

Go Healthy, Go Alkaline!

The pH value of a healthy body should be slightly alkaline, at around 7.4. Our hectic lifestyles and unhealthy diets can cause acidosis - a rise in acid levels that can cause detrimental effects to our health. **LEONG WAI KIT** finds one way to protect red blood cells...



Some things we have to see to believe.

To help me see the big picture why excess acid is harmful to the body, I was first shown the small picture. A microscopic one, to be exact.

Based on the computer screen image - projected from a microscope linked to the computer - my red blood cells aren't looking too good.

"Healthy red blood cells should appear round, unclustered and be moving," says Living Stream manager Jeffrey Tan, who is conducting Dark Field Microscopy from my blood sample. Though not a blood test, the procedure allows a trained microscopist to detect damaged red blood cells, as well as the presence of bad bacteria and free radicals in blood.

Cell groups

Mr Tan explains that the test reveals my clustered red blood cells show signs of acidosis, or excess body acid (see "before" picture).

Acidosis, which can be caused by consumption of alcohol, processed food, pollution, smoking, stress and lack of sleep, weakens the immune system. It is also believed that overly acidic conditions in the body help cancer cells thrive.

"Red blood cells cluster because when there is excess acid in the body, they lose their negative charge. The cells respond by grouping themselves to fend off acidic attacks," explains Mr Tan.

Since clustered blood cells risk not passing through narrow passages in the body, it can cause blood circulation problems, or in severe cases, stroke or heart attack.

Acidosis also promotes the formation of fibrin, a spiderweb-like substance, which can cause blood clots.

Body imbalance

When the body is overly acidic, it forms cholesterol plaques to protect itself from acidosis. Calcium from the body's bones may also be used as protection against acidosis. This may in turn cause osteoporosis.

Acidosis may also weaken the pancreas' alkaline value of 8.8. When this happens, the body retains fats in the tummy area to protect the pancreas -- hence the problem of pot bellies.

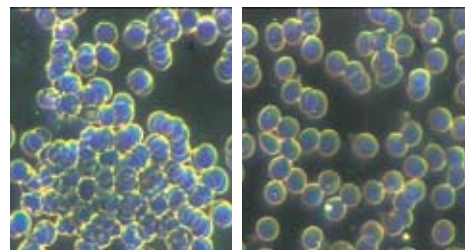
Drink to good health

One way to fight acidosis is by drinking alkaline water, which contains antioxidants to protect against cell damage.

AOX alkaline water -- approved by the Food and Drug Administration (FDA) and tested by the Health Sciences Authority (HSA) -- was launched in June 2009 and has since made its way into the homes of corporate and individual clients.

The AOX alkaline water also found its way into my blood stream. Shortly after I chugged a large glass of it, another Dark Field Microscopy was done from a new blood sample. And believe it or not, results showed that my red blood cells were no longer clustered (see "after" picture).

The body takes about 20 minutes to absorb the antioxidants and minerals such as magnesium, calcium, potassium and sodium present in AOX. Daily consumption of at least six glasses is recommended for long-term benefit. [LS](#)



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