

The Late Mona Harrison, M.D.

Comments & Lecture Notes by the late Dr. Mona Harrison, MD, former Director of the International Water Council.

- **Cancer tumors cannot live in alkaline water. All cancer patients should be on alkaline water, and you and I should be drinking alkalized water so our bodies won't provide an environment for cancer tumors to live.**
- Alkaline water is fantastic for insomnia and colic.
- **The brain is 90% water and when it can't maintain that percentage it will pull water from all other parts of the body.**
- Salt, caffeine, nicotine, valium, alcohol and sugar put your body out of balance. If we don't keep our blood pH at 7.3 or above, death will occur. In fact, death will occur if the blood pH goes below 7.
- **The hydrogen ion is positively charged... [An ionizer]...changes the hydrogen ion into a negative charge. The liver loves negative hydrogen ions. That is why kidney and liver problems can be helped with alkaline ionized water.**
- Urine that has a strong odor indicates an unhealthy body. If the body is balanced there is no ammonia and protein in the urine. An over acid body causes kidney stones and gall stones.
- **Cysts are the beginning of tumors, which lead to cancer because minerals are deficient from that part of the body. Cancer is a long period of mineral deficiency caused by an over acid condition of the body.**
- The kidney, heart, lungs, brain, intestines, mucous and skin are [electrolytic] membranes and need electrolyzed water.
- **Ionized water is great for Attention Deficit Disorder as this condition is [caused by] too much rhodium and iridium in the brain. Ionized water calms these types of children.**
- **Alkaline ionized water allows greater penetration** than any other water and thus wrinkles reduce because the skin is getting the water it needs.
- **When alkaline ionized water was used with Alzheimer's patients, just by drinking a gallon a day, their senility problem subsided.**
- Alkaline ionized water is the frequency of the pineal gland and thus affects all other glands below the pineal gland. That is why the water can lower blood pressure and blood sugar, shrink an enlarged prostate, stimulate sex drive, improve vision, improve MS and Parkinson's Disease, just to name a few.
- **Reverse osmosis water units remove too many minerals from the water that our body needs and is too acid for the body to help the over acid condition.**
- Distilled water is neutral, dead water, and has no minerals or charge.
- **Alkaline ionized water electrolysis converts the inorganic minerals present in the water to organic minerals, just like plant juice.**
- Alkaline ionized water ties up free radicals from attacking healthy cells.
- **Also we are aging too fast because we are acidic and dehydrated!**
- Alkaline ionized water is the most powerful liquid antioxidant that can rebuild the immune system and is revolutionizing the health industry. Most of our health problems today are caused by an over-acid condition of the body.