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In Europe, the changed eating and movement habits of people over recent decades have led many to experience physical over-acidification, thereby laying the foundation for all civilization diseases. All of them? Indeed! - There is no disease known that can persist in an alkaline environment. Sellers of electrical devices for the artificial production of basic water thus found themselves equipped with one of the most brilliant sales arguments in the world when it came to the acid/base problem. They simply claimed that regular consumption of basic water was THE answer to growing over-acidification.

A look at nature raises considerable doubts about this theory. - Not water, but breathing controls the body's pH value, and even to about 65%. Not "wrong water" but too much sugar, white flour, pork, too little sport and exercise are admittedly the main causes of over-acidification. And besides: Why should nature, which is otherwise so perfect, have been providing us for millions of years with rainwater with a "faulty" pH value of 5.6, which humans would first need to "improve" to a value of 9 or 9.5 through an unnatural process like electrolysis? Our body is a complex organism, and effects from permanent consumption of water that nature has not intended for us are not known. Even one of the most well-known manufacturers of basic water draws attention in its instruction manual under the heading "Caution" to the fact that the daily amount of its water should only be 500 to 1000 ml. It is known that an excess of bases can lead to serious health problems and can inhibit the production of pepsin, which can impair the stomach's ability to break down food and proteins.

With a list of claims about health benefits from basic water, ranging from weight loss to increased resistance to cancer, sellers of basic water campaigned in Europe for years. - We searched in vain for studies that would support a universally valid statement regarding the benefits of basic water for health. There are basic waters that are designated as "healing waters," which are consumed under medical supervision for treatment purposes and actually do promote recovery from illness. Should one therefore drink basic water permanently? The effectiveness of antibiotics is equally undisputed, yet nobody would get the idea to take antibiotics regularly on that account.

Read here: Different organs - different pH values from the series: Business idea basic water

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