

# THE UNTOLD TRUTH ABOUT ALKALINE BALANCE

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FREE

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This free resource was compiled by Ian Blair Hamilton, alkaline researcher and writer, founder of AlkaWay, the worldwide alkaline health company.

Ian has followed alkaline diet principles for 14 years and is internationally recognised as an expert in his field. His 'Untold Truth About the Cause of Disease' is in its fifth edition.

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# The Alkaline Balance Diet

It's fashionable, it's the latest diet of movie stars, but does it work?

Is the acid/alkaline balance of our bodies a strategy that is worthy of your effort and dedication? Will it deliver the results you hope for?

Or is just another in the long line of fad diets and products?

# Let's explore!



# Alkaline Balance

Promises, promises.

Proponents of the alkaline diet make many claims.. but let's look carefully at their 'core' claims.

Here's what they say:

"By restoring the alkaline balance of your body you will experience greater immunity, less inflammation, better vitality/sex life, faster recovery from exercise, more available energy reserves."

Many more claims may be summarized as a general resistance to any health condition ending with an 'itis'.



Some Doctors still claim the body doesn't need alkaline balance.

They claim the body is capable of automatically balancing its alkaline balance. They say there's no need to supplement with alkaline food, water or supplements.



## We Disagree

After talking to *thousands* of people it's our experience and belief that we *all* live a highly 'unnatural' acidic lifestyle. Our bodies have not been designed for acidic food, acidic drinks, stress and an acid-producing lifestyle.

We are all on a veritable 'acid trip'.



Other Doctors now say that our body DOES need alkaline minerals to maintain balance.

These doctors are now recommending patients to ease up on acid-producing foods such as sugar, carbs, sugar laden beverages etc. They are not calling it the alkaline diet. They are simply attempting to reduce our acid load.

**It just makes sense!**

Just as it makes sense to restore alkaline minerals depleted as the body uses up its alkaline reserves to rebalance back to normal.

# Think of your body's metabolism like a pool man.

His job is to maintain a healthy swimming pool.

He needs supplies of alkaline and acid minerals to balance the pool's pH.

If your 'pool' is 'acidic' it won't 'automatically' rebalance itself. He has to add alkaline minerals.

Our bodies are no different.

Alkaline neutralises acids. It's a scientific fact!





## So Much More...

There is so much more to learn and experience from the alkaline balance theory.

We're going to provide you with information from what we've learned plus links later in this booklet to access more at your leisure.

Read on for more specific info on how to optimise your own alkaline balance regimen.



# Alkaline Diet

Many books and websites have been created based on alkaline diet - but few of them agree about exactly what it is. They do all agree that foods should be treated based on their effect on the body. Does a food leave more acid or alkaline minerals in the body after consumption?

## That is the Question!

Foods are classified by their ability to give us an acid or alkaline residue or 'buffer' in our body.

Charts are now available that show the amount of alkaline minerals in a food. So what's wrong with that? Read on.



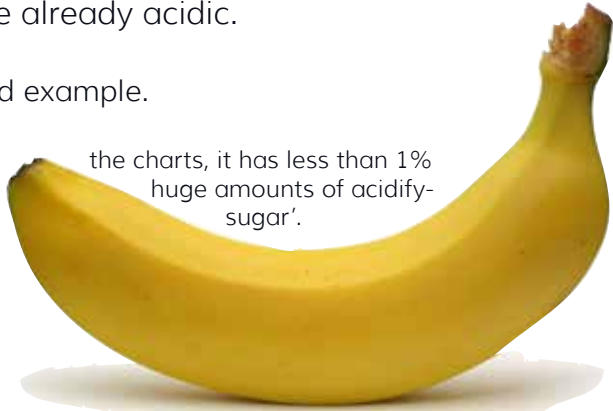
Just because a food has some alkaline minerals doesn't mean you'll improve your net alkaline balance by consuming it.

If that same food has equal or greater amounts of acidifying content, the net effect isn't going to be to regain balance, especially if you are already acidic.

The banana is a good example.

Classified as 'alkaline' in of alkaline minerals but ing fructose, the 'sneaky

the charts, it has less than 1% huge amounts of acidify-sugar'.



## What's the Best Part of the Alkaline Diet?

Simple. **Greens.**

Every book and website agree that greens are the most important part of the alkaline diet. What's unclear is how much greens we should have daily.

We love our greens. We try to have as much as we can daily. That's our 'rule'.

Greens will compensate for the failure to adhere to a strict alkaline diet. After that luscious acidic creme caramel they will assist you to rebalance!

That's why many people who are still on an 'acidic' diet eat lots of greens.



## Your 5 best, most effective Alkaline Foods

Eat them or juice them but don't miss out on them!



1. Spinach: raw, in juice or steamed, High in chlorophyll, Vitamins K, A, B2, E plus manganese, folate, magnesium, iron, Vitamin c, vitamin b2, calcium, potassium.



2. Kale: as chips, as a juice component, steamed. bitter because it's good! Vitamins K, A, C, Manganese, Calcium, Magnesium, Iron, Omega 3.




3. Cucumber: High in Vitamin K, C, Molybdenum, Potassium. Manganese and Magnesium.



4. Broccoli: Rich in Vitamins C, K, A, B2, B5, B6, E plus Folate, Manganese, Potassium, Molybdenum, Phosphorus, Protein, Magnesium, Calcium, and Selenium



5. Celery: Vitamin K, A, C, B2, B5, B6 plus Folate, Potassium, Molybdenum, Manganese, Calcium, and Magnesium.



We believe that one diet is not the best diet for everyone.

We advise just one overall diet strategy. Do the diet properly and don't cheat! How else will you ever know if it's the diet for you?

You can see many stories of 'alkaline diet success' on the web. They look great.

But.. search on any diet and you'll see identical success stories. When anyone on a bad diet turns to a better diet their body's ability to return to health is unleashed. Good things suddenly happen, but believing one diet will work for everyone is naive.

A look at how YOU might alkalize easily.

## Alkaline Supplements

It's pretty obvious that alkalizing the body to counterbalance modern stress/life is worthwhile, and there are easier ways to do so than with food alone.

The ability to ingest large equivalent amounts of greens in powder form, for instance, means we can increase our alkaline balance storehouse (buffer) just with a simple green smoothie daily.

There are many good green powders and alkaline supplements available and we'll discuss all the ways you can utilise them that work in with your lifestyle.



Now you've seen how specific 'alkaline foods' may actually acidify you.. you can also see why being able to eat purely alkaline foods is a great advantage. Eating organic greens in dehydrated powder form is a great way to concentrate your alkalizing power in one meal!

## One serve of green powder equals six serves of fresh greens.

Need to know:

Gluten is very acidifying because it is very inflammatory. Australia's gluten reporting regulations are the strictest in the world, making many green powders unable to claim 'gluten free' on their labels.

Always look at the label and avoid 'added extras' that are not alkalizers. Always ask for ORGANIC. Pesticides etc will exacerbate acidic inflammation.

Powerful Greens:

*Barley grass, Wheatgrass, Parsley, Cabbage, Kale, Cucumber, Broccoli, Celery, Spinach and all other dark leafy greens.*



## “Coffee Shots”

Also known as AlkaBalance, these alkaline drops are loaded with potassium and sodium.

Two drops in a cup of coffee will de-acidify it and provide you with added alkaline minerals.

It's the handiest of all alkaline methods. They can be kept in your purse or handbag, and used anywhere.. in drinks, on food, in water.

They are also very economical.





## Alkaline Electrolyte Salts

These are pure alkali salts and therefore very powerful in replenishing the body's alkaline balance.

Usually consisting of the four important alkaline minerals: calcium, magnesium, potassium and sodium in correct ratio, alkaline electrolyte salts are the very simplest and immediate way to alkalyze.

Just add to water and drink fast.

Even with natural flavour they don't taste nice..but does anything that is really good for you?





## Alkaline Sachets

There are a few brands on the market, but they are not the same. If you don't understand the difference between calcium sachets and magnesium sachets you could be making an expensive mistake. (Magnesium is in very short supply in our soils).

An alkaline sachet can be dropped into your water bottle to alkalize-on-the-run. Better sachets will continue to alkalize water to over 100 litres with one sachet. Others will do far less, and the mathematics of sachet lifespan means one brand actually costs far more for the same effect.



# Calcium or Magnesium sachets?

Sachets with calcium in them can really be treated as a calcium supplement. The question is whether your diet is low in calcium and whether you need a calcium supplement. Although calcium performs many important tasks in the body including alkaline buffering, most people think that calcium as a supplement builds bones.

It's true.. IF you have an adequate supply of Vitamin K2 and magnesium. Without K2, calcium can't deposit on your bones. It will circulate around the body. If you have an excess of calcium and you are acidic, it may combine with cholesterol to create plaque.

Plaque isn't unnatural. It's our body's response to the presence of tiny razor sharp shards of acid crystals that tumble through our veins and arteries, gashing the sides at every bend. Our body, in its wisdom, creates hard plaque to protect the soft walls of its veins and arteries.

We recommend you investigate Vitamin K2.

It is available as a supplement or can be found in grass fed dairy and beef.



# Magnesium Sachets

..are basically alkaline magnesium in varying styles of sachet, and they supply what is perhaps the most needed natural element in the body. Magnesium is in chronically short supply in Australian and US soils, meaning all of our food is magnesium deficient.

Consequently many people can't get enough magnesium from their diet. Adults who consume less than the recommended amount are likely to have elevated inflammation markers.

Inflammation in turn, has been associated with major health conditions including heart disease, diabetes, and certain cancers. Also, low magnesium appears to be a risk factor for osteoporosis.

Magnesium helps keep blood pressure normal, bones strong and heart rhythm steady.



## Calcium Supplements

The rules for sachets also apply for alkaline supplements (pills or capsules) We always suggest looking closely at your own diet and how you can access a good steady supply of natural calcium before you decide on a supplement.

## Magnesium Supplements

It's obvious that magnesium supplementation is another way to reverse the imbalance in our soils (and therefore our food). We view magnesium supplements as more practical than calcium supplements simply because we know everyone is short on it.

## Everyone is an individual.

If you recognise you are living an acidic life, be aware that you are burning both calcium and magnesium up just to bring your body back into balance.

# “Alkaline Water”

In the last 14 years we've been a large part of the acceptance of 'alkaline' water in Australia. We have supplied thousands of water alkalizers to Australians.

So it may come as a surprise that we no longer call our water “alkaline”.

“Alkaline Water”, strictly speaking is water with added alkaline minerals.

High pH water has a high level of molecular hydrogen in it. A water can be low in alkalinity but high in pH.

Our latest innovation, the UltraStream, is both alkaline and high pH.

Let's see why this is important. We'll look at the types of 'Alkaline Water' you are being offered today.



## “Alkaline” Water

You’ll find a bewildering array of alkaline water systems. Almost all use Chinese minerals in them.

1. Reverse Osmosis: may have an inline mineralising filter. This is a complex water filter system with high filtration efficiency. After filtration, alkaline minerals are added from the inline cartridge.

DO NOT BUY CHINESE inline cartridges.

2. Alkaline Benchtop Filters (See pic)

Almost all made in China. They sit on the bench and are filled manually from the top. An alkalizing layer of minerals adds alkalinity to the water.

3. Alkaline Bottled Water

There are now many brands available. Some use calcium, some magnesium, some a combination.





## High pH Water

Every 'pH point' from zero to 14 denotes a tenfold increase in molecular hydrogen levels. So pH9 is 100 times more alkaline than pH7.

A 'water ionizer' uses electrolysis to electrically change water from its basic state of H<sub>2</sub>O plus a few minerals - to a water with a far higher 'alkaline' pH.

The key to understanding this lies in the term 'pH' which is 'per hydrogen' in French. The electrolysis process increases hydrogen in the water regardless of the minerals in it, but may also concentrate the minerals into the same output water.

So you may get a 'pH' reading that is corresponding to the hydrogen but not to the minerals. A false reading of alkalinity and pH. Bewildering? Yes.



Hopefully you can now see that water sold as 'alkaline' isn't necessarily endowed with high hydrogen levels. Why is this important? Because after 14 years of talking about our 'alkaline water' we learned that it was the *hydrogen* in our water that was helping people far more than the alkaline minerals!

Let's backtrack now to alkaline water and nail down what you'd be buying if you bought an 'alkaline water system'. Take a bucket of water, throw in some calcium, and you have alkaline water. Same with magnesium. That's what you're buying.

Admittedly, it's one way of supplementing your alkaline diet. On the [links page](#) you'll find a whole report on alkaline water around the world, including scientific studies of its benefits. Over and over again, studies reported a positive health effect of drinking 'hard' alkaline water. There is even a study of a village in Czechoslovakia that changed from alkaline water to reverse osmosis and found their health levels dropping drastically.

So we can conclude that drinking alkaline water is good for us. But if we are going to invest in it, we should be asking about hydrogen as well.

Let's explore the 'why' of molecular hydrogen.



# High Hydrogen Water Benefits

According to the Molecular Hydrogen Institute there are over 350 scientific studies of the therapeutic effects of infused hydrogen. There are over 80 disease-specific studies. It's our belief that the main effect of hydrogen is in its anti-inflammatory ability and its unique targeted antioxidant ability. Studies indicate it targets only cytotoxic free radicals, leaving beneficial ones to do the job our bodies assigned to them - usually daily essential 'janitorial' work at a cellular level.

The range of studies is impressive and growing fast, especially when we consider that hydrogen is the most abundant element on Earth. It costs virtually nothing. We just needed the means to access it.

The new combination water filters and hydrogen generators will make a huge difference to our ability to take charge of our own health. They have also arrived with a price that allows thousands more people access to a technology that previously was only available to the privileged few.

Check [www.molecularhydrogeninstitute.com](http://www.molecularhydrogeninstitute.com) for more info on hydrogen

## Natural Hydrogen Generating Water Filter: an Australian Innovation.



Patent Pending  
Australian Design  
US Made

It's been a long time coming, but the evolution of a natural alkaline hydrogen water in-home production device has finally arrived.

The development of high quality and purity magnesium in a ceramic slow release form has allowed the creation of the same or more hydrogen in filtered water than can be generated by a far more expensive electric unit.

The beauty of the UltraStream is its simplicity.

Just attach it to the kitchen tap like any ordinary water filter and you have extremely pure alkaline, magnesium-rich, hydrogen infused drinking water. Independently tested for safety, filter performance and hydrogen production.

The following incomplete list is of disease and medical conditions studied related to Hydrogen gas.

Cerebral Infarction Neonatal Brain hypoxia Restraint-  
induced Dementia Alzheimer's Senile Dementia  
Parkinson's Cerebral Infarction Traumatic Brain Injury Spinal  
Cord Injury Glaucoma Corneal Burn Hearing Disturbance  
Lung Cancer Oxygen-Induced Lung Injury Myocardial Infarction  
Heart Transplant Irradiation-induced Heart Injury Hepatic  
Ischemia Hepatitis Obstructive Jaundice Cisplatin Nephropathy  
Hemodialysis Acute Pancreatitis Intestinal Graft Ulcerative  
Colitis Atherosclerosis Diabetes Mellitus Metabolic  
Syndrome obesity Tongue Carcinoma Allergy Sepsis  
Radiation Injury

Please note: This list is displayed purely for educational purposes. It does not purport or infer any therapeutic benefit. Always consult your health practitioner before making any health regimen change.

# pH Testing: Is it worth it?

We supply pH test kits and have done so for many years.

Testing your urine will give you an idea of your average pH, and if a number of tests show a pH below 6.5, it may be interpreted that your balance is acidic rather than alkaline. It's simple to do and kits are available from Alkaway or your local health shop.



*Please remember that urine pH can vary at different times of day and for a number of reasons including diet and possible health conditions.*

Today we use urine testing as a good general indicator. We advise you to try a pH test first, then if you are ready to commit to an alkaline lifestyle, check in with us and learn how to more accurately monitor the state of your body as you change. We use a ketone meter for this. It tells us whether we are still getting our sustenance from acidic carbs and sugars or we have 'switched on' our natural system of ketone support. Ketones are manufactured by the body from fat and when we are 'ketonic' it's a good indication that we have reduced our acidic load by no longer 'feeding' on sugar and carbs.

# Are You Acidic?

We've devised a simple online quiz that you can complete in 5 minutes.

While we are not authorised to offer you therapeutic advice, this quiz is a simple and valuable indicator of possible factors that may be affecting your alkaline/acid balance. (We need to say this to comply with the law)

The quiz looks at your eating habits, stress, lifestyle, water intake and supplements.

You will receive a personalised response from AlkaWay at no cost to you.

Go to [www.alkaway.com/quizlet](http://www.alkaway.com/quizlet)



# Links

<http://www.alkaway.com/reports/>

- Summary Study of 'Hard' Alkaline Water worldwide
- Comparison Report of Natural and Electric Water Ionizers
- Laboratory tests of Natural water ionizers
- Molecular Hydrogen Institute
- Discussion of therapeutic hydrogen
- Discussion of antioxidant hydrogen
- List of all scientific studies
- Stories of hydrogen users
- Comparison of hydrogen therapy methods
- All product detail



## ABOUT ALKAWAY

AlkaWay has been researching, importing and distributing alkalizing products and media for 14 years. It was founded by Ian Blair Hamilton and Cassandra Bond. Our offices are based in Byron Bay Australia with distributors in USA, UK, EU, Eastern Europe, NZ, Malaysia, China and South America.

In 2011 AlkaWay began delivery of the world's first natural water alkalizer and hydrogen infusion system. In 2012 we designed and produced our own patented hydrogen and alkaline water system, the UltraStream, made in USA.