer. After a year of this regimen, I observed I was not having the same number of upper respiratory illnesses I normally experienced nor was I experiencing painful urinary tract infections (UTI's). After taking the chemo pill, I was almost guaranteed I was going to experience side effects such as UTI's, but I haven't. Thus with less medication, we have noticed a decrease in our healthcare cost. Will drinking this water keep cancer from returning? Oncologists tell me no; however, it would really be miraculous if it helped to keep cancer at bay and dormant. Concerning the return of my cancer: We know our God is all knowing and all powerful, and He is in charge of deciding when we

have completed serving His Good Purposes. And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose, Romans 8:26-28 (NASB). There is an appointed time for everything. And there is a time for every event under heaven -- A time to give birth, and a time to die, Ecclesiastes 3:1-2 (NASB). For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them, Ephesians 2:10 (NASB). As Christians, God has much planned for each person during the time they are given to live; it is up to the person to make decisions according to God's Will which is already listed in the Holy Scriptures.

Having less upper respiratory illnesses has proven to me I am less likely to get sick while I keep this particular type and amount of alkaline water in my system during each day while eating correctly. I believe this type of water, along with fruit and vegetable powders, and alkaline food choices are the keys to better health. For further information regarding this medical device that is attached to a home faucet, please contact Dr. Cecil D. Odom M.D. as listed in the reference area.

Achieving an Alkaline Body:

- 1. Water Fitness exercise such as deep-water running when submerged neck to mid chest level, assists the body in breathing deeper from the diaphragm. With the head above the water, a gentle compression is placed on the chest from the pressures of the water. This is a valuable benefit aiding in deep breathing. By breathing deeper more so than breathing shallow, proper oxygenation helps the body to become more alkaline. An alkaline body produces energy, and this energy transfers to land. (AEA, personal notes)
- 2. Today, wheat is not the wheat of our grandmothers; it is genetically engineered wheat. The protein inside this wheat is an opiate-like compound and has peculiar appetite-stimulating effects (Davis). Dr. Davis suggests people eat whole foods like certain nuts, oils, vegetables, and eggs. Sugar foods and beverages cause obesity and diseases, and they contribute to an acidic body.
- 3. The importance of eliminating fructose from the diet is vital to one's health. It does not matter if it is fructose corn syrup or a sugar free item. Sugar is sugar. Fructose is not glucose; fructose is poison. Sugar is more dangerous than fats (Lustig). Eating/drinking items such as sodas, ice cream, most boxed cereals, pastries, chocolate peanut butter, alcohol, and sugar free items that taste sweet to the palate are not good choices.
- 4. Eating known or hidden sugar helps to create an acidic and unhealthy body. Eating sugar or consuming foods and drinks which state no sugar added, yet taste sweet, place the body under stress. Daily nutritional intake should be 80% alkaline products and 20% acidic products unless instructed differently by a

- physician (alkaline questions answered). A list of alkaline and acidic foods can easily be located; some of these foods are surprisingly acidic.
- 5. Drinking ionized alkaline water is a great choice of beverage while eating vegetables and fruits along with taking juice plus vegetable and juice powders. Vitamin D is also extremely important. This will help in creating a healthy body (Cecil D. Odom M.D., personal communication, March 25, 2013). Great food choices are plant based proteins, as in the recipe below, along with fruits, vegetables, nuts (almonds/sunflower seeds), and certain oils.

Quinoa (pronounced keen-wa):

1 cup Quinoa: Soak in an extra fine strainer and rinse to eliminate the bitterness. Place 2 1/4 cups of alkaline water into a stove pot with 1/4 tsp Celtic sea salt & bring to a boil.

Carefully pour the rinsed and drained Quinoa into pot of boiling water, cover, cut to low medium and cook 20 minutes then remove from stove, set aside and steam.

Peel and Dice: 2 cups Daikon 4 carrots ½ red onion

Wash and dice: 8 ribs celery

Place above vegetables into skillet and sauté in 1/4 cup of olive oil and add 2 teaspoons minced garlic.

Sprinkle 1/4 tsp Celtic sea salt over vegetables.

When the onions reach transparency, pour all vegetables into steamed Quinoa.

2 tablespoons sweet organic brown rice syrup or honey.

1 tablespoon finely diced fresh cilantro leaves.

Zest of 1 lemon
Juice of same lemon
1/3 cup slivered almonds

Mix well and serve warm

Why Quinoa: Quinoa is a plant based protein that assists in producing strong bones.

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NASB Hebrew-Greek Key Word Study Bible.

Odom, Dr. Cecil D. M.D. 1020 River Oaks Drive, Flowood, MS 39232.