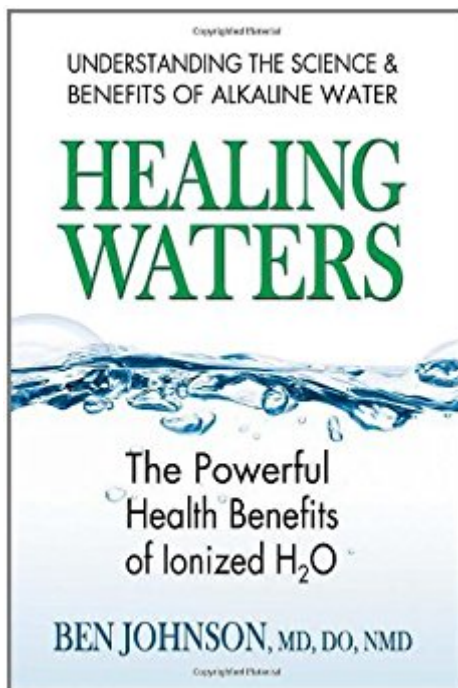


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Healing Waters



Synopsis

Water is essential to every bodily function, but not all water is equal. Given all the hype, it's hard to choose from among the staggering array of bottled beverages, yet beyond all the advertising is a clear liquid that can restore your health. In *Healing Waters*, Dr. Ben Johnson guides you to oxygen-rich ionized water--a substance that has been proven to maximize well-being. *Healing Waters* begins by explaining why water is crucial to good health. It then explores the importance of the body's acid-alkaline balance and examines why problems with this balance are responsible for many chronic diseases. Finally, the author presents everything you need to know about ionized water, including what it is, why it is necessary to wellness, and how you can produce it. While the Fountain of Youth may be just another legend, with *Healing Waters*, you will understand that a good source of health and longevity may be no farther than your own home. A

Book Information

File Size: 1230 KB

Print Length: 104 pages

Publisher: Square One Publishers (June 1, 2011)

Publication Date: June 1, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B006O76FHA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #934,198 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Antioxidants &

Phytochemicals #148 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants &

Phytochemicals #3324 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Healthy Living

Customer Reviews

Before you invest in this book (I borrowed it from a library), or worse spend several thousand dollars on a water ionizer, it is important to understand that nearly every claim about any alleged special

properties of alkaline/ionized water or health benefits is completely without any supporting scientific evidence. If this review or other sites on the Internet that are skeptical of ionized water claims are not sufficient to convince you to avoid these products just contact a local chemistry or biology teacher to get first-hand confirmation. I can almost guarantee that any scientist with a basic grasp of chemistry or physiology will agree with the observations I outline below. Even though Ben Johnson has a short chapter on alkaline diets, this review will focus on the alleged characteristics and health benefits of ionized water (chapters 3-6), since that is the book's subtitle and the primary focus of the book. There are so many suspect claims it is difficult to know where to start, so I'll just list the more outrageous claims and point out that there is no supporting evidence provided by Johnson (or others who make the same claims in other marketing propaganda). Critics of pseudo-scientific claims like those identified below are often challenged to provide evidence that the claims they challenge are inaccurate, but science does not work that way. Those who make claims that fall outside the boundaries of recognized science must provide well documented, reliable, reproducible supporting evidence to justify their claims - the scientific community can then judge the validity of those claims. The claims I highlight below are not supported by current scientific theory, and Johnson fails to provide any references with evidence that would support them.

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