

The science

What is Ionized Water?

Ionized water is water that has undergone a process called electrolysis, which uses an electric current to split the water into two streams: alkaline ionized water and acidic ionized water. This process alters the molecular structure and pH of the water.

Key Characteristics of Ionized Water:

Alkaline Ionized Water: This has a higher pH (above 7) and is often consumed for its potential health benefits, such as improved hydration, antioxidant properties, and detoxification. It is also used in cooking and for skincare purposes.

Acidic Ionized Water: This water has a lower pH (below 7) and is not typically consumed but is used for external applications such as cleaning, sanitizing, and skincare.

Ionized water is produced by machines like Enagic's water ionizers, which not only filter the water but also enhance its properties by altering its pH level and introducing molecular hydrogen, which is considered beneficial for health and wellness.

Alkaline vs. Acidic Water

Alkaline Water: Primarily consumed for its potential health benefits related to hydration, detoxification, and pH balance in the body.

Acidic Water: Primarily used externally for sanitizing, cleaning, and skincare due to its astringent and antimicrobial properties.

Each type of water serves different purposes, with alkaline water being more suitable for internal use, and acidic water for external or cleaning applications.

pH Levels and Their Importance

The pH level is a measure of how acidic or alkaline a substance is, ranging from 0 to 14 on the pH scale:

0-6: Indicates acidity.

7: Represents a neutral pH, like pure water.

8-14: Indicates alkalinity.

Importance of pH Levels in Water:

Neutral pH (7): Pure water, such as distilled water, has a neutral pH of 7, which is considered ideal for drinking in many cases.

Alkaline Water (pH above 7): Water with a pH higher than 7 is considered alkaline. Alkaline water is believed to help neutralize acidity in the body, support hydration, and may provide health benefits such as better digestion and detoxification.

Acidic Water (pH below 7): Water with a pH lower than 7 is acidic. While not typically consumed, acidic water can be used for cleaning, sanitizing, and skincare due to its ability to kill bacteria and tone the skin.