

Alkaline Water

The “Pepsin Effect”

Pepsin is a digestive enzyme found only in the stomach and serves to help digest protein. As such, it is designed to function in a very acidic environment.

Recent studies have found *pepsin* outside of the stomach: in the esophagus, throat and even in the trachea (wind pipe). What this tells us is that *pepsin* is likely released during reflux events and also with belching. If the pH environment is right, this digestive enzyme will continue to “work” wherever it may be and can lead to irritation and even pain in the affected areas.

By drinking alkaline water, the pH environment within the throat and esophagus can be changed to “deactivate” this enzyme. Without an acidic environment, this enzyme becomes inactive and the irritation it can produce is greatly reduced and can even be halted.

Studies have shown a pH of 8.8 or higher is effective in deactivating pepsin. By drinking alkaline water with a pH of 8.8 or higher, you are serving to change the environment in your throat and “disabling” the pepsin that may be present. This is also helpful in reducing irritation caused by post-nasal drainage as well.

There is no “amount” of alkaline water you should be drinking, but instead, focus on sipping on this throughout the day. The more exposure your throat has to the alkaline water throughout the day, the less likely the pepsin will be able to “work,” and irritating nasal drainage can also be flushed away.

Alkaline water has not been shown to interact poorly with any medications or disease states and can be easily incorporated into most diets.

IMPORTANT TO REMEMBER:

- **Needs to have a pH 8.8 or higher**
- **Should be sipped throughout the day**
- **If the pH is not listed it’s not high enough!**

Can be found:	Common Brands:
Tom Thumb	Essentia
Kroger	Evamore
Sunflower Shop (available by the case)	Iceland Springs
