

Memo from Linda

Regarding candida overgrowth and drinking alkaline water:

Drinking alkaline water (obtained mainly by buying a water alkalizer and filter installed onto your home water faucet) puts highly alkaline water into your stomach. MY THEORY ONLY is that the alkaline water neutralizes the much needed acidic stomach acids that digest your food. Candida yeast is somewhat thwarted in an acidic environment according to the info I have read, so it makes sense that candida would multiply in a more alkaline environment. A year or two after I started drinking alkaline water, I started having problems digesting my food - my stomach acids had declined, and my gall bladder was not producing enough bile to assist the digestion. At around the same time, I was diagnosed with systemic candida. I think the alkaline water contributed to my ill health – remember, this is just my theory, but if you are considering getting a water alkalizer, you may want to think about it. They are relatively new to the market, and the scientific jury is still out as to whether they benefit your health. In my opinion, if you want to create a more alkaline body (OUTSIDE of your stomach), drink lemon water, eat lots of kale and other green leafy vegetables, cayenne, limes, and a number of other foods that will alkalize you naturally.

Here's what Dr. Mercola says about drinking alkaline water:

“Your body simply was not designed to drink highly alkaline water all the time. So I believe it's best to be VERY careful when it comes to something as foundational as the water you drink on a daily basis. If you get it wrong, you could really cause yourself some major damage. “

I wish I had read this before I entered the alkaline water fad...

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