Benefits Of Alkaline Water: Health Benefits

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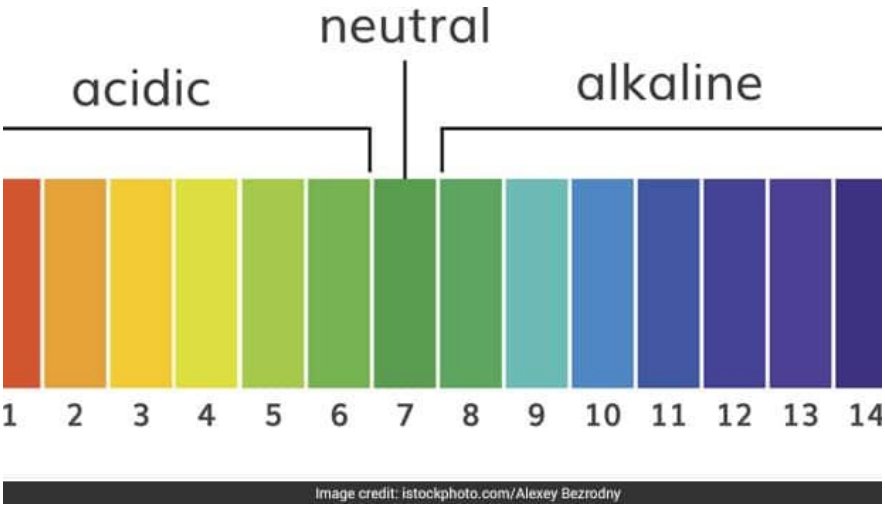
Alkaline water and it's benefits is one of the newer trends to have made its way into the already overcrowded wellness and healthy eating world. Drinking Alkaline water, it is said, offers more health benefits than one. It helps slow down the ageing process, regulate pH levels of the body and prevent various chronic diseases. Alkaline water refers to neutralizing acid levels in the body, which normal water cannot do. This controversial health practice has been argued over its use by many health experts. Let's find out what alkaline water is all about and if it's worth the hype.

What is Alkaline Water?

Alkaline water is water that has been ionized, which means the pH level of water has been increased. The pH level is a number that measures how acidic or alkaline a substance is on a scale of 0 to 14. For instance, if the level is 1, it means the substance is very acidic and if it is 13, it is very alkaline. Alkaline water has pH level of about 8 or 9 and pH level of normal tap water is 7, which is neutral. It is believed that alkaline water helps people with excess acidity as it helps neutralise the acid in the body; thanks to its alkaline nature. This process of neutralising acids in the body helps prevent various ailments. There are ways to increase the alkaline properties of water by using special filters, faucet attachments and additives that raise the pH levels, making normal tap water go from neutral pH to Alkaline.

According to the Bangalore based Nutritionist, Dr. Anju Sood, "Your body secretes out a lot of juices. Now these juices are basically acidic in nature. So at that time alkaline water will neutralise the acid. We always suggest having foods that are at least 70 percent alkaline and 30 percent acidic, so that once it is consumed; the pH of the body will be neutral. Alkaline water is suggested when you are not consuming food that is not balancing your pH levels in the body."



Benefits of alkaline water: Alkaline water is water that has been ionized

Does the theory of alkaline water really work?

According to *Mayo Clinic*, regular water is best for most people, as there is no scientific evidence that fully verifies the claims made by supporters of alkaline water. According to a study published in the *Annals of Otology, Rhinology & Laryngology*, alkaline water with a pH level of 8.8 may help soothe acid reflux because the higher pH level kills pepsin, an enzyme involved in breaking down food proteins and a main cause of acid reflux. Another study published in the *Journal of the International Society of Sports Nutrition* has claimed that a significant difference in the whole blood viscosity after consuming high pH water as compared to regular water after a strenuous workout. According to a study published in the *Shanghai Journal of Preventive Medicine*, drinking alkaline water may be beneficial for people who suffer from high blood pressure, high cholesterol and diabetes.

Benefits of Alkaline water

While there is still a lack of proven scientific research, various proponents of alkaline water claim to believe in the following benefits of alkaline water:

1. Alkaline water has ultra-hydrating properties as compared to normal water. This can be a beneficial drink for people who work out on a daily basis and require more amount of water in their body. Scientifically speaking, the water molecules in alkaline water are smaller and more readily absorbed by your cells, which help your body re-hydrate quickly.
2. Alkaline water benefits also include boosting immunity. Your immune system may help neutralise the acidity in your body, which is caused by poor diet, stress and environmental toxins.
3. Alkaline water is said to have various minerals like magnesium and calcium, both of which are important for maintaining healthy bones.
4. Alkaline water has many potent antioxidants that help prevent the growth of cell damaging free radicals in the body, which can further rush up the ageing process.
5. One of the most important benefits of alkaline water is that it neutralises the acidity in our body by lowering excessive acidic content in the stomach and gastro-intestinal tract.

Additional Alkaline Water Benefits

1. Improves Circulation
2. Reduces Acid Reflux Symptoms
3. Increases Hydration
4. Regulates Blood Sugar
5. May Promote Bone Health

1. Improves Circulation

Some research suggests that alkaline water may improve circulation, allowing blood to flow more easily through your body to deliver oxygen and important nutrients to your tissues. It's believed to work by reducing the viscosity, or the thickness of the blood, helping it move through the bloodstream more efficiently.

This was demonstrated in a 2016 study published in the *Journal of the International Society of Sports Nutrition* that gave 100 healthy adults either regular water or alkaline water to rehydrate after a strenuous workout. Interestingly, those who drank alkaline water experienced a 6.3 percent decrease in blood thickness compared to just a 3.36 percent drop in viscosity in those who drank regular water.

2. Reduces Acid Reflux Symptoms

Acid reflux, also known as GERD, is a condition in which acid moves back up through the esophagus, causing **acid reflux symptoms** like belching, bloating and nausea. Pepsin, the enzyme responsible for breaking down proteins, plays a key role in acid reflux and can trigger symptoms.

Alkaline water may have a beneficial effect on neutralizing pepsin to reduce symptoms. One in vitro study out of the Voice Institute of New York demonstrated that drinking alkaline water with a pH of 8.8 helped deactivate pepsin, potentially providing therapeutic benefits for those suffering from acid reflux.

However, it's important to keep in mind that blocking pepsin acts as a temporary bandage to the real underlying problem, similar to the effect of antacids. While alkaline water may help provide relief from symptoms, it may not actually treat the root of the acid reflux itself.

3. Increases Hydration

Staying well-hydrated is crucial to overall health and wellness. Getting enough water regulates your body temperature, helps transport nutrients and aids in waste removal.

Alkaline water is believed to enhance hydration even more than standard drinking water. A study published in the *Journal of the International Society of Sports Medicine* showed that drinking alkaline water for two weeks not only increased alkalinity in the blood and urine, but also improved hydration status to a greater degree than those drinking regular water.

4. Regulates Blood Sugar

Sustaining high levels of blood sugar can take a big toll on your health, with side effects ranging from increased thirst, headaches and fatigue to more serious, long-term consequences like impaired vision and nerve damage.

Although research is limited, some preliminary research has found that alkaline water may help balance blood sugar to maintain **normal blood sugar** levels and promote better health. One six-month study in China showed that drinking alkaline water significantly reduced blood sugar levels to normal range in participants. (7) An animal model conducted at Dongduk Women's University's Department of Obesity Management at the Graduate School of Obesity Science and published in *Life Sciences* also found that alkaline water had anti-diabetic effects, reporting that it reduced blood sugar and improved glucose tolerance in mice.

5. May Promote Bone Health

A highly acidic diet has been shown to increase bone loss by upping the excretion of calcium through the urine. An alkaline diet, on the other hand, can prevent bone resorption to help preserve bone health.

Some studies suggest that alkaline water may help keep bones strong by influencing certain hormones that affect bone metabolism. One study out of the Centre of Bone Diseases at Lausanne University Hospital in Switzerland composed of 30 women, for instance, showed that drinking alkaline water decreased levels of parathyroid hormone, which causes bones to release calcium into the blood. Not only that, but it also lowered levels of a biomarker used to measure the rate of bone turnover as well.