Is alkaline water actually the solution for an over-acidified body, when ...

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Is alkaline water actually the solution for an over-acidified body, when humans regulate pH levels to 2/3 through the lungs, i.e., through breathing?

Timo Krause, CEO of truu GmbH, explains in this 10.5 min video:

- why a natural, "flexible" pH value of drinking water is much more advantageous for the body than an artificial or manipulated pH value.

- the difference between a buffered and an unbuffered pH value and which of the two stresses the body less.

Have fun!

It's good.
to be truu.