

EXPOSING IONISED ALKALINE WATER

In Singapore, we have a number of multi-level marketing organisations selling pricey products purportedly promoting the health of consumers.

One of which is the much raved Ionised Alkaline Water.

According to one leading supplier of Ionised Alkaline water¹, the collection of positive or negative hydrogen ions can neutralise free radicals in our body - providing us with a wide variety of benefits:

Increases hydration in body.

Aids the displacement of acids in our body.

Ionised Alkaline Water

Turns water into liquid with antioxidant.

Increase alkalinity in the body where sickness cannot thrive.

Increases hydration in body. | TRUE

Aids the displacement of acids in our body. | FALSE

Turns water into liquid with antioxidant. | FALSE

Increase alkalinity in the body where sickness cannot thrive. | FALSE

The US National Library of Medicine National Institutes of Health² did a study on the hydration in individuals after consumption of alkaline water. This was proven true after the group was reported to have increased osmolality in their urine samples.

CBC News³ issued a caution by Dr Edmond Noll, who advised that a pH change in the body will affect the absorption of essential nutrients and vitamins. Our body also contains mechanisms to regulate the pH levels⁴ without alkaline water⁵.

Skeptoid⁶ stated that it is impossible to get antioxidants from alkaline water. When water is alkalisied, it contains hypochlorides which are oxidising agents rather than antioxidants. Moreover, the British Dietetic Association advised that the benefits of antioxidant vitamins are best derived from consuming fruits and vegetables⁷.

Joe Schwarcz, a chemist at McGill University, said that diseases thriving in an acidic state are proven possible in a petri dish, but it cannot be extrapolated to the body.⁸ Cancer Research UK⁹ also mentioned that cells, in general, cannot thrive in an overly alkaline environment.

So, is ionised alkaline water beneficial, after all?

¹<http://kangensingapore.com/properties-kangen-water/>

²<http://www.ncbi.nlm.nih.gov/pubmed/20836884>

³<http://www.youtube.com/watch?i=en-GB&gl=SG&v=JuhF6CA8A8>

⁴<http://authoritynutrition.com/the-alkaline-diet-myth/>

⁵<http://www.clevelandclinic.org/2013/10/alkaline-water-dont-believe-the-marketing-hype/>

⁶<http://skeptoid.com/episodes/4139>

⁷<http://www.iol.co.za/lifestyle/scientists-bust-the-antioxidant-myth-1.1694873#VH7C7dKueUj>

⁸<http://www.cbc.ca/news/health/alkaline-diet-scientific-basis-taken-out-of-context-1.2510523>

⁹<http://scienceblog.cancerresearchuk.org/2014/03/24/dont-believe-the-hype-10-persistent-cancer-myths-debunked/#acidic-diets>