

# WATER WATER WATER

## **What is pH in drinking water?**

The pH level of your drinking water reflects how acidic it is. pH stands for “potential of hydrogen,” referring to the amount of hydrogen found in a substance (in this case, water). pH is measured on a scale that runs from 0 to 14. Seven is neutral, meaning there is a balance between acid and alkalinity. A measurement below 7 means acid is present and a measurement above 7 is basic (or alkaline )

## **I drink lots of Fluids during the day, do I have to drink water also?**

Our Body is at least 75% water and our Brains 80% or more. Regular good quality water allows our structure to be hydrated which essentially means that we can function better at all levels. No different to watering our garden on a regular basis. IF we let our garden dry out, our courgettes that we have growing become dry inside, grow slowly and not very big, it's like they start to shrink and dry up! So keeping our body hydrated is really important for our health. Fluids that are not pure water are processed differently by our body.

## **Acidic Environments**

Acid comes from several sources – the key stress factors: Physical, Nutritional, Emotional & Environmental. Acid builds up in our body over a period of time. Many modern lifestyles do not allow time for our body and brain to recover and neutralise the effects of acid build up. We may have good balanced & healthy nutrition and exercise moderately, but we most likely are bombarded with the stresses of media, busyness etc every day and not getting enough time for our own self to relax and neutralise.

So drinking good quality water throughout the day greatly assists our body to keep a healthy pH balance. I recommend drinking water in between meals, this has a profound effect on keeping our stomach pH level at a suitable level to aid healthy digestion. Drinking water with meals can potentially flush away the very enzymes that our digestive system needs.

## **Alkaline Ionizers**

I am very proud to bring to Bowenz the Kangen Water® Ionizers that produce Alkaline water from a pH level of 8 – 9.5 ( for the entry level unit ) and the larger SD501 unit can produce a range from 2.5 – 11.5 pH – providing a large range of options for not just healthy drinking water but for cleaning and many other purposes also. Please contact me to arrange a time to discuss these units. You can also bring in a sample of the water you currently drink and I will be happy to test it for you.



# **KANGEN WATER®**

