

Alkaline Water

The Natural, Miracle Medicine
by **GWAVISION**



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ALKALINE WATER

Water is an extremely essential biological component that our body requires for survival. The average human adult body uses and eliminates certain amount of water dependent on the daily physiological requirement. The quantity of water gain occurs through fluid ingested from food and product of oxidation reaction. The excess water is eliminated through urine.

In order to maintain optimal health, our body needs to be at homeostasis. The necessary PH balance greatly depends on the right amount of fluid adjustment. Normally, the body regulates its acid-base through the standard PH scale balance.

Usually, the ideal PH for a healthy body is regulated through a physiological buffer system. This system facilitates the body to reach and maintain homeostasis.

Most drinking water is assumed to be neutral, with a PH close to 7. However, several environmental factors can directly affect our health through the water consumed.

When considering the concept of holistic anti-aging and disease prevention approach, drinking the right type of water, along with the right amount and the right kind of water, can lead to optimal health. Given the significance of water consumption in relation to our health, it is very important to talk to your doctor for further advice.

Recently, the concept of consuming alkaline water has been gaining some attention due to its health benefits. However, some published reports have concluded that more scientific research studies are needed for additional evidence-based biological effects for the health benefit of alkaline water. Moreover, some published reports and public opinion have reported some health benefits of drinking alkaline water. Some examples are:- reducing symptoms of (GERD) Gastrointestinal Esophageal Reflux Disease
- Alkaline water boosts energy when consumed by professional athletes
For more information about alkaline water please visit:
<https://gwavisions.com/shop/equipment/livingwater/>.

References

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