

# Vibrant Cells Vibrant Health

There are more than 75 trillion cells in an adult human body. Except for brain and nerve cells, they live, reproduce and die. Each cell takes on nutrition, delivers its products and eliminates its waste. In fact, the human body is like a well-run country with 70 to 100 trillion inhabitants. (In comparison, the world has only 6.6 billion human inhabitants.) The cells live in utopia, each one does its specific job and obeys a central government – the brain.

Question: Each cell needs oxygen, nutrition, product and waste removal. It does not have a stomach, lung or colon. How is it done?

Answer: Our body does it through our transportation system - **the blood - our river of life!** It delivers oxygen and nutrients, picks up the products from each cell and carries out the waste. **The blood is over 90.7% water!** (Yes, almost 91%). How good the water is and how often you change it makes a big difference in our overall health. (Just like a car, how often we change the oil will make a big difference as the car ages.)

Why is this “River of life” so important? Here is a quote from Dr. Otto Warburg, MD – 1931 Nobel Prize winner. In his work *The Metabolism of Tumors* he demonstrated that all forms of cancer are characterized by two basic conditions: “Acidosis (too much acid) and hypoxia (lack of oxygen). Lack of oxygen and acidosis are two sides of the same coin: where you have one, you have the other. **Deprive a cell of 35% of its oxygen for 48 hours and it may become cancerous.**”

Dr. Carol Greider, 2009 Nobel Prize winner in medicine discovered that all cells age except CANCER cells. **They live on forever!** This is worth noting! Cancers cells live on in our bodies, they do not die naturally. They must be killed! Yes, Chemo and radiation will kill both cancer cells and good cells, but not all. The cancer cells that remain go into hiding and are like ticking time bombs. They must be sorted out and killed! How? By our immune system! If our immune system is weak, they will come back and explode all over.

**So pay attention to this.**

A clean “River of Life” is very important in building vibrant cells, improves your immune system which fights off diseases.

Kangen Water is different from other water because it has three unique properties:

1. **Best anti-oxidant:** All acids release  $H^+$  ions into the body’s fluids. Kangen Water, through ionization, releases  $OH^-$  which neutralizes the effects of the acids that we ingest from the common American diet, as well as those we are exposed to in our environment. The  $OH^-$  is a type of ion that works as an electron donor, counteracting the “free radicals” that create oxidation which destroys cells and damages DNA.
2. **Micro-clustered:** We all know that water is  $H_2O$ ; however, water lives in various structures and clusters or sizes. Typical water exists in 20 to 25 molecules per cluster. Kangen Water through the ionization process breaks down the cluster sizes to typically 5 or 6 molecules per cluster which are much smaller and more able to flow through the aquaporins (openings) into the cell. (Aquaporins are literally the opening to the cells, and the

opening is always the same size. Thus, Kangen Water with its micro-cluster and smaller surface tension can flow through this opening more easily and efficiently.)

3. **Alkaline:** Healthy human-arterial blood pH varies between a very narrow range of 7.35 and 7.45. Changes in the pH of arterial blood outside this range result in irreversible cell damage and a depleted ability to resist disease. Abnormally high acidity of the blood and tissue fluids is called acidosis - leading to health complications. (Cardiovascular diseases, diabetes and cancer etc.) The typical American diet contains sodas and coffees that dehydrate us and also introduce highly acidic pH levels into our bodies. As we ingest gallons of these substances into our bodies, along with acidic foods, the combination creates a high acidic level in our bodies. This in turn stresses our organs which must maintain our pH balance. Drinking alkaline water eases this burden on our organs and improves the hydration of our cells.

In sum, through these three properties, Kangen Water helps to deliver oxygen, nutrients and together create vibrant cells! To see a good demonstration of these three properties see the video, See the Waters Now at [NaturalMedicalHealth.com](http://NaturalMedicalHealth.com)

*If you are interested in further research, kindly e-mail Doctor Lee at [rcklee@cox.net](mailto:rcklee@cox.net) and I will provide you with more references. In the meantime, you can go to: [www.vibrant-health-solutions.com](http://www.vibrant-health-solutions.com). Chapter 4 of "Standing on the Edge of Tomorrow, Take Charge and Win" is available at the website.*