

A *MUST READ* educational article on the wonders of **Alkaline Antioxidant Water** and 'Why & How' it *performs miracles of healing* from most maladies that millions of people suffer from.

– The **cause of cancer** & how it can be reversed.

– Why **Antioxidant Water** is recommended over any pill.

– Dr. B.J., M.D., D.O., N.M.D. What is the difference between a M.D. & a D.O.?

Go to → <http://kidshealth.org/parent/system/doctor/osteopath.html#>

# HEALTH+NEWS™

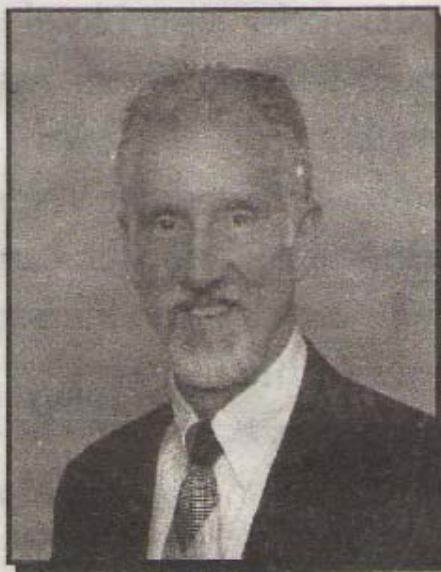
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Featuring Information on Alkaline Antioxidant Water

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## The Secret's Out: It's the Water

*Ben Johnson, M.D., Doctor of Osteopathy (D.O.), Naturopathic Medical Doctor (N.M.D.) Dr. Johnson was recently featured on the #1 best selling DVD "The Secret."*



As I was attending medical school, I learned about osteopathy and how the training to become an osteopathic physician was everything normal medical school provided and much more. I was so impressed that I changed from medical school to osteopathic school. I have always been grateful for that decision. I truly believe that osteopathy is the premier medical profession. Since

many people don't recognize what an osteopathic physician is, I returned to school and also received my degree as a traditional medical doctor.

I have always been open to alternative medicine. In fact, one of the major differences between allopathic physicians (M.D.) and osteopathic physicians (D.O.) is that osteopathic physicians are trained in manipulation of the spine.

Throughout my career, I have always strived to learn as much as I can to help people. For many years, I had a general

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practice where I performed surgeries, delivered babies, and much more.

In 1996, I had a spinal cord injury and became disabled. I was not able to perform many of the tasks of my practice, including manipulation of the spine or surgery. So when a long time friend suggested I help with a chelation clinic, and still stay within the confines of my disability, I agreed.

I became fascinated with alternative medicine from all the questions I was asked by patients. I began to learn that there were entire fields of medicine that no one had ever told me about.

I decided to get a formal education in natural medicine. I went back to school and received my naturopathic medical degree. I practiced alternative medicine for a number of years and was a partner in an alternative cancer clinic.

As an alternative medical doctor and especially treating cancer, the most important psychological issue was emotions, but the most important physical issue was pH. In 1931, Otto Warberg received the Nobel Prize in Medicine for discovering that a low oxygen environment in the tissues was the cause of cancer. The cause for low

oxygen level in tissue is acid pH.

I have worked for years trying to develop herbs and nutrition supplements to help overcome cancer. Our biggest problem was getting the body's pH to an alkaline level. We would try every method under the sun, but it was hard to shift their pH. We knew that if we were able to shift their pH by providing oxygen to the cancer cells, it would have a good chance of healing them. Many people do not realize that cancer cells can be converted back to their original functions.

When I learned about alkaline water, I became very excited. We are now able to inundate a person's body on a very basic level. Since a body is made up of almost 70 percent water, changing the alkalinity of that

water would be a huge accomplishment. Once the body's water pH is changed, it affects the blood's pH. With blood

being more alkaline, the oxygen can be transported better by the blood cells to the tissues of the body.

When I learned that the alkaline water also had a tremendous oxidation reduction potential (ORP) I became even more excited. As a doctor, I have

### **Water Machine Essentials**

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- Produces antioxidant water
- Produces microcluster water
- Produces superior oxygenation
- Independent certified lab testing
- Technology that cleans system at every use
- Produces high and consistent pH and ORP levels
- State of the art technology
- Good value

been asked the question, "If you were alone on a desert island and you could only take one pill, which one would you have in your bag?" My answer would not be a vitamin, but instead would be antioxidants.

Why? Oxidation is the process of rusting and rotting in the body and is the cause on the physiological level of aging, cell obsolescence, and eventually death.

Within our own body, we produce oxidizers all the time. We also put things into our bodies, including heavy metals, pesticides, chemicals, and drugs, that come through our food and water. Even sunlight causes oxidation. All of these things create oxidation in our body and free radical damage.

We need antioxidants to overcome free radical damage in our skin, liver, brain, tissues, and basically everywhere in our body.

The alkaline antioxidant water solves two of the major problems that cause

aging and disease: low pH and free radicals. It helps you get healthy and stay healthy by the alkalization of the blood and the antioxidant potential or the oxidation reduction potential (ORP).

Alkaline antioxidant water is probably the most profound discovery of our time. Solutions are usually exquisitely simple. We are looking for them in all the

wrong places when choosing medicine from drug companies.

Alkaline antioxidant water changes everything physiologically. It allows the enzyme systems to work the way they should. The alkalinity allows oxygen to get to tissues. More importantly, it provides ready antioxidants to keep our bodies from rotting and rusting through the process of oxidation.

The question is often asked: "Who should be drinking the alkaline antioxidant water?" The answer is simply everyone from children to octogenarians.

## How Water Becomes an Antioxidant

Drinking four to six glasses of alkaline water a day will help to neutralize over acidity and over time will help to restore your body's buffering ability. Alkaline water should be used when conditions of over acidity develop, such as when you have a cold, the flu or bronchitis.

Like vitamins C, E, and beta carotene, alkaline water acts as an antioxidant because of its excess supply of free electrons. This can help the body against the development of heart disease, strokes, immune dysfunctions, and other common ailments.

~ Susan Lark, M.D.

University lecturer

and author of "The Chemistry of Success"

End