



Food supplement

The acid-base balance: a source of well-being and vitality. Excessive acidity, as well as toxins accumulated in the body, can affect our health. We must not forget that almost all the vital phenomena that take place in our body are carried out by enzymes (note that an enzyme is a protein with catalytic properties). The dangers of acidification are therefore threefold:

- disruption of enzyme activity,
- aggression of the tissues
- demineralization which forces them to give up bases

As a result of this triple influence, serious acid-base imbalances (acidosis) occur, causing a slowdown of the various organic functions affected. The right attitude is therefore to:

- reduce the intake and production of acids (alkaline diet),
- neutralize the acids present in the body
- stimulate the elimination of acids by dedicated emunctories.

Today's diet is too rich in animal proteins, sugar and fats. Processed products often contain substances that are harmful to cell metabolism, such as aromas, preservatives, heavy metals, pesticides, etc.

Other factors such as lack of physical activity, stress, insufficient hydration or taking certain medications contribute to the body's acid-base imbalance. There are 5 main emunctories: lung, liver, intestine, kidney and skin. They all participate in the elimination of the body's waste products, overabundant or harmful secretions. An excess of toxins and acidity weaken and slow down this elimination function. In spite of this wonderful self-cleansing power to neutralize and eliminate toxins, our body ends up clogging up, by saturation of these elimination systems. Various effects can follow, such as:

chronic fatigue, dull complexion, nausea on waking, migraine, bloat, water retention, muscle aches and pains, (...)

Numerous recent studies demonstrate the importance of a varied and balanced diet for the body. The vital substances for the body are plants. They remain unique because of their great diversity and the bioavailability of the nutrients they contain. They provide little acid and are alkalizing.

As a food supplement, Advanced Water S-100 offers an original solution due to its mineralization, alkalinity and antioxidant properties. It is recognized in the literature that drinking of reduced (alkaline) water has the following properties, among others:

- biological antioxidant potential (BAP) increase of blood plasma
- Stimulation of the body's immune defenses
- Combats oxidative stress
- Deacidifying and alkalizing action.