



Is a twenty minute read worth an extra five years of your life?

By Ian Blair Hamilton
Managing Director, IonLife Australia
Author of "The Untold Truth about the Causes of Disease"

It's a rhetorical question. We all know the answer, but in my experience the only time such a question seems to become important is when people don't actually *have* five years of life left.

It's often said that people spend more money on their health in the last two years of their life than the total of the rest of their life. In my experience this is so very true.

I don't want to waste time telling you how naughty you've been to not learn about your own health. We are all so 'busy' just surviving in this world that oftentimes health takes a backstage position until it fails. It's like my son's car. He simply *doesn't* change the oil. He believes everything lasts forever - and at 26, so did I.

So I'm now going to give you my grand theory of everything about acid/alkaline balance, and if you hear what I am saying, I am sure you'll understand and act upon this most fundamental of all health secrets.

I have been asked many times to write down my understanding of acid and alkaline balance and its effects on health. This has usually been asked after I have spent 45 minutes explaining it to someone once again - for the umpteenth time! So I'm going to give you my grand theory of everything about acid/alkaline balance now, and if you hear what I am saying, I know you'll understand and act upon this most fundamental of all health secrets.

Why is acid/alkaline balance 'fundamental'? Because this is about what happens at the microscopic level within our bodies; beyond the cellular level - at the *atomic* level. It's all about electricity, and about what happens to create energy in your body at the atomic level.

It's about what *doesn't* happen, what *should* happen, and what *will* happen if you follow what I am suggesting.

Most people I talk to already know that we are too acidic, because of acidic foods, drinks, pollution, lifestyle, stress... almost everything is acidifying including watching the news at six.

We are *told* we need to alkalize... but what does that really mean? Many of us think that acidic water is just water with lots of acidic minerals in it, and alkaline water is water with lots of alkaline minerals in it - calcium, magnesium, potassium etc. But you can have acidic water with both acid and alkaline minerals in it; just more acids than alkalis, so it's not quite as simple as you may have thought.

Why am I explaining all this? Because if you can really understand this, you can begin a new way of thinking about your own and your loved ones' health. Because the conventional approach to alkalizing something like water has been to take tap water, with its mix of acids and alkalis, then add more alkalis.

What's wrong with that? You're drinking a chemical cocktail - just to get your water alkaline.

But in this twenty minutes we're going to go far farther than this small point.

Let's assume that we have water with no minerals at all; distilled for instance. Then we add some calcium. Now we have 'alkaline water'. The pH of this water may have gone from a acidic pH 6 to a neutral pH 7; ten times more alkaline than pH 6. Most of us learned all this in chemistry class - as long as you weren't looking out the window like me!

Do you know what pH stands for? It comes from French, and means '*per Hydrogen*', which is a measure of the amount of Hydrogen in a liquid. *Note; we're not talking about the amount of alkalizing or acidifying chemicals in a liquid. No, we're talking about the amount of hydrogen*

atoms. The chemicals or minerals just react with the water to create hydrogen atoms.

..hydrogen atoms are the basic building blocks of life itself.

Dr Albert Szent-Gorgi, Nobel Prize Winner

Why is this so important? Hydrogen *fuels* us. Hydrogen *heals* us. Hydrogen is our *most essential* nutrient. And pH equals amount of hydrogen in liquid, so it's a measure, if you like, of **available life force** in a liquid.

Reverse Aging

Sang Whang, that wonderful Korean American scientist and inventor, explains it beautifully in his ground-breaking book 'Reverse Ageing'. He says water has memory (*we've seen this in Dr Masaru Emoto's amazing crystal images and in the early works of homoeopaths*) but he goes further; he says this memory is expressed as a measurable electrical energy. This energy can be measured in volts (*or millivolts, because it's always very small*) and can be lost over time. When water has this electrical potential, it has the ability to cause the hydrogen atoms in it to assume two different forms.

(Sang Whang was diagnosed with high blood pressure at age 56 and was told he'd have to stay on medication for the rest of his life. His book described his discovery of alkaline ionized water, how he gave up his medication - and at age 75 is looking and sounding as good as I would hope to look at that age!)

Stay with me, this is about as technical as I'm going to get!

When water has electrical energy, it causes the hydrogen within it to assume one of two forms. One is hydrogen that has a positive electrical charge. This water is 'acidic'. The other is hydrogen that bonds with an oxygen atom and becomes negatively charged. This is the building block of life itself, and chemically, it is in the form of OH-

One oxygen atom, one hydrogen atom with this negative electrical charge. That's ionized water. It now has energy it wants to donate to any compatible atom in your body. And it is called 'alkaline'.

In both forms, these ions – atoms – now have the capability to precipitate chemical reactions of other minerals in water. What has that got to do with your health and longevity?

Nothing happens in our bodies without a chemical reaction.

And every chemical reaction only happens when the 'electricity' between just *two* atoms is compatible. So we can

say that we are a chemical organism - by courtesy of electricity.

At the molecular level, way beyond the cells, trillions of electrically uniting and repelling is going on every millisecond of your life. *It's a veritable orgy of unity, and it's happening right now in your body, it always has, and it continues until the balance of acid and alkaline reactions - the battle between them - is over.*

And what wins this battle of the ions? Acid – every time. We all know that our body acids take over after we die to break down the body. Let me tell you, they've been doing just that for many, many years before you die. They're doing it now! *Rusting, decaying, breaking down, burning, oxidizing* – all a natural part of our balanced metabolism.

So.. life as we know it is an internal 'battle' between positively charged atoms (ions) and negatively charged atoms (ions). We can equally - but less accurately - say life is a battle between acid and alkaline, because that's exactly what pH is all about.

pH = acid/alkaline balance = ionizing = O.R.P.

Coming back to water –

...when there are more H+ ions in the water than OH- ions, it will read as acidic. When there are more OH- than H+, it's alkaline.

I'd like to pause here a minute and review what we have discussed. I'll put it in point form:

- 1. Acid or alkaline liquid is measured as pH.**
- 2. pH is a measure of hydrogen ions (atoms)**
- 3. The more H+ in a liquid, the more 'acidic'**
- 4. The more OH-, the more alkaline.**
- 5. Acid and alkaline can be thought of electrically as ions of Hydrogen carrying either a positive or negative charge of electricity.**
- 6. All chemical processes in your body are begun and completed when the correct electrical charge is found to match the electrical charge of another atom. Nothing happens without electricity. Electricity and chemistry, therefore, are the same in the body.**

Are we OK with that? If not, please spare another five precious minutes and read it all again, because what comes next rests upon your understanding so far and is the key to the secret of health and anti ageing that I'm communicating.

Okay. So water can have hydrogen ions in it. Are you OK with me using the word 'ion'? An *ion* is an atom with an electrical charge.

We can measure pH using litmus paper or an electronic pH meter. It will give us a reading of from 0 to 14, with pH 7 being neutral; neither acid nor alkaline. Or we can use an ORP meter which tells us a lot more. It tells us the **O** = Oxidizing or **R** = reducing or donating **P**otential of a liquid. That's what O.R.P. means.

Oxidizing means the ability to oxidize. To burn up. To rust. To break down, and the example I used earlier of a cadaver breaking down is an excellent one. It is oxidizing.

Reducing is not as easy to understand. Scientifically, it means giving away, or donating, so if a liquid has 'reducing potential' it has the ability to donate energy to the body.

The ORP meter actually measures the electrical charge of the water and if it reads above zero, it's **oxidizing** (acidic and an ionic 'robber'). If the voltage is negative it's **reducing** (alkaline and a giver!)

Now we can begin to see that we aren't simply talking about choosing alkaline foods and drinks. We are choosing ways to 'alkalize' and 'energize', to add to our negative ion energy store and to neutralize the acidic, positively charged atoms in our bodies.

Now we are getting very, very fundamental, and we are using water to carry this energy into the body.

Why would this be so wonderful for you? Take a quick look at blood. As we know, blood has lots of water in it, and so it also has a ratio of the two types of water, the acidic and the alkaline as we discussed. When there are more alkaline ions, in the form of OH-, there is *more oxygen* in the blood, available to us as instantaneous fuel for life. In fact, if your blood is just a tiny bit more alkaline (from 7.3 to 7.45), it will be holding around 2/3 more oxygen!

I remember my first few weeks on alkaline ionized water; I was like a kid of Christmas day; up at 3 am looking for presents! I had just so much energy! Of course, once my system realized it had this new supply of oxygen, it put it to good use, modifying my early hour 'high' into sustained energy throughout the day

Is it possible that the lethargy you may be feeling could simply be the inability to carry oxygen in your blood? Can you also imagine the effect of proper oxygen levels in an athlete or sportsperson's blood?

I have had quite a few people asking me why they get such a boost from oxygen supplements (*Hydrogen Peroxide*). It isn't hard to identify them as an acidic person, and without fail, those people who tell me that they get a boost from the supplements are all, in my estimation, trapped in an acid cycle lifestyle.

I get no boost at all from any of the oxygen boost supplements, so I have concluded that I have the oxygen already available in my alkaline balanced bloodstream, and the people who get a boost are deficient, or acidic. It just makes sense!

Isn't this fabulous information? I am so grateful to have learned about acid/alkaline! We've all concentrated on finding the latest supplement or miracle cure to 'fix' our ailments when the real support work can be done using what we are primarily and overwhelmingly composed of.

What's that? Water!

We are 70% water - yet we've basically ignored it! So now we are going to look at how water can change us fundamentally. But to do this I need to let you see what happens in an acidic body - bearing in mind that unless you are the one in 100 who is naturally alkaline, this means YOU!

Let's just imagine we've wolfed down a Super sized burger along with a giant soda. Even while it's still in your mouth - your nerves are already sending signals to your belly. The chemicals in your mouth have sampled the pH of the food, and (don't ask me how), your nervous system has told your stomach how much of this monster meal is '*comin' on down*'.

Most people still think the stomach is a bagful of acid into which the burger is going to just 'ker-splosh'. It's just not true.

Your stomach is a vessel that is used to hold just the right amount of acid; not too much, not too little - as calculated by the mouth (*and I suspect, the eyes - we've all heard the old saying, his eyes are bigger than his stomach!*)

You won't see a big bag of acid down there. You'll see a precisely controlled mish mash, evolutionarily trained to work with *just* the right amount to break down the food and pass it into the lower gut for absorption. What you also won't see is the bicarbonate of soda that is also exuded from the bloodstream, and now coats the lining of the stomach to protect it from the acid. The acid, by the way, is also delivered to the stomach from reserves in the blood, known as the 'acid buffer'. If I have time, I'll talk about why older people are short on acids, but let's keep on track.

Now you've swallowed this humungous McMess, your body has had ample chance to understand that it just swallowed something with the potential to kill. It knows that if the pH of your blood falls to neutral 7 instead of its normal pH 7.35, you will go into a coma and die. Right now, courtesy of certain fast food Corporations, your body is being flooded with acids and your blood pH is beginning to fall. Your adrenals are screaming! They are telling you things are dire; but guess what?

You've interpreted the message as the 'hit' you always get when you gulp a soda. You've actually learned to love it!!

The adrenals are our early warning system. They are telling all of our systems to drop everything and source some alkaline minerals or negative hydrogen to neutralize this acid flood. Our major organ systems are *hard wired* to respond because this is a survival imperative. It's been with you since Paleolithic times. You don't digest dinner when a dinosaur is chasing you – you never have, because you've learned that *death* is the result of both scenarios.

So what happens down there? Well, the '*all systems alert*' firstly calls on the pancreas, because one of the pancreas' jobs is to secrete alkaline [chyle](#) to neutralize the acids now mixed up with the food you have now tossed around in your stomach.

The real problem is that you've been making a habit of this. Not only have you eaten a burger, fries and soda for lunch, you've been downing beers, eating lots of sugar in fruit because someone told you you should eat more fruit, and you've been stressed out at work. You've been robbing the pancreas so long that it's just exhausted. It has nothing more to give.

So the next port of call is body tissues. "*Alkalis? Alkalis? Anyone?*" "Sorry. None here." Next stop is bones and teeth, and yes, we actually erode our own skeleton to feed our acid habit. That's one big reason there's a plague of Osteoporosis in the West today.

In the meantime, because our blood pH is plunging dangerously, the stomach has been told to stop what it's doing and let the body use its limited available energy to work on alkalizing this deadly acid flood, so what does it do? It dumps its half processed McLoad into the lower intestine.

It's acidic, it's lumpy, it's half digested, and the poor old pancreas, the gate keeper to the lower intestine, can't do a thing to change it and fulfill its purpose of protecting the lower gut. It's like a lorry load of toxic waste sneaking past a helpless sentry.

About now it's oozing into the intestine. And because you've been acidic for so long – (*a byproduct of acidosis is constipation as the water from the stools is sucked out into the abdominal cavity to help move garbage*) – your bowel is what doctors call 'lazy'. It moves slowly because it's full of hard feces. And being acidic, it burns the sensitive absorbent *villi* on the intestinal walls as it goes, even to the point of bursting through the intestine wall, flooding the abdominal cavity with filthy, rotting, acidic McGarbage that only a few hours ago was sitting on a shelf in a fast food outlet. !

So now we come to where all of the effects of excess acid conspire against us and our future health.

But first... Do you know what a free radical really is? It's a positively charged oxygen atom or ion. And as we have learned it is **oxidative**. It breaks things down. It burns, it rusts.

So as always, in a perfect body, things work perfectly. In this perfect body it has a perfect purpose as the perfect little janitor, moving about and reacting with garbage, toxins or putrefying matter to oxidize it and render it down to its basic components.

Note that I said that's what it does in a perfect system, but an acidic system isn't a perfect system. As we have already discussed, virtually every system in an acidic body is under siege and working at far less potential than it was designed for. So things go wrong. They either over or under-perform, or they perform in a way they shouldn't. So it is with our free radical system. In a state of siege, or acidity, it produces too many free radicals, (*ah well, better more than not enough, folks!*) and being eager little fully active critters, they go forth and oxidize – anything! Not just putrid food or waste, but healthy cells! *That's* why our scientists say it is ageing us. They are acidic – positively charged, acting as a result of acid, in an acidic system.

How could they possible work in the way they were designed?

So what do we do about all this mess? We see the glossy advertisement for anti-oxidant capsules, tablets, exotic juices and the like and we spend six, seven, ten dollars a day gobbling them down.

What is it they have in those little capsules? They have chemical cages holding something we've now heard about; the H- hydrogen ion, the great donator, the giver, the lifesaver! Instead of drinking alkaline negative hydrogen loaded water at about two cents a litre, people are told they have to get their antioxidants in pills! What a setup! Companies make millions from the theory!

But does water really work? I was attending an exhibition of health systems three years ago. I'd been on our stand for three days. Three days of non-stop talking, and when someone told me there was a stand where you could have your antioxidant ability tested, my first reaction was that I couldn't possibly have a good 'reading'. I was just too tired. However, it was free, and things were quiet, so I went to see what it was all about. Sure enough, there was the man, the computer and the test report coming out of a printer. He was trying to sell people on buying his brand of antioxidant pills, but he was quite happy to test me. 'I've been talking non stop for three days.' I said. "Will it still work?"

"*That makes no difference,*" he replied. "*The probe measures the carotene in the skin, and that's the best indicator of antioxidant ability.*"

“So what is a good score?” I asked. He explained that the top score was thirty on the computer’s scale, and that very few people got anywhere near that.

I held out my wrist. He applied the probe and a minute later pulled the results from the printer, looking puzzled.

“Are you sure you’re not on some form of antioxidant supplement?” he asked with a slightly suspicious frown.

“None at all.” I answered. *“Why?”*

“Because your score is the highest I’ve done all week. You are over the scale. You scored forty! What is it you do to get a score like that?”

I looked him in the eye to watch his reaction.

“I drink water.”

In the years since that test, I get calls from clients from all over. It seems that wherever he goes with his machine, he finds one of our clients.

“Guess what? I had my antioxidant ability tested! And...” they say.

“And your reading went off the scale, right?”

“How did you know?” they ask, astounded.

So I DO know that healthy water works as a powerful antioxidant. All alkaline foods will work to some degree, but it just makes so much sense that if you are 70% water, and if water is everywhere in your body, then - to my mind - water in an antioxidant form is a far more efficient and economical mode of countering free radicals than food or pills.

I’ll stop talking about myself at this point; there are literally hundreds of stories that we have received over the last seven years about the effects and power of drinking IonLife water. These are all real stories from real people just like you; athletes, housewives, businesspeople, doctors, naturopaths, families young and old. You’ll find just a few of their stories on our brochures and on our website, but more come in every week, and they are always amazing.

Do you know the really cool thing for me? Yes, it’s wonderful water and it has great effect on me every day of my life. But it’s also clever water. It splits into acid water that I use to cleanse and remove bacteria from my food, my kitchen, my bathroom, my skin and hair. It also provides the alkaline water I have already described. **But here’s the great thing. It costs me less than bottled water, and I NEVER have to buy another plastic bottle of water.**