

How to Make Alkaline Water at Home

Every Method Explained & Compared



Ross Bridgeford



Live Energized



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The quality of your water is as important as the quality of your food...

Yet, while we often worry about organic vs non-organic, grass vs grain fed, gluten-free, non-GMO...we rarely think about where our water comes from.

As I explained in the first part of my Alkaline Water Training Series, tap and bottled (and some filtered) water is absolutely terrible for our health.

Tap water has been shown by the Environmental Working Group to contain over 300+ known toxins...

And bottled water companies are held to less strict standards than the tap water companies!

In the first training video & guide I showed you why water **quality** is so important.

In the second video and **this guide** I walk you through every method of making a huge improvement to your water, from simply adding lemon juice, through to using pH drops, through to water ionizers.

Each method's pro's and con's are explained so **you can make the right decision for you and your family** as to water you drink.

I hope you love the guide and if you have any questions, please do get in touch.

Yours in health & energy

Ross Bridgeford



Getting hydrated with clean, pure, alkaline water is the first step to a lifetime of abundant health, vitality, energy and positivity.

Don't accept toxic, vitality-robbing water in your life.

Your body is 70% water. Fuel it with the best that you can.

Ross Bridgeford

what constitutes high quality water?

With a focus on quality (not just quantity), an important question is 'what makes quality water?', what do we mean when we say **high quality water**?

In my 13 years of experience of teaching, coaching and living the alkaline diet and researching in the water industry, there are five key factors to consider when looking for quality water:

1 Alkalinity/Acidity: your body thrives when you nourish it with food and liquids that can assist it to maintain a slightly alkaline pH. Given that water is the thing you consume more of than anything else, it is vitally important that you consume water with an alkaline pH. Above 7.5pH is important, pH 9-9.5 is absolutely ideal.

Anything below pH 7 will be health-robbing, leading to acidosis, inflammation and oxidative stress.

2 Filtration: as we've seen, tap and bottled water contain hundreds and hundreds of toxins that are directly linked to numerous diseases, illness and health challenges. It is critical that your water is filtered to remove as many of these toxins as possible, most notably chlorine, heavy metals, pesticides, bacterias, disinfectant-byproducts, chloramines and solvents.

3 Antioxidants: the antioxidant potential of liquids is measured in Oxidation Reduction Potential (ORP - or sometimes referred to as REDOX). Tap and bottled, and many types of filtered water often have a positive ORP (+ORP) which means they are oxidizing to the body, causing oxidative stress. In simple terms this means they kill cells, speed aging and speed free radical formation. Not good. You should be aiming to drink water with a -ORP, which means the water contributes antioxidants, reducing this oxidative stress to the body.

4 **Structure:** high quality water is **structured** to replicate natural spring, pure water as closely as possible. Tap, bottled, Reverse Osmosis, Distilled waters - waters that have been treated in an un-natural way and had the minerals removed, or toxic chemicals added take on a molecular structure that makes this water difficult for the body to absorb and use.

This concept may be a little hard to understand at first, but let me explain a little. Structured water is often referred to as **microclustered** water because the water is structured into a much smaller number of molecules, making it easier to absorb.

Think of your cell walls like a mesh. Larger water molecules would not be able to penetrate the cell walls, whereas the smaller molecules can fit through the holes in the mesh, penetrate the cell wall and nourish and hydrate.

5 **Molecular Hydrogen:** molecular hydrogen has gotten a lot of attention in recent years as having a strong antioxidant, anti-inflammatory and therapeutic effect on the body. This is most certainly an emerging field and while I urge you to look for filters that infuse and enhance the molecular hydrogen content in the water, please beware.

This is a new emerging benefit and every company under the sun is claiming this benefit, whether or not their system/machine can actually produce this. I'll expand more on this later.

If you can tick as many of these boxes as possible, go for it. If there is ONE that is the most important, it would have to be filtration - getting those toxic nasties out of the water is the first step, but after that, let's aim to achieve as many of these benefits as possible!

method #1: lemon water

the simplest and cheapest way of enhancing your water

Pro's: cheap and easy, tasty

Con's: very small alkaline effect, no filtration, shouldn't drink all day



The first thing you're probably thinking is "but lemons & limes are acidic, right?" - and while the answer to that is obviously yes (citric acid) - the important distinction to note is that they are alkaline to the body once consumed.

There are a small number of foods that while they are acid in their natural state, they contain such high levels of alkaline minerals, and low levels of sugar that they actually have an alkalizing effect on the body once you consume them.

WHY I LOVE LEMON WATER

Lemon water is made by simply squeezing approximately half a lemon into 1 liter of water. You should drink this first thing in the morning (before anything else) and add just a little boiling water to make it slightly warm (note: NOT hot).

This wonderfully refreshing drink will alkalize your system, ignite your metabolism, boost your liver and kidney and help your digestive system wake up after a good nights sleep.

It will alkalize and energize - however - I really don't see this as a replacement for pH drops or an alkaline water ionizer as it does not offer the high pH effect or any level of filtration or antioxidant content.

It is however, a cheap, tasty and easy way to start your day positively!

[Note: it's fine to also use limes, and you can even add sliced turmeric or ginger for more anti-inflammatory benefit]

method #2: adding minerals (NaHCO₃)

very easy, but not practical or very effective - it has a different use!

Pro's: offers the body an instant alkaline boost to your reserves

Con's: No filtration and not suggested for repeated daily use



I am often asked if you can just add certain minerals (such as sodium bicarbonate) to make alkaline water and the answer is....yes and no.

Strictly speaking, the addition of alkaline minerals WILL increase the pH effect of the liquid, but it won't filter or ionize the water - and there is another problem...

The amount of the mineral you will need to add to make 3-4 litres of water suitably alkaline will likely be well over your Recommended Daily Intake, and is not advised.

This is not a long-term, viable option and this is exactly what pH drops are for (see the next page).

pH drops are safer and more effective because they are so concentrated. I would not recommend drinking 4 litres of water containing this level of alkaline minerals (especially when it is just one mineral such as sodium).

However, as part of your alkaline, balanced diet, having one glass of alkaline mineral infused water per day can be a great way to neutralise acids and give your body an alkaline boost.

pHour Salts from pH Miracle is a great product for this as it contains a mix of four alkaline minerals.

However, see this as a 'supplement' and not as your source of alkaline water.

method #3: pH drops

chemically alters the water to raise alkalinity by 1-2pH

Pro's: a little pH bump and good for on-the-go

Con's: no filtration, no antiox, ongoing monthly cost and the potential for untested ingredients

pH drops are a super convenient way of knocking the pH of your water up by 0.5 - 1 pH.

For most people with a tap or bottled water source of around pH 6, these would make the water very mildly alkaline which is a good start.

pH drops work by infusing the water with alkaline minerals and substances to raise the alkalinity of the water reading.

Each different brand has a different technique but the effect is similar across all of them - you get a slight increase in the pH of your water.

This makes pH drops good for travelling or on the go or if you're really just starting out.

I personally own pH drops for travel as they are super-convenient. However, they are not my main source of alkaline water for four reasons:

1. Firstly the water is not filtered, which can be a big problem if your main use is for on the go. If you're using on the go then your source water is likely to be either tap water or bottled water, both of which contain a heap of chemicals, toxins, bacteria and acids (yes, even bottled waters still contain the same, if not more, toxins than tap water).

2. Secondly, there is no antioxidant benefit with pH drops, despite some manufacturers claims. Adding a substance to 'on paper' lower the ORP (antioxidant measure, the lower the better) will give absolutely zero health benefit. It is the equivalent of putting green dye in water and calling it a green drink. To get an antioxidant benefit that your body can actually use, electrolysis (i.e. ionization) is the only method.

3. Thirdly, some of the brands out there use unnecessary ingredients. Some products (especially those trying to make an antioxidant claim) use substances that are put in there with the aim of bumping the ORP reading.

However, in reality, these ingredients are not required (as simply chemically changing the ORP reading does nothing for your health), and some untested for human safety. So please be careful with the brand you choose and aim for a trusted brand.

4. And finally, there is the ongoing expense. These products range from £30-£60 (\$50-\$80) per bottle and only last for about 3-4 weeks.

Within a year or so of use you could own an ionizer outright, which then goes on to be a saving on buying drops, bottled water and supplements for a lifetime.



IN SUMMARY...

pH Drops can be a handy interim solution or while travelling.

They do provide a small lift in the pH of your water, which will take mildly acidic water to be mildly alkaline. And this is fantastic while travelling, on the go or even for at work.

But it is not a complete solution. It does not provide the goal pH of 9.5, it does not provide filtration and nor does it provide an antioxidant benefit.

And of course, the ongoing cost, over a period of a year or so is more than buying a Chanson Ionizer (which we'll get onto shortly...)

A Note on pH Capsules, Tablets and Molecular Hydrogen Tablets

A similar product to pH Drops that has hit the market in recent months are pH/molecular hydrogen powders or tablets, that you drop into water.

These make similar claims to pH drops such as it activates redox (ORP) and gives an antioxidant benefit, increased the molecular hydrogen count in the water and raises the pH of the water.

The reality is that these products are simply alkaline minerals, the same as the pH drops but I strongly advise against them as a means to make alkaline water. Watch out for overhyped claims and look at what is actually in the product on the nutritional panel - in most cases it will be phosphorus, magnesium calcium and possibly a trace mineral blend.

And don't get me wrong, there is nothing wrong with a multimineral, but while these products contain alkaline minerals, such as calcium and magnesium (the same as pHour Salts which is a much, much better supplement), many also contain a heap of ingredients you simply do not need in your body.

These ingredients, such as Titanium Dioxide, Microcrystalline Cellulose, Magnesium stearate and Silicon dioxide are completely inactive in terms of health benefits, but are anti-caking agents that are not natural for human consumption. Titanium Dioxide has also been linked with causing stress and depleting the immune system.

Plus these products tend to have 'proprietary blends' that are un-listed, which usually means they contain ingredients that DO push up pH (such as Tourmaline) which are untested for human consumption.

The bottom line is they are neither as clean as pH drops for alkaline water, nor as strong as alkaline salt supplements like pHour salts as a acid buffer.

Bottom line is they really are not necessary.

method #4: alkaline jug filter

This is a great method for on-the-go pH and basic filtration

Pro's: raises pH a little (0.5pH - 1pH) and gives a basic filtration

Con's: filtration not good enough long-term and no ORP or high pH benefit



Using an alkaline filter or 'jug' (sometimes referred to as an ionizing jug - but this is wildly misleading as it does not ionize) is a great short-term solution or backup alkaline filter for travel, at the office or on-the-go.

I personally have one of these to take with me on holidays or business trips and when I'm working out of a temporary office, I take it with me and keep on my desk.

The Alkaline Jug works in two stages:

Stage one: offers basic filtration, similar to that of a Brita-type filter. It will remove a little of the bad stuff, but not everything and certainly doesn't offer filtration of chemicals, heavy metals or pesticides. It does an OK job on fluoride though.

Stage two: has the water pass through a mineral chamber, where the water washes over ceramic coated alkaline 'mineral balls' which help raise the pH by about 1 point - so tap water will go from about pH 7 to about pH 8, and sometimes pH 8.5.

The water then sits in the jug in contact with these 'balls' to retain this level of pH.

This is nowhere near the same level of performance as an ionizer, but is a good short term or travel solution.

method #5: alkaline water ionizer

The best of the best for alkaline, antioxidant-rich, filtered, structured water

Pro's: too many to list, see below

Con's: initial investment needed



Can you imagine one small device that not only ionizes the water but also:

- gives you pH 9.5 water on tap (a range of pH 3-12.5)
- gives you antioxidant rich water on tap
- gives you the highest level of filtration
- produces structured, molecular hydrogen-rich water

And this is just the beginning of what ionizers can do.

There is an initial investment required for an ionizer (see over) but when you consider that ionized water can replace pH drops, the cost of bottled water, household cleaning products, skincare products, other methods of filtration - the cost is paid back within six months for most people).

There are a lot of benefits to owning an ionizer, too many to list here, but these are some of the most common:

pH Level You Choose: with a quality ionizer you can set the pH level you require between pH 3 to pH 12+. This is important for several reasons. There are benefits to every single level, but for drinking water we are aiming for between pH 8-9.5. Not higher, and not below pH 7.5.

A lot of systems such as the non-electric ionizer - you get what you're given. You don't get to choose the pH level you need. If your water is mineral-rich you could end up with a water that is too high - or if it is soft water, you could end up with water that is nowhere near alkaline enough.

With an ionizer, you select the pH you need. In many times during the day you will need to have straight filtered water. A non-electric or mineral-based filter will not give you this. It's all or nothing.

There are hundreds of uses for the water at other levels too, but for now I will focus on just two of my favourite.

High pH water with a pH of 11.5+ is amazing for cleaning chemicals, pesticides, herbicides etc from fruits and vegetables, while infusing the food with antioxidants. This is amazing if you don't have access to organic foods, as it cleans practically all of the toxins from the food.

Super low pH water with a pH of 3 or below is certified anti-bacterial and sterilizing. This has thousands of applications from cleaning the home completely chem-

ical free, to removing stains, removing odours, using as a makeup remover, cleaning baby bottles, sterilising household items, and my favourite - using as a skincare product. It is 100% natural and it works wonders for skin conditions such as acne, eczema, psoriasis and so on. It also works amazingly to treat topical candida.

This is amazing stuff and I absolutely love it.

Note: not every ionizer can achieve this high and low level of pH. It has to be a high quality ionizer.

Anti-Oxidant Rich Water: water ionized through electrolysis contributes an incredibly high level of antioxidants to the body once consumed. This is measured in ORP or REDOX (which basically means oxidation reduction).

Can you imagine the benefit that you'd get from making every single glass of water you drink more antioxidant rich than green tea?

The water that comes through our taps is not great. Although some water areas experience a pH of around 6.8-7.2, tap water has zero electrical negative charge and will almost always have a 'positive' ORP.

With a 'positive' ORP - this means that your tap water has no antioxidant abilities and cannot assist your body in the fight against oxygen free radicals. On the contrary, it actually robs you of energy as you drink it.

Tap water usually has an ORP of around +350. In comparison, ionized water has an ORP of between -150 and -450 dependent upon the ionizer you use and the mineral content of your source water.

To give some further comparison, Cola has an ORP of approximately +550 and bottled water is less healthy than tap water with an ORP of between +400 & +650

By drinking ionized, alkaline water you are giving your body an abundant flow of antioxidants which will detoxify and protect your body.

Super-Filtered Water: ionizers contain an internal filter which will remove bacteria, heavy metals, pesticides, disinfectant by-products, chlorine and more. Of course, there are good filters and bad filters, so make sure the ionizer you choose contains a high quality filter and is produced by a company with a reputation for filtration.

Molecular Hydrogen-Rich Water: through electrolysis, electric ionizers are proven to produce more molecular hydrogen per 100ml than any other type of filtration system, electric or non-electric.

Molecular hydrogen is only recently being researched (however our understanding is rapidly evolving) but the findings so far have been incredibly promising. It is being shown to be a strong antioxidant and anti-inflammatory.

Structured Water: ionized water is structured (microclustered) to better hydrate the body, meaning that litre for litre the water is having a more hydrating effect on the body. The water is structured into smaller clusters, allowing it to more easily be absorbed by the body and nourish the body far more than tap, bottled or regular filtered water.

Have you ever felt bloated after drinking tap water? This simply does not happen with ionized water.

During this water series already a lot of people have asked me for my recommendation....

My recommendation is Chanson Ionizers.

I have been working with Chanson since 2010 and within a month of working with Chanson I took the step to exclusively recommend Chanson, such was the impressive difference between their product, and Chanson as a company compared to everyone else.

The quality of the product, quality of water produced, reliability of the product, the constant R&D to improve the product (Chanson have a full-time 23-strong PhD level research & development team constantly improving the strength of filtration and the quality of their ionizers)...all of this made them stand out above other ionizers.

Since then I've only been convinced further that they make the best quality of product and this is my recommendation to you.

Here's just a couple of reasons why:

Quality of Build & Reliability: if you are purchasing equipment that is going to treat and fix your drinking water - a substance you're going to be repeatedly putting into your body - you want to know it is working and is well built. There are a couple of considerations with ionizers.

One is that it's safe. I have pulled apart cheap ionizers after a couple of month of use and seen them completely corroded - putting metals and all sorts back into the water. This is shocking. You need an ionizer from a reputable brand and that uses nano-coated plates. Chanson of course do this and have passed every ISO and quality control test there is.

The second consideration is to know that the ionizer is actually making the pH of water you select throughout the entire life of the machine. Many machines will lose power and effectiveness after a few months or so, basically making the machine a waste of time. Chanson's tech includes a self-cleaning and monitoring tech that keeps the unit working efficiently and powerfully every single time it's used.

The final consideration is that when I was previously retailing several brands of ionizer, the defect rate (meaning the number of units that breaks within the first six months) was up around 20%. Since I then moved to ONLY recommending Chanson that rate dropped below 1%.

This is a testimony to Chanson being a real company, with a full manufacturing

facility, full R&D team and have been around, selling and innovating in the water filter space for over 25 years.

A lot of other ionizer companies are simply 'parts assemblers' which means they buy the parts in for their ionizers from the cheapest suppliers each time and simply assemble them into the end product.

Chanson manufacture in-house every single part of their ionizers. This means they have complete control over the quality and can innovate to improve their products continuously (with one of the most obvious being the size of the Chanson being so much smaller than other units - and better looking!).

Chanson also have an in-house 20+ point manual check on every ionizer before it is shipped to a customer so this also helps with that incredibly low defect rate, of course!

Flow Rate: this seems like a strange thing to talk about - but it means a lot. The 'flow rate' is basically the speed that the water goes through the machine and comes out of your tap. If an ionizer or filter is low quality, it needs the water to stay in the machine, being 'treated' for longer for the job to be done.

On the other hand, if the machine is powerful and effective, the water can flow through the machine quickly, as the job can be done more efficiently by the better technology inside the ionizer.

To give some context here, for a non-electric 'ionizer' such as the Ultra Stream to do it's job, or even most electric ionizers such as the Kangen/Enagic, the water needs to flow out of the tap at between 1 to 1.5 litres per minute.

This is very very slow. If you need to see it, fill up a measuring jug at a speed where it takes a minute to fill to 1 litre. Frustrating, I think you'll agree.

The Chanson, however, can easily make pH 9-9.5 drinking water with a very low ORP at 3-3.5 litres per minute. This is because the ionization tech inside the Chanson is just such high quality, and it's something the Chanson R&D team have worked on meticulously for decades (and continue to improve).

Structured Water: this is another very important thing to consider and it proves the effectiveness of the ionizer.

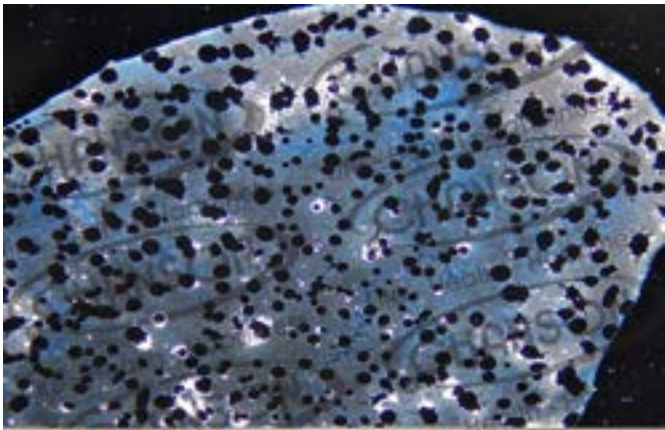
This is a hard one to compare as practically no other ionizer company has gone to the lengths to test this like Chanson. But here are some interesting images from their research.

This research was independently undertaken by VisionLab laboratory in Zurich, Switzerland.

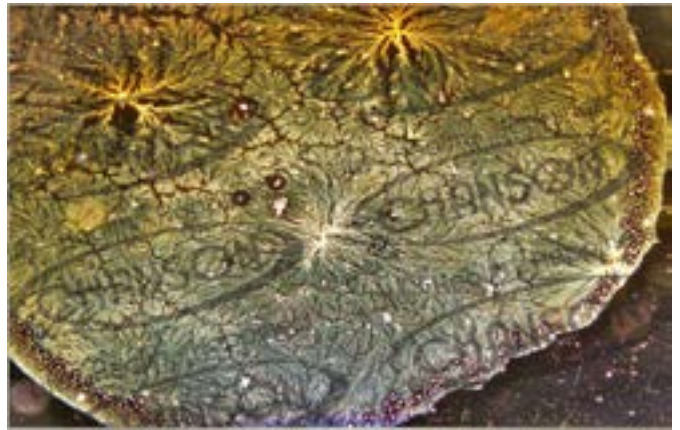
The images below are comparing Chanson Ionized Water with Swiss tap water, and non-electric ionizers such as the Ultrastream.

Swiss Tap Water BEFORE Ionization

Swiss Tap Water AFTER Going through the Chanson Ionizer



Tap Water Before Ionization Magnified Hundreds of Times



Chanson Alkaline Water Magnified Hundreds of Times
Same Tap Water After Ionization with Chanson Water Ionizer

The two waters, or rather the same water before and after going through the Chanson - look completely different. The Chanson water looks almost plant like in it's structure and looks much more, well, structured!

Compare these now to the tap water that has been made ACIDIC by the Chanson:

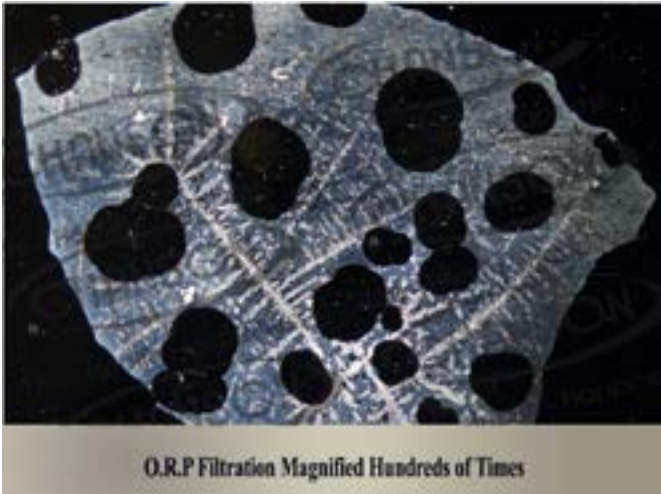


Chanson Acid Water Magnified Hundreds of Times

The structure is completely different, with 90 degree branches. Remember all of these waters are under the same level of magnification. According to the scientists at VisionLab, the 90 degree structures suggests highly oxidative properties (which is one of the reasons this acid water is so good for cleaning and sterilizing).


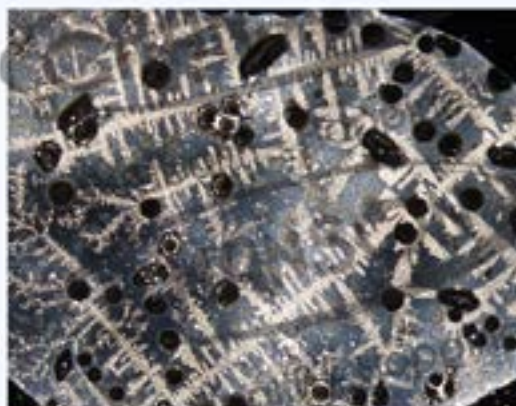
Now this next image is where it gets even more interesting:

Swiss Tap Water AFTER Going through a Non-Electric Ionizer



Can you see how different this looks to the Chanson water and how it is so much more comparable to tap water? The non-electric ionizers often claim to make structured water, however, this imagery suggests otherwise.

And this final image is the most concerning. This is where we compare the above image to the ACIDIC water:

PHSYICAL STRUCTURE COMPARISON	
Acidic Water produced by Chanson Water Ionizer	Alkaline Water produced by Non Electric Ionizer
PH:3.5 ORP: + 900	PH:9.5 ORP: - 350
	
Comparing Chanson Acid Water to O.R.P Filter (Non Electric Ionizer)	

Can you see how these look almost the same in structure? Remember - **this is water from a non-electric ionizer compared to ACIDIC pH 3.0, oxidative, inflammatory water.**

This is something that you do need to consider when choosing which type of ionizer to use - electric ionization vs. non electric (ion exchange) ionization.

Power & Performance: finally, the last thing to look to when choosing an ionizer is it's capacity to truly get a pH range from 2.5 through to 12+.

There are some serious considerations here. A lot of ionizers use chemical injection in order to reach the high pH levels - adding substances such as tourmaline to their filter (this is one of the main alkalizing agents in non-electric ionizers too).

While this will get a higher pH - the real test is if the ionizer can then also get a low pH. If the ionization is achieved through electrolysis alone - when the high pH water is made, the output from the second faucet should be the exact opposite (remember; ionizers split the ions and create two streams of water: acid and alkaline).

So if you make pH 12 water from one end, the water at the other will be pH 3 or below. So it is a telling sign if the ionizer is making pH 12 from one end but the other is pH 6 or 7.

This means the unit is making high alkaline water using chemicals.

The Chanson makes water with a range from pH 2.5 to 12+ without any chemical injection, purely through ionization.

Chanson are incredibly serious about constantly innovating and improving and this is why they have made the smallest unit on the market with the largest surface area of ionizer plates, with the best reliability rate on the market and the strongest filtration.

You Can Tell I'm A Fan...!

And I make no apologies for it. Chanson alkaline water has made such a huge impact on my life, and my family's life and I receive emails every week from my customers, clients and members who own a Chanson and absolutely LOVE the taste and the effect it's had on their health and their life.

It's one simple change that makes a huge difference.

I am truly hoping that as many people as possible can start drinking this incredible water and that is why.....(turn the page!)

Huge Chanson Promotion Starting on Monday...

And I'm so happy to tell you that I have our long-anticipated Chanson promotional sale starting on **Monday 21st November 2016**.

The promotion will include a very very sizeable discount, but will be extremely limited.

It will close on Friday 25th or earlier if I sell out - I have 30 units available at this very deeply discounted price.

If you have any questions about ionizers or the promotion - please **email me on ross@liveenergized.com** - and let me know any questions you have.

method #6: non-electric 'ionizer'

Provide filtration and a bump in alkalinity

Pro's: are a decent counter top filter

Con's: don't provide the benefit of an ionizer but are much more expensive than other counter top filters

Recently, there has been a number of non-electric 'ionizers' that have appeared on the market at a price between the alkaline filter jugs and the electric ionizers.

While these filters do offer a better level of filtration than the jugs, they do not offer anywhere near the benefit of the electric ionizers.



They work by pushing the water, through pressure, over a series of layers of ceramic coated mineral balls, where the alkalinity is increased, in the same way as in an alkaline water jug.

They do offer a bump in pH and they do filter, but they don't offer the same level of benefit of pH, negative ORP (antioxidant benefit) or structuring as a quality electric ionizer.

While there is an increased pH and decreased ORP reading compared to tap water, the method that this has been achieved is far less bioavailable than that of water ionized properly through electrolysis.

A good analogy is comparing getting 500mg of vitamin C from a tablet (non-electric) vs. eating an orange (electric).

They do a good job of filtration, way above most counter top jug filters, but are really quite expensive for the benefit they provide.

Note: there are a lot of claims made about non-electric ionizers as this is an emerging area in the water filter market, however, please keep a vigilant eye for actual proof and research.

There is a lot of focus on the research concerning the non-electric ionizers adding molecular hydrogen to the water and their being 350 (sometimes 400 is quoted) studies backing this up.

However, upon researching these studies, they are collated by the website molecularhydration-foundation.org and many of these studies are unrelated to the specific of molecular hydrogen **in water** for human health - they are all generally about hydrogen in different applications (as an example one relates to hydrogen gas inhalation by piglets in brain injury, another regarding hydrogen saline solutions for preventing hearing loss in guinea pigs and another for environmentally cleaning graphene oxide).

Please remember if something seems too good to be true...it probably is. In my opinion, non-electric ionizers can serve a purpose, but they are definitely a replacement for electric ionizers.

method #7: reverse osmosis filters

This included as a WARNING: Reverse osmosis does not make healthy/ alkaline water!

Pro's: very strong filtration - literally everything is removed from the water

Con's: leaves the water acid-forming and oxidizing, wastes a huge amount of water through the intense filtration process

Reverse osmosis (RO) is a large, full-on filtration system, that sits under your sink, filtering all of the water that comes through your tap.

It is a very strong filter. It removes literally everything from your water. Good and bad.

The good news is, it removes all of the toxins from your tap water, which, as we've already discussed - is a good thing.

BUT - you don't need a filter THIS strong to be able to remove the necessary stuff from your tap water, and the downside of this strength of filtration is huge.

Problem with Reverse Osmosis #1: It leaves your water acid-forming AND oxidizing! This means that drinking this water will actually contribute to acidity and the death of your cells. Not good.

Problem with Reverse Osmosis #2: It generally takes 10 parts of waste water to make 1 part of RO water. Meaning every oz (or litre) you pour, wastes 10oz (or 10 litres). Crazy

Problem with Reverse Osmosis #3: They are expensive, expensive to install and expensive to maintain.

All in all I wouldn't recommend them.



Part 3 of the Alkaline Water Series Coming Soon...

In the next few days look out for my next email which gives you free access to part three of the Alkaline Water Series, where I show you the tests of each alkaline water method - in my kitchen - with a pH meter and an ORP meter to show you which method is best for you!

I also run a heap of other awesome experiments that you don't want to miss!

Until then, stay alkaline

Ross