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## lack of scientific support

Posted by rnm - 2008/06/29 09:28

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My wife recently brought home a 5 gallon jug of Kangen water and asked me to try it with her. We drank the jug over a period of 4 days. The results were dramatic - both good and bad. The good news is that my acid reflux stopped immediately, and my arthritis seemed to be diminished significantly. The bad news was that I developed a strong headache that lasted off and off for a couple of days. I have to say that I was very impressed with the results.

I have been researching alkaline water online and have read numerous testimonials and "sales pitches", and I have also read all of the negative stuff from the chemists who insist that there is no scientific evidence to support the claims made about the water. In my case, the anecdotal evidence was irrefutable.

I assume that there is no scientific evidence to support the claims of alkaline water because studies take a long time and are expensive. Since the sale of machines is about making money, I can certainly see why companies don't bother with the studies.

Now my question. Does anyone know of any scientific studies done on the benefits of the water. TIA

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## Re:lack of scientific support

Posted by marceladevivo - 2008/06/29 23:59

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That's a really great question, and I wish I knew of some studies. It's hard to believe that nobody has invested in these studies.

If anybody can pull up any scientific studies, that would be great. Thanks!

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## Re:lack of scientific support

Posted by what3david - 2008/07/04 16:50

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Hi, I am a first year pharmacy student who works at a compounding pharmacy that actually sells the Enagic machines that produce this water and provides the water for people to try for free.

I can tell you that there are not any scientific studies done in the US to my knowledge. This water of course you know was developed by the Japanese and is an approved medical device there. It has also been approved as a medical device in Canada now.

The headaches are previous writer mentioned are a side effect of the detoxification process. If you continue to drink the water you will continue to be relieved of your acid reflux and arthritis because these conditions are due to the acidity of your body.

When I first started drinking the water I actually got a buzz for a minute or so after drinking it and I thought that was interesting.

In further response to scientific evidence I don't know of any peer reviewed journals, but there is a book by a Japanese doctor that was just published entitled, "The Enzyme Factor" by Hiromi Shinya. He writes about how he uses Kangen water in combination with other things to CURE cancer and other diseases. Maybe that book can lead you to some answers that you want or at least lead you to some other sources of information.

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## Re:lack of scientific support

Posted by Mom2Five - 2008/10/04 20:09

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Hi - I just became a member of this board, and yes there are studies that do prove the benefits of alkaline water. My daughter is a scientist, and has sent me some of these. I have been reading other studies done as well all favorable for alkalized water. I do not have them online as yet, but will try to do so in the future. Bottom line, there are studies, and they are good!

