

Glowing-Health.com

WATCH VIDEOS | KEY HEALTH ARTICLES | YOUR QUESTIONS | BOOKS | ABOUT US

Language

Select Language

HOME

SITE MAP

OUR PRODUCTS

- Water Purifiers
- Infrared Home Sauna
- EFA Oils
- Air Ionizer
- Super Greens
- Herbs
- Colema Boards
- Vitratox Detox Kit

VIDEOS

- Alkaline Water
- Microllite JP107
- Melody JP104
- Miracle Water Series
- Dr Robert Young

IONIZED WATER

- Alkaline Water
- Water and Hydration
- Health Books
- Miracle Water
- WATER FAQ
- Water Ionizer FAQ
- SCIENCE AND MYTHS
- CLINICAL STUDIES

Reverse Aging by Drinking Alkaline Water



Sang Whang

Sang Whang wrote Reverse Aging after discovering Alkaline Water and the Miraculus re-juvenating effect it has on the body. He is planning to live in good health till 150 at least.

Water Ionization is a simple process that purifies and alters tap water such that it happens to

be one of the most effective and easy ways to rid the body of acid wastes and to reverse the aging process. It is every effective because alkaline water penetrates deeply to dissolve and remove toxins (acids) from the body

Sang Whang was so intrigued by the benefits that he observed in his body from drinking alkaline water that he determined to find out why and how it worked. He researched the mechanism and presented some of his findings in a simple book, published in the early 90's.

Sang Whang is an engineer, scientist and successful inventor with many U.S patents.

His field of expertise covers many different areas. He says that the secret to his successful inventions is:

"I don't look at problems from conventional angles. When approaching things conventionally, we come to the same dead ends that everyone else reaches".

A friend (a Registered Nurse) gave Sang Whang a water ionizer and told him to drink at least 5 glasses of alkaline water to help his blood pressure. Sang didn't think that would do anything, but he drank the water to humour his friend.

To Sang's surprise, it reduced his blood pressure after 6 weeks, such that he no longer needed to take 'Vasotec', the third kind of blood pressure pill he had been prescribed. Sang also noticed other benefits such as improved eyesight, and loss of 20 pounds in weight.

He also noticed others that had gotten healthier and younger looking without any special exercise or diet, simply by drinking alkaline water.

Being an engineer he knew exactly how alkaline water was produced, but his question was "Why did the drinking of high pH water lower the blood pressure?"

He started his research based initially on the Korean ionizer manufacturer and the pioneering work done by scientists and physicians in Japan and Korea, much of the literature has not been translated into English.

Sang Whang says that:

As a result of my study, I discovered the mechanics of the aging process; in other words the hows and whys of physical aging....I was delighted to discover the fact that it was possible to

Basket

Show Cart

Your Cart is currently empty.

reverse the process.

He explains that **aging can be reversed simply by drinking alkaline water** and supplementing with FIR devices like the FIR Sauna, and that diet is not essential.

From our experience, we suggest, though, that you also follow a detox diet, a healthy lifestyle, and take up a 7 day detox program as outlined by V.E.Irons and Daniel Reid. This is because the gut is the source of so many of our ills, and you simply must clean it out and remove the rubbish that has been accumulating there for years.

However, we fully agree that by simply drinking alkaline water you will reap huge rewards in terms of health, longevity and vitality.

Why do cells die?

Scientists have been able to keep single cell creatures alive indefinitely simply by removing the toxic waste products of the cells metabolism. When they stop removing the toxins, the cell dies in its toxic filth.

Some cells do not die, but survive by becoming abnormal or malignant to survive in the acidic, toxic environment. These are cancer cells.

Our bodies contain some 73 trillion cells. Each cell is like very complex factory that processes nutrients to provide energy, and creates waste products. Often it is these waste products of metabolism that end up killing the cell.

Water: the universal solvent

Water can dissolve and remove these toxins. Ionized water works better than ordinary water because the ionization process re-structures the water molecules into smaller clusters called micro-clusters. This water is 'lighter', and penetrates deeply into our tissues in a way that ordinary water can not.

In addition, alkaline water has an abundance of active oxygen in the form of -OH ions. These neutralise the acid toxins.

There is no better mechanism to remove the acidic toxins from the cells in our body than by simply drinking ample quantities of alkaline water (microwater), which will penetrate, hydrate and detoxify all the cells.

Reverse Aging

Sang Whangs book 'Reverse Aging' is written in simple, laymen terms, but it gets to the heart of the real aging process and how it can be very simply reversed.

The following is an excerpt.

INTRODUCTION



In order to learn how to get younger, we must understand the process of anti aging.

Handling natural health improvement devices developed in Japan a few years, I have witnessed as well as personally experienced many mysterious phenomenon in the reverse aging effect.

Being a scientist, engineer, and inventor, I have tried to understand and explain the phenomenon scientifically, applying the scientific principles of those non-drug, natural health improvement devices. During the course of the study, I came to a realization of what the human aging process is about. The great news is that, with this new theory, the anti aging process can be explained, and ANYBODY CAN GET YOUNGER IF HE OR SHE SO DESIRES.

THE AGING PROCESS

We get old because we are not disposing of all the internally generated wastes and toxins, and accumulate the leftovers within our body.

For our body to function and to maintain body temperature, we burn nutrients within our cells. The main ingredients of all foods, expensive or inexpensive, gourmet or junk, vegetable or meat, alkaline or acid, are either carbohydrates, proteins or fats. And they are nothing but the combinations of four elements: carbon, nitrogen, hydrogen and oxygen.

After these nutrients are burnt (oxidized) in the cells, they all turn into organic acids: carbonic acids, uric acids, lactic acids, fatty acids, ammonia, etc. Fats are acidic even before oxidation. The Chinese word for oxygen is written with two characters, "sahn-so". They literally mean "acid root".

These acidic wastes and toxins are disposed out of the body in liquid form, as urine or perspiration, after first being dissolved into the blood. Every element within our body was placed there by the blood and can come out of there by first being dissolved into the blood and then being carried out. If anyone loses ten pounds by any dietary means, it can be said that most of that ten pounds came out through the urine.

Unfortunately, due to our life styles and environments (i.e., too much ingestion, over work, over indulgence, not enough rest, staying up late, not enough exercise, inadequate water consumption, smoking, pollution, etc.) the body cannot get rid of all the acidic waste products that it generates within. We accumulate these left over waste products somewhere within our body. This is the process of getting old.

To make matters worse, mixed with these organic acids are inorganic acid minerals such as chlorine, phosphorus, and sulfur that come in with most of our acidic foods: meats, grains and root crops. We don't eat enough of alkaline (anti aging) foods such as fruits and vegetables that contain inorganic alkaline minerals: calcium, magnesium, sodium, potassium, etc.

Although the amounts of inorganic minerals are small compared with the organic acid wastes that the body produces, they contribute more towards the acid side. However, one important thing to note is that even if one does not eat any acidic food at all, as long as carbohydrates and proteins are consumed, the body produces much more acidic wastes than the inorganic alkaline minerals can counteract.

We are born with high alkaline blood pH of 7.44. As we

get older, the blood pH drops down to 7.35 or below. The blood pH referred to here is the artery blood pH. The difference of 0.09 in pH value seems very small but since pH is logarithmic, the amount of hydroxyl ion (OH-) in 7.44 pH is 1.23 times that of 7.35 pH, because $10^{0.09} = 1.2303$.

The hydroxyl ion is an oxygen donor while the hydrogen ion (H+) is an oxygen taker. In other words, young people carry 23% more of the oxygen donors in their blood than older people. No wonder they are more energetic.

Uric acid is nearly insoluble in water, alcohol, and ether, but soluble in solutions of alkaline salts. In other words, it becomes soluble in alkaline water. Arthritis and gout are caused by uric acid deposited between the joints, non-dissolved due to the low alkalinity of an older persons blood. Drinking acid free alkaline water will gradually elevate one's blood pH and the gout will disappear naturally. (More about this acid free alkaline water later)

As we live with poor waste disposal systems for a long period of time, some parts of our body build up more acids than others, and they can clog up capillary vessels around those acidic areas. This causes some body organs to function in a sluggish manner. We feel tired and run down sometimes for no reason whatsoever, and adult diseases such as high blood pressure, arthritis, diabetes, asthma, allergies, etc. start to set in WE SIMPLY ACCEPT THESE PHENOMENA AS "GETTING OLD."

In some extreme cases, the build up of acidic elements are so great that it starts to destroy healthy cells around them. Healthy cells must maintain a slightly alkaline pH level. Some cells change their formula in order to survive in an acidic environment. If they are successful, this is the beginning of cancer. Cancer cells are acidic while healthy cells are alkaline. Even if the cancerous tumours are completely removed surgically, as long as the acidic conditions in the area remain, the chances are that new tumours will develop around the same area.

Exactly where the left over waste products are accumulated may vary according to every individual. However, the parts of the body where wastes accumulate first may determine what kind of adult disease that individual may develop first. Within one family, the storage places may be similar. This may explain the hereditary effects of certain adult diseases.

REVERSING THE AGING PROCESS: Anti Aging Process

Because the accumulation of waste products inside the body is the aging process, helping the body to get rid of the OLD waste products is the anti aging process.

This reverse aging process takes two steps. The first step is to develop a good disposal system and the second step is to pull out the old wastes from their hiding places.

Development of A Good Disposal System

Since, as mentioned before, the waste disposal is done

in liquid form by urine and perspiration, it is imperative that we drink plenty of water. When one is going through any diet program, doctors tell him to drink 8 glasses of water a day. They know the disposal is through urine, but they don't tell you what kind of water to drink.

Since all waste products are acidic, the best kind of water is acid free alkaline water. Drinking 4 glasses of this alkaline water is much more effective than 8 glasses of regular, bottled water or filtered tap water. There are devices called water ionizers that split alkaline minerals and acid minerals in regular tap water by electrical means.

A quality water ionizer takes in regular tap water which has both acid and alkaline minerals in it and has a typical pH value of 7. The system then releases water with a pH value of 9 or higher with all the alkaline minerals from the original tap water. At the same time it releases acidic water with a pH value of 5 or lower with all the acid minerals in the original tap water.

Since this alkaline water has twice as many alkaline minerals as the original water but NO acid minerals, it is more than twice as potent as the original water. Inside our body, it will neutralize only acidic elements and discharge them safely out of the body. Drinking 8 glasses of regular water can leach out acidic wastes as well as some valuable alkaline minerals such as potassium. That's why doctors test your blood when you are going through a serious diet program. With this alkaline water there is no worry about losing potassium from your system.

Notes from Amazon.com

These devices and methods are being widely used in Japan. Alkaline water makers (water ionizers) have been in existence in Japan for more than 40 years. Many in the alternative health industry of water ionizers, magnet and far-infrared devices regard this book as the most comprehensive and up-to-date reference book of its kind in the English language.

It is a "must read" for all who are health-conscious.



(Click image to buy from Amazon.co.uk)

[< Prev](#) [Next >](#)

[\[Back \]](#)

Copyright © 2004-2007 Glowing-Health.com

No Diet Detox, Nutrition, Massage, Dance, Relaxation, Zen, Fasting and Cleansing: www.detoxifynow.com