

Exposing the Fallacies of Alkaline Ionizers

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I and other water experts have been exposing Kangen ionizers for several years now. In the early years they pitched the benefits of high pH alkaline drinking water as a miracle health benefit. They were wrong and their customers shelled out \$4000*. The alkaline water fad is not a fraud as much as it is a scientific misconception that many people financially benefitted from. Unfortunately, salespersons like your friends have been misled by impressive presentations and parlor tricks like the green-tea demonstration. I'm sure they have no idea of the true facts and are innocent believers.

*The concept that water with an elevated alkaline pH can alkalize the body is scientifically wrong - it's all about something called "alkalinity", not pH. Another way to look at it is that stomach acid will acidify alkaline water in just seconds (unless it has enough alkalinity...which it does not.).

Promoters of alkaline ionizers also talk about the benefits of negative ORP (Oxidation Reduction Potential) and microclusters. There are a number of websites that expose the fallacy of how these characteristics are interpreted. ORP is merely a "potential" (not a capacity) and of little value. Microclusters can exist in water but are so fragile and transitory that they do not last in the gut or the bloodstream).

There is one potential benefit to some alkaline ionizers - molecular hydrogen (H₂). It's just that it's not worth \$4000! The Kangen does not even produce much molecular hydrogen and if its electrolysis plates are not cleaned it may not produce any. You can generate a higher concentration of molecular hydrogen in water with a simple tablet (Active H₂) placed in your bottled water which is much purer than the simple Kangen filter can produce.

Dr Michael did his best to explain this very fact - that the molecular hydrogen is THE key (and it probably was the secret to saving his daughter). I enjoyed his video but he did not get everything right. One is that the O₂ dissolved in water is not a significant physiological benefit as he believes (easy to explain). The other is that he is confused about the hydroxyl molecule (OH-neutral). It is NOT an anion and it is NOT a free radical scavenger...Hydroxyl is actually the most harmful free radical.

If you are interested, I am agreeable to discussing these matters with your friends or anyone from Kangen, including their trainers. I would also be happy to clarify some of the detailed science for Dr Michael who seems open minded and genuinely interested in knowing the facts and the truth.