

## ALKALARK - Alkaline antioxidant water

ALKALARK has now been replaced by the AlkaPod, [click here](#) for more details.

ALKALARK: the new easy solution to change your normal drinking water into alkaline, antioxidant, health giving water. The ALKALARK is the most convenient and cost effective way to provide your body with the benefits of alkaline ionised water. The ALKALARK is a carefully designed drinking flask with special natural minerals in its base which beneficially changes the water you put into it.

The ALKALARK vessel holds 500ml of water making it an ideal size to carry with you wherever you are whether at home, at work, on holiday or while exercising. All you do is add your normal drinking water and leave for a short while for the water to be activated. The minerals in ALKALARK will last for between 14 and 18 months before needing replacement. [Read ALKALARK Testimonials](#) from our customers

Many leading scientists have stated that excess acidity in the tissues is the prime cause of diseases and by changing the pH of the body to its optimum pH balance you can greatly improve health, reduce fatigue, reduce inflammation and pain, increase energy and concentration, and generally slow down the ageing process.

Alkaline antioxidant water has been used extensively in Japan, Korea and other Oriental countries for many years and is used in the treatment of many degenerative diseases including cancer, diabetes, high blood pressure, osteoporosis, kidney problems, gastro intestinal problems and skin complaints.

The unique combination of the special natural minerals in ALKALARK produces antioxidants, alkalizes the water, supplies it with an extensive range of minerals in colloidal form and also alters the cluster size of the water molecules so that water is more easily absorbed into the body's cells.

MAHA-Q - This rare mineral alkalizes water in Alkalark by supplying an abundance of minerals including calcium, potassium etc.

Phlogopite Ceramic Ball - This mineral in Alkalark vessel softens and improves the taste of water.

Silver Ceramic Ball - Anti-biotic function assisting the purification of water in the Alkalark flask.

Tourmaline Ceramic Ball - This mineral in Alkalark emits negative ions and far infrared rays and also reduces water clusters. Far infra red rays have been proven to promote the growth and healing of living cells.

Magnesium Alloy - This mineral in Alkalark provides the body with magnesium ions which are essential for the proper functioning of many of the body's vital organs such as the brain, heart, liver and kidney. It helps these organs to produce vital energy.

Active Carbon Ceramic Ball - The activated carbon in Alkalark absorbs and removes impurities from the water.

Red Clay Ceramic Ball - Red clay contains an extensive range of minerals in their natural colloidal form making them easily assimilated into the human body. The mineral present in Red clay enhance the production of enzymes in all living organisms.

The ALKALARK was developed in Korea by Professor Hyun Won Kim, an Oxford graduate who is a leading authority on the healing power of water. The Alkalark is sold extensively in Asia and was introduced to the US in 2006 (where it is approved by the FDA as a medical appliance) and is now available in Europe (it is CE marked under the medical appliances directives) through Water for Health Ltd or their approved ALKALARK distributors.

Each ALKALARK pack comes complete with a bottle of cleaning solution which you use once a week to keep the minerals clean and active. On the ALKALARK testimonials page you will see the comments of a number of people that have been using their ALKALARKs since they were introduced into the UK this year.

It is recommended you drink a minimum of 2 litres per day of this health promoting, pleasant tasting energising alkaline water. ALKALARK is extremely cost effective to use working out at less than 16p per day taken over the life of the minerals, a very small price to pay for the benefits that it brings. The ALKALARK can be bought through our secure ALKALARK online shop page or by telephoning.

Up till now people that wanted to gain the benefits of ionised water had to invest in expensive water ionizers, which were plumbed into the kitchen but now with ALKALARK they can get the benefits of a water ioniser that they can carry anywhere at a fraction of the price.

#### Frequently Asked Questions on ALKALARK

Is it advisable to pour tap water into the ALKALARK?

No, although tap water can also be changed to mineral Alkaline Reduced Water, tap water can contain heavy metals and other corrosive components. It is recommended to use filtered or bottled water for Alkalark. Note: Alkalark is not a filter. What amount of Alkaline Reduced Water do we need to take a day for it to make us healthier?

The amount depends on your body weight. For an average adult it is recommended to drink 2 litres (8 glasses, 250ml each) of alkaline water per day.

Is it ok to put the Water from the ALKALARK container into a different bottle ?

It's not recommended to do so, because the active Hydrogen in Alkalark may evaporate. The 'Alkalark' is designed to keep the water in contact with the minerals at all times.

Is it ok to use hot water with ALKALARK? Is it ok to boil Alkaline Reduced Water and then drink it?

It is recommended to use room temperature water in the Alkalark. Hot water may shorten the expected life span of the Mineral container in Alkalark. The hydrogen content in Alkalark may be reduced once you boil the Alkaline Reduced Water even though the alkalinity is maintained. It is recommended to drink the water while it is cool or at room temperature.

Can a pregnant woman or newborn baby drink Alkaline Reduced Water?

Yes. The amniotic fluid of the pregnant woman is alkaline. It is recommended that pregnant women and nursing mothers also drink the Alkaline Reduced Water, because they are apt to lack alkaline minerals such as calcium. Also, powdered milk or dry formula can be mixed with the Alkaline Reduced Water when feeding a newborn baby.

Can a person with edema drink Alkaline Reduced Water?

The reason a person becomes swollen or gains weight with normal water consumption is because their body system cannot excrete fluid properly due to poor metabolism. Therefore, it is best to take small amounts of Alkaline Reduced Water throughout the day. Note: Edema can be a sign of serious illness. It is recommended you seek the advice of a health care provider.

When you refer to Alkaline Reduced Water what do you mean by Reduced?

This term is used in the sense of oxidation and reduction. It is this characteristic that gives it antioxidant properties, as opposed to most tap or bottled waters which have a positive oxidation/ reduction value meaning they contain contaminants that can cause oxidation.

What is the difference between normal filtered water and Alkaline Reduced Water?

Filtered water merely removes harmful substances like heavy metals and other organic materials such as bacteria and germs. Once you pour this kind of normal drinking water into Alkalark, the water is converted into Alkaline Reduced Water containing rich minerals and antioxidant protective hydrogen ions. Also Alkaline Reduced Water has smaller clusters of molecules, which are absorbed into our body faster and is a healthier source of water.

Is the ALKALARK a water filter?

The Alkalark is not a water filter. It changes the characteristics of water in several beneficial ways to make the water you drink better for your body.

- 
- Cancer: Can drinking water help to minimise our risk?
- Is there healing power in water?
- The pH secret is getting out?
- Are most supplements we take just a waste of money?
- Anticancer Effect of Alkaline Reduced Water
- Clinical Studies on effects of Alkaline Water

ALKALARK has now been replaced by the AlkaPod, [click here](#) for more details.