For the last 30 years, Japanese and Korean people have been enjoying the health and fitness benefits of a water technology that we in the West had hardly heard of.

Perhaps the most amazing aspect of the alkaline water phenomenon is that every day in Japan, almost one in five families wake up, drink their Alkaline Water, and go off to work. Another million are added to this enormous user base every year as major companies vie to produce the best water ionizer for the burgeoning local market.

This is no small change. It's big business, with huge companies like Panasonic and Toyo producing the majority of domestic systems, and with hospitals across Japan and Korea using reduced, electronically ionized alkaline water and its equally useful by-prod-

uct, astringent acid water, every day in place of expensive drug and antibiotic regimens.

~And Now It's America's turn!

In the last few years we've seen a revolution in the way Westeners think about diet, stress and water. Since our director, Ian Blair Hamilton first wrote in the national health press about acid/alkaline balance, many thousands of mainstream Americans have made the conversion, using alkaline water ionisers, changing their diet, changing their liquid intake, and de-stressing to reduce acid buildup. Today every health magazine is studded with articles and advertisements for ways to correct acidity.

The most amazing thing about this health revolution is that it has been people-driven rather than drug company or medical establishment driven. People are making the choice to self-manage their future health.

You don't have to purchase an Ionizing water filter to begin detoxifying and de-acidifying. You'll find a wealth of information on the many ways to detoxify here in this newsletter, on www.ionizers.org website, and in ION LIFE publications like the excellent acid-alkaline primer, “The Untold Truth About The Cause Of Disease”. Of course, detoxifying is an ongoing process and an alkalizing water filter makes it so much more easy.

The revolution continues, and we invite you to be a part of it. We believe that to think clearly in these difficult times we need a clean body as well as a clear mind. Detoxification and Alkalization are essential to clear ourselves of the chemical toxicities we have all accumulated, plus the acid dependencies we almost all have.

Only in retrospect can we see how obvious it was that we should take this step into health wellness and vital life.

“Talking about health never made anyone healthy. Doing something about it is what makes health real.” ~Ian Blair Hamilton

GOOD MORNING!
...and welcome!
...to “ION LIFE News”, now in its seventh edition.

If this is your first ION LIFE News, welcome. We’ve tried our best to give you every answer to every question you might have on all aspects of detoxifying and regaining your acid/alkaline balance. The longer we follow the alkaline life, the more we learn, and it’s our mission to pass on this life-preserving and revitalizing information to you!

Good Health!

David Forsyth and Ian Blair Hamilton
Directors,
ION LIFE

Good Health!
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GOOD MORNING!
...and welcome!
In Western nations, antacid is a billion dollar business because so many people think the problem is an over acidic stomach, when in fact it is an over-acidic body.

One of the biggest problems of acidic wastes is the fact that acid coagulates blood, which makes the blood too thick and clogs the capillaries. This is why so many adults are prescribed high blood pressure medicine.

In order to live, our blood and cells must always remain slightly alkaline. So the body plays a clever trick to convert these acid wastes into solid wastes. If the body can keep them away from liquids, they can be stored indefinitely in the body and do not affect the pH of the rest of the body. It does so by storing them in many places, including body fat. Fat production may be a result of acid waste demands for a storage medium. Acid first, fat after.

Examples of solidified acidic wastes in our body are cholesterol, fatty acid, uric acid, kidney stones, urates, sulfates and phosphates. The accumulation of these non-disposed solid wastes is the process of ageing. The chemical formula for cholesterol and fatty acid is incompletely burnt carbohydrates. Cholesterol and fatty acid are the results of eating too much pasta and bread and not exercising enough. Uric acid and ammonia come from all kinds of meat. Phosphoric acid comes from grains such as rice, and drinks such as Cola. Sulphuric acid comes from egg yolks.

Acidic wastes accumulate outside and inside the blood vessels. Waste particles inside the blood vessels can be very dangerous, leading to clogging of capillaries servicing critical sections of the brain. Our body attempts to paste these waste particles onto artery walls to prevent them from floating around and creating terminal damage. This pasting action eventually leads to excess flow restriction and the need for bypass operations.

When we exercise, our blood pressure can radically increase momentarily. We may suffer a stroke if one or more of these floating wastes were pushed by the high blood pressure and plug up a capillary vessel leading to a critical section of the brain. This is why there are many reported strokes during exercise or even sitting on the toilet. If we drink alkaline water and let it naturally dissolve these floating acid waste particles, we can prolong our lives.

When we touch chicken or meat fat, our hands become sticky, washing fat off our hands with tap water does not work. We need alkaline soap which liquifies the fat and cleanses our skin. Fat is acid and soap is alkaline. We wash our external body dirt diligently but completely neglect the dirt accumulated within our body. Out of sight, out of mind.

When we over exert ourselves, pain develops in various areas. This is because there is a concentration of acidic wastes in that area. We can relieve the pain by distributing the wastes. Massage, hot baths, foot patches, far-infrared pads are all good methods of waste redistribution. However, to get them out of the body through urine, alkaline water is best. Heat and exercise also help eliminate these acids through perspiration.

Depending on the individual, we all store acidic wastes differently. Disease symptoms manifest depending upon where the wastes accumulate. For this reason, drinking alkaline water gives different results for different people. Some people lose weight, some are relieved of gout, some lower blood pressure, some reverse long term conditions. When we understand the fact that adult degenerative disease is caused by the accumulation of acidic wastes, it is no mystery that drinking alkaline water improves our health.

In order to live a long and happy life, we must get acidic wastes out of our body. The best and easiest way is to liquify the wastes by neutralising them with alkaline water. By eliminating acidic waste particles in the blood, we can avoid the risks of diseases that cause sudden death.
To balance or not to balance?  
(our growing acidity)  
That is the Question.

Sang Whang is an inventor, scientist, engineer and author. He holds many US patents for his inventions including the modem we all use to access the Internet. His fields of expertise span electronics, chemistry, water, corneal measuring devices, multi-focal soft contact lenses and more. An improvement of his own health at age 55 without medicine, diet or exercise led him to investigate the phenomenon of alkaline water and opened up his discovery of the theory of reverse aging.

In 1990, he wrote Reverse Aging, now in six languages and reprinted many times.

He is now 72, and on a recent visit to ION LIFE, he admitted that he did no exercise, and followed no special diets. He was full of energy and as flexible as he had been before he began his water regime - a living testament to reverse aging.

In his latest in a series of articles on acid and alkaline balance, Mr Whang points to recent data published by researchers at the University of California. The two reports, titled “Age and Systemic Acid-Base Equilibrium” and “Diet Evolution and Aging” investigate the reasons for modern western diet’s effects of increased stored acidity as we age.

The answer, they report, lies in our not-so-distant past. We evolved in a non-agricultural epoch of perhaps 30,000 years. In that long and relatively stable period (dietarily, at least) we consumed 35% meat and 65% plant material. Our alkaline intake in the form of sodium and potassium was around triple what we consume today, while our acidic food intake has skyrocketed.

Simply put, we have a paleolithic digestive system in a post agricultural techno-diet era.

We cannot get rid of enough acid without wrecking our kidneys - and we don’t get enough alkaline to balance the acid we load up with.

The result is the state of rapid age-based degeneration we see today.

To quote Dr Frasetto and her team, “...the modern diet lacks bicarbonate and anion precursors that generate bicarbonate on metabolism. As a consequence, the net acid load of the modern diet is higher than it would otherwise be.”

This is but one part of an extensive paper outlining the effects of creeping acidosis. It also covers adverse effects including blood pressure, hypertension, kidney stones and hypercalcuria (excretion of abnormally large amounts of calcium in the urine) strokes, renal lesions, protein degeneration in muscle tissue, renal nitrogen wasting, and loss of growth hormone in infants.

Sang Whang made clear what all this means to us. “In laymans’ terms, it means that as we get old we have more acid radicals (H-) and less bicarbonate (HCO3-), which brings about age-related metabolic acidosis. This study is the recognition and treatment of the symptoms, accepting aging as an inevitable fact of life. However I look at acid accumulation as the cause of physiological aging; therefore, I view the reduction of accumulated acid as the reversal of physiological aging. In addition, acid reduction can prevent all kinds of degenerative aging diseases.”

It took eighteen years for the establishment scientific community to agree, but they did at last. What Sang Whang’s been saying and practising over all these years has been proven true.

We DO need to supplement alkaline reserves and cannot rely on homeostasis, our body’s own natural balancing systems, to do it for us.

As we age, so do we acidify. Or, as Sang would have it, as we acidify, so do we age. His concept of reversal of the age process by reduction of acid waste in the body has stood the test of time and is helping thousands of people worldwide to enjoy years more productive and vital life.

(If you would like to view a DVD of Sang Whang’s lecture, go to www.ionlife.info or call 02 66 847 745.)

In a survey of 971 people between the ages of 18 and 97, Drs Lynda Frasetto and Anthony Sebastian found that what Sang Whang has been saying for a decade is true; that we accumulate acid waste as we age, and that acid waste accumulation is responsible for many of the physiological disturbances and degenerative diseases of aging.

–Frasetto & Sebastian, University of California “Diet Evolution and Aging”
OK, What Can I do?

Luckily, acidosis can be reversed. You can do it in a number of ways, some easier than others.

1 Eat Your Way To Health & Longevity

Changing your diet from acid to alkaline can be done. It’s just that very few people do it, because our dietary preferences are more deepseated than most of us will admit.

Scientific American magazine last year ran a cover story on the theory that fast food was addictive. Americans, and Australians to a lesser degree are firmly entrenched in the acid diet lifestyle. Their friends eat this way, their social occasions are based around it, and they are usually on an emotional rollercoaster that is only relieved by another ‘hit’ of acid food or drink, even when they are sitting quietly at home.

Fasting has been promoted as a good way to change dietary habits. The theory is that after a prolonged fast, the palate and digestion are rejuvenated and cleansed to such a degree that they can be ‘retrained’ to start over.

Although the experience of your first food after a seven day fast is an experience not unlike good sex, social influence almost always forces people back to the acid cycle.

There is a fortune awaiting the chef who writes an alkaline foods cookbook, because it is quite hard to create dishes from the restricted list of alkaline foods available to you.

Also, because the alkaline component of food - that left over after metabolism - has to undergo a process of cellular absorption for it to be available, it is far slower and less available than alkaline water.

Alkaline diets have long been associated with Raw Food diets, and exponents have been known to consume over two kilos of green vegetables per day in order to gain enough alkaline minerals and the advantage of the live enzymes only available in fresh fruit and vegetables.

2 Supplement Your Way To Health & Longevity

There is no shortage of supplements available that will help you gain the required amount of green alkaline food, in either dried or freeze dried powder form.

Unfortunately because of the huge amount of raw vegetables these supplements require to be made from, they are always very expensive. A typical punnet of “Phytonutrient Green food” will cost around $6 a day.

Dr Robert O. Young, a great exponent of alkaline balancing, and author of ‘The pH Miracle’ recommends this method, but also recommends water ionizers.

3 Meditate Your Way To Health & Longevity

The supremely peaceful demeanor of H.H The Dalai Lama comes about in part from meditation, in part from fulfillment of spiritual aspiration, and in part from breathing exercises.

The technique known loosely as Pranayama in Indian philosophy, or breath control, is a very sophisticated way of alkalisng the body. Good breathing technique allows the body to eliminate great amounts of acid in the form of expelled carbon dioxide.

Obviously, this method of alkalisng will not change one’s acid balance overnight, and most adepts at this technique have been practising for at least a decade.

4 Relax Your Way To Health & Longevity

Stress is the greatest acidifier of all - more than food, more than soda, more than pollution. Consequently relaxation is an alkalisng technique.

However after helping well over 2,000 people with their acid problem, it is our opinion that acidic people have a great deal of problem relaxing. Because their adrenals are worn out from constant acid overload, they tend to be subject to cyclic mood swings, depression and/or over-excitement.

They seem unable to maintain a good state of mind because their bodies are forever calling for the next acid ‘hit’. Whether this can be classified as a true addiction has not yet been fully explored, but we strongly believe that acid overload people have a far greater problem controlling their emotional state.

5 Drink Your Way To Health & Longevity

Because we are over 90% water at birth, reducing to less than 30% at death, it is obvious that water is the single most abundant component of our bodies, closely followed by alkaline calcium.

Water provides the fluid in which our organs are bathed, the fluid that separates each of our trillions of cells, the fluid that carries nutrients to our mitochondria for conversion into energy, and the fluid that carries waste away from them after consumption.

Water is the solvent that washes our cells, that cleanses us of our waste, that hydrates our skin. It is the electrical circuit that carries instantaneous messages to every part of the body with speed and multiprocessig as yet unequalled by our supercomputers.

Water has a distinct advantage over food. If taken in excess, it can be easily eliminated.
In the case of alkaline water, it even cleans and disinfects the kidneys as it leaves the body.

Alkaline water has a particularly important function in the digestive system. As we have already read on page two, we are all subject to increasing rates of acidosis as we age. One side effect of this is that the stomach ceases to produce enough hydrochloric acid to fully digest our food.

As Sang Whang explains, the presence of alkaline water in the stomach causes extra hydrochloric acid to be produced in an effort to re-stabilise stomach pH at acid 4.5.

Because nothing happens in the body without an equal and opposite reaction, sodium bicarbonate is also generated, which finds its way to the bloodstream to replenish its alkaline 'buffer' supply. This alkaline buffer is used immediately the food leaves the stomach. The pancreas calls on it to supply sodium bicarbonate to assist in production of alkaline Chyle, essential to neutralise the acid left in the digested food.

In one action, the alkaline water has stimulated stomach acid production - and boosted alkaline buffers in the blood stream.

There are many other reasons to drink alkaline water. It is microclustered, which means it will infiltrate the tissues far more effectively than H2O. This means that the old rule of eight glasses a day may not even be necessary. Live blood analysis has shown seemingly miraculous change in hydration indicators and actual blood flow.

The microclustering also allows it to access previously 'hidden' toxins which can be gently flushed out of the body. Daniel Reid, detox expert and author of 'Tao of Detox' says that alkaline water acts as a detox every day, combating our daily 'retox'.

Some people who have not studied the subject claim that alkaline water may be damaging at too high pH levels. Sang Whang and many others have been consuming alkaline water at levels in excess of pH10 for many, many years with attendant improvement in health and slowing of aging. The caution shown by these people is due to a misunderstanding of the form of alkaline water. pH is created by passing the water through a closely controlled magnetic field. Chemicals are not required.

6 ‘Drip’ Your Way To Health & Longevity

When Sang Whang had recovered from his high blood pressure using alkaline water, he wanted to know why it happened. Much of what you have read here today comes as a result of what he found.

Fundamentally, he found that it is not the food you eat, but the result of the food you eat. It is what is left in the body after oxidation (burning) of food that affects our acid or alkaline levels.

When asked to accompany a tour of North Korea, he was not able to carry his water ionizer with him. This caused him to begin the search for a way of getting enough alkaline ions daily without having to purchase a water ionizer.

After a long period of trial, in which he recognised the problems of the modern diet and its potassium salt deficiency, he double blind tested a number of formulae until he found the one that worked best of all.

This is his patented ‘Alkalife’ drops (US Patent 5306511) that ION LIFE now supply. Drop two drops in your tea, water or coffee, (up to ten drops a day), and you will have an excellent effect on your acid wastes. Since perfecting his formula, there have been a number of look-a-like products made, but only the unique proportion of potassium and sodium salts has been shown - in many thousands of users - to alkalise the body effectively and safely.
Most diseases ravaging our community have one common cause. More and more doctors, herbalists and nutritionists believe that the cause - and the solution - come down to three words:

**ACID ALKALINE IMBALANCE**

More and more doctors and therapists are seeing the light and recommending alkaline water.

“alkalize the body”

The concept of acid/alkaline imbalance as the cause of disease isn’t a new one. One of the first persons who talked about the need to alkalize the body was the great “Sleeping Prophet,” himself, Edgar Cayce. Mr. Cayce would always refer to body detoxification with herbs, colonics, fasting, massage, steam baths and diet modification with the aim of alkalizing the body.

“all disease is the same”

In 1933 Dr. William Howard Hay published a ground-breaking book, *A New Health Era* in which he maintained that all disease is caused by autotoxication (or “self-poisoning”) due to acid accumulation in the body. Here is what he said:

“Now we depart from health in just the proportion to which we have allowed our alkalis to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so.”

“the countless names ...do not matter”

More recently, in his remarkable book *Alkalize or Die*, Dr. Theodore A. Baroody says essentially the same thing: “The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause... too much tissue acid waste in the body!”

“Potentially harmful invaders... will have nowhere to grow”

Dr. Robert O. Young, Ph.D. in his book, *The pH Miracle* says it this way:

“Those willing to look again, and with clear eyes, will be rewarded with the secrets to permanent health. We can heal ourselves by changing the environment inside our bodies. Potentially harmful invaders, then, will have nowhere to grow and will become harmless.”

“Drinking four to six glasses of alkaline water a day will help to neutralize overacidity”

Dr. Susan Lark, University lecturer and author of *The Chemistry Of Success*, says: “Drinking four to six glasses of alkaline water a day will help to neutralize overacidity and over time will help to restore your buffering ability. Alkaline water should be used when conditions of over acidity develop, such as cold, 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.”

“(The world) should readily agree to the use of ionised alkaline water as an antiaging agent.”

Arthur M. Ecano MD says that “...if the world has accepted antioxidants to slow down the aging process, it should readily agree to the use of ionised alkaline water as an antiaging agent. Their roles are closely linked and intertwined such that a lasting antiaging program is incomplete without addressing both free radicals and organic acid wastes.”

“No more expensive medicine.”

In discussing alkaline water in Harald Tietze’s “Youthing” book, Dr Ingfreid Hobert MD says: “You do not need expensive medicine with all the negative side effects to regain health.”

“alkaline water has profound long term effects because it alkalises your body and provides an effective antioxidant”

According to David Niven Miller, anti-aging expert and author of *Grow Youthful*, “Increasing your consumption of good quality tap water or filtered water can transform your health and play a central role in the healing of virtually all degenerative diseases. However, alkaline water has profound long term effects because it alkalizes your body and provides an effective antioxidant.”

“Alkaline water rids the body of acidic wastes”

Felicia Drury Kliment, author of *The acid Alkaline balance diet*, affirms the need to rid ourselves of acid wastes: “After carefully evaluating the results of my advice to hundreds of individuals, I’m convinced that toxicity in the form of acidic waste is the primary cause of degenerative disease. Unfortunately the national obsession with nutritional supplements obscures the vital role played by the excretion of acid toxins in normalising organ function... Alkaline water rids the body of acidic wastes.”

“alkaline water is a great way to neutralize and flush out all the toxins and acids.”

Daniel Reid, Author of *The Tao of Detox* says drinking alkaline water is a great way to neutralize and flush out all the toxins and acids that drain from the tissues and bodily fluids, and to quickly rehydrate the body and keep the blood alkaline.

“the ageing process can be reversed”

Harald Tietze, author of “Youthing” says that by drinking alkaline water, the ageing process can be reversed and the wastes can be reduced in the long-term to a level of a much younger person. The functions of the organs can be revived.

We have many more scientific papers on acidity and alkaline water on our website at www.ionlife.info. We also have many, many stories from our users of the benefits they have received from regaining their natural alkalinity.
What’s Involved in Installing a Water Ionizer?
It’s as easy as...

Your Jupiter Water Ionizer can be installed any way you choose, to suit decor, family or just you!

1. Drill a hole in the benchtop or sink corner
2. Screw on the Diverter valve supplied.
3. Attach the hose to the Diverter and to the Ioniser.
4. Attach the acid water outlet hose to the Ioniser.
5. Screw the alkaline output spout into the top of the Ioniser.
6. Plug in the power.
7. Turn the Diverter valve lever, turn on the tap... and enjoy!

1 On The Bench
The simplest way to install your system is to connect it to your kitchen tap.

1. Unscrew the Aerator on the end of your tap.
2. Screw on the Diverter valve supplied.
3. Attach the hose to the Diverter and to the Ioniser.
4. Attach the acid water outlet hose to the Ioniser.
5. Screw the alkaline output spout into the top of the Ioniser.
6. Plug in the power.
7. Turn the Diverter valve lever, turn on the tap... and enjoy!

1 On The bench attached to the mains. (JP104 Melody)
You can control your water from the Ionizer rather than the tap if you so choose. It requires a 1/4” hole in the bench or the corner of the sink.

1. Drill a hole in the benchtop or sink corner
2. Feed 1/4” hose through the hole and connect it to the Ioniser at the top.
3. Use a plumber to attach a tee in the cold water mains line and attach the 1/4” hose to the tee.
4. Attach your acid hose as in 1.

3. Under your sink
You can have a plumber install your ionizer undersink. You need room for it, and you’ll receive your alkaline water from a faucet on your sink. (JP104 Melody)

1. Ask for the ION LIFE Undersink kit. (Comes with all parts and detailed instructions)
2. Call a plumber.
3. Enjoy your water!

What’s Involved in Maintaining a Water Ionizer?
...Very little!

The heart of a water ionizer is its ionizing cell, where platinum coated titanium plates are lined up close together to create a magnetic field that the water passes over. Every time you use your Jupiter, it will carry out its own cleansing of these plates to assure you of years of troublefree life.

The special BioStone filter will require replacement at regular intervals. The time will depend on how many people are using the ionizer and on the quality of your water supply.

Dr. Theodore Baroody;
"Too much acidity in the body is like having too little oil in the car. It just grinds to a halt one lazy Sunday afternoon. There you are - stuck. The body does the same thing. It starts creaking to a stop along the byways of life and you find yourself in some kind of discomfort. I watch with great concern as people of all classes and lifestyles suffer from this excess."

Dr Baroody attributes no less than 68 major health conditions to a prior existent acidic inner terrain.

Warranty on your Jupiter Science Ionizer extends to two years for parts and labour.
The following is the result of a test carried out by Jupiter Science using a ‘soup’ of added chemicals to a Jupiter filter.

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“ND” denotes not detectable; under the detection limits of the testing equipment.