Alkaline Water Suppresses Internal Acidity

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A healthy pH balanced diet ought to be filled with alkaline forming foods but when meal plans go awry, drinking alkaline water is a quick fix.

(Newswire.net -- April 2, 2018) Cheyenne, Wyoming -- On the streets, the word “acid” is sometimes used in reference to the psychodelic drug LSD and amongst Millennials, “acidic” is “an adjective used to describe any person, place, activity involving abnormal unique behavior, dress, action (the opposite of basic),” says UrbanDictionary.com. Now, obviously any hallucinogenic drug is totally uncool not to mention dangerous, meanwhile being distinctively expressive is not something to be suppressed so what type of acidity are we talking about here? Well, this is where one’s high school science class knowledge will come in handy as the body’s internal pH level is addressed.

“The acidity of your blood is measured by determining its pH. A lower pH means that your blood is more acidic, while a higher pH means that your blood is more basic. The pH of your blood should be around 7.4. According to the American Association for Clinical Chemistry (AACC), acidosis is characterized by a pH of 7.35 or lower. Alkalosis is characterized by a pH level of 7.45 or higher. While seemingly slight, these numerical differences can be serious. Acidosis can lead to numerous health issues, and it can even be life-threatening.”

Diabetics are well aware of the dangers involved with becoming too acidic internally but what most people don’t understand is that the Average Joe can also put himself at risk when it comes to over acidity. There are two types of acidosis and circumventing them all together is always best. There is respiratory acidosis which develops as a result of too much carbon dioxide in the body as the lung doesn’t expel the gas fast enough due to a number of reasons. Metabolic acidosis is the other type that involves the kidneys (think issues regarding uric acid). Bearing the range of problems over acidity attracts, it’s worth examining just how food and proper hydration can safeguard one’s health.

“Research shows that diets consisting of highly alkaline foods — fresh vegetables, fruits and unprocessed plant-based sources of protein, for example — result in a more alkaline urine pH level, which helps protect healthy cells and balance essential mineral levels,” details Dr. Axe. “Alkaline diets (also known as the alkaline ash diets) have been shown to help prevent plaque formation in blood vessels, stop calcium from accumulating in urine, prevent kidney stones, build stronger bones, reduce muscle wasting or spasms, and much more.”

It’s well known that food has the power to help or harm the body so it’s a matter of choosing right. Alkaline forming foods ought to be make up the bulk of the human diet as they contain many essential minerals needed but drinking water is what really maximizes the benefits of each meal. Water is the best medium to transport nutrients from cell to cell, and alkaline water does that best due to its smaller molecules.

“Drinking water every day is one of the best things you can do for your health,” asserts StepToHealth.com. “Water not only forms a large portion of the body’s composition, it’s also essential for the organs to carry out their individual functions properly. Drinking 6 to 8 glasses of water a day is recommended for maintaining proper hydration levels and preventing the development of diseases. Sometimes this liquid is not sufficient on its own, however, and needs a little alkalinity to be able to regulate the body’s pH.”

It’s nothing short of a miracle that something as seemingly simple as water can make such a huge difference in one’s overall health. Having alkaline water exclusively is the ultimate in water health so the HealthyWiser™ Alkaline Water Ionizer Machine, powered by a dual filtration system and platinum coated 9-cell electrodes, makes it possible to drink alkaline water reliably at home. Also, it is convenient to quickly bottle it up to have it on the go.
Benefits of Drinking Alkaline Water

- Restores the body’s pH balance.
- Act as a powerful antioxidant,
- Improves cellular hydration.

About HealthyWiser LLC

HealthyWiser™ is a recognized and flourishing personal health and premium dietary supplement brand offering products that are diligently tested to meet industry standards. Passionate about good health and innovation the HealthyWiser™ brand is committed to delivering quality to customers. Learn more about the Alkaline Water Ionizer Machine on Amazon.

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