

What Is the Fuss About Distilled Water Being Acidic?

蒸馏水呈酸性，何必大惊小怪？

It is very common to hear people say that drinking pure distilled water is harmful because it can be slightly acidic with a pH typically between 6 and 7. The truth of the matter is that the unique properties of this ultra-pure drinking water actually make the acidic/alkaline debate totally meaningless! This may sound too simple, but read on...

In science, pure distilled water is considered neutral, neither acidic nor alkaline, with a pH value of 7. Due to its degree of purity, distilled water is extremely sensitive to the environment and even a small amount of carbon dioxide from the air can combine with distilled water to make it slightly acidic.

When you drink distilled water, it immediately combines with the slightly acidic digestive enzymes in saliva and seconds later with very acidic digestive enzymes in your stomach. In fact, the pH of the much stronger hydrochloric acid in the stomach is between 1.5 and 3.5, about 100,000 times more acidic than the distilled water that it combines with.

Meat requires strong stomach acids for the complete digestion of protein and absorption of amino acids. Minerals are proven to be better absorbed in an acidic environment. As people age, they tend to produce less stomach acid, which means they also tend to absorb fewer minerals and other nutrients. Supplementation with hydrochloric acid tablets or apple cider vinegar is often recommended to increase the acidity in the stomach to help in the proper digestion and assimilation of nutrients from food.

Have you ever wondered why all fruits are acidic in nature? Yes, all fruits, including durians, papaya and bananas are acidic in nature. You may easily test their acidity using Litmus Paper. The reason that all food and drinks created by nature are acidic is because this makes them easier to digest, as their acidity enhances the digestive system.

Alkaline solutions which are used as food additives are detrimental to health because they neutralise the acidity in the stomach. The same goes for alkaline water, which has been widely promoted commercially. One may not feel the adverse effects of drinking alkaline water at the early stage, however, prolonged consumption of alkaline water will weaken the digestive system and impair the absorption of nutrients. It will also add stress to the pancreas, which has to work much harder because of the reduced acidity in the stomach due to the alkaline water. When the pancreas is stressed, normal metabolism is disrupted, which may lead to metabolic diseases.

常常听到有人说饮用纯蒸馏水对身体有害，因为其pH值一般在6到7之间，呈弱酸性。但事实上，这超纯净的饮用水具有的独特性质让酸碱性的争论变得毫无意义！这听起来太简单，但请继续阅读...

根据科学论点，纯蒸馏水既不呈酸性也不呈碱性，而是呈中性，其pH值为7。不过基于蒸馏水的纯净度，造成它对四周环境特别敏感，甚至可因为接触了空气中的少量二氧化碳，而变成弱酸性。

当您在饮用蒸馏水时，它会马上与唾液中呈弱酸性的消化酶结合，进入到胃部后再与强酸性的消化酶结合。事实上，胃液中盐酸的pH值介于1.5至3.5之间，比蒸馏水的酸度要高10万倍之多。

需要强度高的胃酸才能完全消化肉类的蛋白质和吸收其氨基酸。事实证明矿物质在酸性环境中更容易被身体吸收。人们随着年龄的增长，胃酸的产量也会随之减少，这意味着身体对矿物质和其他营养成分的吸收也会大大减少。因此，通常建议服用盐酸片剂或苹果醋来增加胃液的酸度，以促进消化食物和吸收营养。

您是否有想过为什么所有的水果都是天然呈酸性的？没错，所有的水果，包括榴莲、木瓜和香蕉都是天然呈酸性。您可以使用石蕊试纸来测试它们的酸度。所有的天然食物和饮料都呈酸性，这能使它们更容易被消化，也可增强消化系统。

用作于食品添加剂的碱性溶液对人体健康其实是有危害的，这是因为它们中和了胃酸的酸度；在市场上被广为宣传的碱性水也一样。人们饮用碱性水在初期时不会察觉到什么不良影响，但长期饮用的话，它不但会削弱消化系统，还会抑制营养的吸收。此外，由于碱性水降低了胃酸的酸度，这将导致胰脏必须更努力地工作，加重了胰脏的负担。这样的情况将会扰乱身体的正常代谢功能，最终引发代谢疾病。



Another issue that we should be concerned with is maintaining the balance of acidity/alkalinity in our cells and tissues. This acidic/alkaline balance is influenced directly by the food we eat, whether they are metabolised to form acid or alkali.

People are often confused with this: food's or water's pH value has nothing to do with whether it is metabolised as an acid or an alkali. For example, lemons, which are highly acidic in nature, are highly alkalisating once metabolised. Meat, rice, and bread, on the other hand, are acid forming foods which make up the main bulk of one's typical diet. In order to maintain a healthy acidic/alkaline balance in the body, one should consume a diet high in vegetables and tree ripened fruits, which are alkali forming.

The pH in the water (whether acidic or alkaline) has no effect on the body's acidic/alkaline balance.

Dr. Andrew Weil, internationally known nutritionist, author and founder of the Integrative Medicine Program at the University of Arizona, has stated,

“For reasons I don't understand, any number of myths—some quite extreme— have grown up over the years about distilled water. As far as acidity goes, distilled water is close to neutral and has no effect on the body's acid/alkaline balance. Distilled water is safe to drink, and the kind of water I use myself.”

Dr. Carey Reams, world renowned expert on the body's acidic/alkaline balance, was trained in mathematics, biophysics and biochemistry and had six PhDs to his credit. Dr. Reams is best known for developing the Biological Theory of Ionization, a system to measure energy in the body, which he used in his practice for over fifty years with astounding success. The best water to drink according to Dr. Reams is distilled water!

It is our sincere hope that this brief explanation will once and for all settle any unfounded concerns about the acidity of distilled water (along with the many false claims made by proponents of alkaline water) so that you can freely enjoy this pure elixir of life.

另一个应关注的问题就是保持细胞和组织中的酸碱度平衡。日常饮食在代谢后无论是形成酸性还是碱性，都会直接影响身体的酸碱度平衡。

人们经常对这一观点混淆：食物或水的pH值与它是否被代谢为酸性或碱性物无关。例如，柠檬的本质属高度酸性，但经过代谢后则会变成高度碱性。相反的，构成人们日常饮食中主要部份的肉类、大米和面包在代谢后都形成酸性。为了保持体内健康的酸碱平衡，大家应该大量摄取在代谢后成碱性的食物如蔬菜和在树上自然成熟的水果。

水的pH值（无论是酸性还是碱性）对人体平衡酸碱方面并没有作用。

国际知名营养学家兼亚利桑那大学综合医学项目创始人——安德鲁维尔医生指出，

“我不明白为何这些年来有这么多攻击蒸馏水的歪理，有些还相当极端。就酸度而言，蒸馏水接近中性，对人体的酸碱平衡无任何影响。喝蒸馏水是安全的，我自己喝的水也是蒸馏水。”

凯里雷姆斯博士是世界闻名的人体酸碱平衡专家，曾在数学、生物物理学和生物化学方面受过专业训练，获得六个博士学位。雷姆斯博士以研发离子学的生物理论（一种测量身体能量的系统）而出名；并实践超过50多年，有惊人成就。雷姆斯博士也认为最好的饮用水就是蒸馏水！

我们非常希望这简明的论点能一次性彻底地平反那些针对蒸馏水酸度所作出的不实指控说法以及驳倒有关饮用碱性水的许多虚妄的声明，以让您安心享用这纯净的生命之泉。

Water Is Life!

水是生命之源!

Our body is 50-65% water and billions of cells must have water to live and thrive. Choose wisely what water you drink.

What the experts and health gurus say about water...

"When distilled water enters the body, it leaves no residue of any kind... It is so pure that all liquid drug prescriptions are formulated with distilled water."

Dr. Paul Bragg, N.D. Ph.T., *The Shocking Truth About Water*

"There is only one water, and that is clean, steam distilled water. No other substance on our planet does so much to keep us healthy and get us well as water does."

Dr. James Balch, M.D., *Prescription for Dietary Wellness*

"It is imperative that you USE DISTILLED WATER FOR ALL PATIENT INTAKE"

Dr. Max Gerson, M.D., *Gerson Therapy Handbook*

"Distilled water is the greatest solvent on earth — the only one that can be taken into the body without damage to the tissues."

Dr. Allen E. Banik, M.D., *The Choice Is Clear*

NEWLIFE™ PURE WATER DISTILLER

The essential water purifier for every home!

Features:

1. Mimics nature's hydrological cycle.
2. Removes 99% of most tap water contaminants, including lead, nitrate, bacteria, sodium, chlorine, turbidity, cysts (protozoan), arsenic, barium, mercury and more.
3. During the distillation process, the water is boiled to 100°C to be converted into steam, killing bacteria and viruses.
4. Consistent water quality every time.
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7. Portable and compact.
8. Automatically shuts off when cycle is finished.
9. 18-month warranty.

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883BV / 441.5PV

EM | 东马
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883BV / 441.5PV

SG | 新加坡
S\$591.00
294BV / 220.5PV

HK | 香港
HKD3596.00
1789BV / 303PV



with PP Bottle 随附聚丙烯塑料瓶子

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RM1450.00
843BV / 421.5PV

EM | 东马
RM1522.50
843BV / 421.5PV

人体有百分之五十至六十五是水。数十亿的人体细胞必须得靠水才能茁壮生存。因此，务必明智地选择您日常喝的水。

健康专家对水的看法...

"当蒸馏水进入人体时，它不会留下任何残留物...正因为它的绝对纯净度，所有液体药物都是使用蒸馏水配制的。"

普罗布拉格自然疗法医学博士的《水的真相》

"世上只有一种纯净水，那就是蒸馏水。地球上再也没有任何天然物质能像蒸馏水一样让我们保持健康。"

詹姆斯鲍尔奇医生的《饮食健康的药方》

"务必确保所有病人只能饮用蒸馏水。"

马克斯葛尔森医生的《葛尔森疗法手册》

"蒸馏水是地球上最棒的溶剂 - 也是唯一进入人体后不会对其组织造成任何损害的溶剂。"

艾伦巴尼克医生的《明确的选择》

新生命的纯正蒸馏水机

每个家庭必备的净水器!

产品特点:

1. 模拟大自然的水相循环。
2. 去除99%的自来水污染物，包括铅、硝酸盐、细菌、钠、氯、浑浊度、原虫类囊肿、砷、钡、汞等。
3. 蒸馏过程中，水被煮沸至摄氏100度后将转化成蒸汽，杀死细菌和病毒。
4. 保持水质一致性。
5. 不需要水管装置。
6. 容易使用。
7. 体积轻便、设计精简。
8. 循环结束时会自动关闭。
9. 18个月保修期。