Prof. Hatori Tasutaroo, Head of Akajiuiji Blood Centre, Yokohama Hospital, Faitama District

"Due to a higher standard of living, our eating habits have changed. We consume too much proteins, fats and sugar. The excess fats and carbohydrates are in the body as fats. In the present lifestyles, Americans are more extravagant in food compared to the Japanese. Due to this excessive intake obesity is a significant problem. Normally, one out of five males and one out of four females is obese. The degree of "burn-out" in food intake largely depends on the amount on intake of vitamins and minerals. When excessive intake of proteins, carbohydrates and fats occurs, the requirement for vitamins and minerals increases. However, there is not much research carried out pertaining to the importance of vitamins and minerals. Nowadays, many people suffer from acidification that leads to diabetes, heart diseases, cancer, live and kidney diseases. If our food intake can be completely burned off, then there is no deposition of fats. Obviously, there will be no acidification problem and hence there should not be any sign of obesity.

The *ionized water* contains an abundance of ionic calcium. This ionic calcium helps in the "burn-off" process. By drinking ionized water, it provides sufficient minerals for our body. As a result, we do not need to watch our diet to stay slim. Hence, *ionized water* is a savior for those differing from obesity and many adult diseases, providing good assistance in enhancing good health."