A close-up photograph of clear water being poured from a glass pitcher into a glass. The water is captured in motion, creating a dynamic splash and numerous bubbles within the glass. The background is a soft, light blue gradient.

THE DEFINITIVE GUIDE TO **ALKALINE WATER**

VERSION 4.0

**HOW TO MAKE ALKALINE WATER AT
HOME AND REVERSE AGING, GET
HUGE ENERGY AND YOUR BEST EVER
HEALTH...ON TAP!**

Ross Bridgeford
liveenergized.com

WHY THIS GUIDE WILL CHANGE YOUR LIFE...

Over the next few pages of this guide, you will learn that my mission is to make it as easy, enjoyable and achievable as possible for **you to reach the health, energy and vitality of your dreams.**

I believe that getting the health we've always dreamed of should be easy and the journey should be fun and enjoyable.

Getting healthy is not about stress, restriction and toughing it out. It's about setting ourselves up to win, enjoying life and loving the journey.

It's about understanding the things that will have the biggest impact, and understanding what is important to us so we can still enjoy our life and not feel like we have to become someone else and lead a life that's full of restrictions, just so we can be healthy.

In this Definitive Guide to Alkaline Water (now in its FOURTH edition - since its first release in 2009!) you'll see my above ethos in action.

I give you the exact information you need to know RIGHT NOW to make the decision that's most important for you and your family.

None of the fluff, no nonsense, no puffery - **just the facts so you can start getting alkaline, feeling fantastic and getting that huge energy ASAP!**

So LET'S START OUR JOURNEY TOGETHER and get you started on the path to enjoying delicious, smooth, life-giving, anti-aging, alkalizing alkaline water ON TAP!

Ross Bridgeford

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If you have a medical condition, please consult your medical practitioner and never discontinue medication without first discussing this with your physician.

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TO PERFECT HEALTH, TODAY!

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WHY HYDRATION IS A LOT MORE IMPORTANT THAN WE'VE BEEN LED TO BELIEVE...

...AND WHY YOU NEED TO KNOW THIS:

WITHOUT PROPER HYDRATION GETTING THE HEALTH YOU DESERVE IS PRACTICALLY IMPOSSIBLE

Yes, that's true. It took me way too long to realise that....

I was putting in huge amounts of effort with every other area of my health: exercise, what I was eating, making sure I was juicing, avoiding unhealthy (acidic) foods like the plague - it was quite tough going (I don't recommend you go as hard as I did, aiming for perfection from day one is not a good idea...I'll explain more on this later) - but I was doing it all right...except for water and my hydration intake.

I TOOK HYDRATION FOR GRANTED AND IT COST BE BIG TIME...

My approach to water was: "as long as I'm drinking enough, and I'm not thirsty then it's all good!"

Oh boy. This was getting me to about 10% of my goals, and when I changed my approach to hydration - my life changed, literally, overnight.

This guide aims to do the same for you.

It will show you how much you need to drink, why quality can be way more important than quantity, which waters can actually DAMAGE your health and why, and it will show you every single method of making alkaline water, so you can make an educated decision that's right for you and your family.

THE GIFT OF HYDRATION

HOW SIMPLE, PROPER HYDRATION CAN TOTALLY CHANGE YOUR LIFE...OVERNIGHT!

Apparently, water makes up 75% of your total body weight. The Earth is 70% water. 70% of your muscles are made up of water. Interesting...

But I don't really care about that.

I'd been trying to research and write this report for about 3 hours - rewording and rewriting all of these water facts, but they really didn't seem to mean anything. They had no impact on me. But this did:

**a 5% drop in body fluids will cause a 25-30%
loss of energy in most people**

In fact, even mild dehydration can slow our metabolism down by 3% – when you consider this, you can see why rehydration can support weight loss!

Proper hydration is so important to every function of the human body (if fluids drop by just 15% we die) and dehydration is at the root cause of such a ridiculous number of symptoms.

From thirst to depression to cancer to obesity to fatigue to bulimia to digestive problems to skin problems and so on. This is not to say that dehydration is the only cause, but the above is just a small selection of the symptoms of repeated, daily dehydration.

BUT HERE'S WHERE IT GETS EXCITING...

Being hydrated can change everything. Just the simple act of drinking enough water on a daily basis can have a profound effect on your life.

It certainly will help you to lose weight, as the water clears acid toxins from your system and boosts your metabolism (weight is an acid problem, by the way, but more on that later...I've got the results to prove it from over 500 people!).

It will slow down the aging process as new cells will be built more effectively and more quickly, and existing cells will be protected from oxidation (which kills them - causing premature aging).

It will give your skin a new, youthful glow - as the skin is one of our main detox organs - and when dehydrated it becomes overworked and the toxins try to force their way out through our sweat glands and cells and pores...

Your ENERGY will go THROUGH THE ROOF as your body is energised, new cells are built, toxins are cleared and your body can run optimally again - as it was intended by nature!

**BUT YOU HAVE TO GET
HYDRATED, HYDRATED
ENOUGH AND WITH
THE RIGHT QUALITY OF
WATER!**

AND JUST TO MAKE SURE YOU KNOW HOW IMPORTANT IT IS TO GET ENOUGH WATER...

Here are some more facts to show you how important hydration is:

- A six-year study published in the May 1, 2002 American Journal of Epidemiology found that those who drink more than 5 glasses of water a day were 41% less likely to die from a heart attack during the study period than those who drank less than two glasses.
- Drinking the equivalent of 5 glasses of water daily decreases the risk of colon cancer by 45%.
- Drinking 2 litres of water a day decreases the risk of breast cancer by 79%

In fact, one of the biggest impacts that my **Alkaline Weight Loss Transformation course** and my **Alkaline Quick Start Program** is having on people is that it is making them properly hydrate themselves.

It is so simple, but the reason why I think we often don't give enough importance to hydration is that it is so simple. It is hard for our brain to connect such a profound effect with something as simple as drinking a proper amount of water each day.

So I am not going to argue the point too much – I think 99% of you will agree that drinking enough water on a daily basis is absolutely a good thing. So let's get into the good stuff: how you can start to directly change the quality of your life with water!

HOW MUCH WATER SHOULD YOU DRINK EACH DAY?

This has been much debated in the mainstream media in the past twelve months.

Certain 'experts' have been playing down the need to drink water! Even 8 glasses a day (which is just under 2 litres or 64oz) is too much for these guys.

Instead they'd rather you just have a couple of glasses and be done with it. Let's look at it this way, and I urge you to do this if you've got any doubts.

FOR THE NEXT 7 DAYS DRINK ONLY 2 GLASSES PER DAY. SEE HOW YOU FEEL. THEN FOR THE 7 DAYS AFTER DRINK THE AMOUNT THATS RIGHT FOR YOU FROM THE BELOW METHOD AND SEE IF YOU FEEL ANY BETTER.... I ALREDY KNOW YOUR ANSWER, BY THE WAY...

The easy answer is 3-4 litres per day. I know this sounds a lot, but it isn't really (your guide to drinking enough is in a few pages).

You might also be thinking, "that is too much for me, I'm only little".

So to work it out exactly, this is the official calculation:

1 litre of water per 40lbs (18k or 2.85stone) of body weight

For example, 12st = 4.2 litres per day

This, I have found, accurately works out to between 3-4 litres for most people each day.

And if you stick to this, every day, I promise you there will be a massive increase in your health, energy, mental clarity and vitality.

THE BENEFITS...

Staying ultra-hydrated by drinking 3-4 litres of clean, filtered water per day will dramatically improve the way you think and feel. These are the top five benefits to staying hydrated:

1 Energy! As mentioned above, when we are dehydrated by just 5% most of us will experience a 25-30% loss of energy. And to be honest, I estimate that 90% of us are more than 5% dehydrated. When was the last time you truly drank enough water during the day? And when you did, how good did you feel?!

When we are dehydrated we get headaches, foggy thinking, fatigue in our mind and our body, mood swings, we overeat, our metabolism grinds to a halt, we underachieve and we lose motivation.

Water is needed for almost every body metabolic function - it is simply vital that we stay hydrated. When we are dehydrated our body just cannot do it's job and our energy and mental state will suffer as a result.

Fatigue is a hydration problem. If you're feeling tired drink 2 litres of water over the next 90 minutes and see how you feel then!

2 Weight Loss! Our brain literally does not distinguish between the sensations of thirst and hunger. Both are derived from the same place - low energy levels (linking it to point 1, above). When we experience these low energy levels the sensations of thirst and hunger are generated at the same time, and we instinctively assume that regardless of the driver, both of these sensations are 'the need to eat'. In other words we eat food even when the body needs water.

By staying hydrated we separate these two messages and often eat a lot less - the right amount.



3 Clear Skin! When you start to stay hydrated and consume 3-4 litres of water per day you will also begin to notice some dramatic changes to your skin. Problems such as acne, dryness, eczema, psoriasis and more will start to disappear. Why? When dehydrated, the body preserves the water supply to critical organs, such as the brain and the heart, but “cuts off water” to peripheral organs such as skin.

Being hydrated also ensures that your body’s cells are able to function effectively, for nutrient absorption, blood building and circulating and to help the body remove toxins.

4 Alkalinity & pH Balance! When you drink clean, filtered water with a pH of 8.5+ (as recommended in this report) you will notice that you begin to feel a surge of health, energy and vitality. Our body is designed to be alkaline, maintaining a pH level of approximately 7.365 in our cells, particularly the blood. When we eat and drink too many acid-forming foods and drinks such as colas, sugars, breads, sweets, pizza, chips, alcohol, white rice & pasta, trans-fats, fast food, refined food, sauces & condiments, dairy, meats and more we put our body under an incredible strain to maintain this pH balance at 7.365.

By hydrating our body with high pH water (see how in a few pages!) we help maintain this alkalinity, flush toxins & acids from the body (such as yeasts/candida and bacteria growths) and our energy and vitality will go through the roof!

Being over-weight is also an acid problem, so when you start to hydrate & alkalize you will also start to see the weight fall away. Seriously, just by drinking 4 litres of alkaline water per day you will begin to see huge improvements with your weight.

5 Anti-Aging! The cause of premature aging is an over acid, dehydrated body. Aging occurs when we do not dispose of the internally generated wastes and toxins in our body. This is the process of getting old. Because this accumulation of waste products inside the body is the aging process, supporting the body to remove these old, acid wastes is the anti aging process.

Antioxidants are often referred to as a way to prevent anti-aging because they help to detoxify the body from these wastes - and so drinking alkaline, antioxidant-rich water is a fantastic way to slow and reverse the aging process.

When we are hydrated, our cells function optimally, our digestive system works wonderfully and we can remove these aging toxins easily!

SO WITH THAT BEING SAID...

I believe that the CORE of human health is determined by adhering to three simple rules. When we stick to these three principles we thrive, dramatically cut our risk of serious conditions, improve our health, get more energy, get more vitality, think clearly, think positively, get to our ideal weight quickly and easily, feel confident, get beautiful skin...

...we GLOW!

THE THREE SIMPLE RULES OF ABUNDANT

RULE #1: ALKALINITY/AVOIDING ACIDITY

As microbiologist Robert Young states:

The pH level of our internal fluids affects every cell in our bodies. The entire metabolic process depends on an alkaline environment. Chronic over acidity corrodes body tissue, and if left unchecked will interrupt all cellular activities and functions, from the beating of your heart to the neutral firing of your brain. In other words, overacidity interferes with life itself.

pH is SO important (it's why we're here right?) – and when you over-acidify, the body goes into chaos to balance the pH (in the same way that it regulates your temperature) stealing alkaline minerals from wherever it can to neutralise the acids.

Important: THIS is the biggest, most damaging outcome of living an acidic diet. Lots of people seem to detract from the alkaline diet saying 'you can't change your body pH'...we know this! This is not the point! Read on...

Your aim, with the alkaline diet, is to give your body the tools it needs to THRIVE, while eliminating the acids that cause the body such trouble.

Our body will maintain an alkaline balance of pH 7.365 no matter what we do.

If we eat crap, sit on our ass all day and smoke, drink and do drugs our body will still stay alkaline. It is how we are designed. There is almost nothing on Earth that we could do that would cause our body to allow our blood and other cells to drift away from the pH of 7.365. Your body will always do whatever it has to in order to maintain this balance. Our body will stay alkaline at any cost.

But this cost is huge.

PUT CRAP IN - GET CRAP OUT

When we throw acid after acid into our body, our body will, absolutely break down and the above symptoms will show up.

When we put acid forming foods and drinks (and others) in, our body has to deal with it and this means using the small amount of alkaline buffers that we have to maintain this alkaline balance.

However, we didn't evolve to eat so much unnatural, refined foods and sugars and so we only have a tiny buffer. After that the body starts to draw alkaline minerals from wherever it can in the body to neutralise the acids.

The outcome of this is that your body is constantly in a state of absolute panic. On top of this, over-acidification is a vicious cycle – the more acids we throw in, the more toxins we have in our system.

Here is my super-simple-diagram to help explain what happens when we keep consuming sugars & acids that ferment into yeast and mold:



In an acidic state, the body is constantly being ravaged. The stress of maintaining this level of alkalinity is just too much and so we get sick, tired and full of disease.

SO NOW IT'S TIME TO STOP THIS...

It's a guide in itself to explain the whole alkaline diet to you and give you the steps to put every part of it into practice...and this guide is about WATER...

...and in the next few pages I'm going to teach you every single method of 'How to Make Alkaline Water' at home.

But to get you excited and get you started: being dehydrated is possibly one of the most acidic things you can possibly do - BUT - being hydrated is so incredibly alkalizing that it will give you noticeable results within hours of starting.

...and being hydrated with ALKALINE water will send your health and energy through the ROOF!

RULE #2: **LIVING ANTIOXIDANT-RICH/ AVOIDING OXIDATION**

Antioxidants are vital to life itself. Oxidation is another word for death. When our cells oxidize, they die. And our health is a direct reflection of the health of our cells.

When we consume and engage in oxidizing activity, we are killing our cells. The rate of the death of our cells is the rate of our aging.

If you want to stop and reverse the aging process - antioxidants are your secret weapon!

Acidic foods, drinks and activities (such as being stressed, anxious, not getting enough sleep, not exercising etc) all encourage oxidation (and the formation of free radicals).

Alkalinity & hydration discourage oxidation. Eating alkaline is super-rich in antioxidants.

I have a hunch you already have it ingrained into your belief system that antioxidants are good, right?

So I won't go too deep into the topic...

But I will leave you with this little question:

**WOULD YOU LIKE TO KNOW HOW TO GET ANTIOXIDANTS
ON TAP? INTO YOUR DRINKING WATER...ON TAP!!!**

... the **answer** is just a few pages away!

RULE #3: **HYDRATION/ AVOIDING DEHYDRATION**

And of course...hydration is so super-important! For all the reasons I've already covered!

Remember - it's simple, it's easy and it will have more impact on your health than anything else you can do!

This guide is all about teaching you the simple things to make sure you do it right, do it enough and find it easy.

My '**Guide to Remembering to Drink Enough**' is in just a few pages. It sounds silly but one of the main reasons that people don't drink enough water is that they simply do not remember to do it every day!

This guide will take care of that for you!



IMPORTANT! THE DANGERS OF TAP AND BOTTLED WATER

HOW TAP & BOTTLED WATER ARE POISONING YOUR ORGANS, ROBBING YOU OF ENERGY, PREMATURELY AGING YOU FROM WITHIN & CREATING THE PERFECT CONDITIONS FOR SICKNESS & DISEASE

That is a strong headline. It's a strong claim to make. But believe me, I wouldn't say anything even nearly as strong as that if it were not scientifically proven beyond all doubt.

When I'm talking about tap and bottled water in this chapter I will be referring to a lot of US, UK and Australian water sources, studies, reports and brands, but this information is true to pretty much all other developed countries.

Here are just a few of the headlines and research studies I found that can show you why I am so passionate about this:

The image is a screenshot of a news article from the Daily News website. At the top, the site's logo "DAILY NEWS" is visible, along with navigation links for "SITE" and "BLOGS". Below the logo is a horizontal menu with categories: AMERICA, NEW YORK, LOCAL, news (highlighted in red), politics, sports, showbiz, opinion, living, photos, video, and autos. Underneath this menu is a secondary navigation bar with "More of News" and links to U.S., WORLD, CRIME, THE WEEK, NEWS PICS, and BLOGS. The main content area shows the article title "Third death linked to deadly, brain-devouring amoeba; victim caught infection from tap water: report" under the "U.S." section. The author is listed as "BY PHILIP CAULFIELD / DAILY NEWS STAFF WRITER" and the date is "THURSDAY, AUGUST 18, 2011, 10:28 AM". Below the text are social media sharing icons for Facebook, Twitter, LinkedIn, and others. To the right of the article is a grey-bordered advertisement box with the text "What if you could see exactly where your competition is advertising?" and a call to action "Try Now for \$1" with the URL "WhatRunsWhere". At the bottom of the article is a photograph of green, glowing microorganisms. Below the photo is a section titled "EDITOR'S PICKS" with a sub-header "Decapitated victim" and a small image.

NEWS

Cancer alert over South Australia's tap water

HEALTH REPORTER JORDANNA SCHRIEVER • SUNDAY MAIL (SA) • OCTOBER 13, 2012 10:30PM

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The Telegraph

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Chlorine in water increases birth defects



By Roger Highfield, Science Editor
4:30PM BST 02 Jun 2008

Comment

The risk of heart problems, cleft palate or major brain defects is almost doubled in areas where drinking water is heavily disinfected with chlorine.

This finding, based on an analysis of nearly 400,000 infants in Taiwan,

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This is not uncommon, and not surprising. In 2013 the Environmental Working Group (EWG) published their study on their analysis of nearly 20 million drinking water tests conducted by water suppliers nationwide between 2004 and 2009 revealed hundreds of pollutants in U.S. tap water.

They detected 316 contaminants in water supplied to the public, including 204 chemicals, 97 agricultural pollutants, 86 contaminants linked to pollution and treatment plants and 42 pollutants that leached from pipes and storage tanks.

It means that millions of people are drinking water that does not meet drinking water standards and hundreds of these chemicals are completely unregulated.

These unregulated chemicals scare me. They are in our water supplies, affecting our health and yet they are unregulated...meaning nobody has to make sure they are kept to safe levels. Included are:

- ❖ **Bromochloroacetic acid:** a tap water disinfection by-product, was found in the water supplied to 40 million consumers. It induces gene mutations and is associated with damage to DNA.
- ❖ **Perchlorate:** a rocket fuel ingredient, was found in water provided to 26 million people. It is toxic to the thyroid gland.
- ❖ **MTBE (methyl tert-butyl ether):** a gasoline additive and groundwater pollutant scheduled to be phased out nationwide, was found in water supplied to 12 million people. It is associated with liver and kidney damage, and nervous system effects.
- ❖ **Di-n-butylphthalate:** a chemical from a group of industrial plasticizers called phthalates, was found in water used by 5 million people. Phthalates have been linked to birth defects and reproductive toxicity.

In fact, according to the EWG, despite the potential health risks, there is no legal limit on these chemicals — no matter how high the concentrations — in drinking water. And...

AMONG THE UNREGULATED CONTAMINANTS DETECTED IN WATER SUPPLIES BETWEEN 2004 AND 2008, 168 HAVE BEEN LINKED TO CANCER, 54 TO REPRODUCTIVE TOXICITY, 67 TO DEVELOPMENTAL TOXICITY, AND 35 TO IMMUNE SYSTEM DAMAGE.

And of the 'regulated' toxins in tap water, even the most damaging are not being kept below safe standards.

Trihalomethanes, for example, have been linked to a range of health problems including bladder cancer, colon and rectal cancer, birth defects, low birth weight and miscarriage and are still present in tap water in scary levels.

And those 'safe' chemicals, chlorine, their newer cousin chloramine and, of course, fluoride?

Chlorine is bleach. As you saw from the Daily Telegraph headline above (and this is just one study) **chlorine has been strongly linked to an increase in birth defects.**

According to the U.S. Council of Environmental Quality, **the cancer risk to people who drink chlorinated water is 93 percent higher than among those whose water does not contain chlorine.**

And this is just the tip of the iceberg.

Chlorine in tap water has been linked to asthma, skin conditions, increased risk of miscarriage, liver problems and more.

Chloramine is a new 'bleach' on the block that's added to water. It is a less effective disinfectant than chlorine, but it lasts longer and so is now used alongside chlorine to help make your water 'safer'. But it's not safe. Far from it.

As soon as chlorine or chloramines react with any natural matter (such as decaying vegetation in the source water) 'disinfection by-products' (DBPs) form and this is bad news.

DBPs are over 10,000 more toxic than chlorine, are highly carcinogenic, and lead to problems including:

- A weakened immune system
- A disrupted nervous system
- Respiratory problems
- Renal problems
- Cardiovascular damage...and so much more

Chlorine and chloramine in your tap water is not safe.

AND FLUORIDE?

While fluoridation of tap water is common in the USA, Australia and the UK most other countries do not add fluoride to their drinking water.

If the logic is that fluoride is added to harden your teeth, why would you want this same substance in your digestive system?

Most people seem to forget that fact: the fluoride you're putting into your mouth to harden your tooth enamel actually enters your stomach too.

According to a 500-page scientific review, fluoride is an endocrine disruptor that can affect your bones, brain, thyroid gland, pineal gland and even your blood sugar levels .

In fact, there have been over 34 human studies and over 100 animal studies linking fluoride to brain damage, including lower IQ in children.

It's just terrible.

I am still not sure how this can happen in our modern world, that countries as seemingly as developed and smart as the UK, USA and Australia could continue this practice that, en-masse is ruining the health of the entire population.

At this point I will presume you're on-board with the idea that tap water is pretty much ruining your health and any chance you have of reaching your health goals and getting the energy you need.

SO IS BOTTLED WATER THE ANSWER?

TO PUT IT PLAINLY...**NO!**

Bottled water is definitely not the answer.

Around 40% of the bottled water we are buying is actually just tap water, in a bottle.

And to make matters worse, the standards that the tap water companies are held to are much more strict than the bottled water standards.

Just think, if the municipalities that are providing tap water are held to much stricter standards and the tap water is still in that much of a state, just think of what your bottled water contains.



The EWG found 38 contaminants in 10 brands of bottled water. Findings included caffeine, toxic bacteria, carcinogenic DBP`s, nitrates, arsenic, various industrial chemicals, and pharmaceutical agents .

Then it gets worse.

Throw on top of this that the bottles that you're drinking from are made from plastic which contains a substance known as bisphenol A, more commonly known as BPA.

This BPA is proven to leech into the water over time and in certain conditions. And guess what, weeks and months sat in a warehouse, exposed to heat, light and air are the EXACT conditions under which BPA will leech into the water.

And it costs 50-100 times more per gallon than basic tap water and of course has a significant impact on the environment.

Put simply, tap and bottled water are not the answer, and in fact they are taking from your health and energy instead of contributing to it.

And before we move on to something more positive, there is one final but critically important part of the problem with tap and bottled water.

Both tap and bottled water share something else in common that will be undoing all of the hard work you're putting in with your health, and make it impossible for you to get the health you deserve.

Tap and bottled water are both acidic to your body and oxidizing to your cells. This is very, very bad news.

In the next chapter I will explain exactly why, but I want you to understand right now why simply filtering your water, while important, is only going to address one third of the issue.

All three issues with tap and bottled water need to be addressed in our path to life-giving, energy-giving hydration:

1. Toxins
2. Oxidation
3. Acidic pH

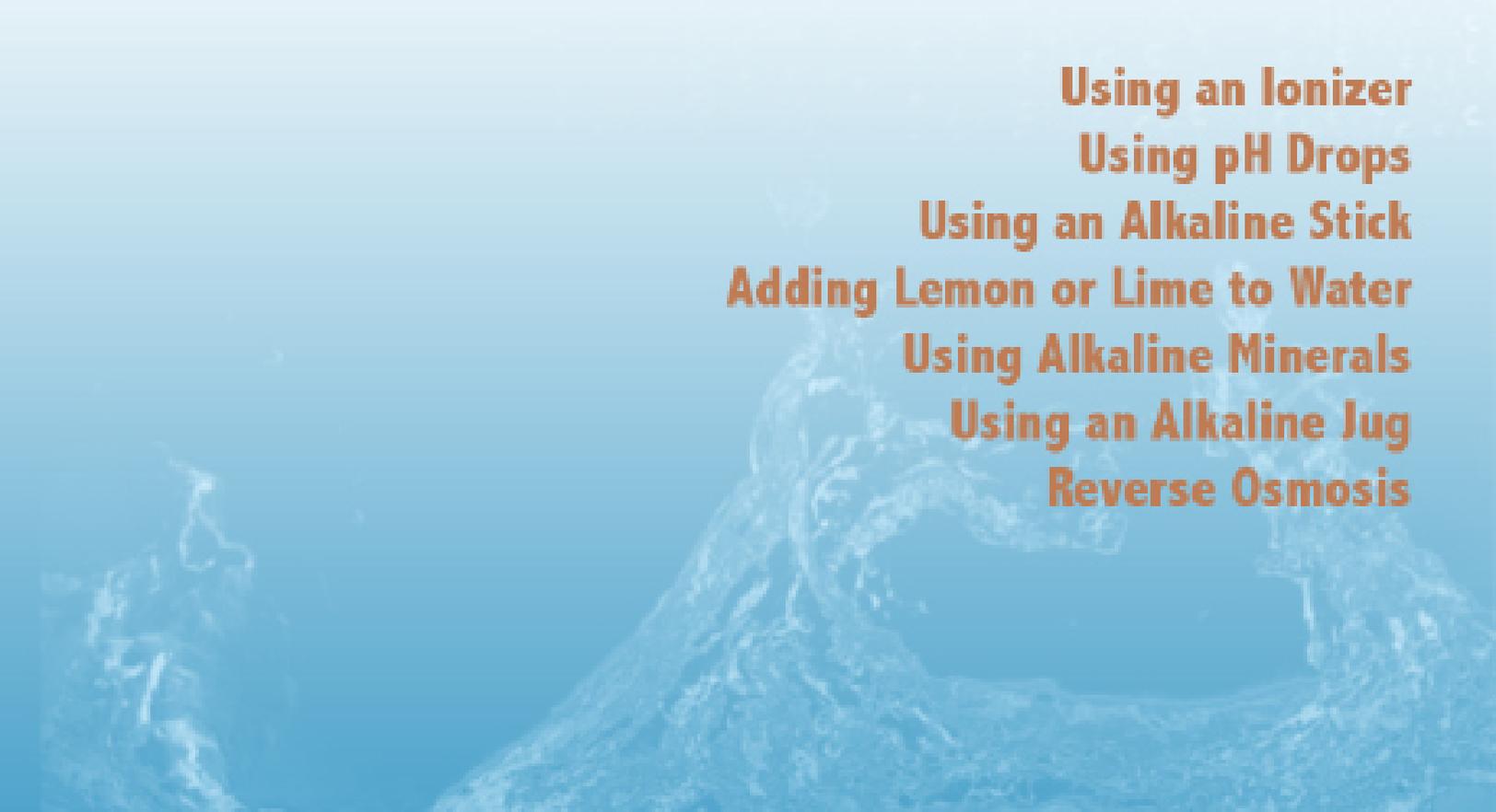
**TAP & BOTTLED WATER ARE NOT THE ANSWER!
SO LET'S GET ONTO THE SOLUTION!
OVER THE NEXT FEW PAGES YOU ARE GOING TO LEARN THE
VERY BEST WAYS TO FILTER, ALKALIZE AND GET HIGHLY
ANTIOXIDANT-RICH, HEALTH-GIVING WATER!**



HOW TO MAKE

Alkaline Water

AT HOME

- Using an Ionizer**
 - Using pH Drops**
 - Using an Alkaline Stick**
 - Adding Lemon or Lime to Water**
 - Using Alkaline Minerals**
 - Using an Alkaline Jug**
 - Reverse Osmosis**
- 

HOW TO MAKE ALKALINE WATER... AT HOME!

We've learned just how important drinking enough water each day is. It is critical for your health, energy, vitality, immune system, skin, digestive system and for practically every cell in your body!

However, **not just any water will do!** We've learned that water needs to be alkaline, filtered from toxins and have a rich antioxidant content.

Tap and bottled water are clearly doing more harm than good. So in this section I show you how to get water that has:

- **High pH:** you are aiming to drink water that has a pH of between 8.5 and preferably up to 9.5
- **Filtered:** tap & bottled water is almost always untrustworthy and contains traces of bacteria, heavy metals & other toxins
- **Antioxidant Content:** water will either have a -ORP (meaning it is an antioxidant) or a +ORP (meaning it is oxidizing to your cells) - you want water that is an antioxidant rather than water that will contribute to cell aging and free radical formation!

There are two ways you can create alkaline water, by chemically changing the water (adding things to it) or by increasing the hydrogen ions (filtering & electrolysing).

Over the next few pages I will take you on a guided tour of every method for making alkaline water at home.

Some I love and recommend, others are not my favorite. But I am going to give you all of the facts, laid out straight so you can make the decision that's right for you.



METHOD #1: USE AN IONIZER

This is the king of alkaline water filtration - well worth the investment!



Pro's: The healthiest, most alkaline water on Earth
Con's: Initial investment required

Can you imagine one small device that not only ionizes the water but also:

- gives you pH 9.5 water on tap
- **gives you antioxidant rich water on tap**
- gives you the highest level of filtration
- produces water that is more hydrating than any other source of water

This is just the beginning of what ionizers can do.

High pH Water

The way in which ionizers work is very simple, they separate the acid water from the alkaline water by disassociating the water molecule (two hydrogen atoms and one oxygen atom) to form one hydroxyl ion (-OH) and one hydrogen ion (H+). The -OH is alkaline and the H+ is acid.

This means that you are left with pH water on tap - you can select your pH and are guaranteed that you can drink pH 9.5 water all day, every day without the need for expensive drops.

Increased Hydration (Microclustered Water)

This creates the exceptionally healthy alkaline water, but it also serves to make the water more hydrating than normal water. This is referred to as 'microclustered' water.

Alkaline ionized water has clusters made up of five to six water molecules, as opposed to tap water that contains 12-15.

With the smaller clusters, alkaline ionized water gains the ability to penetrate tissue and cell walls far more easily, giving far superior hydration.

This is also why many people experience detoxification effects in the first few weeks of drinking the water, as it infiltrates areas that have not been reachable with ordinary H₂O.

Antioxidant Rich Water

The water that comes through our taps is not great. Although some water areas experience a pH of around 6.8-7.2, tap water has zero electrical negative charge and will almost always have a 'positive' ORP. ORP stands for Oxygen Reduction Potential, and is the standard scale used to measure antioxidant content.

With a 'positive' ORP - this means that your tap water has no antioxidant abilities and cannot assist your body in the fight against oxygen free radicals. On the contrary, it actually robs you of energy as you drink it.

Tap water usually has an ORP of around +350. In comparison, ionized water has an ORP of between -150 and -450 dependent upon the ionizer you use and the mineral content of your source water.

To give some further comparison, Cola has an ORP of approximately +550 and bottled water is less healthy than tap water with an ORP of between +400 & +650

By drinking ionized, alkaline water you are giving your body an abundant flow of antioxidants which will detoxify and protect your body.

Ultra-Filtration

The filtration provided in water ionizers does vary slightly (we recommend the Chanson models) but in each you are getting a filtration that will make your drinking water FAR more healthy than tap or bottled water.

Tap water is known to contain toxins, bacteria, pesticides, chemicals and heavy metals - all of which rob your body of health, whereas the highly effective filtration of the ionizer removes all of these.

In fact, the first thing a water ionizer does to your tap water is filter it using a combination of bacteriological and particulate control incorporating silver-activated charcoal!

The result is that you have perfect, healthy, drinking water! In fact, an added bonus is that the one thing that the ionizer DOESN'T filter is the healthy, soluble minerals in your water!

WHICH IONIZER IS BEST FOR ME?

There are two types of ionizer - and which you choose depends on your kitchen set up and preference:



Counter-Top Ionizer
Chanson Miracle MAX



Under Sink Ionizer
Chanson VS-70

The counter-top ionizer is best for those who do not want a difficult installation and want the unit on their kitchen bench. These ionizers literally take 3 minutes to set up and do not require any plumbing at all.

The under sink ionizer is a little more expensive and does require a little plumbing but, boy, is it worth the effort. Brilliant if you have limited kitchen bench space or just want a slick, sleek design look.

MY RECOMMENDATION: Chanson Ionizers

I have been using, selling and testing ionizers for over ten years and I have, quite honestly, been blown away by the design, performance, price and longevity of the Chanson ionizers.

To know that every day from the moment I wake I am drinking ultra-hydrating, filtered (which is so important and we'll get onto that), alkaline pH, antioxidant-rich water all day, every day...well, it's just a fantastic feeling and leaves me FULL of energy.

To know I'm getting all of that alkalinity and all of that antioxidant goodness every day, all day is brilliant.

I have not ever felt this good, my skin is amazing, my immune system is impenetrable and I love the taste. This is, without question, my top choice!

CHANSON OFFER COMING SOON...

If you're interested in purchasing a Chanson Miracle MAX (counter top) or Chanson VS-70 (under-sink) Ionizer, I'm thrilled to let you know that there is a very special offer coming soon!

I'm just working through the details of it now, but if you're interested please email ross@liveenergized.com (you can just click that email if you're reading this online).



METHOD #2: USE pH DROPS

Chemically alters the water to raise the alkalinity

Pro's: Small alkalinity increase on-the-go

Con's: No filtration, no antioxidants and an ongoing expense, PLUS the *potential* for untested ingredients

pH drops are a super convenient way of knocking the pH of your water up by 0.5 - 1 pH. And for most people with a tap or bottled water source of around pH 6, these would make the water very mildly alkaline which is a good start.

pH drops work by infusing the water with alkaline minerals and substances to raise the alkalinity of the water reading.

Each different brand has a different technique but the effect is similar across all of them - you get a slight increase in the pH of your water.



This makes pH drops good for travelling or on the go or if you're really just starting out.

I personally own pH drops for travel as they are super-convenient. However, they are not my main source of alkaline water for four reasons:

Firstly the water is not filtered, which can be a big problem if your main use is for on the go. If you're using on the go then your source water is likely to be either tap water or bottled water, both of which contain a heap of chemicals, toxins, bacteria and acids (yes, even bottled waters still contain the same, if not more, toxins than tap water).

Secondly, there is no antioxidant benefit with pH drops, despite some manufacturers claims. Adding a substance to 'on paper' lower the ORP (antioxidant measure, the lower the better) will give absolutely zero health benefit. It is the equivalent of putting green dye in water and calling it a green drink. To get an antioxidant benefit that your body can actually use, electrolysis (i.e. ionization) is the only method.

Thirdly, some of the brands out there use unnecessary ingredients. Some products (especially those trying to make an antioxidant claim) use substances that are put in there with the aim of bumping the ORP reading.

However, in reality, these ingredients are not required (as simply chemically changing the ORP reading does nothing for your health), and some untested for human safety.

So please be careful with the brand you choose and aim for a trusted brand.

And finally, there is the ongoing expense. These products range from £30-£60 per bottle and only last for about 3-4 weeks.

Within a year or so of use you could own an ionizer outright, which then goes on to be a saving on buying drops, bottled water and supplements for a lifetime.

IN SUMMARY...

pH Drops can be a handy interim solution or while travelling.

They do provide a small lift in the pH of your water, which will take mildly acidic water to be mildly alkaline. And this is fantastic while travelling, on the go or even for at work.

But it is not a complete solution. It does not provide the goal pH of 9.5, it does not provide filtration and nor does it provide an antioxidant benefit.

And of course, the ongoing cost, over a period of a year or so is more than buying a Chanson Ionizer.

A QUICK NOTE ON pH TABLETS/CAPSULES

A similar product to pH Drops that has hit the market in recent months are pH powders or tablets, that you drop into water.

These make similar claims to pH drops such as it activates redox (ORP) and gives an antioxidant benefit, and raises the pH of the water.

The reality is that these products are simply alkaline minerals, the same as the pH drops but I strongly advise against them as a means to make alkaline water.

While they contain alkaline minerals, such as calcium and magnesium (the same as pHour Salts which is a much, much better supplement), they also contain a heap of ingredients you simply do not want in your body.

These ingredients, such as Microcrystalline Cellulose, Magnesium stearate and Silicon dioxide are completely inactive in terms of health benefits, but are anti-caking agents that are not natural for human consumption.

Plus these products tend to have 'proprietary blends' that are un-listed, which usually means they contain ingredients that DO push up pH (such as Tourmaline) which are untested for human consumption.

The bottom line is they are neither as clean as pH drops for alkaline water, nor as strong as alkaline salt supplements like pHour salts as a acid buffer. Bottom line?

DON'T BELIEVE THE HYPE.

METHOD #3: ALKALINE STICK

A fantastic product when travelling...

Pro's: cheap, quick increase in pH by 1-2 pH

Con's: no filtration, no ionization, needs replacing every 6-8 months

Drinking fresh, ionized water, straight from the tap of your ionizer is the very best thing you can do for your body - but, when you're travelling this isn't always easy...and that's where the alkaline stick comes in.

These are really cool, convenient, handy ways to make your water more alkaline when you're on the road.

They are exactly the same technology as the portable alkaline bottles (like the AlkaPod), but you can use them with any bottle you like!



HOW THEY WORK...

Made of all natural ceramic coated minerals in a surgical stainless steel housing, the alkaline stick can also convert any bottled water to mildly alkaline water within minutes. You just drop it in and shake and after a minute or two your water will be 1-2pH higher.

The alkaline stick is not a filter. Though it does remove a small amount of chlorine, the it is better suited for pre-filtered or bottled water.

It is nowhere near as effective as using an ionizer, but it is a really handy device!

They cost under \$100 and will last around a year on normal water and two years if used to revive previously ionized water.

METHOD #4: ADD LEMON/LIME

This increases the alkalizing EFFECT of the water once consumed and costs less than 20c per day!

The first thing you're probably thinking is "but lemons & limes are acidic, right?" - and while the answer to that is obviously yes (citric acid) - the important distinction to note is that they are alkaline to the body once consumed.

There are a small number of foods that while they are acid in their natural state, they contain such high levels of alkaline minerals, and low levels of sugar that they actually have an alkalizing effect on the body once you consume them.

Pro's: Very, very cheap and easy
Con's: Less alkaline effect, no filtration, shouldn't drink all day



WHY I LOVE LEMON WATER

Lemon water is made by simply squeezing approximately half a lemon into 1 liter of water. You should drink this first thing in the morning (before anything else) and add just a little boiling water to make it slightly warm (note: NOT hot).

This wonderfully refreshing drink will alkalize your system, ignite your metabolism, boost your liver and kidney and help your digestive system wake up after a good nights sleep.

It will alkalize and energize - however - I really don't see this as a replacement for pH drops or an alkaline water ionizer as it does not offer the high pH effect or any level of filtration or antioxidant content.

It is however, a cheap, tasty and easy way to start your day positively!

METHOD#5: ALKALINE MINERALS

This offers a short term boost, but not suitable for a long-term strategy

Pro's: Gives an instant alkaline boost to your body
Con's: No filtration and not suggested for repeated daily use or long term

I am often asked if you can just add certain minerals (such as sodium bicarbonate) to make alkaline water and the answer is.... yes and no.

Strictly speaking, the addition of alkaline minerals WILL increase the pH, but it won't filter or ionize the water - and there is another problem...



The amount of the mineral you will need to add to make 3-4 litres of water suitably alkaline will likely be well over your Recommended Daily Intake, and is not advised.

This is not a long-term, viable option and this is exactly what pH drops are for.

pH drops are safer and more effective because they are so concentrated. I would not recommend drinking 4 litres of water containing this level of alkaline minerals (especially when it is just one mineral such as sodium).

However, as part of your alkaline, balanced diet, having one glass of alkaline mineral infused water per day can be a great way to neutralise acids and give your body an alkaline boost.

pHour Salts from pH Miracle is a great product for this as it contains a mix of four alkaline minerals. However, see this as a 'supplement' and not as your source of alkaline water.

METHOD #6: ALKALINE JUG

This is a great method for on-the-go pH and basic filtration

Pro's: raises pH like the alkaline stick and gives a little (basic) filtration

Con's: Filtration not good enough long-term and no ORP or high pH benefit

Using an alkaline filter or 'jug' (sometimes referred to as an ionizing jug - but this is wildly misleading as it does not ionize) is a great short-term solution or backup alkaline filter for travel, at the office or on-the-go.

I personally have one of these to take with me on holidays or business trips and when I'm working out of a temporary office, I take it with me and keep on my desk.

The Alkaline Jug works in two stages. Stage one offers basic filtration, similar to that of a Brita-type filter. It will remove a little of the bad stuff, but not everything and certainly doesn't offer filtration of chemicals, heavy metals or pesticides. It does an OK job on fluoride though.

Stage two has the water pass through a mineral chamber, where the water washes over ceramic coated alkaline 'mineral balls' which help raise the pH by about 1 point - so tap water will go from about pH 7 to about pH 8, and sometimes pH 8.5. The water then sits in the jug in contact with these 'balls' to retain this level of pH.

This is nowhere near the same level of performance as an ionizer, but is a good short term or travel solution.



“METHOD” #7: REVERSE OSMOSIS

This included as a **WARNING**: Reverse osmosis does *not* make alkaline water!

Pro's: very strong filtration - literally everything is removed from the water
Con's: leaves the water acid-forming and oxidizing, wastes a huge amount of water through the intense filtration process

Reverse osmosis (RO) is a large, full-on filtration system, that sits under your sink, filtering all of the water that comes through your tap.

It is a very strong filter. It removes literally everything from your water. Good and bad.

The good news is, it removes all of the toxins from your tap water, which, as we've already discussed - is a good thing.



BUT - you don't need a filter THIS strong to be able to remove the necessary stuff from your tap water, and the downside of this strength of filtration is huge.

Problem with Reverse Osmosis #1

It leaves your water acid-forming AND oxidizing! This means that drinking this water will actually contribute to acidity and the death of your cells. Not good.

Problem with Reverse Osmosis #2

It generally takes 10 parts of waste water to make 1 part of RO water. Meaning every oz (or litre) you pour, wastes 10oz (or 10 litres). Crazy

Problem with Reverse Osmosis #3

They are expensive, expensive to install and expensive to maintain.

All in all I wouldn't recommend them.

AT-A-GLANCE COMPARISON

	ALKALIZES THE WATER?	MICRO-CLUSTERS?	FILTERS TOXINS?	ANTIOXIDANT WATER?
CHANSON IONIZERS	YES! You select from pH 3 - pH 12+	YES! Up to 8x more hydrating!	YES! Super-filtered for chemicals & toxins	YES! Stronger than green tea!
pH DROPS	YES! By 0.5 - 1.5 pH	NO	NO	NO
ALKALINE MINERALS	NO A supplement - not for water	NO	NO	NO
ALKALINE STICK	YES! By 0.5 - 1.5 pH	NO	NO	NO
ALKALINE JUG FILTER	YES! By 0.5 - 1.5 pH	NO	YES! Basic filtration of minor chemicals	NO
REVERSE OSMOSIS	NO Creates ACIDIC water!	NO	YES! Removes everything	NO Makes OXIDISING water!
LEMON WATER	YES! Very, very, very mildly	NO	NO	NO

SUMMARY

Yep, I get that it's a lot to take in at once! Apart from RO (and distillers have the exact same weaknesses as the RO, by the way) the other methods all have their merits, time and place.

But bang for buck I highly recommend getting a Chanson Ionizer. You will then have a lifetime of free alkaline, antioxidant-rich, mega-filtered and ultra hydrating water, on tap!



HOW TO

Get Hydrated

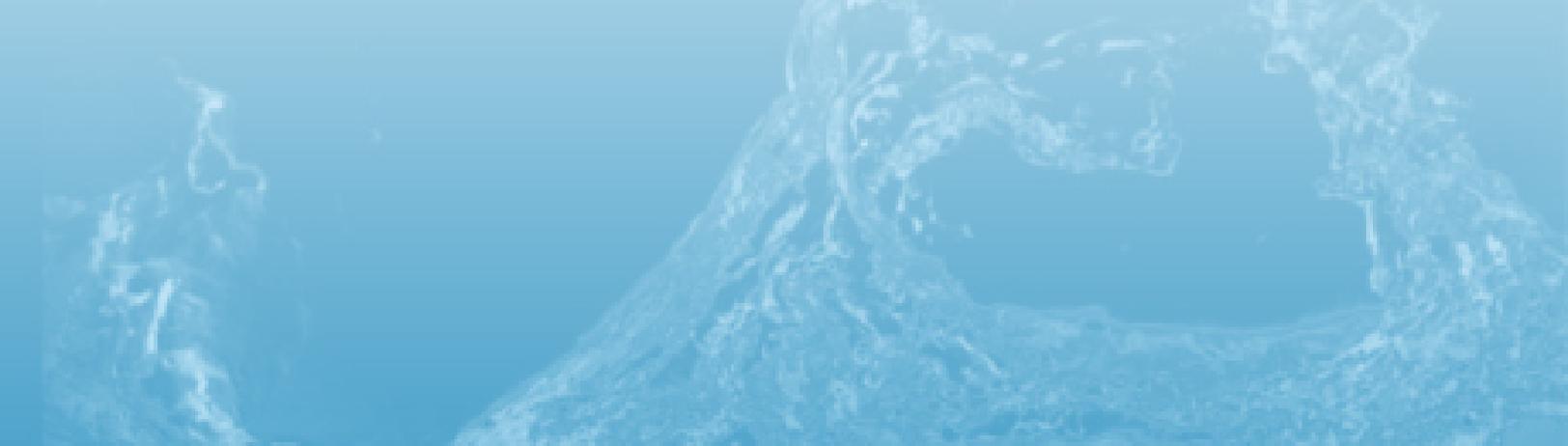
and STAY HYDRATED!

How to Remember to Drink Enough Each Day
Making the Hydration Habit Simple and Easy

What to Drink

How to Make Alkaline Water Delicious

Top 7 Herbal Alkaline Teas



HOW TO REMEMBER TO DRINK ENOUGH EACH DAY!

THE #1 REASON MOST PEOPLE DON'T STAY HYDRATED IS THAT THEY SIMPLY FORGET TO DRINK ENOUGH WATER EACH DAY!

HYDRATION TIP #1

CARRY A BIG BOTTLE EVERYWHERE!

This is the best tip – because it makes sure you always have your water on you to sip. I personally like to have a big 1 litre bottle at all times and when I do this I always drink my 4.2 litres!

HYDRATION TIP #3

SUBSTITUTE

For every other drink you go to have, be it a tea, coffee or juice – substitute in water. You will be surprised at a) how good it makes you feel and b) how much of a pat on the back you can give yourself afterwards. This simple tip can lead to some really good, positive reinforcement that yes, you can say no and it makes you even more healthy!

HYDRATION TIP #2

SET A RELIABLE REMINDER

This isn't something you will have to do forever, but I recommend you set an hour reminder on your phone or watch to beep and remind you to have a big gulp or a glass of water every hour. It is amazing how often you suddenly realise it is lunchtime and you've not really had anything to drink!

HYDRATION TIP #4

ALWAYS HAVE WATER AT YOUR DESK

Simply having a bottle at your desk at all times means that when you do remember you can tuck straight into it, rather than thinking "oh yes, water, now let me just finish this email first"

HYDRATION TIP #5

KNOW YOUR OUTCOME AND PLAN YOUR ROUTE

Here is my daily hydration schedule you can use. You can use this to build up your new hydration habit over the next five weeks, so that at the end of week five you are hitting your hydration target day in, day out.

MY HYDRATION SCHEDULE

MAKING THE HYDRATION HABIT SIMPLE AND EASY

REMEMBERING to stay hydrated is often the hardest challenge. On the last page I've given you five top tips for staying hydrated, but I'm often asked how I (Ross) do it.

In this quick run through I'm going to give you my rough outline hydration strategy/timetable.

The reason this works so well is twofold:

- 1) I have linked hydration to other habits I already have - so it's easy to remember
- 2) I don't try to glug water a litre at a time. Small quantities more often works much better for me.



ROSS' DAILY HYDRATION ROUTINE:

- > Upon waking 500ml of lemon water: water so far 500ml
- > After cleaning my teeth another glass of plain water: water so far 1000ml
- > Mid morning cup of herbal tea: water so far 1330ml
- > Make 1 litre of iced tea to have before and after lunch: so far 2330ml
- > Another herbal tea with your mid afternoon snack: water so far 2660ml
- > As I prepare dinner a glass of standard alkaline water: water so far 3160ml
- > After dinner a cup of herbal tea: water so far 3490ml
- > Before bed, a glass of warm lemon water: water finished at 3990ml

As you can see, by getting my hydration from a range of different drinks, I'm getting around 2 litres per day from flavoured drinks like teas, iced teas, lemon waters etc. Note these are all made with ionized water and are not sweetened, but they're still delicious AND alkaline AND hydrating!

WHAT ELSE CAN I DRINK?

It doesn't *have* to be just water, water, water all day, every day - you can and should mix it up a little. However, before I reveal some other drinks to enjoy, here is my list of drinks to avoid:

- coffee (high caffeine)
- black tea (especially with milk and sugar!)
- green tea (high caffeine)
- fruit juice (very high concentration of sugar)
- soft drinks (you know why)
- carbonated (fizzy) water (carbonation makes water have an acid pH)
- alcohol (you know why!)

That is not to say you can never have the above in moderation, but I would seriously cut out the soft drinks right now. They are just terrible on so many levels. "Soft drinks" includes colas, sports drinks, flavoured milks, flavoured waters, energy drinks and iced tea drinks.

WHAT TO DRINK:

Alongside pure alkaline water, I also recommend you add in some:

Herbal Teas: I recommend staying with organic and caffeine free. If you are transitioning away from normal tea and coffee, I really recommend drinking Red Bush (also known as Rooibos) tea. It is a slightly bitter, earthy flavour that is a great substitute for coffee and tea. I also recommend peppermint for digestion. See the next page for my top herbal tea picks!

Fresh Vegetable Juice: This warrants an ebook of its own, but drinking a glass of freshly squeezed vegetable juice each day will have a remarkable impact on your health. Juicing dark green veggies will give you an almighty nutrition hit and will get you on your way to your minimum 5 serves of veg each day!

Coconut Water: Gaining rapid popularity, coconut water is the water from the middle of a fresh, young, green coconut. Not to be confused with coconut cream or milk, it is a clear, alkaline, slightly sweet liquid that is high in alkaline salts and is quite simply delicious!

ADVANCED GUIDE: HOW TO MAKE ALKALINE WATER DELICIOUS

Delicious Alkaline Water Method #1: Fruits & Veggies

This is my current favourite (certainly in summer) and is really easy, really impressive looking and works brilliantly. It also allows you to get some of the big flavours of fruits back into your life without being overly acidic (note: fruit sugars are acid forming – if you need to learn more about that click [here](#) to read about fruit and the alkaline diet).

Some of my favourite combinations are:

- Cucumber, Mint & Lemon
- Rockmelon & Ginger
- Watermelon & Mint
- Strawberry & Basil
- Cucumber & Lime
- Cherry & Lime



The possibilities are endless, they really are!

To prepare each, simply roughly chop and smash up the ingredients, tear the leaves etc and throw them into a large jug/pitcher and then fill with the alkaline water.

Delicious Alkaline Water Method #2: Herbs & Spices

Similar to above, you can also use herbs and spices to flavour the water. This is often easier on a smaller scale as you can add a pinch here and there to a big glass, rather than having to go the whole hog and make it in bulk.

Herbs such as basil, thyme, rosemary all work amazingly. And spices such as ginger, cinnamon, nutmeg, cayenne etc are all fantastic too.

Delicious Alkaline Water Method #3: Iced Teas

Iced teas are so easy to make but are so often overlooked! All you need to do is make the tea as normal and then make it cold! Et voila!



There are so many combinations and teas you can either infuse yourself (see here for my delicious alkaline tea guide) or just buy the teabags/leaves to infuse.

This is one of those killer tips that can be the difference for some people. Let's face it, you need to drink 3-4 litres of water per day, so what if you made a litre of delicious iced tea each morning and drank that throughout the day? That's one of your litres done, and really enjoyably so!

What a thought!

My personal favourites for alkalinity AND that work well as iced teas are:

- Peppermint
- Homemade lemon & ginger
- Rooibos (redbush) with lemon
- Rosebush
- Hibiscus
- Peppermint, Spearmint & Chamomile

PLUS I love to simply steep some fresh mint leaves from the garden with some root ginger too. That is delicious hot or cold. You simply simmer the mint and ginger in a big pan of water for about 30 minutes and then let it cool!

Delicious Alkaline Water Method #4: Herbal Teas

And OF COURSE, the hot version can be just as good. See over on the next section for the top seven alkaline herbal teas.

Delicious Alkaline Water Method #5: Good Ol' Lemon or Lime Water



And we couldn't go past this without referencing the original, the best flavoured alkaline water! First up, let's get the question about lemon being alkaline or acid out of the way.

Lemons and limes, while being a citric fruit of course, are alkaline-forming to the body. Once consumed they have an alkaline effect on the body due to their containing alkaline minerals and very little sugar.

So, now that's out of the way, let's talk about what it is and how to make it!

Lemon water (or lime water) is simply filtered, alkaline water with fresh lemon squeezed in. There are no hard and fast rules and you can make it however you like, but my rule of thumb is to squeeze 1/3 lemon into 500ml of water.

If you like it more lemony then squeeze in a 1/2 lemon. If not so much, go for a 1/4.

It's as simple as that.

You shouldn't add any sweeteners or syrup as these will make the drink highly acid forming, but a little cayenne pepper is fine.

I like to make this with lukewarm water and enjoy early in the morning as part of my morning ritual. It's mildly alkaline, gets the metabolism going and really wakes and freshens you.

TOP 7 HERBAL ALKALINE TEAS

YERBA MATE

A wonderful tea, native to South America, that can be really useful in detoxing and cleansing. It gives a slight energy boost, that is free from the jitters of caffeine-based drinks such as coffee and green tea and each infusion of yerba mate contains:

- Vitamins: A, C, E, B1, B2, Niacin (B3), B5, B Complex
- Minerals: Calcium, Manganese, Iron, Selenium, Potassium, Magnesium, Phosphorus, Zinc
- Additional Compounds: Carotene, Fatty Acids, Chlorophyll, Flavonols, Polyphenols, Inositol, Trace Minerals, Antioxidants, Tannins, Pantothenic Acid and 15 Amino Acids.

REDBUSH (ROOIBOS)

Absolutely PACKED with antioxidants, this awesome tea is a great drink to have if you're trying to transition away from coffee. It's slightly bitter taste helps replace that bitter urge for coffee and black tea. It's packed full of nutrients including calcium, manganese, zinc and magnesium – all powerful alkaline minerals.

PEPPERMINT

Very alkaline, very tasty and very, very good for digestion. It's refreshing, natural and caffeine free and has been widely recommended for IBS, flatulence, bad breath, nausea and heartburn.

GINGER TEA

One of my personal favourites, this zingy badboy is also good for digestion and nausea – but is also great for circulation, colds, flu, stress and headaches.

ROSEMARY

Native to the Mediterranean, Rosemary is another big hitter in the antioxidant stakes. I love it because it grows SO easily and you get LOADS of it when you grow a bush! It's high in the following: beta-carotene/ Vitamin A, thiamin/Vitamin B1, riboflavin/Vitamin B2, niacin/Vitamin B3, Vitamin B6, Vitamin B12, biotin, pantothenic acid, Vitamin C, Vitamin D, Vitamin E and Vitamin K making it a great all-rounder!



LAVENDER

The best smelling tea, lavender is the great relaxer – helping ease you off to sleep, to ease anxiety and stress and to help unwind after a long day. Luckily I've got almost as much lavender growing as I have rosemary! Hence me being so relaxed.

ROSE HIP

Rose hips are the fragrant and tasty fruit of the wild rose plant and make a very very flavoursome tea. Because of the very high vitamin C content in rosehips (along with other vitamins, minerals and tannins), rosehips are considered to be an energizer. They are also rich in flavonoids, which help strengthen your body's capillaries among other things. Very useful for colds, flu, headaches, stomach aches and more.

To be honest, aside from green, white and black tea (which all contain caffeine) you can't really go wrong!

Herbal teas are a great way to up your fluid intake with flavour! And of course, feel free to add lemon, mint or anything else like cinnamon to add extra alkaline flavour!

IS BOILED WATER ALKALINE?

Yes! Water that is 'naturally' alkaline due to ionization or mineral content holds its pH wonderfully. You can use a water ionizer, alkaline water jug or other filter to make alkaline water, boil this and you're set. If you've ionized the water, it also holds its ORP too but not for too long, so drink up!

WATER BOTTLE SAFETY

In recent years it has become widely recognise that certain plastics used by manufacturers are extremely unsafe, leaking plastics and chemicals into the food/drink that is contained within them. The main chemicals that we need to avoid and are most at risk of are Phthalates and Bisphenol A. Here are the signs to look out for and why:



Number 7 Plastics: Miscellaneous

The ones to worry about are the hard polycarbonate varieties, as found in various drinking containers (like Nalgene bottles) and rigid plastic baby bottles. Why? Studies have shown polycarbonate can leach bisphenol A, a potential hormone disruptor, into liquids.



Number 3 Plastics: V (Vinyl) or PVC

Number 3 plastics may release toxic breakdown products (including pthalates) into food and drinks. The risk is highest when containers start wearing out, are put through the dishwasher or when they are heated (including microwaved).



Number 6 Plastics: PS (Polystyrene)

Made into soft Styrofoam-style cups as well as rigid foams. Avoid using them as much as possible. Number 6 plastics can release potentially toxic breakdown products (including styrene). Get this: particularly when heated! Watch for takeaway hot drinks.



WHAT IS ORP? ANTIOXIDANT WATER EXPLAINED:

Can you imagine how great you would feel if you could drink something that had more antioxidants than green tea all day, every day? Imagine how vibrant you would be if you were getting 3-4 litres of antioxidant-rich fluids every day.

We all know how important it is to drink enough water and stay hydrated every day, but drinking the right kind of water could make an incredible difference to your health, energy and vitality.

ANTIOXIDANTS & WATER

You might be wondering exactly how water can contain antioxidants. I don't blame you. If you had asked me a few years ago I would probably have said – you can only get antioxidants from food! It is what the media tells us, eat bright coloured foods – and they're right. Bright coloured foods such as blueberries, tomatoes, oranges contain high levels of antioxidants such as Flavonoids, Lutein, Lycopene and Phytosterols.

However, an antioxidant is, actually, quite simply, a molecule capable of inhibiting the oxidation of other molecules. This does not have to only come from fruit and vegetables. As long as something has the capacity to inhibit oxidation it will act as an antioxidant in the body.

And this is exactly what water with a negative ORP does!

HOW TO MAKE NEGATIVE ORP WATER

There is only one real way to get a negative ORP in your water and that is to use an electric water ionizer.

It is possible to lower the ORP by adding minerals and vitamin powders, but these do not give a true benefit, they simply change the reading on the ORP meter. If you want ORP for ORP's sake then this is fine, but if you want the real benefit of the antioxidant then ionization is the way to go.

To understand how ionized water creates this negative ORP and makes the water antioxidant rich, I need to explain two things:

- 1) How ionized water is made
- 2) What ORP is

HOW IONIZED WATER IS MADE

To keep this simple and, hopefully, not too scientific(!):

- We create ionized water by separating the hydrogen ions (H⁺) from the hydroxide ions OH⁻. To make acid and highly oxidizing water, we increase the concentration of hydrogen ions in the water. Conversely, to make alkaline and antioxidant-rich water we increase the concentration of hydroxide ions.

When the water runs through the ionizer it splits these ions into acid and alkaline and depending on the setting you select you will get the required mix of ions to create the pH and antioxidant level you are after.

WHAT IS ORP AND WHY IS ORP IMPORTANT

The antioxidant capacity of liquids is measured in ORP (oxidation reduction potential or redox potential). This is the standardised measure of antioxidants in liquids in the same way that ORAC is the standard measure of antioxidants in foods.

Basically all liquids have an Oxidation Reduction Potential (ORP), which, as per the definition of an antioxidant above, is the potential for one liquid substance to reduce the oxidation of another substance. It is measured in millivolts (mV) and most liquids fall between +700 and -800. In other words, the more powerful the antioxidant, the lower the ORP level. As things oxidize, the ORP rises.

To give this some meaning and relativity, here are some rough ORP measurements:

- Tap water: +250 to +400 ORP
- Cola: +400 to +600 ORP
- Green tea: -120 to -250 ORP
- Orange juice: -150 to -250 ORP
- Alkaline ionized water: -200 to -800 ORP

So, as normal tap water has an ORP of +250 to +400 this means it basically has zero potential for reducing oxidation. Alkaline ionized water has an ORP of -350 to -800, depending in part on the amount of minerals in the source water and how the ionizer is adjusted.

WHAT THIS MEANS

This means that if you are drinking alkaline, ionized water with a pH of between 8.5 and 9.5 then you are drinking water that is very, very antioxidant-rich.

Again, just imagine the difference it could make to your health, energy and vitality if you were drinking 3-4 litres of water each day that had more antioxidants than green tea or freshly squeezed fruit juice.

SUMMARY

So, to keep it simple – ORP basically means the level of antioxidants in liquids and the lower the better. When water is ionized it increases the concentration of hydroxide ions (OH-) which leads to a negative ORP.

Alkaline, ionized water is not only alkalising and amazing at buffering excess acids, but it is also antioxidant rich – infusing your body with free-radical scavenging antioxidants that will protect your cells and encourage your health and wellness.

AMAZING ACID WATER

Most people, including me for many years, only think of alkaline water when they think of the benefits of owning an ionizer. Not any more.

Since a, quite frankly, mindblowing presentation from Ronnie Ruiz (CEO of Chanson Water USA) at the Z-Factor Health Weekend (see my photos here) in May I am now a fully converted acid-water-user. In fact, I use almost as much acid water now than I do alkaline!

Why?

Because acid water just has so many practical uses! Sure, you can't drink it, but there isn't a lot else you can't do with it!

WHAT IS ACID WATER?

Acid water can be characterised by the following:

- 1) having a pH of between pH 2 and pH 4
- 2) having an ORP of +800 to +1200 (see here for more info)
- 3) having a hypochlorous acid component from 1-30 mg/l
- 4) being microclustered
- 5) being heavy in H⁺, which acts as an oxidizer

THE TWO TYPES OF ACID WATER

There are two types of acid water – mild and strong. 'Mild' is used on the skin, hair and nails and 'Strong' is used for cleaning and sterilizing.

Sound good? OK, so here it is:

66 USES OF IONIZED ACID WATER

Amazing acid water is made using an ionizer, by setting the water pH to pH 3 or below. This water has so many incredible uses that I use the acid water almost as much as the alkaline! I am definitely just as excited about this part of the ionizer as I am the alkaline water, that's for sure!

It's important to note that very few ionizers are powerful enough to get pH 3 water. The Chanson can, but please remember that very few are able to do this.

ACID WATER USES: SKIN & HAIR

1. Use to lessen the appearance of lines and wrinkles on the face. Actually speeds skin renewal process!
2. Use as a skin toner.
3. Use to lessen the appearance of age spots.
4. Use for dry skin patches or rough skin.
5. Carry a bottle around and use as a hand sanitizer. It will not dry the hands out.
6. Use to replace expensive skin moisturizers and creams.
7. Use as a hair conditioner.
8. Use for skin rashes or baby diaper rash.
9. Use to prevent shaving bumps.
10. Use as an aftershave.
11. Use for poison ivy and other plant rashes.
12. Use on skin for Eczema. Spritz three times a day and let air dry.
13. Use on skin for Psoriasis.
14. Use on skin for Rosacea.
15. Use for dandruff. Spritz on after shampoo and let air dry.
16. Use for acne of every type. Spritz on after washing and let air dry.
17. Use to lessen the appearance of scars.
18. Use to spray in shoes to disinfect and deodorize.
19. Use in place of deodorant
20. Pour into bath water to soften skin.
21. Spritz on face for a refreshing pick me up.
22. Use as a soak for sore rough feet.
23. Use for Athletes Foot.
24. Use for Jockitch.
25. Use for female yeast infections and other female issues.
26. Use for Toe Fungus.

FOOD PREPARATION

1. Use to kill bacteria on fruits and vegetables by using the mist or dipping.
2. Use in meat and dairy product facilities as a sterilizing and cleaning agent.

INTERNAL DISINFECTANT

1. Use as a mouthwash and gargle.
2. Use as a toothpaste.
3. Use for pink eye.
4. Use for ear infections.
5. Use for infected tooth or gums.
6. Use as a gargle for a sore throat.
7. Use as an enema.
8. Use to treat bad breath.

FIRST AID & STERILIZER

1. Use for burns.
2. Use for minor cuts and scrapes.
3. Use to promote faster healing of cuts and wounds.
4. Use to stop bleeding in minor cuts.
5. Use on boils.
6. Use in doctor and dentist office for cleaning and antibacterial.
7. Use in clinical applications to sterilize surgical instruments.

CLEANING PURPOSES

1. Use to sanitize bathrooms and kitchen counters.
2. Use on cutting boards.
3. Use to spray directly in refrigerator for foul odors.
4. Use to spray on carpets and rubber bathtub mats.
5. Use as a streak free glass and mirror cleaner.
6. Use for cleaning wood floors (a light mist is all that is needed).
7. Use to clean dirt and grime all over the house (removes fingerprints from drywall), etc.
8. Use to sanitize the interior of your washer and dryer.
9. Use on household sponges to extend their life and prevent foul odors.
10. Use to spray into laundry baskets to kill mold and fungi.
11. Use to disinfect human and pet bedding.
12. Use for auto glass.
13. Use for chrome polishing.
14. Use to sanitize phones.
15. Use to sanitize computer keyboards (light spritz).
16. Use on doorknobs and handles to disinfect them.
17. Use for deodorizing.

PETS

1. Use in cat litter boxes to kill odors and bacteria.
2. Use on animal's skin for any kind of skin issue.
3. Spray in bird cages. The water will not hurt the bird.

BUG CONTROL

1. Spray on ant trails to deter them.
2. Kills many types of spiders and insects.

And many, many, more.....

HOW TO USE ACID WATER

To use the acid water you simply have to set your ionizer to produce the pH you are after and then store the water in a spray bottle for when you want to use it!

I recommend using a dark glass bottle for the skin spray and a HDPE plastic bottle for cleaning and disinfecting around the house.

THE BIG EXTRA BENEFIT!

The best part about using acid water for your skin and as a cleaner around the house is that you are now not using any chemicals around the home! Either on your skin or your surfaces!

This is not only fantastic for your health but it is also fantastic for the environment.

AGAIN, remember that very few ionizers are powerful enough to get this strength of acid water - please make sure you choose an ionizer that can!

**COMING SOON: MY NEW
3-PART VIDEO TRAINING GUIDE**

Alkaline Water Made EASY!

Look out for my email
in the next few days....

CHANSON IONIZER CASE STUDIES

AS SOON AS PEOPLE START USING THE CHANSON THEY START SEEING RESULTS. ME TELLING YOU THIS IS ONE THING...BUT HEARING IT FROM REAL USERS IS ANOTHER. SO HERE IS JUST A TINY SELECTION OF THE FEEDBACK I'VE GOTTEN FROM CHANSON OWNERS:



Sarah Young

BUY IT NOW! This is the next level!

I was too acidic before. The Chanson has made me more energized, I am no longer bloated and my health issues have gone! This is the quickest and easiest way to get alkaline.



Nancy B Smith

The Chanson literally changed my life! Working in healthcare, I am around patients that are sick and I used to frequently get colds. On top of that, my gastrointestinal system was always irritated and bloated.

Now? I hardly ever get sick and my GI system is 100% better!

I am a much happier person since getting the Chanson. My health and energy are improved and I'm more productive at work. In fact, I've got more energy now than when I was in my 20's!

I can maintain my ideal weight while still having the odd treat – I don't have to worry any more!

I also love the acid water! It's great for washing my face and having a healthy glow to my skin. The results are remarkable – my friends all say I look 10 years younger!

The Chanson literally changed my life! Thanks!"



Helen Githiomi

I'm feeling great, have more energy and have lost weight! I've got loads of energy! Even with three jobs I still have loads of energy.

My skin looks fantastic, even without makeup!

The water tastes so good, I don't ever feel like I need anything to flavour it.

I've even cut down on the number of vitamins and supplement I have to buy because my body doesn't seem to need them any more.

I'm feeling great, have more energy and have lost weight, but the most remarkable thing is I've been giving it to a friend with MS and he has seen remarkable improvements in his balance and muscle strength. He's also reported that sensation is starting to return to areas that were numb.

I clean all of my fruit and veg in the pH 11 and use the pH 3 to cleanse my face. The toilets and floors get cleaned in the pH 2.5!

This really was the best buy I've ever made!

Unbelievable! Lost 18kg, Have More Energy & No Acid Tummy, Gout or Skin Problems!

Karl C, Australia

Unbelievable!!! More energy and no more acid tummy, gout or skin problems!

I've lost 18kgs (39lbs) since I started drinking from the Chanson! I've got rid of all of my acid tummy, gout and skin problems and it's made me feel great!

I used to drink nowhere near enough water because it tasted very Chlorinated but the taste of the Chanson water is fantastic!

My digestion has improved, all stomach problems are a thing of the past, my skin is much better...I just feel cleaner!!!

My whole family just love it. We sure miss it when we are away!

Buy one. You can't beat it

Worth Every Penny! You'll realise how truly awful other water is...

Pamela K, Singapore

Worth Every Penny! You'll realise how truly awful other water is...

My health has improved and everyone in the family drinks so much more water now!

The taste is fantastic. It's only when you then drink other waters that you realise how pure and fantastic it is. All other waters taste foul now.

I no longer have any fluid retention and I'm finding I am drinking more and more water!

The Chanson is worth every penny!

Fabulously Healthy Water at the Push of a Button!

Pauline, Australia

Feeling sick is a thing of the past...!

I highly recommend the Chanson! I would never be without one, in fact I miss the water when I'm away from home.

Being able to create fabulously healthy water at the press of a button is great.

I've had an improvement in my health, an increase in my energy and my digestive system is greatly improved!

Weight Gone & Stayed Off! My Energy has Increased Loads!

Layla O, UK

THANK YOU Chanson for Changing my Life!

I bought the Chanson because I wanted to become fitter and healthier and have more energy, and my energy has increased loads. It's like I've finally got enough time now to get everything done!

Weight gone and it's stayed off without me even trying!

I wash all of my vegetables with it and clean my house with the acidic water, and I've never looked back since using it. I recommend it to anyone – thank you Chanson for changing my life!

No More Acid Feeling in my Stomach - I Love It!

Daniela R, Australia

No more acid feeling – I love it!

The Chanson has increased my health, I rarely get sick! I feel more vital and the acid feeling in my stomach has gone. It's funny, when I offer people a drink they always say 'can I have some more of that amazing water'!

There's no fuss, it's always reliable, easy to use – we never leave the house without a bottle of water from the Chanson. I always recommend it and love using the acid water to sterilize my house. I advocate the Chanson, always

I've lost 30lbs and my husband has less acid reflux!

Ruth B, USA

Hi Ross,

We certainly are enjoying the Chanson. We are using the strong alkaline water for drinking and cooking. Both my husband and I have noticed improvement in our skin: fewer blemishes and my husband has a lot less "razor rash."

My husband also has less acid reflux and I am slowly gaining on interstitial cystitis symptoms that have been plaguing me for last 6 months. We have only just tried to make the acid water and know Chanson works. Need to start using it on daily basis.

Love your videos and all the knowledge you pass along. Have started to move to more alkaline diet as well and love the effects. I've lost about 30 lbs now with about 15 more to go! Thanks for everything!

THE NEXT STEPS: MAKING ALKALINE HYDRATION A PART OF YOUR DAILY LIFE

Thank you SO much for downloading and reading my guide!

I hope you've enjoyed reading and learning my strategies, insights and guidance on how to make alkaline water a part of your daily life.

Hydration is THE most critical part of the alkaline diet and getting the health, energy, vitality and body you deserve.

In the next few days I'm going to be emailing you a link to my new training series "Alkaline Water Made Easy" where I am going to show you the step-by-step methods to put everything you've learned in this guide into practice.

Be sure to look out for those emails (it's going to be three in total)!

And if you have any questions in the meantime, please feel free to email me on [**ross@liveenergized.com**](mailto:ross@liveenergized.com)

ABOUT ROSS



Ross Bridgeford is a writer, health coach and nutrition addict & his dream is to ENERGIZE the World.

This dream started in 2004 with the creation of energiseforlife.com, where he has published over 600 guides, recipes and articles, read by over 2 million people every single year and has now continued at LiveEnergized.com

Ross is the author of two Alkaline Diet Recipe Books and the Amazon best-seller “The Water Diet”.

Ross has also coached thousands of clients to their dream health through his courses: The Alkaline Diet Course, The Alkaline Weight Loss Solution & the Alkaline Cleanse Programme.

“I am driven to help you nourish your body, unleash the energy within you and to give you everything you need to live with the vitality, passion and body of your dreams.”