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For over 10 years of my experience, my concept toward minerals, especially pertaining to ionic calcium in high blood pressure and other diseases is most significant. In accordance to the theory of medical Professor Gato of Kyushu University on Vitamin K (because vitamin K enables the blood calcium to increase), or the consumption of more ionized water, the effectiveness of the increase in the calcium in high blood pressure is most significant. Too many fats in the diets, which lead to the deposition of cholesterol on the blood vessels, which in turn constrict the blood flow, cause most illnesses such as high blood pressure

By drinking ionized water for a period of 2 to 3 months, the blood pressure should slowly drop, because the ionized water is a good solvent, which dissolves the cholesterol in the blood vessels.