

Rationale For Healthy Water Products

The modern approach to health care is philosophically flawed. Doctors are extensively trained to diagnose, label and understand the pathological course of diseases, and treat symptoms with drugs or surgery. This esoteric, technological, episodic approach to health baffles the layperson and leads to dependence on the health care system. People are given no fundamental understanding of why they have lost health, because doctors themselves are not trained in fundamental causes but rather in identifying symptoms.

Water Products

W Y S O N G

CuZn UNDER COUNTER FILTER

CuZn SHOWER FILTER

CuZn PORTABLE FILTER

CuZn STANDARD COUNTERTOP FILTER

WATER FILTER AND IONIZER

WELLSPRING™

ALKINATE™

pH INDICATOR TAPE™

*Catalog and Ordering Information on pages 13 and 14.



For individuals who are prematurely aging, have subclinical disease resulting in subtle signs such as loss of energy and vitality, or have multiple symptoms and diseases as is common in middle and later age today, modern medicine hasn't a clue. They can do nothing but dismiss complaints as psychosomatic or shoot at them with a widely flared sawed-off shotgun, loaded with myriad drugs likely to ultimately cause more peripheral harm than good.

Why Disease Happens

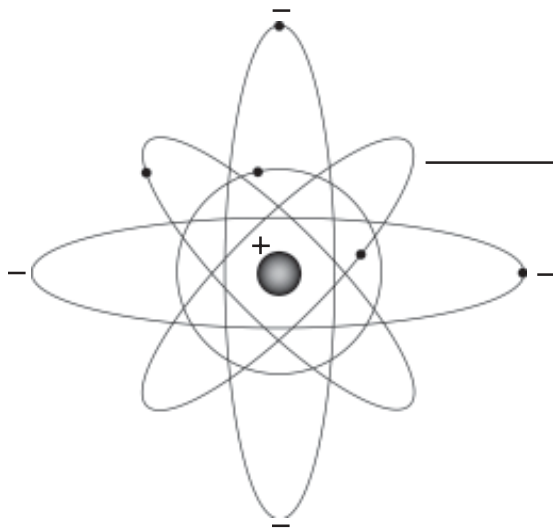
The fundamental cause of most disease is the artificial environment we have created. That environment includes the air we breathe, the water we drink, the food we eat, and lifestyle we lead. We are genetically adapted to living outside, breathing fresh air, drinking clean water, and eating foods exactly as they are found in nature after considerable physical effort is made in obtaining them. Our design is way back in pre-Neandertal times when there were no candy bars. We are thus disjoint genetically from our proper environment. The consequences are as inevitable as the result of putting a fish out of water.

This is described at length in various Wysong publications (see *The Wysong Optimal Health Program*, *The Wysong Health Letter*, and *The Synorgon Diet*; refer to page 17). This monograph will focus on the underlying chemical basis of loss of health resulting from this genetic/environmental discordancy.

Electrons - The Overlooked Key Nutrient

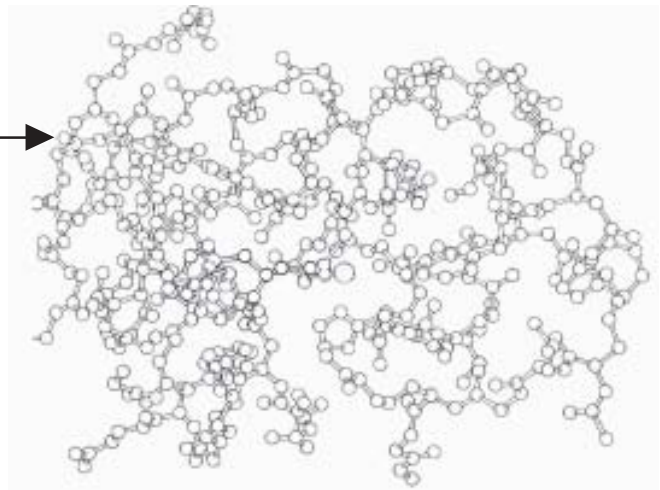
All physical things are comprised of atoms. An atom consists of a central nucleus which is positively charged, and electrons which are negatively charged in shells and orbitals around that central nucleus. Atoms join together to form compounds or molecules to create all the physical things we see around us. We, and all life, are comprised entirely of atoms as well.

Atoms combine with one another because of their desire to lose, gain, or share electrons. If one atom has insufficient electrons and another has excess, they join. The



Simplistic view of an atom. The nucleus is positively charged, and the electrons are negatively charged.

Figure 1.



“Ball-and-Stick” model of a typical biological molecule. Atoms are depicted as spheres, and the bonds between them created by negative-to-positive attraction are shown as sticks.

result is a molecule or compound. Such complexity creates the substance of our body and the physical world we see and feel.

When atoms come together, or in some cases split apart, energy is absorbed or released. Electrons moving from one energy level to another within the same atom can also release energy.

The point that I wish to make here in broaching a subject that is incredibly complex, is that electrons are responsible for all of the complexity we see around us. If all atoms were perfectly happy alone, having exactly the right number of electrons to match the positive charge of the nucleus, there would be no complexity in the universe beyond that of the individual atoms themselves. The dynamic of the universe would end.

The phenomenon of electrons from one atom being shared with those of another atom is essential for construction of the complex multi-atomed biochemicals, organelles, cells, tissues, and organs comprising life. The release of energy as electrons move from one energy level to another is responsible

for the energy required in all body processes, including the muscles and mental effort for this writing, and the eye movement and mental energy required for you to understand. All energy and structure of life is electron-dependent.

Put in the most simplistic terms, modern living has created an electron-deficient environment that is creating electron-deficient bodies. This electron deficiency is the underlying first effect of the underlying cause of most modern disease - genetic discordancy.

Electron deficiency means acidity. Electron excess means alkalinity. Acidity and alkalinity are measured in the laboratory by units of pH. A 7.0 pH means that there is neither an excess nor a deficiency of electrons. If the pH rises above 7.0, that means that there is an excess of electrons. If pH falls below 7.0, there is a deficiency of electrons. Acidemia is the term used to describe a condition within the body that is acidic, or electron-deficient.

How We Create Acidemia

Circumstances that lead to acidemia include:

Little exercise; environmental toxins such as heavy metals, pesticides and organic solvents; lack of fresh, natural, raw foods; pasteurized/homogenized milk; coffee or soft drinks; processed foods; grains, carbohydrates and simple sugars; extreme exercise or constant stress; municipal or well water; conditioned home environment air; urban polluted air; excessive red meat; poorly designed, excess or improperly balanced supplements; dental fillings of amalgam containing mercury; chronic loose stool or diarrhea; uremia from severe renal disease; uncontrolled diabetes; and drugs such as carbonic anhydrase inhibitors.

Signs and Symptoms of Acidemia

Physical markers of acidemia include:

Periodontal disease, dental carries, bleeding gums, calculus on teeth and halitosis (the mouth is one of the best markers of acidemia); osteoarthritis/pseudogout; high blood pressure/hypertension; cancer; obesity; osteoporosis; urinary stones; premature aging; muscle atrophy; allergies and autoimmune

diseases; repeated infections; digestive problems; chronic nasal and sinus congestion; headaches; poor sleep patterns; erratic mood swings; loss of good vision and hearing; depression and other psychological maladies; loss of mental acuity; low energy; and loss of vitality.

Clinical Markers of Acidemia

The following are laboratory findings in acidemia:

1. Urine pH below 5.5 and salivary pH below 6.0 indicate a high risk of acidemia. Urine pH below 4.5 and salivary pH below 5.5 indicate a definitive acidemia.
2. White blood cells or bacteria in the urine, positive urine nitrate, and free calcium risk index above 0.8 (calculated by multiplying phosphorus by 2.5 and subtracting that from measured calcium).
3. LDH (lactic dehydrogenase) above 200 mg./dl.
4. Oxygen saturation low.
5. Phosphorus level below 3.6 mg./dl.
6. Albumin level below 4.0 mg./dl.
7. Calcium oxalate crystals in the urine.
8. Elevated monocyte count.
9. Elevated globulin.
10. Albumin to globulin ratio of 1.7 or lower.
11. Elevated fibrinogen.
12. T-cell activation.
13. Alteration in the porphyrin profile.
14. Elevated malondialdehyde.
15. Elevated total conjugated dienes.
16. Elevated pentane, ethane or hydrocarbon levels.
17. Increased loss of integrity of red blood cells as indicated by a low normal G-6-PD/high normal total bilirubin (0.9-1.3).

A Prevalent Problem

Acidemia is a widespread prevalent problem in modern society in both humans and domestic animals. About the only creatures who escape it are wild animals in their natural setting which are eating raw, natural food.

The best way to understand why acidemia is so prevalent is to remember that our world requires balance for stability. If positive charges (lack of electrons) do not balance with negative charges (excess of electrons), then disharmony results. Since electrons are the energy givers – and our modern synthetic world is an energy taker – electron deficiency (acidity) would be expected in our air, water, homes, foods and bodies. *Dis-harmony* in our bodies means *dis-ease*.

A Self-Feeding Cycle

The ultimate health consequences of acidemia are understood when the cycle that acidemia begins and propagates is considered. For one, acidemia leads to an excess of free calcium, another electron deficient chemical. Acidemia and free calcium excess also promote chronic inflammation within tissues. These factors lead to connective tissue breakdown and the generation of excessive free radicals, highly reactive chemicals with an unpaired (deficient) electron in an outer shell. Free radical excess in turn further stimulates chronic inflammation and connective tissue breakdown, and exacerbates acidemia and free calcium excess. These factors also create low oxygen tension in tissues and an anaerobic en-

vironment conducive to the growth of cancer and pathogens.

The cycle self-perpetuates and escalates beginning in youth and continuing on into adulthood. Adaptive and restorative reserves are eventually exhausted, resulting in the myriad health consequences listed above.

Since, as described above, electrons are necessary for the release of energy, such electron deficiency depletes the very essence of life – energy – and the ability to defend against disease agents. The loss of vigor, vitality and energy with age reflects, in a general way, this electron (energy) depletion (acidemia).

Free Calcium Excess

When the body senses acidemia, hormones are released in an attempt to reverse it. These hormones pull alkaline phosphate buffers from the bones to help counteract the acidemia. But as these buffers are pulled from bone, free calcium is also released. This is the underlying cause of negative calcium balance, bone weakening, and osteoporosis.

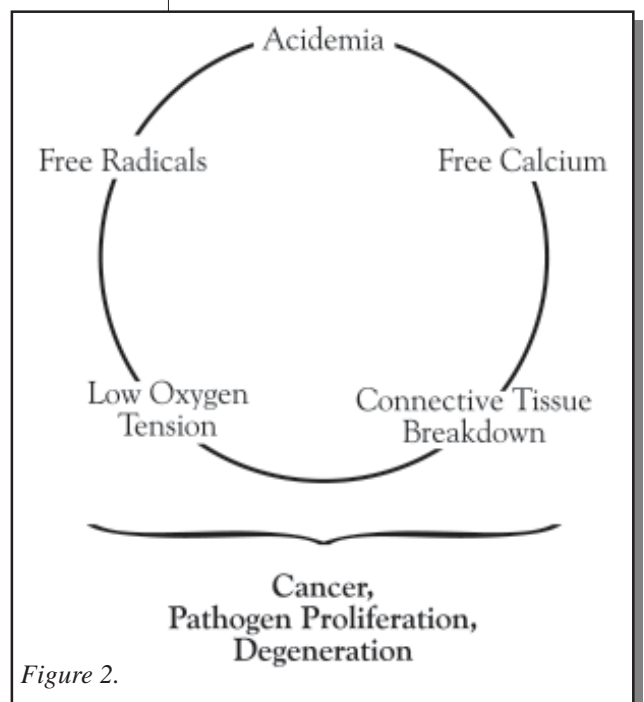


Figure 2.

Free calcium is deposited in tissues and excreted in excess into the urine. In tissues, free calcium promotes an anaerobic environment conducive to the growth of pathogenic organisms. Its excess deposition in tissues can also cause pathology in the form of osteoarthritis, pseudogout, and hardened atherosclerotic plaque in blood vessels of the heart and brain, leading to heart attacks and stroke.

Cancerous tissue also likes to pull free calcium into its growing mass. Malignancy thrives under low oxygen tension anaerobic conditions. One of the markers of cancer, in fact, is what is known as the humoral hypercalcaemia of malignancy (HHM). In an acid environment, cancer more efficiently pulls free calcium from bone.

Excess calcium can promote calcium oxalate urinary stones as well as stones in the gallbladder. In an acid environment, free calcium moves much more rapidly across cell membranes, through specialized channels, into the interior of cells to accumulate. This accumulation of calcium within cells throughout the body has widespread disease implications. For example, angina pain is a result of a stimulatory effect of excess calcium. It is by blocking these calcium channels that certain drugs (calcium channel blockers) are effective for people with angina. But

such drugs merely address symptoms, not the underlying cause, acidemia.

Chronic Inflammation

Although inflammation is a deleterious effect in this cycle, all inflammation is not bad. Inflammation is necessary to protect against injury. Its chronic presence is what leads to deterioration and disease. Inflammation uses free radicals to fight pathogenic invaders and to help destroy cancerous cells. But when free radicals are already in excess as a result of acidemia, more free radicals generated by the inflammatory process compound free radical damage since there are not sufficient electrons to quench them.

Connective Tissue Breakdown

In the presence of acidemia, free radical damage, calcium deposition, and inflammation, connective tissue breakdown proceeds. The loss of connective tissue integrity has widespread consequences because this is the matrix that holds the body together. The skin prematurely ages; blood vessels weaken and develop scar-like (atherosclerotic) growths to attempt repair; hernias and ruptures develop; joints, tendons and ligaments weaken (a weakening of the spine and discs, particularly in the neck and lower back, results in back and neck pain and herniated discs), muscles waste; the digestive tract wall leaks, permitting the passage of pathogens into the lymph and blood; heart muscle be-

comes flabby, gums bleed and periodontitis and tooth loosening set in. The immune system also weakens, permitting disease to proceed unchecked. Aberrant auto-immune reactions against the body's own tissues occur,

Toxins

Environmental toxins and oxidant catalysts (electron deficient chemicals that promote free radicals) are enhanced in an acidemic environment. For example, toluene and xylene are common organic solvents that are much more toxic in acidemia through their free radical promoting effects. Heavy metals such as lead, mercury, arsenic and cadmium are also more toxic in this environment. In acidemia, mercury in dental amalgam fillings can be released into the mouth and absorbed into the blood stream. Pesticides, environmental pollutants, and other toxins are also enhanced.

Oxidation

Electron excess and deficiency can also be understood in terms of oxidation and reduction. An oxidant is a chemical that is deficient in electrons and tends to take them from others. If a chemical has its electrons stolen by an oxidant, it is said to be oxidized. On the other hand, a reducing agent is a chemical that gives up electrons to another. The chemical that receives the electrons is said to be reduced. An oxidation-reduction chemical reaction is one in which some chemicals are receiving electrons and others are losing them. Oxidation-reduction reactions occur continuously in the body.

Since, as discussed previously, the movement of electrons from one atom to another releases energy, oxidation-reduction reactions are essential for the energy of life itself.

Like any good thing, too much can be bad. Oxidation that goes unchecked can result in serious tissue damage, including injury to genetic material. It's like keeping a car in good shape. If the

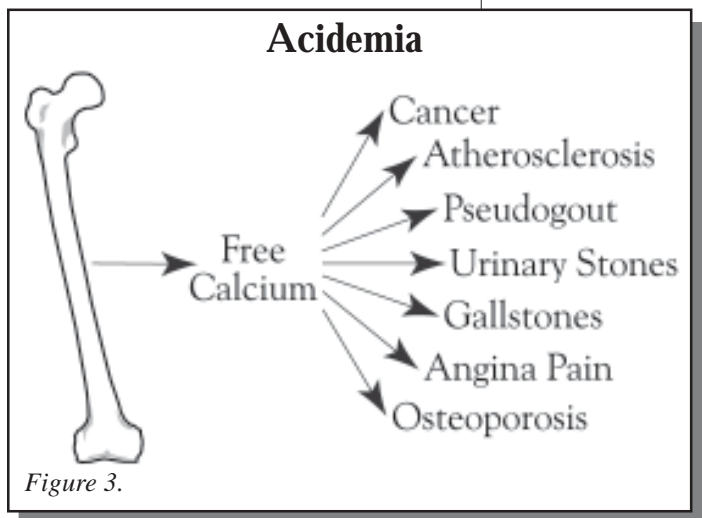


Figure 3.

metals in the car are not protected with antioxidants, they will rust (oxidize) and eventually disintegrate. Internally, we continuously wage a war against rust as well.

The body uses oxidation (stealing electrons and generating destructive free radicals) to protect itself against pathogenic microbes and diseased cells such as in cancer. The ability of immune cells, such as neutrophils, to wage war using oxidizing free radicals is critical. The effectiveness of oxidation in destroying microbes is evidenced by the disinfecting power of hydrogen peroxide and ozone, which are free radical forms of oxygen.

How To Reverse Acidemia

Although the technical details of acidemia may be complex and difficult to understand, they do provide the clues for reversing it.

1. Follow the Wysong Optimal Health Program.

The following specific recommendations are encompassed within the Optimal Health Program and are inferred from the foregoing discussion.

2. Exercise.

Regular exercise is important to stimulate circulation and increase breathing to improve oxygen saturation of tissue (to help reverse anaerobiosis) and, through the exhalation of carbon dioxide, to remove acid (hypoventilation, under-breathing, creates excess acid). However, excess exercise can produce acidemia and excess free radicals, and may aggravate health problems in those not following the rest of the Optimal Health Program or who are already in severe acidemia. During illness or severe acidemia, exercise should be limited for these reasons.

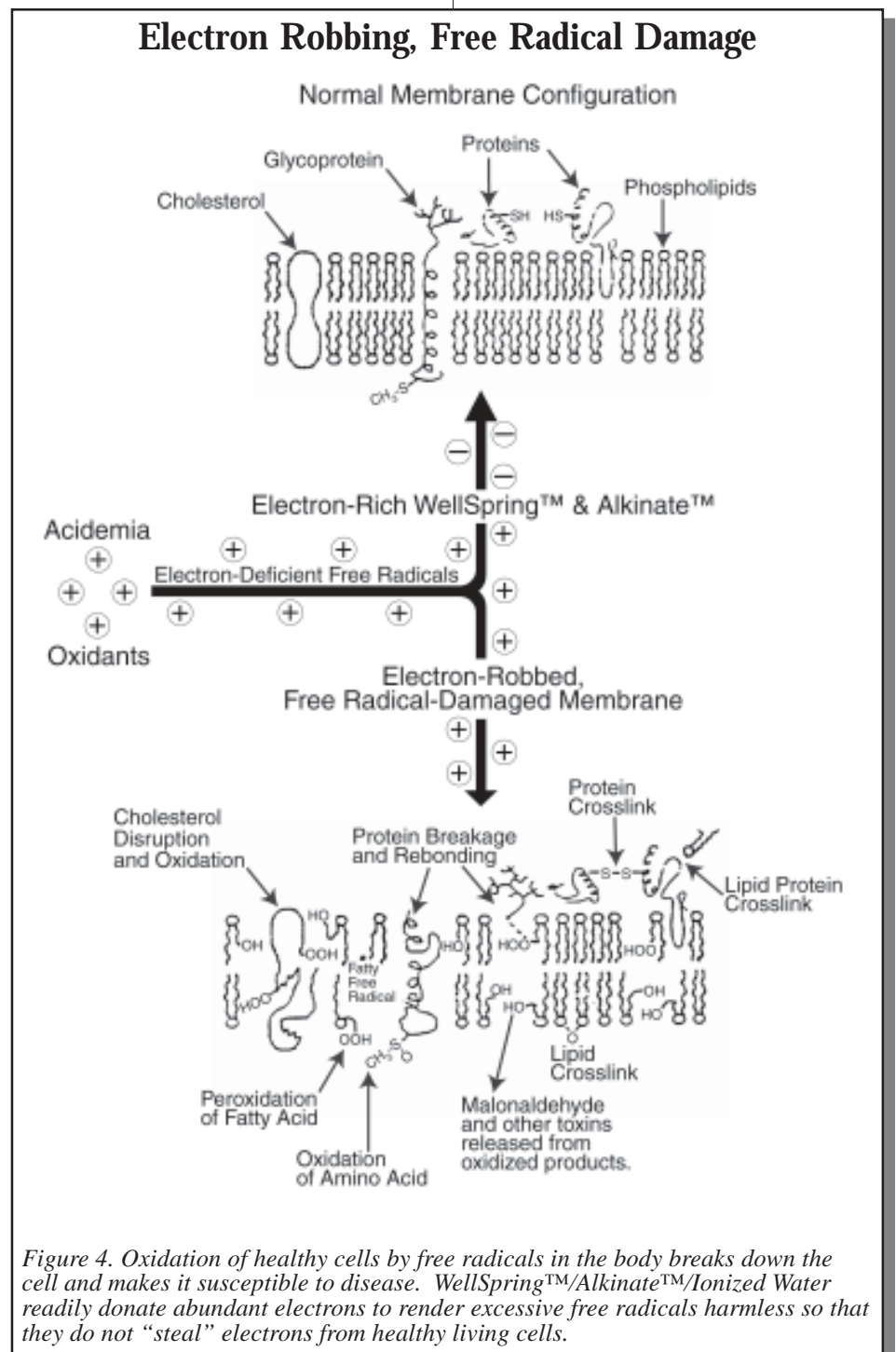
3. Meal Frequency.

More frequent meals create an alkalosis known as the postprandial alkaline tide. Overeating and large meals cause inefficient digestion and fermentation leading to acidemia.

4. Connective Tissue Health.

Regular exercise, including weight-bearing exercise, helps stimulate connec-

tive tissue health. (Consideration must be given to the caveats in No. 2.) The Optimal Health Program helps provide the ingredients for rebuilding connective tissue, and supplements such as Contifin™ and Glucosamine Complex™ (see Contifin – Glucosamine Complex – Arthegic monograph) should be used particularly if there



is cardiovascular or musculoskeletal degeneration.

5. *Toxins.*

The home and workplace environment should be examined for the presence of organic solvents, pesticides (particularly those containing arsenic), and heavy metals such as lead, cadmium and mercury.

6. *Dental Fillings.*

If amalgam fillings are present, consideration should be given to slowly removing them after acidemia has been reversed and antioxidant supplements have been taken for approximately one month.

7. *Zinc Supplementation.*

Approximately 50 mg of supplemental zinc per day will help

build immunity and heal mouth lesions from acidemia.

8. *Bicarbonate.*

Citrate, malate, and lactate are anions (electron rich molecules) found in food, which will stimulate metabolic alkalosis (the opposite of acidosis). When consumed, citrate, for example, will stimulate the vagus nerve to stimulate the pancreas to release bicarbonate into the duodenum (small intestine) via the hormone secretin. Bicarbonate is then absorbed into the lymph system and helps neutralize acidemia. Bicarbonate, within the digestive tract, will also help properly balance an overly acidic gastrointestinal tract including the colon, to prevent the proliferation of pathogenic organisms and prevent carcinogenesis such as colon cancer.

9. *Protein.*

Sufficient high quality protein should be consumed, preferably from low iron meats such as poultry and fish, eggs and dairy products (not homogenized/pasteurized milk) including plain, unsugared yogurt, cottage cheese and other soft nonprocessed cheeses. Protein, particularly albumin, helps bind free calcium to prevent its damaging effects. Whey protein and eggs are especially rich in branched chain amino acids, which are beneficial in repairing soft tissue breakdown.

10. *Amino Acids.*

Glutamic acid and ornithine are amino acids important in helping remove acidic hydrogen ions (hydrogen atoms minus their electron). They do this by helping ammonia (NH_3) pick up a hydrogen ion in the kidney tubules to form ammonium (NH_4) to be excreted.

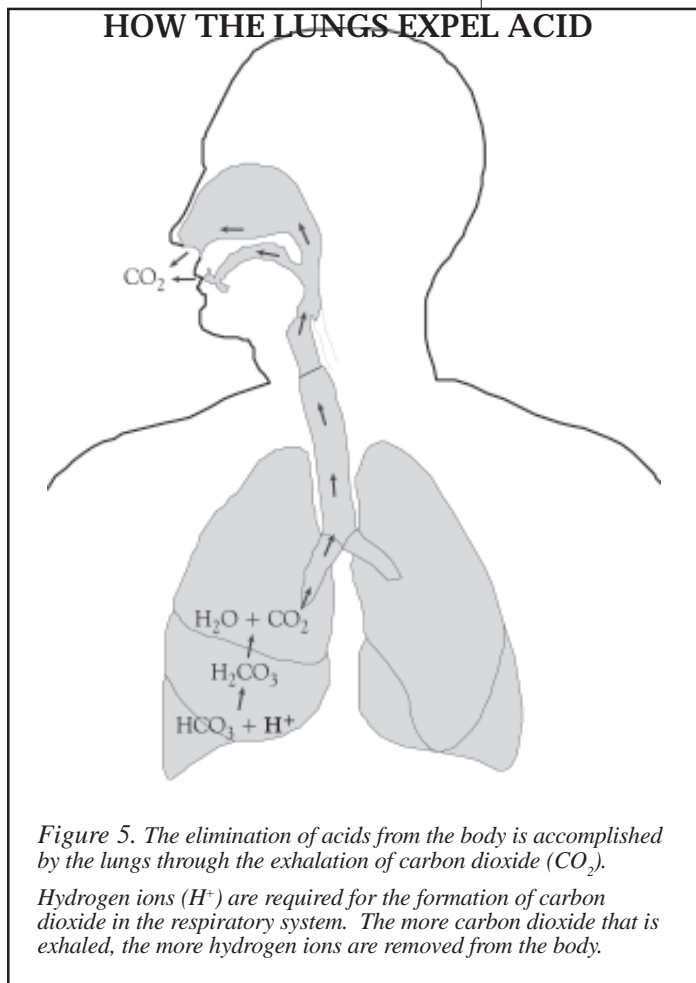
Alkinate provides the appropriate amino acids that enter into biochemical pathways to drive them toward the removal of acids from the body. Healthy alkalosis thus results by promoting the body's own natural processes for ridding itself of waste.

11. *Sugar and Refined Flours.*

Sugar and refined flours should be greatly reduced or eliminated from the diet. They stimulate the parathyroid hormone to release phosphate from bones and increase its excretion in the urine. Phosphate is an important reserve that helps counteract acidemia. Also, as phosphate is released from the bones, free calcium is released.

12. *Calcium Supplements.*

Calcium should be derived primarily from the whole foods in the Optimal Health Program. If calcium supplements are taken, they should be designed to not



Alkinate™ provides citrate and trona mineral salts from natural sources and dramatically promotes the release of bicarbonate into the lower intestinal tract to effectively combat acidemia.

Lemon juice (citrate), apple cider (malate), yogurt, cottage cheese and other soft cheeses (lactate) stimulate the release of bicarbonate into the digestive tract, which helps alkalize the digestive environment and are absorbed by the lymphatics to create a metabolic alkalosis as well.

cause the release of free calcium ions (see *Orgamin™*—refer to *Vitamins & Minerals* monograph).

13. Magnesium Supplementation.

Magnesium from natural foods and as a supplement at a level of about 100 mg per 50 pounds of body weight serves as a natural calcium channel blocker to prevent the influx of free calcium into cells.

14. Vitamin D.

Vitamin D supplementation should not exceed 25,000 units per day. Excess vitamin D could lead to an exacerbation of free calcium. Vitamin D should be balanced with other vitamins in a multivitamin supplement. Daily sunshine should be one of the primary sources of Vitamin D.

15. Soft Drinks.

Soft drinks, particularly those laden with sugar and phosphoric acid, should be eliminated from the diet. As mentioned above, sugar stimulates the release of free calcium; phosphoric acid is a strong metabolic acidifier.

16. Probiotics.

Probiotics found in cultured dairy foods, sauerkraut and other fermented products, and in dietary supplements, help shift the balance of gut microorganisms away from pathogens to organisms that exert benefits.

17. Phosphorus.

Phosphorus, as found in seeds such as raw pumpkin seeds, and in lecithin from soy and eggs, helps replace phosphate lost due to acidosis.

To neutralize the acid from just one cola, you must dilute it with 32 glasses of highly alkaline water.

18. Iron.

Red meat (high in iron) should be limited to one or two meals a week and cast iron utensils should not be used for cooking. Iron is a strong oxidant (robber of electrons) and a free radical catalyst.

19. Potassium.

Potassium should be increased and sodium decreased since the ratio from modern eating patterns is inverted. Fresh vegetables, grape juice, bananas, and properly designed supplements (such as *Orgamin™* and *High Potassium Whole Salt™*) are excellent sources of potassium.

20. Essential Fatty Acids.

Fatty acids, such as gamma linoleic acid and omega-3's, help decrease the inflammatory process (see *Lipid Nutrition - Understanding Fats and Oils in Health and Disease*, page 14). These are obtained from vegetables, some seeds, wild animal products and cold-water fish. Because of the difficulty in obtaining sufficient quantities of these fatty acids from modern food, supplementation is advisable (see *Wysong Nutritious Oils* monograph).

21. Enzymes.

Foods in their raw state supply enzymes that assist in digestion. Additionally, supplemental food enzymes and pancreatic enzymes will help the body break down food components to increase their utilization and assist in repair of tissue. After years on heated, processed, enzyme-devoid foods, most humans and animals have greatly diminished digestive capacity (see *Rationale for Enzymes* monograph).

NEGATIVE IONS IN THE AIR

Lightning	100,000,000 per cc.
Fire	100,000 per cc.
Waterfalls	50,000 per cc.
Caves	10,000 per cc.
Ocean Surf	5,000 per cc.
Mountain Forests	5,000 per cc.
Country Air	1,500 per cc.
Average Modern Office	50 per cc.

Figure 6.

22. Drugs.

Painkillers and other drugs which are not absolutely necessary should be eliminated under the eye of a nutritionally oriented physician. The objective is not to mask symptoms, but rather to focus on causes.

23. Oxidized Foods.

Modern food processing and heat oxidizes many foods, particularly fats that are nutritionally beneficial. Powdered eggs, powdered milk, fried foods, stale fats and oils, hydrogenated oils and processed foods without appropriate antioxidants should be avoided because of their content of toxic oxidized chemicals (see *Oxherphol™* monograph for information on prevention of food oxidation).

24. Antioxidants.

Fresh foods contain a variety of antioxidants, which will help reverse acidemia and block free radical damage. Nutrients necessary to help the body form its own internal antioxidants such as superoxide dismutase, catalase, glutathione, glutathione peroxidase, and DT-diaphorase need nutrients such as zinc, copper, manganese, magnesium, iron, selenium, methionine, cysteine, and Vitamin B₂. Preformed dietary antioxidants include vitamins E, A, the carotenoids, coenzyme Q10, vitamin C, polyphenols, mannitol, bioflavonoids, thiols and proteins. These nutrients can be obtained by converting the diet, as described above, and with appropriate

supplementation (see Antioxidant Supplement monograph).

25. Negative-Ion Air.

Natural, healthy air is rich in negative ions produced by lightning, cosmic rays, ultraviolet radiation, and the ocean surf. Indoor air can be as much as 100 times more polluted than the air outside and is positively charged (electron deficient).

Positively charged, polluted air causes fatigue, sluggishness, irritability and even depression. Positive ions lower the level of serotonin in the blood. This important hormone participates in various neurochemical processes such as sleep, nerve impulse transmission, and mood. Air conditioning exacerbates the problem, further stripping negative ions from the air (making it electron-deficient).

Negative air ionization has been shown to result in numerous mental health benefits including lowered instances of anxiety, migraines, depression and seasonal affective disorder (SAD). It can also increase alertness and vitality, elevate mood, and results in a general feeling of well-being. (The feeling has been compared to that experienced in the fresh mountain air or at the seashore.) Some studies have found negatively ionized air can be as effective as Prozac™ in those with certain forms of depression, anxiety, stress and fatigue.

Ions in the air also act on our capacity to absorb and utilize oxygen. Negative ions (sometimes referred to as “vitamins in the air”) increase oxygen intake of cells, therefore enhancing cell function. Increased oxygenation due to negatively ionized air can result in increased learning, reduced anxiety, fewer headaches, reduced histamine

levels that trigger allergies, faster healing, decreased pain, enhanced sexual inclination and enjoyment, and elevated overall vitality.

Negative air ionization also promotes healthy breathing, increases vital lung capacity and promotes deep breathing, thus further improving oxygen intake. Additionally, electron-rich air improves the cilia beat in the respiratory tract, improving mucus flow and reducing viscous mucous congestion characteristic of acidemia.

Negatively charged air reduces harmful airborne particles – including dust, smoke, viruses, bacteria, and pollen down to 0.01 microns in size. This can significantly decrease the incidence of colds, cross-infections and flu, while promoting improved immunity.

“Alkaline” electron-rich air can be achieved by moving to non-urbanized areas. If confined indoors, commercial negative ion generators should be used.

26. Water.

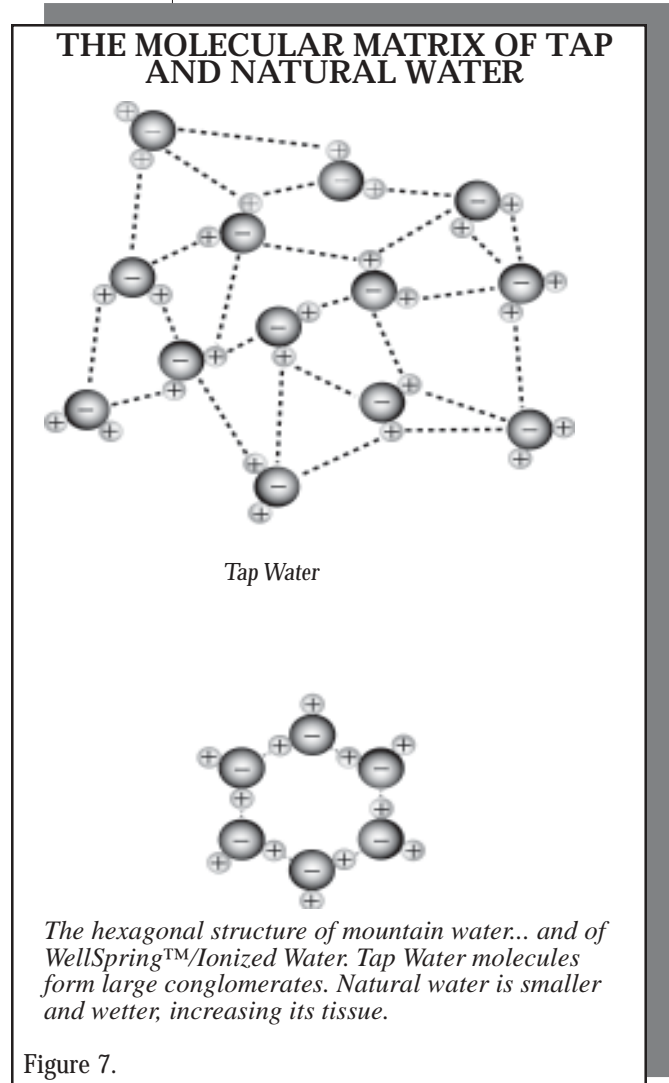
Approximately 75% of the body weight is water. A 120-pound person contains approximately 10 gallons of water. To restore losses with moderate activity, the average person needs over half a gallon of water daily.

Water is the solvent of life. It plays an essential hydrolytic (electrical) role in metabolism, adjusts the body’s temperature, assists in digestion, re-

moves toxins, and helps regulate pH and form complex body fluids.

The quality of drinking and bathing water can determine the quality of health. Like all natural foods, pure natural water is life enhancing and does not contain harmful toxins.

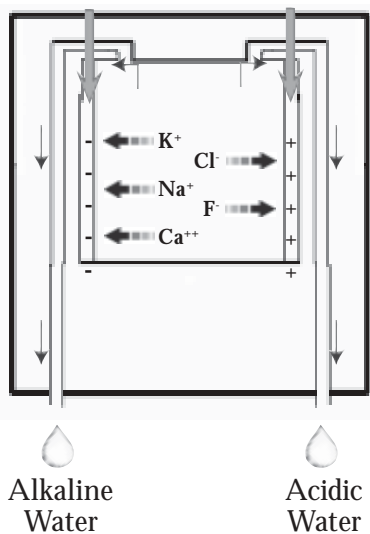
Non-polluted rain, snow, and mountain lakes and streams are considered most natural and healthy. This is in large part because water moving over rocks picks up electrons and tends to form small, hexagonal clusters of 5-6 H₂O (water) molecules, rather than the 10-13-molecule clusters of tap water (see Figure 7).



The WellSpring™ and Ionizer Ionization Process

Cathode
(negative)

Anode
(positive)



The ionizer separates acid from alkaline water.

Figure 8.

These smaller clusters result in “smoother”, “wetter” water that is much more easily absorbed, more efficiently penetrates tissue, and is less likely to cause bloating. Further, natural water, with its hexagonal structure, incorporates mineral solutes more readily, including calcium, potassium and magnesium in their most natural, bioavailable forms. These minerals, in addition to being essential for various body structures and metabolic functions, contribute to one of natural water’s most health-giving attributes – electron bounty, its alkalinity.

Ionized, alkaline water is a powerful antioxidant. Extra electrons in alkaline water, like other antioxidants such as vitamins A, C, and E, scavenge for free radicals, which are unstable electron-depleted (oxidized) molecules that cause cell damage. When consumed, electron-rich hydroxyl ions in the water readily donate extra electrons to help neutralize free radical molecules.

Bathing water is also of concern. Many municipalities use chlorine and

its derivatives to destroy microorganisms in drinking water. However, chlorine can also be ingested via absorption through the skin and inhaled in vapor form during a hot shower or bath. Constant exposure can lead to dry, flaky skin, as well as other more serious health problems.

In lieu of fresh mountain water, Wysong offers Copper Zinc Filters, a Water Ionizer, WellSpring™ and Alkinate™ to help provide fresh, clean water and maintain alkalinity.

WellSpring™

WellSpring™ has been developed to restore modern water to a more natural alkaline state. Having a pH between 8.5 and 11, it helps reestablish proper pH balance. It is also a powerful antioxidant to combat free radicals due to its abundance of electrons. WellSpring water also carries numerous nutrients into the body, including valuable minerals such as calcium.

WellSpring concentrate consists of a base of purified, ionized water passed through natural coral to filter and gather trace minerals. WellSpring is produced in three steps: filtering, electrolysis and mineralization.

Water is passed through a zinc-copper medium and a granular-activated charcoal filter. This removes chlorine, any detrimental chemicals, bacteria or dissolved gasses, and sediments. After this, the water passes through an electrolysis chamber, equipped with platinum-coated titanium electrodes (see Figure 10).

Once in the electrolysis chamber, cations, the positive ions, gather at the negative electrode (cathode) to pick up electrons. Anions, negative ions, gather at the positive electrode (anode). This results in a separation of alkaline-con-

centrated water and acidic-concentrated water.

Through electrolysis, the alkaline water not only gains beneficial alkaline minerals and ions, but its H₂O molecules are grouped into the small, hexagonal clusters.

The resulting product is a purified, mineral-enhanced, alkaline-ionized water which, when added to pure water, helps promote health in countless ways.

To Use WellSpring:

Shake well and remove cap from self-measuring bulb. In upright position, gently squeeze bottle to fill bulb. (Bulb holds approximately one ounce.) Pour this amount into one gallon of pure water and mix well.

For further alkalization, add more in increments, until the desired pH of your water is achieved (generally 8.5-10.5).

Drink several (at least 6-8) glasses of WellSpring-enhanced/ionized water daily. Force larger amounts during illness.

WellSpring/ionized water also enhances the taste of juices when used to reconstitute concentrates, deepens the color and taste of fruits and vegetables washed with the mixture, and will make foods more flavorful when used in cooking.

Refrigerate WellSpring and WellSpring-water mixtures if stored for a prolonged time. (See page 14 for product information.)

Alkinate™

Alkinate™ is a nutritional supplement designed to counter resistant systemic acidemia. It is to be taken in con-

THE pH VALUES OF VARIOUS BEVERAGES*

Cola	2.0
Diet Soft Drink	3.2
Beer	4.7
Distilled Water	5.2
Reverse-Osmosis Filtered Water	5.4
Bottled Water	6.5
Water Enhanced with WellSpring Water Rejuvenator	8.5-10.5

*Numbers lower than 7.0 are acidic; higher numbers represent better alkalinity.

Figure 9. *The more acid the fluid consumed, the more acidemia is promoted.*

junction with WellSpring enhanced water.

Alkinate's concentrated, natural alkalizing agents include potassium citrate, trona mineral salts, hydrated silica and amino acids working together to safely and effectively counter systemic acidemia.

Alkinate is a nutritional supplement designed to more aggressively

combat acidemia when the above measures do not resolve the condition and its symptoms.

Alkinate should be used in conjunction with WellSpring enhanced/ionized water for best results. (Due to the potent nature of this supplement, please consult your doctor if you have kidney, diabetic or adrenal conditions, have abnormal potassium or calcium

levels, are taking any medications, or are pregnant/lactating. Not for use in children. See page 14 for product information.)

Water Ionization

Wysong Water Ionizer filters water providing pre- and post-particle filtration (0.1 micron) through a granular-activated charcoal filter which removes chlorine, any detrimental chemicals, bacteria or dissolved gasses, and sediments. The activated-charcoal filter is silver impregnated in order to retard bacterial growth. Carbon removes 99% of chlorine, a known carcinogen, as well as VOC's (volatile organic chemicals) such as benzene and trihalomethanes.

Particle filtration is less than 0.3 micron, removing virtually all free-floating material from any water. After this, water passes through an electrolysis chamber, and is formed in the same way that WellSpring is created (see Figure 10).

The alkaline (electron enhanced) antioxidant water discharges from one tube. The oxidized water, discharged from another tube, is excellent for cooking, as well as cleaning, hand washing, treating minor wounds, and utensil and food cleansing. (See page 13 for photograph and product information.)

Copper-Zinc Filtration

Wysong copper-zinc filters efficiently filter and purify water, retain minerals, and slightly alkalinize. They work by catalytic action and electrochemical reduction/oxidation caused by dissimilar metals (redox). Water enters a bed made of copper-zinc alloy. Within each alloy, the copper becomes a cathode and the zinc an anode. Additionally, as water passes through the media, zinc and

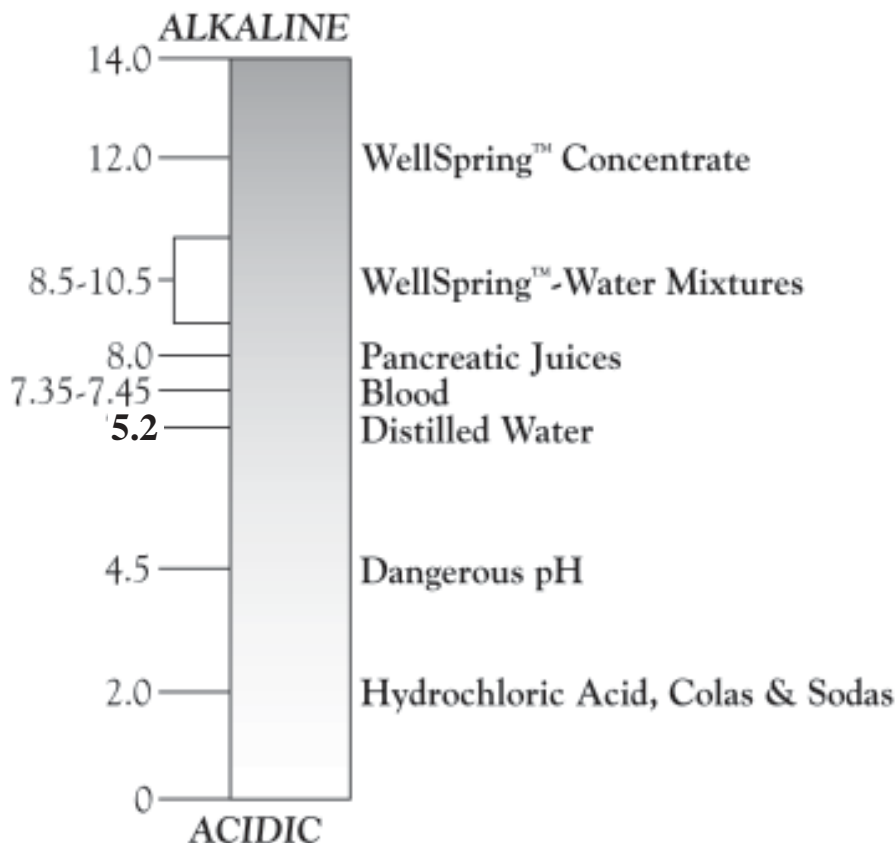


Figure 10.

copper hydroxides form, and are carried into the filtered water to kill bacteria and provide a hostile environment for algae and fungus.

Wysong copper-zinc filters are non-hazardous, non-corrosive, and recyclable. (See page 13 for photographs and product information.)

Copper-Zinc Filter and Ionizer in Tandem

By combining the copper-zinc filter with the ionizer, water is purified, minerals retained, and alkalinity produced. This is the ideal water system.

Results to be Expected

With acidemia and the consumption of modern processed foods, putrefaction by microbes in the digestive tract occurs in excess. The odors produced by putrefaction of foods left on the counter parallel the odors that can be created within the digestive tract by similar microbial processes. These odors are caused by hydrogen sulfide, ammonia, histamines, indoles, phenols, and scatoles. These by-products of putrefac-



Figure 1

Wysong Ionizer in Tandem with Under sink Cu-Zn Filter.

tion are highly toxic, capable of damaging organs such as the liver, stimulating allergic reactions, and initiating or promoting cancer. In response to these toxins, the body marshals leukocytes, immune sys-

For Illness
1. Use the best system of Wysong Healthy Water Products that you can.
2. Try to drink 3-4 quarts of WellSpring Enhanced/Ionized Water per day.
3. Take Alkinate supplement to more aggressively turn the tide against acidemia if steps 1 and 2 fail.

tem cells designed to neutralize such toxins through oxidation. In the process, free radicals are released, and balance is further tipped toward electron depletion – oxidation and free radical excess. This in turn results in peripheral tissue damage leading to disease.

By supplying reducing electrons to the digestive tract, putrefaction can be decreased and the resultant oxidative free radical damage also curtailed. One of the first benefits evident from increasing the consumption of reducing electron-rich water is an improvement in digestion. Electron-rich water’s smaller cluster size increases the penetration and effectiveness of digestive juices, and decreases gas, bloating, digestive distress and stool odor.

Because it is rich in electrons, WellSpring/ionized water is a natural antioxidant possessing up to 20 times the antioxidant potential of vitamin C. Ion-

Unlike other beverages, including distilled water which can actually remove alkaline minerals such as calcium, magnesium, potassium or sodium from bones and other tissues, thus contributing to conditions such as osteoporosis, WellSpring/ionized water increases the body’s stores of essential minerals.

Measuring and Monitoring Acidemia

The body reacts to acidemia by trying to eliminate acid atoms deficient in electrons, such as positively charged hydrogen ions (H+). These acids are excreted by the urine, sweat and saliva. A small increase in acidity in the blood will result in an immediate acidification of the urine and the saliva. Thus, measuring the acidity (pH) of these fluids is a good way to detect acidemia and to monitor progress as the above changes are made.

pH is the measure of acidity. A pH of 7 is neutral, meaning it is neither acid nor

Making Choices	
Ideal	The ideal system is a combination of the CuZn filter with the ionizer. This creates optimal filtration combined with alkalization.
Next Best	The ionizer.
Next Best	CuZn filtered water enhanced with WellSpring.
Next Best	Bottled or filtered water enhanced with WellSpring.
Worst	Do nothing.

ized, alkaline water quickly permeates the body to help prevent oxidation of healthy cells by donating its abundant electrons to active oxygen. Thus, free radicals are neutralized.

alkaline. Numbers higher than 7 indicate alkalinity (electron excess), and numbers lower than 7 indicate electron deficiency. The body’s normal pH is slightly above neutral at 7.4. When the blood has a pH of 7.4, the saliva and urine will have a pH

of approximately 7.0. Thus, if the saliva or urine is 7.0, this would indicate an ideal blood pH.

But because of a variety of factors that occur during the course of the day – including the effect of activity, foods eaten and when, water consumed and so forth – achieving this ideal measured pH of the saliva and urine is not always possible. Acceptable urine pH measurements approximately two hours after the first meal in the morning would be between 6.0 and 7.5. Acceptable salivary pH would be between 6.5 and 7.5. Borderline acidemia would be indicated by a urinary pH between 4.5 and 6.0 and salivary pH between 5.5 and 6.5. A urine pH of 4.5 or less and a salivary pH of 5.5 or less would be indicative of acidemia.

Measuring pH		
	Urine	Saliva
Acceptable	6.0-7.5	6.5-7.5
Borderline	4.5-6.0	5.5-6.5
Acidemia	<4.5	<5.5

pH Indicator Tape

To measure pH at home, Wysong provides a test tape strip that can easily be used to match color changes with pH levels. Ideally, several readings should be taken during the course of the day such as first thing in the morning, a couple of hours after breakfast, and at bedtime. A record should be kept of these on a daily basis until appropriate levels are achieved and healthy dietary and lifestyle changes are routine.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Wysong Water/Acidemic Products:

Ionizer

Activated carbon filter and ionization. Alkaline tube supplies adjustable levels of alkalinity. Acid tube creates the best water for skin care and antiseptis.

CuZn Filters

CuZn Under Counter Filter:

All cold water is filtered instantly, and out of sight. This somewhat larger filter hides under your sink and installs in 15 minutes, with no maintenance. It will last for several years based on level of use. A reduction in water flow or change in color of water will determine when the cartridge needs to be changed. *May be used in tandem with Ionizer.*

CuZn Countertop Filter:

Works with any faucet to filter water for all your needs, removing chlorine, lead, heavy metals and more. There is no cartridge to replace since it lasts up to 3 years or 10,000 gallons. Simply attach the enclosed aerator/divertor to your faucet and it's ready to go.

CuZn Portable:

This model sits on your countertop and is less than 3 inches wide and 13 inches tall. It is perfect for the bathroom, or can be used as a portable filter for travel. It uses the same copper-zinc technology as the bigger units, but is completely portable. The 5-inch tall spout removes easily, which makes it very convenient. A reduction in water flow or change in color of water will determine when the cartridge needs to be changed. Replaceable cartridge must be sent in for replacement.

CuZn Shower Filter:

Not only removes most of the chlorine from your water, but also saves water and energy as well. Filtering capacity of approximately 6 months (10,000 gallons).



Ionizer



CuZn Under Counter Model



CuZn Countertop Model



CuZn Portable Model



CuZn Shower Model

Wysong Water/Acidemic Products Continued:

Supplements

WELLSPRING™:

A purified, concentrated source of electron-rich alkaline ions and minerals. Add one ounce to a gallon of pure water. The resulting water enhancement can promote health in countless ways by combating the effects of the overly acidic modern diet.

Ingredients: Purified, alkaline-ionized, mineral-enhanced water, coral calcium, magnesium, potassium and other essential trace minerals.)

ALKINATE™:

A nutritional supplement designed to counter resistant systemic acidemia.

Ingredients: Potassium citrate, trona minerals, hydrated silica, and amino acids.

Monitoring

pH INDICATOR TAPE™:

pH color test strip in a 180" dispenser roll. Measures pH of urine or saliva in 0.2 increments from 5.5 to 8.0.



WellSpring



Alkinate



pH Indicator Tape

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