

# THE EXPERTS SPEAK

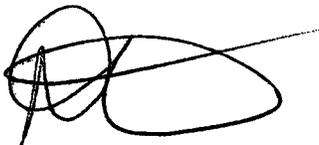
Experts Share Their Views on the Benefits of Drinking Pure Water

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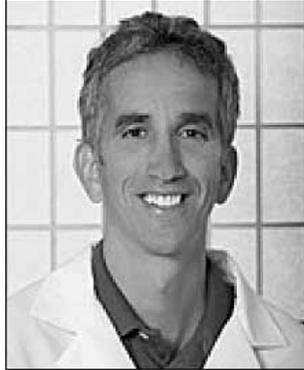
## Dr. Brownstein on why you should avoid alkaline water

**T**he claims about the benefits of drinking alkaline water are made with no supporting scientific evidence. What throws off pH in the body? Nutritional deficiencies generally promote a lowering of the pH (i.e., acidity). Eating refined foods like white sugar, flour and salt promote acidity. The best way to optimize your pH is to eat a healthy diet full of minerals and vitamins. Eating organic food that is unprocessed is the way to achieve this."

"I disagree with the claims made about alkaline water; the best way to optimize your pH is to eat a healthy diet. The two most important substances the body needs to maintain a normal pH level are unrefined salt and iodine. It is especially important not to drink alkaline water with your meals, as this will impair your stomach's natural digestive ability."



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**David Brownstein, M.D.**

David Brownstein, M.D. is a Board-Certified family physician and is one of the foremost practitioners of holistic medicine. He is the Medical Director of the Center for Holistic Medicine in West Bloomfield, MI. Dr. Brownstein has lectured internationally to physicians and others about his success in using natural hormones and nutritional therapies in his practice. Dr. Brownstein has authored ten books:

- *Iodine: Why You Need It, Why You Can't Live Without It*
- *Overcoming Thyroid Disorders*
- *The Miracle of Natural Hormones*
- *Drugs That Don't Work and Natural Therapies That Do*
- *Overcoming Arthritis*
- *Salt: Your Way to Health*
- *The Guide to Healthy Eating*
- *The Guide to a Gluten-Free Diet*
- *The Guide to a Dairy-Free Diet*
- *The Soy Deception*

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