

OXYGENATION AND IONIZED WATER

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There has been a prevailing notion that Alkaline Ionized water is “more highly oxygenated” and that this somehow is better for us. The simplest way to answer this is: humans are not fish; we do not absorb oxygen from the water we take into our bodies.

Medical science employs the Oxygen / Hemoglobin Association (and dis-association) Curve to accurately measure the blood > oxygen > tissue equation. It works like this: the oxygen attaches to the hemoglobin in the lungs at “binding sites” on the hemoglobin (oxygen association). The hemoglobin-oxygen travels through the blood to all parts of the body. The hemoglobin then “unhitches” or releases the bound oxygen, which is then delivered to the cells (disassociation). The more oxygen is bound, the more that can be released into the tissues.

It is important to remember that an alkaline environment is oxygen rich. Healthy blood with a proper pH balance has the ability to attach more oxygen to the hemoglobin binding sites thereby delivering more oxygen to the tissues. Properly oxygenated tissues are healthier and more disease resistant.

The notion that Alkaline Ionized water is “more highly oxygenated” is not true according to our research. Oxygen saturation or “Dissolved Oxygen” (DO) is a relative measure of the amount of oxygen that is dissolved or carried in water, and is measured with a dissolved oxygen probe. Testing indicates that Alkaline Ionized water actually has less dissolved oxygen than some other waters. Either way the DO measurement in water this is inconsequential in our bodies from the standpoint of “oxygenation”.

What you can say with certainty about alkaline ionized water from an AlkaViva ionizer is that it is saturated with molecular hydrogen. Over 500 studies show that molecular hydrogen or H₂ has a therapeutic benefit in 140 health conditions and disease models. Among the mechanisms of action that contribute to its therapeutic benefit is its antioxidant effect. When H₂ molecules combine with damaging oxygen radicals, they are neutralized and then transformed into water (H₂O) - increasing your cellular hydration. H₂ selectively targets only the damaging oxygen radicals, leaving behind the good radicals. This makes it a superior antioxidant.