

Pregnancy Guide



The Facts About Pregnancy & Alkaline Water

In recent years there have been many questions raised about the safety of drinking alkaline water during pregnancy, for both mother and baby. This article has been written to help answer these questions. World renowned authorities on Health & Wellness were contacted and in-depth research was conducted in order to find out if drinking alkaline water during pregnancy is hazardous or beneficial.

“When a woman gets pregnant, she loses quite a bit of alkaline minerals to the fetus. The fetus stays in a water bag (placenta) for 9 months, until the water breaks. During that time, the fetus receives nutrients through the umbilical cord for energy and growth. When the nutrients are burnt, they create acidic wastes, which the fetus must discharge into the placenta. Since the mother’s blood vessels are not connected to the fetus’ blood vessels, her blood vessels cannot carry out the wastes that the fetus makes.

In the early stage of the pregnancy, mother’s body loses alkaline minerals to the placenta to make sure that the adequate amounts of alkaline minerals are there to neutralize all the acidic discharges from fetus for the next 9 months. This causes her blood to become acidic rather suddenly, which is the cause of morning sickness, as discovered by Japanese doctors. This is why drinking alkaline water immediately relieves morning sickness.

If the mother had adequate alkaline reserve, i.e., plenty of alkaline mineral supply in the form of alkaline buffer in the blood, she would not even have morning sickness. Otherwise, not only would she have a severe case of morning sickness, but the placenta will not have enough alkaline minerals to neutralize all the acidic discharges from the fetus during the pregnancy. In this case, the baby’s chance of having jaundice upon birth is very high.

Before a woman becomes pregnant, she should drink ample amount of alkaline water to avoid morning sickness and have a healthy baby. Without enough alkaline minerals, the woman ages considerably during pregnancy and may experience all kinds of post-delivery problems, such as those mentioned above. I know a woman who lost her teeth after delivery, because she lost so much calcium to the newborn during pregnancy.

Pregnancy is a major cause of osteoporosis among women. Lack of alkalinity brings about many diseases; over acidity creates solid wastes such as cholesterol, fatty acid, uric acid, kidney stones, plaques, etc. Excess acid thickens the blood, which slows down the blood circulation, and poor blood circulation invites all kinds of pain and diseases.

From the time we are in our mothers’ womb to the time we die, our lives go through a constant balancing act of acid and alkaline. Acid leads to pain and sickness and eventual death; alkaline leads to health and longevity. Even with diet and exercise, acidity usually wins. We need an external boost of alkalinity to offset the imbalance of excess acid. The best alkaline booster is alkaline water.”

Contributed by Sang Whang, author of Reverse Aging



Pregnancy Guide



The Facts About Pregnancy & Alkaline Water

Page 2



The following is an excerpt from "Water: For Health For Healing For Life," a book by dehydration pioneer and researcher, Dr. F. Batmanghelidj, one of the foremost authorities on hydration and advisor to celebrities like life coach Anthony Robbins.

"Early pregnancy morning sickness is a signal of dehydration of the mother and fetus. It is caused by the water and the regulatory action of histamine. Pregnancy creates a very high demand for water. As the fetus grows into a full-term baby, over 1 trillion cell divisions take place. Each new cell must be filled with water. Pregnant women need and should drink water and eliminate all sources of dehydration, especially the consumption of caffeine and alcohol."

The best alkaline water comes directly from nature. However, alkaline water can actually be created in several different ways, including alkaline drops. These drops are chemical additives that boost the alkalinity of the water, but that taste very bad. While these drops are an option, they are not suggested, as health effects on mother and unborn child from exposure to these chemicals is unknown.

The best quality "man-made" alkaline water is derived from high technology water ionization machines. The technology that drives these machines was perfected in Japan and products of this type from Japan seem to be the highest quality, in both manufacturing and components. One of the added benefits of alkaline water produced by an ionization machine is a property of the water called "micro-clustering". During the ionization process, groupings of water molecules, typically 15 – 20 molecules or more, are broken down into smaller groupings, 4 – 6 molecules.

These reduced "clusters" allow for greater penetration and absorption by the body. This is particularly advantageous when taking supplements, as the smaller clusters are able to better distribute the vitamins and minerals that they carry. This is extremely helpful for women that are taking prenatal vitamins. In addition, alkaline water, produced by ionization machines, contains a very high content of useful and needed minerals. For pregnant women, it provides calcium ions, which are needed by both the mother and fetus. It also replenishes calcium loss for mothers-to-be and strengthens bones and teeth structure of the developing fetus.

In a 15 year study of alkaline water by renowned Japanese doctors from the Japanese Water Institute and Kyowa Medical Clinic many benefits of drinking alkaline water were discovered, including specific benefits for pregnant women.

"The following are some of the experiences of pregnant women who drank alkaline water during their pregnancy; almost no emesis, smooth delivery, reduced cases of jaundice, increased lactation, smooth and satisfactory growth of newborns. There was also Improvement of hyperbilirubinemia in newborns."



Contributed by Dr. Hidemitsu Hayashi M.D. & Dr. Munenori Kawamura M.D.



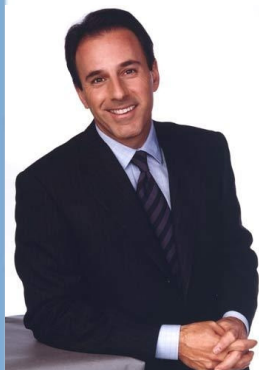
Pregnancy Guide



In The News...Hazards of Tap & Bottled Water

Page 3

A recent news report detailed a problem with chlorine that is being added into tap water. The report explained that chlorine, which is added to disinfect the water, creates chlorine by-products, such as THMs (Trihalomethanes), which are known carcinogens. In order to reduce the amount of THMs in the water, cities are now adding ammonia in addition to the chlorine, to create chloramines. Kidney dialysis patients and pregnant women are warned not to drink chloraminated water because of potential health risks.



Startling news was revealed on *The Today Show* in 2008. Matt Lauer interviewed Dr. Leo Trasand of Mount Sinai School of Medicine. Dr. Trasand issued a warning about the dangers of drinking some bottled water. The piece refers to the danger of chemical, Bisphenol A showing up in some plastic bottles. He is quoted, "Unfortunately there is no level of exposure that has been identified as being safe." And he added, "Science suggests that there is a major concern here."

Regarding that chemical, Earth911 references an article from The Arizona Republic, "The chemical in question, Bisphenol A (BPA), has been linked to breast and uterine cancer, as well as decreased testosterone levels.

Dan Tessier, a Toxicologist made a statement in The Today Show piece, "The effects are primarily reproductive, and fertility effects on both male and female organisms." Lauer added, "I think this is going to startle a lot of people. A Center for Disease Control Study detected BPA (Bisphenol A), in the urine of 95% of adults sampled. Scientists have measured BPA in the blood of pregnant women, umbilical cord blood and in the placentas all at levels demonstrated in animals to alter development."

Parents.com These three moms, along with 211 other women, are taking part in a historic class-action lawsuit, alleging that their town's tainted tap water put their unborn children at risk.

Val Wilson, 40, was pregnant four times between April 1994 and May 1997 with what would have been her first child. Only once did she make it beyond 12 weeks. "In November 1996, I was five months along and everything was fine," Wilson recalls. "One night, I woke up and my water had broken and I was in labor. The baby was stillborn a few hours later. I was crushed."

Annette Spaven, 40, thought her family was complete in early 1998; she had three children, the youngest of whom was five years old. When she discovered she was pregnant again, it was a surprise -- but she and her husband quickly warmed to the idea of having another child. Spaven miscarried at ten weeks. "We were really disappointed, and a few months later we tried again." By August she was pregnant, but she miscarried again at seven weeks.

Malithia Smith, 30, had had one successful pregnancy before suffering three miscarriages between May 1999 and May 2000. Each time, she began spotting at eight weeks, and each time, the doctor could not determine what had gone wrong. "The first time, I just thought, 'These things happen,'" Smith remembers. "The second time, it shook me up, and by the time I lost the third baby, I was really scared."

The three had no idea what was causing their miscarriages. But ultimately, each of them gave birth to a healthy child after making one simple lifestyle change: They stopped drinking the tap water.