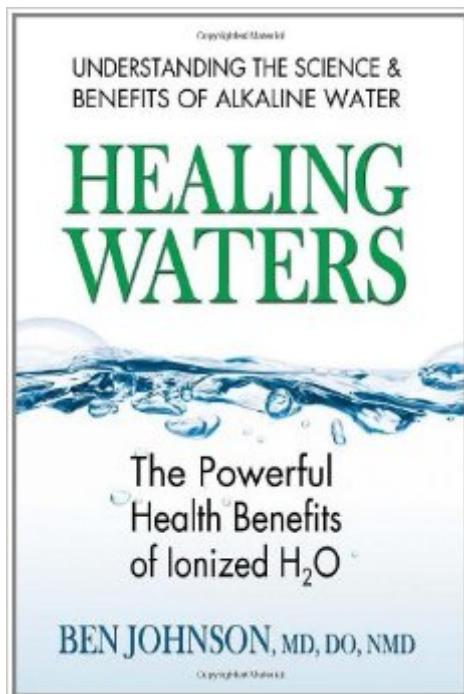


The book was found

Healing Waters: The Powerful Health Benefits Of Ionized H2O



Synopsis

Water is essential to every bodily function, but not all water is equal. Given all the hype, it's hard to choose from among the staggering array of bottled beverages, yet beyond all the advertising is a clear liquid that can restore your health. In *Healing Waters*, Dr. Ben Johnson guides you to oxygen-rich ionized water--a substance that has been proven to maximize well-being. *Healing Waters* begins by explaining why water is crucial to good health. It then explores the importance of the body's acid-alkaline balance and examines why problems with this balance are responsible for many chronic diseases. Finally, the author presents everything you need to know about ionized water, including what it is, why it is necessary to wellness, and how you can produce it. While the Fountain of Youth may be just another legend, with *Healing Waters*, you will understand that a good source of health and longevity may be no farther than your own home. Â

Book Information

Paperback: 104 pages

Publisher: Square One (June 1, 2011)

Language: English

ISBN-10: 0757003281

ISBN-13: 978-0757003288

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (7 customer reviews)

Best Sellers Rank: #735,005 in Books (See Top 100 in Books) #66 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #5790 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Before you invest in this book (I borrowed it from a library), or worse spend several thousand dollars on a water ionizer, it is important to understand that nearly every claim about any alleged special properties of alkaline/ionized water or health benefits is completely without any supporting scientific evidence. If this review or other sites on the Internet that are skeptical of ionized water claims are not sufficient to convince you to avoid these products just contact a local chemistry or biology teacher to get first-hand confirmation. I can almost guarantee that any scientist with a basic grasp of chemistry or physiology will agree with the observations I outline below. Even though Ben Johnson has a short chapter on alkaline diets, this review will focus on the alleged characteristics and health

benefits of ionized water (chapters 3-6), since that is the book's subtitle and the primary focus of the book. There are so many suspect claims it is difficult to know where to start, so I'll just list the more outrageous claims and point out that there is no supporting evidence provided by Johnson (or others who make the same claims in other marketing propaganda). Critics of pseudo-scientific claims like those identified below are often challenged to provide evidence that the claims they challenge are inaccurate, but science does not work that way. Those who make claims that fall outside the boundaries of recognized science must provide well documented, reliable, reproducible supporting evidence to justify their claims - the scientific community can then judge the validity of those claims. The claims I highlight below are not supported by current scientific theory, and Johnson fails to provide any references with evidence that would support them.

[Download to continue reading...](#)

Healing Waters: The Powerful Health Benefits of Ionized H2O The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) H2O and the Waters of Forgetfulness (Open Forum) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Homemade Soda: 200 Recipes for Making & Using Fruit Sodas & Fizzy Juices, Sparkling Waters, Root Beers & Cola Brews, Herbal & Healing Waters, Sparkling ... & Floats, & Other Carbonated Concoctions Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Atmospheric Radar: Application and Science of MST Radars in the Earth's Mesosphere, Stratosphere, Troposphere, and Weakly Ionized Regions 47 Secret Veterans' Benefits for Seniors - Benefits You Have Earned...but Don't Know About! The Military Advantage, 2016 Edition: The Military.com Guide to Military and Veterans Benefits (Military Advantage: The Military.com Guide to Military and Veteran Benefits) Is Water H2O?: Evidence, Realism and Pluralism (Boston Studies in the Philosophy and History of Science) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Health Benefits and Healing Power of Fruits and Vegetables: Inflammation, Anti-aging, High Blood Pressure and Much More... The Healing Power of Meditation: Leading Experts on Buddhism, Psychology, and Medicine Explore the Health Benefits of Contemplative Practice Powerful Prayers in the War Room: Learning to Pray like a Powerful Prayer Warrior (Battle

Plan for Prayer Book 1) Powerful Prayers in the War Room: Learning to Pray like a Powerful Prayer Warrior (Spiritual Battle Plan for Prayer) (Volume 1) Reiki: 50 Powerful Reiki Healing Techniques for Improving Health - Increase Energy and Well Being Healing Waters WICCA: Wicca Reiki Magic - A Beginners Guide To Wicca Spells and Reiki Healing (Wicca, Chakras, Witchcraft, Self Healing, Magic, and Crystal Healing) Crystals: Crystal Healing For Beginners, Discover The Healing Power Of Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience Instant Relaxation !-THIRD EDITION-

[Dmca](#)