

How Water Becomes an Antioxidant

Drinking four (4) to six (6) glasses of alkaline water a day will help to neutralize over acidity and over time will help to restore your body's buffering ability. Alkaline water should be used when conditions of over acidity develop, such as when you have a cold, the flu or bronchitis.

Like vitamins C, E, and beta carotene, alkaline water acts an antioxidant because of it's excess supply of free electrons. This can help the body against the development of heart disease, strokes, immune dysfunctions, and other common ailments.

~ Susan Lark, M.D.

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