

What is Micro-Clustered Ionized Water and Why it's Different?

Published April 26, 2012 | By [Martin Riny](#)

Small H₂O molecule cluster



Big H₂O molecule cluster



Water is essential for life, and taking in ionized water is a very beneficial step for health maintenance. However, all water is not the same, and there is water that you can drink and get more benefit from as compared to other types of water. One example of highly beneficial water is the [micro-clustered ionized water](#), or the structured ionized water as is known in some circles. In order to understand the benefits of the structured ionized water, it is important to know what this water is, and how different it is from the normal tap water.

Definition of micro-clustered ionized water

The water molecule is made up of two hydrogen atoms and one oxygen atom to form the well-known H₂O molecule...

However, water comes in clusters of molecules contrary to single molecules, and tap water contains very large clusters of up to **13 molecules**.

Micro clustered water or on the other hand, is water that comes in much smaller clusters of as little as **5 molecules** in a cluster, and these make the water to have excellent hydration, solubility and permeability properties.

How do you transform normal tap water into micro clustered water?

Since there is a lot of pollution, especially in the big cities, people are looking for ways through which they can use their water without the fear of infections, cancers or even waterborne diseases. An individual can get [alkaline ionized water](#) or micro-clustered water in different ways; however, the best and most reliable way of getting this water is using a water ionizer. These gadgets can be fixed on any tap and the water that will pass through the machine will come out clean, ionized, and healthy for human consumption.

Micro-clustered ionized water benefits to the human body

The saying that "water is life" is a true saying since drinking water is vital for the survival of the human being, as well as for other biological processes that are important in the body. However, when you drink water that is highly clustered, you will not experience these benefits as you ought to, and you, therefore, need to drink micro clustered or ionized water. The benefits of micro-clustered ionized water include:

- It is highly effective in **enhancing an individual's hydration**
- It makes an individual to **gain a lot of energy** as well as **enhancing mental clarity**
- It assists in **maintaining the reliability of DNA**, since it contains small clusters of water
- **Cells communicate with each other through the help of water**, and this water will enhance the communication and lead to faster **healing and body repairs**
- Water is very instrumental in the transportation of oxygen and other nutrients in the body, and this water makes the process to be much faster and more effective
- **This water is important in the detoxification of the body**, and therefore, eliminates all the toxins in the body and promotes good health
- The alkaline ionized water **is very good for nutritional supplement and when taking medication**, this is a very good quality because it works hand in hand with the medication in order to bring the healing or relief that is intended.

The micro-clustered water or structured ionized water properties are significant [ionized water benefits](#). Not everybody knows that but those who do can utilize this wonderful gift of nature.



Which Alkaline Ionized Water Benefits Should You Consider?

Published March 22, 2012 | By [Martin Riny](#)

There are so many ionized water benefits that in order to describe them all even a book would be necessary. You can get an excellent curative elixir from the ordinary tap water – or, you can drink the ionized water, you can cook in it; you can use it for skin and hair care. The main secret is to know how to apply it. Here we will discuss the alkaline ionized water health benefits.

The 5 important alkaline ionized water benefits

1. Ionized water is natural antioxidant

Ionized water is produced with water ionizers, which ionize the water by using electrical current and split it into alkaline ionized water, which contains negative hydroxyl OH^- ions, and into acidic ionized water, which contains positive hydrogen H^+ ions. As a result of ionization, both acidic water and alkaline water obtain the electric charge, which is known as oxidation-reduction potential or redox potential (ORP). Their acidic-alkaline characteristics are expressed by pH index. If the ionized water's $\text{pH} < 7$, it's acidic water, if $\text{pH} > 7$, it's alkaline water, if ionized water's $\text{pH} = 7$, it's neutral.

Normally, the oxidation-reduction potential (ORP) of alkaline ionized water is negative -150 to – 250 mV, which means that alkaline water ions have free electrons, which can be used to neutralize the harmful free radicals. The free radicals are molecules with unpaired electrons, and therefore they become highly chemically reactive and aggressive and attack healthy cells in order to get the missing electron thus damaging the cells. Reasons causing presence of free radicals in the body are related mainly to the modern lifestyle – junk food, smoking, sweets, carbonated soft drinks, antibiotics, stress etc. Excessive presence of free radicals in the body can lead to many diseases including premature aging.

Antioxidants are known to be able to neutralize free radicals by supplying them with the missing electron. [Alkaline ionized water](#) belongs to the natural antioxidants. By drinking the alkaline water the body can compensate the lack of free electrons and neutralize the free radicals. Thus the alkaline ionized water can protect the cells and strengthen the body's immune system, which is one of the main alkaline ionized water benefits.

2. Alkalization of the body environment

pH of the internal body environment is alkaline, with exception of stomach acid. For example, optimal pH of blood is 7.3 – 7.45. Unfortunately, with years due to the acidic waste accumulation the body becomes acidic and the blood alkalinity decreases. Even dropping below 7.3 could be considered as acidic state, because internal body environment varies in a very small range. Acidification leads to accumulation of acidic waste (like cholesterol, fat) in the body and to cellulites. If the body cannot dissolve and remove this waste, then it tries to deposit it somewhere leading to e.g. belly fat accumulation.

Alkaline minerals play an important role in the de-acidification process. Alkaline minerals necessary for de-acidification your body can receive only from the food and fluids you drink. The most important alkaline minerals are calcium, magnesium, potassium and sodium. Alkaline water together with alkaline minerals effectively neutralizes, dissolves and removes the acidic waste from the body through the kidneys.

So the benefit of alkaline ionized water is to keep the body environment alkaline. By drinking the alkaline water every day, you provide your body with an alkaline ion cocktail, which effectively maintains the alkaline medium. It dissolves and removes the acidic waste and increases the body's resistance to diseases.

3. Direct absorption

Alkaline ionized water has smaller molecular clusters. Water molecules have the ability to build molecular clusters or a group of molecules. **Molecular clusters of alkaline water are composed of significantly lower number of molecules – only 5 to 6. Molecular clusters of ordinary drinking water consist of 10 to 13 molecules.** Because of smaller size alkaline water molecules can pass through the cell membranes very easily and are directly involved in the metabolic processes. No extra energy is needed. Alkaline water can penetrate into the tissues very easily and it eliminates the toxins from there, saturates the cells with water and dissolves the toxins in the most difficult places to reach. Alkaline antioxidant water neutralizes effectively the acidic waste toxins accumulated in the body fluids and flushes them out through the kidneys.

4. Blood thinning

Surface tension of alkaline water is almost two times lower than that of water and close to the surface tension of the blood. This means that the alkaline water is more wet than the ordinary water. Since the blood contains 90% of water, by drinking the alkaline water it gets into the blood and makes the blood thinner. This is a very important feature, because the acidic blood becomes thicker, impairs blood circulation and creates the risk of blood clots. By drinking alkaline water, blood becomes liquid in a natural way.

5. Activation of food digestion processes

With the years the body acidity-alkalinity balance can shift to the acidic. Behind the acidic waste accumulation another problem is inability of the stomach to produce hydrochloric acid necessary for complete digestion of the food. By drinking the alkaline ionized water, the following processes are ongoing in the stomach:

The hydrochloric acid in the stomach is secreted by the cells according to the need – as you eat or drink; there is no stock of it. When the pH level goes above 4, gastric cells start to produce extra acid to lower it. Once the cells produce hydrochloric acid, they also make the alkaline balance – sodium or potassium bicarbonate, which gets into the blood stream. This is needed to maintain the alkaline “buffer” in the blood and to neutralize the acidic waste. When the digested food passes from the stomach into intestines, it is very acid and in order to avoid any acid burns the residual acid is neutralized by the pancreas using the same alkaline “buffer”.

Alkaline ionized water stimulates the stomach to secrete hydrochloric acid and at the same time it increases the alkaline buffer in the blood, which is important for the body de-acidification. The difference between the ordinary water and the alkaline water is that in this case the alkaline water provides additional alkalinity to the body.