

“Water is the most crucial factor in establishing and maintaining proper acid-alkaline balance. pH (Potential Hydrogen) is a measure of relative acidity or alkalinity, with 0 at the extreme acid end of the scale and 14 at the extreme alkaline end. The blood stream seeks to maintain a consistent pH balance of 7.3 or 7.4, but poor quality diet, stress, environmental toxins, and medications can cause our metabolic pH to become too acidic. Because disease thrives in acidosis, drinking alkaline water is the fastest way to positively impact health and eradicate inflammation caused by excess acidity. High pH water (about 9.5) can alkalinize the body at the cellular level and help the blood stream maintain its appropriate pH. This, in turn, helps to increase energy, improve sleep, reduce pain, eliminate acid reflux, relieve colitis and irritable bowel problems, normalize blood pressure and weight, and resist disease.” Susan Silberstein, PhD, Founder & President, BeatCancer.org

Did you know that drinking #alkalinewater is the fastest way to positively impact health and eradicate inflammation caused by excess acidity? Learn more about the #healthbenefits of alkaline water at <http://www.lanladesprings.com/pure-water/whats-your-ph-ig/>