

- [November 2013](#)
- [October 2013](#)
- [September 2013](#)
- [August 2013](#)
- [July 2013](#)
- [June 2013](#)
- [May 2013](#)
- [April 2013](#)
- [March 2013](#)
- [December 2012](#)
- [November 2012](#)
- [October 2012](#)

## [Alkaline Water Helps Prevent Osteoporosis](#)

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# Alkaline Water And Its Relationship With Osteoporosis

A few years ago, the New York Times published a revealing story on osteoporosis. The article described an interesting relationship between alkaline water and osteoporosis.

Published in 2009, this article stated that in some countries where people had low-calcium-content diets, the population suffered fewer problems with osteoporosis and bone breakage than Americans. This seems strange because Americans eat lots of calcium-rich foods. Since this result seemed contradictory, researchers took another look into what could be making the difference. In 1968, two American doctors came up with an answer and published their findings in *The Lancet*, a prestigious medical journal. They stated that the populations that suffered less osteoporosis had low-acid diets. They had diets heavy in fruits and vegetables, relatively lower in protein and moderate in cereal grains.

The article went on to explain that when the blood gets too much acid, calcium compounds (alkaline substances that will neutralize the body's excess acidity) are pulled out of the bones and distributed throughout the body to bring everything back into balance. Yes, the body balances itself out – but the bones contain less of the calcium content that keeps them strong! Thus, bones can get the honeycombed look that develops when their calcium has been pulled out and a resulting brittleness. These two effects together mean more breakages.

# Research Supporting the Use of Alkaline Water for Prevention of Osteoporosis

In Kyoto, Japan (one of the countries with low rates of osteoporosis) researchers tried giving rats a low calcium diet and then providing tap water for one group and alkaline ionized water for the other. I'm going to bet that you see where this is going. Yes, the rats given alkaline water had stronger bones. Moreover, even though their diets were deficient in calcium, the calcium concentration in the alkaline-water rats' bones was increased, rather than decreased. The rats given tap water had signs of calcium deficiency. This research was then presented in three conferences in Japan in 1999 and 2000.

## Where Has This Data Been?

If you're thinking it's a little strange that you never heard of this before, then you'd be thinking like me. The National Osteoporosis Foundation states that ten million Americans have osteoporosis and another 18 million have low bone mass, putting them at risk for osteoporosis. That is really a lot of people who should know about alkaline water machines. This is something you can help with.

Send the link for this article to anyone you know who has mentioned that they are having signs of osteoporosis or that they are losing bone mass. If they get an alkaline water machine and change their diet now, they may be able to prevent the development of real problems.

I would be happy to help them choose the one that best suits their budget and lifestyle and answer any questions about the whole acid-alkaline process in their body. I hope you let me help some of your friends.

[http://www.nytimes.com/2009/11/24/health/24brod.html?\\_r=0](http://www.nytimes.com/2009/11/24/health/24brod.html?_r=0)

<http://www.3aaa.gr.jp/english/alkali/kl.html#a1>

<http://www.news-medical.net/news/2005/01/20/7420.aspx>

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