

HIGH BLOOD PRESSURE AND ALKALINE

Researchers across the world are taking note of the ways a body's alkaline or acid content can affect overall health. For several decades, Japanese researchers have suggested that many adult degenerative diseases, such as arthritis, high blood pressure, diabetes, gout, indigestion, osteoporosis, cancers, and cardiac disorders may be attributed to an accumulation of acids in the body and poor cell circulation.

Researchers across the world are taking note of the ways a body's alkaline or acid content can affect overall health. For several decades, Japanese researchers have suggested that many adult degenerative diseases, such as arthritis, high blood pressure, diabetes, gout, indigestion, osteoporosis, cancers, and cardiac disorders may be attributed to an accumulation of acids in the body and poor cell circulation. They believe that even asthma, migraine headaches, back pain, depression, chronic fatigue syndrome, morning sickness, angina and constipation may be relieved by raising alkaline levels in the body.

Proponents of alkaline water claim it works in two ways. First, the pH in our body ranges from zero to 14, with one through six being acidic, 7.0 being neutral, and above seven being alkaline. Studies have indicated that the closer your pH is to 7.35 - 7.45, the higher your level of health and well being and the higher your ability to resist the onset of disease.

Our bodies' natural systems work to keep the blood and fluids surrounding our cells at a slightly alkaline level. However, when we digest and burn food to provide energy, the waste products left behind are acidic. In an optimal world, we rid our bodies of these acidic wastes immediately through breathing, the kidneys, bowels, and our skin. Unfortunately, due to pesticides, pollution, processed foods and too much stress, these acids not only build but remain in our bodies over time. Drinking alkaline water can work as a solvent to neutralize acid residues in your body and help buffer against the acids forming in the first place by helping the body achieve a balanced pH.

More people today are researching the benefits of high alkaline water, how the body's alkaline level can affect their health and whether there is an alkaline water cure or prevention for many common ailments.

Cancer

Cancer cannot exist in an oxygen-rich environment, which is why you never hear of anyone having heart cancer, the heart being oxygenated through its constant blood flow. Alkaline water increases the stable oxygen in your body, thus, the belief by many that high alkaline water can help ward off cancers that take hold while the body has an acidic pH.

Kidney disease

As the body consumes toxins found in the air and in food, the kidneys become over-burdened with acidic wastes. Nephritis, bladder disease, and uremia poisoning are all acid-related conditions, which can be helped greatly by increasing the alkaline content of the bloodstream. Kidney stones, which begin as tiny grains and gradually build into solid stones, are composed of phosphates, which are acidic. Drinking alkaline water may prevent kidney stones from forming in the first place, and even after their formation, may help dissolve them.

Diabetes

Due to overeating, the body's pancreas struggles to produce enough insulin to cope with the excess glucose, weakening it over time. When the body is lacking calcium ions, the release of the insulin hormone is impaired, leading to an acidic blood condition. Some doctors in Japan believe that treating insulin-dependent diabetes with alkaline water can lower sugar levels and in some cases, reverse the condition.

Osteoporosis

Many people believe that taking too many calcium supplements can lead to calcium deposits in the body. However, calcium deposits are leached from the body and not from nutritional supplements. The actual causes of the deposits are a lack of hydrogen and alkaline minerals, which causes calcium to be removed from the bones and tissues, resulting in osteoporosis. Drinking alkaline water may also prevent this critical leaching of calcium from needed areas.

Availability Today

Many people have found that drinking alkaline water daily gives them tremendous health benefits and an overall feeling of better health. The best alkaline waters come from deep, natural wells, just the way nature intended. Years ago, people came from all over the country to drink high alkaline mineral waters (referred to as healing waters at that time) in many towns across Texas. The only natural wells in Texas still producing the high alkaline mineral water are found in Mineral Wells.

Reverse Aging - High Blood Pressure

Mr. Sang Whang, author of Reverse Aging shows how the accumulation of acid waste leads to complications including high blood pressure. Understanding this biological function is vital to understanding why drinking purified alkaline water is important. We encourage you to read each and everyone of the quotes from Reverse Aging on this site. It will give you a clear understanding of the importance of alkalizing our body tissues can boost overall health and the health of specific areas of our body. Sang Whang did a great job of simplifying the technical and scientific language so that everyone can understand why alkaline water is the ultimate type of drinking water. Drinking the alkaline water produced by any of our quality Microwater water ionizers is a simple and effective way of flushing out acid waste from our body. Combine your eating of organic alkaline forming foods with the drinking of Microwater for the very best health results.

This is what Sang Whang says about the development of high blood pressure and heart disease:

5.3) Heart Disease, Arteriosclerosis,

High Blood Pressure

Your blood is your body's transport system. It carries both nutrients and oxygen to the tissues of your body. It also carries waste products away from the tissues and helps maintain body temperature. To do these things, your blood must circulate continuously.
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Acidification of the body starts in the blood. As mentioned before, the blood performs a balancing acts in order to maintain the blood pH within the safe range of 7.3 to 7.45. The blood has a buffer pool of sodium bicarbonate made to neutralize strong acid compounds coming out of the cells as waste products of metabolism. When this buffer level is too low, acidosis is developed.

Acidosis and high blood pressure

Dr. Kancho Kuninaka, one of the pioneers of the alkaline water treatment in Japan, states that virtually without exception, the patients with high blood pressure have an acidosis condition. He has many successful clinical cases where the acid free high pH alkaline water lowered blood pressure

There are several plausible explanations for this phenomenon. Since the higher pH blood contains excess oxygen, the heart doesn't have to work as hard. Another factor may be

that the viscosity of higher pH blood is low so that the heart does not need to pump as hard. A further reason may be that the calcium ions in alkaline water may be dissolving plaque and cholesterol build-up in the artery walls, thus opening up the passage.

Doctors know that if you take several deep breaths right before the blood pressure measurement, you can get a lower reading. You have temporarily elevated the pH of the blood by breathing out more CO₂ and by breathing in more O₂. If you can lower your blood pressure by using this trick, your blood pressure is caused by the first two reasons in the above paragraph and you should be able to lower your blood pressure within a few months of drinking the alkaline water.