

1. High Blood Pressure

Prof. Kuninaka Hironage, Head of Kuninaka Hospital

"For over 10 years of my experience, my concept toward minerals, especially pertaining to ionic calcium in high blood pressure and other diseases is most significant.

In accordance to the theory of medical Professor Gato of Kyushu University on Vitamin K (because vitamin K enables the blood calcium to increase), or the consumption of more ionized water, the effectiveness of the increase in the calcium in high blood pressure is most significant. Too many fats in the diets, which lead to the deposition of cholesterol on the blood vessels, which in turn constrict the blood flow, cause most illnesses such as high blood pressure.

By drinking ionized water for a period of 2 to 3 months, the blood pressure should slowly drop, because the ionized water is a good solvent, which dissolves the cholesterol in the blood vessels."

2. Gynecological Conditions

Prof. Watanabe Ifao. Watanabe Hospital, Japan

"Ionized water improves body constituents and ensures effective healing to many illnesses. The uses of ionized water in gynecological patients have proved to be very effective. The main reason for its effectiveness is that this water can neutralize toxins.

When given ionized to pre-eclamptic toxemia cases, the results are very significant. During my long years of servicing the pre-eclamptic toxemia cases, I found that the women with pre-eclamptic toxemia who consumed ionized water tend to deliver healthier babies with stronger muscles. A survey report carried out on babies in this group has intelligence above average."

3. Heart Disease

Prof. Kuwata Keijiroo, Doctor of Medicine, Japan

"In my opinion, the wonder of ionized water is the ability neutralizes toxins, but it is not a medicine. The difference is that the medicine can only apply to each and individual case. Whereas the ionized water can be consumed generally and it's neutralizing power is something which is very much unexpected. Now, in brief, let me introduce to you a heart disease case and how it was cured.

The patient was a 35 years old male suffering from vascular heart disease. For 5 years, his sickness deteriorated. He was in the Setagays Government Hospital for treatment.

During those 5 years, he had been in and out of the hospital 5 to 6 times. He had undergone high tech examinations such as angiogram by injecting VINYL via the vein into the heart. He consulted and sought treatment from many good doctors where later he underwent a major surgical operation. Upon his discharge from the hospital, he quit his job to convalesce. However, each time when his illness relapsed, the attack seemed to be even more severe. Last year, in August, his relatives were in despair and expected he would not live much longer. It so happened at that time that the victim's relative came across ionized water processor. His illness responded well and he is now on the road to recovery."

Note: In the United States, cardiovascular diseases account for more than one-half of the approximate 2 million deaths occurring each year. It is estimated that optimal conditioning of drinking water could reduce this cardiovascular disease mortality rate by as much as 15 percent in the United States.

From: Report of the Safe Drinking Water committee of the National Academy of Sciences, 1977

4. Eczema

Prof. Tamura Tatsuji, Keifuku Rehabilitation Center, Japan

"Eczema is used to describe several varieties of skin conditions, which have a number of common features. The exact cause or causes of eczema are not fully understood. In many cases, eczema can be attributed by external irritants.

Let me introduce a patient who recovered from skin disease after consuming the ionized water. This patient suffered 10 years of eczema and could not be cured effectively even under specialist treatment. This patient, who is 70 years of age, is the President of a vehicle spare parts company. After the war, his lower limbs suffer acute eczema, which later became chronic. He was repeatedly treated in a specialist skin hospital.

The left limb responded well to treatment, but not so on the right limb. He suffered severe itchiness, which, when scratched led to bleeding. During the last 10 years, he was seen and treated by many doctors. When I first examined him, his lower limb around the joints was covered with vesicles. Weeping occurred owing to serum exuding from the vesicles.

I advised him to try consuming ionized water. He bought a unit and consumed the ionized water religiously and used the acidic water to bathe the affected areas. After 2 weeks of treatment the vesicles dried up. The eczema was completely cleared without any relapse after 1 1/2 month."

5. Allergy

Prof. Kuninaka Hironaga, Head of Kuninaka-Hospital, Japan

"Mr. Yamada, the head of Police Research Institute, suffered from severe allergy. He was treated repeatedly by skin specialist, but with no success. Then he started consuming ionized water. The allergy responded very well and was soon completely cured. No relapse had occurred, although he had taken all kinds of food. He was most grateful and excited about this treatment.

As for myself, I had also suffered severe allergy. Ever since I began to consume ionized water, the allergy has recovered. Since then, I started a research on the effectiveness of ionized water.

I discovered that most allergies is due to acidification of body condition and is also related to consuming too much meat and sugar. In every allergy case, the patient's antioxidant minerals are excessively low which in turn lower the body resistance significantly. The body becomes overly sensitive and develops allergy easily. To stabilize the sensitivity, calcium solution is injected into the vein. Therefore, it is clear that the ionized water has ionic calcium, which can help alleviate allergy.

The ionic calcium not only enhances the heart, urination, and neutralization of toxins but controls acidity. It also enhances the digestive system and liver function. This will promote natural healing power and hence increase its resistance to allergy. In some special cases of illness, which do not respond to drugs, it is found, it is found to respond well to ionized water."

6. Digestive System problem

Prof. Kogure Keizou, Kogure Clinic of Juntendo Hospital, Japan

"The stomach is readily upset both by diseases affecting the stomach and by other general illnesses. In addition, any nervous tension or anxiety frequently causes gastric upset, vague symptoms when they are under some strain.

The important role of ionized water in our stomach is to neutralize the secretion and strengthen its functions. Usually, after consuming the ionized water for 1 to 3 minutes, the gastric juices increase 1 1/2 times. For those suffering from hyperchlorhydria (excess stomach acid) or achlorhydria (low in stomach acid) the presence of ionized water will stimulate the stomach cells to secrete more gastric juice. This in turn enhances digestion and absorption of minerals.

However, on the other hand, those with hyperchlorhydria (excess stomach acid) the ionized water neutralizes the excessive gastric juice. Hence, it does not create any adverse reaction.

According to the medical lecturer from Maeba University, the pH of the gastric secretion will still remain normal when ionized water is consumed. This proves that the ability of the ionized water is able to neutralize as well as to stimulate the secretion."

7. Diabetes

Prof. Kuwata Keijiroo, Doctor of Medicine, Japan

"When I was serving in the Fire Insurance Association, I used to examine many diabetic patients. Besides treating them with drugs, I provided them with ionized water. After drinking ionized water for one month, 15 diabetic patients were selected and sent to Tokyo University for further test and observations.

Initially, the more serious patients were a bit apprehensive about the treatment. When the ionized water was consumed for some time, the sugar in the blood and urine ranged from a ratio of 300 mg/l to 2 mg/dc. There was a time where the patient had undergone 5 to 6 blood tests a day and detected to be within normal range. Results also showed that even 1 1/2 hour after meals, the blood sugar and urine ratio was 100 mg/dc 0 mg/dc. The sugar in the urine has completely disappeared."

NOTE:

More Americans than ever before are suffering from diabetes, with the number of new cases averaging almost 800,000 each year. The disease has steadily increased in the United States since 1980, and in 1998, 16 million Americans were diagnosed with diabetes (10. million diagnosed, 5.4 million undiagnosed) Diabetes is the seventh leading cause of death in the United States, and more than 193,000 died from the disease and its related complication in 1996. The greatest increase - 76 percent - occurred in people age 30 to 30.

From: U. S. Department of Health and Human Services, October 13, 2000 Fact Sheet.

8. Obesity

Prof. Hatori Tasutaroo, Head of Akajiuiji Blood Centre, Yokohama Hospital, Faitama District:

"Due to a higher standard of living, our eating habits have changed. We consume too much proteins, fats and sugar. The excess fats and carbohydrates are in the body as fats. In the present lifestyles, Americans are more extravagant about food compared to the Japanese. Due to this excessive intake obesity is a significant problem. Normally, one out of five males and one out of four females are obese.

The degree of "burn-out" in food intake largely depends on the amount on intake of vitamins and minerals. When excessive intake of proteins, carbohydrates and fats occurs, the requirement for vitamins and minerals increases. However, there is not much research carried out pertaining to the importance of vitamins and minerals.

Nowadays, many people suffer from acidification that leads to diabetes, heart diseases, cancer, liver and kidney diseases. If our food intake can be completely burned off, then there is no deposition of fats. Obviously, there will be no acidification problem and hence there should not be any sign of obesity.

The ionized water contains an abundance of ionic calcium. This ionic calcium helps in the "burn-off" process. By drinking ionized water, it provides sufficient minerals for our body. As a result, we do not need to watch our diet to stay slim.

Hence, ionized water is a savior for those differing from obesity and many adult diseases, providing good assistance in enhancing blood health."

9. High Blood Pressure

Prof. Kuninaka Hironage, Head of Kuninaka Hospital

"Too many fats in the diets, which lead to the deposition of cholesterol on the blood vessels, which in turn constrict the blood flow, cause most illnesses such as high blood pressure. In accordance with the theory of Professor Gato of Kyushu University on Vitamin K (because vitamin K enables the blood calcium to increase), or the consumption of more antioxidant water, the effectiveness of the increase in the calcium in high blood pressure is most significant. The consumption of alkaline antioxidant water for a period of 2 to 3 months, I have observed the blood pressure slowly drop, due to the water's solvent ability, which dissolves the cholesterol in the blood vessels."

10. Kidney Disease

Prof. Kuwata Keijiroo, Doctor of Medicine, Japan

Dr Kerijiroo explains that for severe kidney failure, water intake has to be restricted. However whereas ordinary tap water "*contains phosphate, calcium carbonate and the acidic ions. . . . [that] tend to reduce the efficiency of the calcium ions. . . .*" *he feels that in controlled amounts, Alkaline Ionic water will "strengthen the heart and increase urination."*

He goes on to claim that over the next six to twelve months, the patient should maintain an alkaline diet (reduced animal protein) and continue drinking the Alkaline Ionic water to reduce the amounts of urea and uric acid in the blood. He also feels that, through his clinical experience that patients undergoing kidney dialysis should also drink Alkaline Ionic water as well as those patients with kidney disease who do not respond to drugs.

2. Clinical evaluation of alkaline ionized water for abdominal complaints: Placebo controlled double blind tests

Hirokazu Tashiro, Tetsuji Hokudo, Hiromi Ono, Yoshihide Fujiyama, Tadao Baba (National Ohkura Hospital, Dept. of Gastroenterology; Institute of Clinical Research, Shiga University of Medical Science, Second Dept. of Internal Medicine

"Effect of alkaline ionized water on abdominal complaints was evaluated by placebo controlled double blind tests. Overall scores of improvement using alkaline ionized water marked higher than those of placebo controlled group, and its effect proved to be significantly higher especially in slight symptoms of chronic diarrhea and abdominal complaints in cases of general malaise. Alkaline ionized water group did not get interrupted in the course of the test, nor did it show serious side effects, nor abnormal test data. It was confirmed that alkaline ionized water is safer and more effective than placebos.

Summary

The effect of alkaline ionized water on abdominal complaints was clinically examined by double blind tests using clean water as placebo. Overall improvement rate was higher for alkaline ionized water group than placebo group and the former proved to be significantly more effective than the other especially in cases of slight symptoms. As a result of examining the improvement rate for each case of chronic diarrhea, constipation and abdominal complaints, alkaline ionized water group turned out to be more effective than placebo group for chronic diarrhea, and abdominal complaints.

The test was stopped in one case of chronic diarrhea, among placebo group due to exacerbation, whereas alkaline ionized water group did not stop testing without serious side effects or abnormal test data in all cases.

It was confirmed that alkaline ionized water is more effective than clean water against chronic diarrhea, abdominal complaints and overall improvement rate (relief of abdominal complaints) and safer than clean water.

Introduction

Water ionizers were designated as a medical device in Japan by the Pharmaceutical Affairs Law in 1966 due to alkaline water's antacid effect and efficacy against gastrointestinal disorders including hyperchylia (excessive production of stomach acid), indigestion, abnormal gastrointestinal fermentation and chronic diarrhea. Since then ionized water has been extensively used to treat patients.

However, medical and scientific evaluation of ionized water's validity is not yet established. In our study, we examined the clinical effect of alkaline ionized water on gastrointestinal disorders across many symptoms in various facilities. Particularly, we studied safety and usefulness of alkaline ionized water by double blind tests using clean water as a control group.

Test subjects and methods

163 patients (34 men, 129 women, age 21 to 72, average 38.6 years old) with complaints of indigestion, abnormal gastrointestinal fermentation marked by abnormal gas emission and rugitus (rumbling sounds in the intestine) and abdominal complaints caused by irregular digestion (chronic diarrhea, or constipation) were tested as subjects with good informed consent.

Placebo controlled double blind tests were conducted using alkaline ionized water and clean water at multiple facilities. An alkaline ionized water ionizer sold commercially was installed with a pump driven calcium dispenser in each of the subject homes. Tested alkaline ionized water had pH at 9.5 and calcium concentration at 30ppm.

Each subject in placebo group used a water purifier that has the same appearance as the ionizer and produced clean water.

The tested equipment was randomly assigned by a controller who scaled off the key code which was stored safely until the tests were completed and the seal was opened again.

Water samples were given to each patient in the amount of 200ml in the morning with the total of 500ml or more per day for a month. Before and after the tests, blood, urine and stool were tested and a log was kept on the subjective symptoms, bowel movements and accessory symptoms. After the tests, the results were analyzed based on the log, and test data.

Conclusion

As a result of double blind clinical tests of alkaline ionized water and clean water, alkaline ionized water was proved to be more effective than clean water against chronic diarrhea, abdominal complaints (dyspepsia) and it demonstrated an overall improvement rate (relief from abdominal complaints). Also, safety of alkaline ionized water was confirmed which clinically verifies its usefulness.

Clinical Improvements Obtained From the Intake of Ionized Alkaline Water

Extracts from the *Presentation at the Eight Annual International Symposium On man And His Environment in Health and Disease* on February 24th 1990, at The Grand Kempinski Hotel, Dallas, Texas, USA by *Dr. H. Hayashi, M.D. and Dr. M Kawamura, M.D.*

Since the introduction of alkaline ionic water in our clinic in 1985, we have had the following interesting clinical experiences in the use of this type of water. By the use of alkaline ionic water for drinking and the preparation of meals for our in-patients, we have noticed:

- Declines in blood sugar levels in diabetic patients.
- Improvements in peripheral circulation in diabetic gangrene.
- Declines in uric acid levels in patients with gout.
- Improvements in liver function exams in hepatic disorders.
- Improvements in gastroduodenal (bleeding) ulcers and the prevention of their recurrences.
- Improvements in hypertension and hypotension.
- Improvements in allergic disorders such as asthma, urticaria (hives), rhinitis (stuffy nose) and atopic dermatitis (eczema).
- Improvements in persistent diarrhea which occurred after gastrectomy (partial or full removal of the stomach).
- Quicker improvements in post operative bowel paralysis.
- Improvements in serum bilirubin (brownish-yellow substance found in bile) levels in new born babies.

The above being confirming clinical improvements, we have observed changes of stools of the patients, with the color of their feces changing from black-brown color to a brighter yellow-brown one, and the odor of their feces becoming almost negligible.

The number of patients complaining of constipation also decreased markedly. Findings of changes in patient's feces strongly suggests that alkaline ionic water intake can decrease the production of harmful putrefied or pathogenic (caused by bacteria) metabolites.

Devices to produce ionized alkaline water were introduced into our clinic in May 1985. Based on the clinical experiences obtained in the past 15 years, it can be said that introduction of electrolyzed-reduced water for drinking and cooking purpose for in-patients should be prerequisite to our daily medical practices. Any dietary recipe cannot be a scientific one if the properties of water drank by the patients is not taken into consideration.

The Ministry of Health and Welfare in Japan announced in 1965 that the intake of reduced water is effective for restoration of intestinal flora metabolism.

Diabetes: The first clinical test conducted in Korea shows that water can control diseases!

3 December 2003: The Natural Medicine Research Institute of Hansuh University had invited 15 patients suffering from diabetes and started a clinical test for them.

The scientists divided the patients into two different groups; they stopped insulin treatment completely for the first group of the patients, and they had them drink the Ionized Water (ARW) instead, and the other group of diabetics had been allowed to continue their hospital treatment as well with receiving insulin as usual.

The blood glucose levels of the ionized water drinkers have been lowered on the whole, their blood glucose levels, which had shown wide variations daily before were being stabilized. The blood glucose levels for those who had not taken the Ionized Water (ARW) but continued receiving insulin everyday continued to show wide variations with their blood glucose level.

7 January 2004: Comparison of blood glucose levels before and after experiment conducted. 5 litters ARW/day administered for the 2nd group of patients. A significant decrease of blood glucose levels for all patients on AKW. Some examples are:

Patient **Lee**: 14 years old, blood glucose level: 250

After drinking alkaline water for 36 days: blood glucose level: 204

Patient **Hwang**: 17 years old, blood glucose level: 254

After drinking alkaline water for 36 days: blood glucose level: 144

Patient **Lee2**: 9 years old, blood glucose level: 324

After drinking alkaline water for 36 days: blood glucose level: 210

Patient **Lee3**: 20 years old, blood glucose level: 400

After drinking alkaline water for 36 days: blood glucose level: 168

The experiments indicated that the effectiveness of Ionized Water (ARW) was better than insulin.