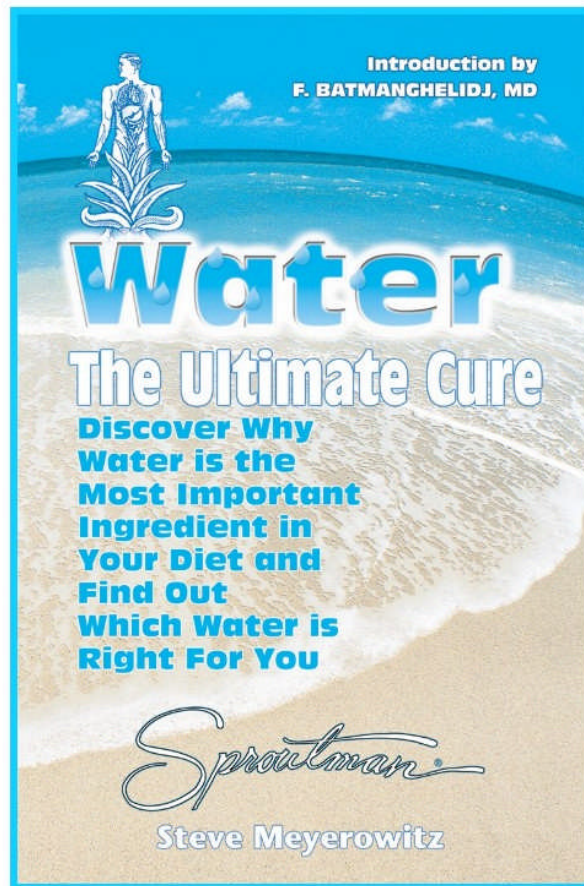


Is Purified Water Good Enough?

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As you may know, I've been a promoter of pure drinking water for years. My book *Water the Ultimate Cure* discusses the reasons why you shouldn't drink from the tap and explores the variety of different water treatments available. Is a Brita™ filter purchased from the supermarket good enough? Or must you spend hundreds of dollars for another kind of treatment device? Indeed, the health food movement began with the pioneers proclaiming the purity of distilled water. Since then, alternatives such as reverse osmosis, carbon block filters, ultraviolet light, ozone and other treatments have become available. My book explores the advantages and disadvantages of these treatment methods and provides you with valuable information to make the best purchase decision according to your needs. But what I want to share with you today is that there is yet another advancement in the science of water treatment. This one is about water quality, not just purity. What if water could also alkalinize your blood, add antioxidants (anti-aging capacity) to your diet, and improve the level of hydration deep within your tissues?



Read [Water The Ultimate Cure](http://sproutman.com/water.html)
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When you stand beside a waterfall in the sunshine, you are experiencing water in its most potent healing form. The electromagnetic radiation from the sun, the ionizing movement of the rapidly flowing water, the oxygenation of this water through that movement—all this purifies the water and excites or energizes the water molecules in the process. Unfortunately, these benefits

of nature are not available through standard filtering or distilling. But now an interesting and entirely different type of water treatment device actually replicates the benefits of the waterfall ionization of water.

The invention of water ionizers is impressive because in addition to being pure, this water is also energized. This is water that has been excited by electrodes. Its extra electrons are abundant and dance around rapidly in search of free-radicals—those hoodlums that degrade the youthfulness of your cells and increase the rate of aging. Now you can get your antioxidants not just from food, but also from your water! The ionization process separates out the alkaline minerals from the acid ones—supplying you with highly alkaline water, which is what your bloodstream and tissues want. Alkaline fluids improve your body's ability to detoxify.



[Sproutman's Recommended Water Ionizer](http://sproutman.com/waterionizer.html)

<http://sproutman.com/waterionizer.html>

Ionized water also improves hydration. Hydration is the process whereby water makes it into your tissues—not an easy thing for water to do! Most waters, even those from distillers and filters, have large molecular structures which prevent them from diffusing through the capillary walls into the cells and nearby tissues. Sure, you can drink lots of water, but what good is it if it goes right through your kidneys and out your bladder? Good hydration depends on how well water makes it to the extremities of your body and the tissues of your brain, liver, pancreas, etc. This is what scientists call “wetter” water—water that dissolves better. To see what I mean, you can test this yourself right in your kitchen. Pour a few drops of water from a dropper bottle onto a wooden cutting board. Wood is a porous surface, so eventually each drop of water will absorb

into the wood and disappear. But most waters have such large molecular bundles that they sit on top of the surface for a long while. In my personal test, bubbles of tap water sat there for 65 seconds, but the bubbles of ionized water dissolved within five seconds! So if you want better hydration, get rid of those molecular clumps.

Stay tuned for more on this marvelous new technology that replicates the best of nature.

[Read more about hydration](#)

http://sproutman.com/pdf/Water_the_Ultimate_Cure.pdf

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