



*Dr. Susan Lark, clinical nutrition and preventive medicine specialist.*

"Drinking four to six glasses of alkaline water a day will help to neutralize over acidity and over time will help to restore your buffering ability."

Alkaline water should be used when conditions of over acidity develop, such as cold, flu or bronchitis. Like vitamins C, E and Beta Carotene, alkaline water acts as an antioxidant because of its excess supply of free electrons. This can help the body against the development of heart disease, strokes, immune dysfunctions, and other common ailments.