

Scientific Journals on ionised Water

1. Hydration
2. Sport
3. Oxidative Reduction effects
4. Cancer
5. Diabetes
6. Gut health
7. Dangers of highly acidic, sugary soft drinks

1. [Hydration](#)

Effect of electrolyzed high-pH alkaline water on blood viscosity in healthy adults

Joseph Weidman 1, Ralph E. Holsworth Jr. 2, Bradley Brossma 3, Daniel J. Cho 4, John St.Cyr 5* and Gregory Fridman

http://www.readcube.com/articles/10.1186/s12970-016-0153-8?author_access_token=MpBnYSGexQcxBHYSfBCEMG_BpE1tBhCbnbw3Buzl2RNGtq_gj_KI5xZm_FpBDRkPhpb_hXlimbyHd0vie47N5Jv7XEgR2j-vcUE2tAA1sAN7oe2lltuN17H5BBiiYGEEn55alnEX5AExWI6L4vUfs5g%3D%3D

Effect of hydration on whole blood viscosity in firefighters.

[Holsworth RE Jr](#)1, [Cho YI](#), [Weidman J](#).

<https://www.ncbi.nlm.nih.gov/pubmed/23981371>

75% of Americans May Suffer From Chronic Dehydration, According to Doctors

<http://www.medicaldaily.com/75-americans-may-suffer-chronic-dehydration-according-doctors-247393>

2. [Sport](#)

Influence of an alkalizing supplement on markers of endurance performance using a double-blind placebo-controlled design

- Daniel P Heil [Email author](#)
, Erik A Jacobson and Stephanie M Howe

Journal of the International Society of Sports Nutrition 2012:8

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<http://jissn.biomedcentral.com/articles/10.1186/1550-2783-9-8>

3. [Anti-Oxidant Effects](#)

Electrolyzed-reduced water scavenges active oxygen species and protects DNA from oxidative damage.

[Shirahata S](#)1, [Kabayama S](#), [Nakano M](#), [Miura T](#), [Kusumoto K](#), [Gotoh M](#), [Hayashi H](#), [Otsubo K](#), [Morisawa S](#), [Katakura Y](#).

<https://www.ncbi.nlm.nih.gov/pubmed/9169001>

The mechanism of the enhanced antioxidant effects against superoxide anion radicals of reduced water produced by electrolysis.

[Hanaoka K](#)¹, [Sun D](#), [Lawrence R](#), [Kamitani Y](#), [Fernandes G](#).
<https://www.ncbi.nlm.nih.gov/pubmed/14871602>

Electrochemically Reduced Water Protects Neural Cells from Oxidative Damage

[Taichi Kashiwagi](#)¹, [Hanxu Yan](#)², [Takeki Hamasaki](#)², [Tomoya Kinjo](#)², [Noboru Nakamichi](#)¹, [Kiichiro Teruya](#)^{1,2}, [Shigeru Kabayama](#)³ and [Sanetaka Shirahata](#)^{1,2}
<https://www.hindawi.com/journals/omcl/2014/869121/abs/>

Alkaline Water and Longevity: A Murine Study

[Massimiliano Magro](#)¹, [Livio Corain](#)², [Silvia Ferro](#)¹, [Davide Baratella](#)¹, [Emanuela Bonaiuto](#)¹, [Milo Terzo](#)¹, [Vittorino Corraducci](#)¹, [Luigi Salmasso](#)² and [Fabio Vianello](#)¹
<https://www.hindawi.com/journals/ecam/2016/3084126/>

Electrolyzed-reduced water protects against oxidative damage to DNA, RNA, and protein

Mi Young Lee [Email author](#), Yoon Kyoung Kim, Kun Kul Ryoo, Yoon Bae Lee, Eun Ju Park
<http://link.springer.com/article/10.1385/ABAB:135:2:133>

Electrolyzed-reduced water inhibits acute ethanol-induced hangovers in Sprague-Dawley rats.

[Park SK](#)¹, [Qi XF](#), [Song SB](#), [Kim DH](#), [Teng YC](#), [Yoon YS](#), [Kim KY](#), [Li JH](#), [Jin D](#), [Lee KJ](#).
<https://www.ncbi.nlm.nih.gov/pubmed/19887722>

Reduced water for prevention of diseases

,in: S. Shirahata (Ed.), et al., Animal cell technology: Basic & applied aspects, Vol. 12, Kluwer Academic Publishers, Dordrecht (2002), pp. 25–30

Human placental glutathione S-transferase activity and polycyclic aromatic hydrocarbon DNA adducts as biomarkers for environmental oxidative stress in placentas from pregnant women living in radioactivity- and chemically-polluted regions

Toxicology Letters, 196 (2010), pp. 80–86

Electrolyzed-reduced water inhibits acute ethanol-induced hangovers in Sprague-Dawley rats.

[Park SK](#)¹, [Qi XF](#), [Song SB](#), [Kim DH](#), [Teng YC](#), [Yoon YS](#), [Kim KY](#), [Li JH](#), [Jin D](#), [Lee KJ](#).

4. Cancer

Inhibitory effect of electrolyzed reduced water on tumor angiogenesis.

[Ye J](#)¹, [Li Y](#), [Hamasaki T](#), [Nakamichi N](#), [Komatsu T](#), [Kashiwagi T](#), [Teruya K](#), [Nishikawa R](#), [Kawahara T](#), [Osada K](#), [Toh K](#), [Abe M](#), [Tian H](#), [Kabayama S](#), [Otsubo K](#), [Morisawa S](#), [Katakura Y](#), [Shirahata S](#).
<https://www.ncbi.nlm.nih.gov/pubmed/18175936>

Electrolyzed Reduced Water Supplemented with Platinum Nanoparticles Suppresses Promotion of Two-stage Cell Transformation.

[Nishikawa R](#)¹, [Teruya K](#), [Katakura Y](#), [Osada K](#), [Hamasaki T](#), [Kashiwagi T](#), [Komatsu T](#), [Li Y](#), [Ye J](#), [Ichikawa A](#), [Otsubo K](#), [Morisawa S](#), [Xu Q](#), [Shirahata S](#).
<https://www.ncbi.nlm.nih.gov/pubmed/19003049>

Anticancer Effect of Alkaline Reduced Water

<https://www.researchgate.net/publication/237452991> Anticancer Effect of Alkaline Reduced Water

Suppressive effects of electrochemically reduced water on matrix metalloproteinase-2 activities and in vitro invasion of human fibrosarcoma HT1080 cells

[Tomoya Kinjo](#),¹ [Jun Ye](#),^{2,3} [Hanxu Yan](#),¹ [Takeki Hamasaki](#),² [Hidekazu Nakanishi](#),¹ [Kazuko Toh](#),² [Noboru Nakamichi](#),² [Shigeru Kabayama](#),⁴ [Kiichiro Teruya](#),^{1,2} and [Sanetaka Shirahata](#)^{1,2}
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3386386/>

5. Diabetes

Effect of the magnetized water supplementation on blood glucose, lymphocyte DNA damage, antioxidant status, and lipid profiles in STZ-induced rats

[Hye-Jin Lee](#) and [Myung-Hee Kang](#)[✉]

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3572224/>

Suppressive effects of electrolyzed reduced water on alloxan-induced apoptosis and type 1 diabetes mellitus.

[Li Y](#), [Hamasaki T](#), [Nakamichi N](#), [Kashiwagi T](#), [Komatsu T](#), [Ye J](#), [Teruya K](#), [Abe M](#), [Yan H](#), [Kinjo T](#), [Kabayama S](#), [Kawamura M](#), [Shirahata S](#).
<https://www.ncbi.nlm.nih.gov/pubmed/21063772>

Anti-diabetic effects of electrolyzed reduced water in streptozotocin-induced and genetic diabetic mice.

[Kim MJ](#)¹, [Kim HK](#).

<https://www.ncbi.nlm.nih.gov/pubmed/16945392>

Redox regulation by reduced water as active hydrogen donors and intracellular ROS scavengers for prevention of type 2 diabetes

E. Smith (Ed.), Cell technology for cell products, Springer, Dordrecht (2007), pp. 99–101

[S. Shirahata](#), [Y. Li](#), [T. Hamasaki](#), [Z. Gadek](#), [K. Teruya](#), [S. Kabayama](#), et al.

The effect of daily consumption of 2 liters of electrolyzed water for 2 months on body composition and several physiological parameters in four obese subjects: a preliminary report

September 1, 2011 | [Abrabam, Guy E.](#); [Flebas, Jorge D.](#)

<https://www.highbeam.com/doc/1G1-269433201.html>

The role of advanced glycation end products in various types of neurodegenerative disease: a therapeutic approach.

[Salahuddin P](#)¹, [Rabbani G](#), [Khan RH](#).

<https://www.ncbi.nlm.nih.gov/pubmed/25141979>

6. [Gut Health](#)

Selective stimulation of the growth of anaerobic microflora in the human intestinal tract by electrolyzed reducing water.

[Vorobjeva NV](#)¹.

<https://www.ncbi.nlm.nih.gov/pubmed/15617863>

7. [Dangers of Acidic, High Sugar Soft Drinks](#)

Soda and Cell Aging: Associations Between Sugar-Sweetened Beverage Consumption and Leukocyte Telomere Length in Healthy Adults From the National Health and Nutrition Examination Surveys

[Cindy W. Leung](#), ScD, [Barbara A. Laraia](#), PhD, [Belinda L. Needham](#), PhD, [David H. Rehkopf](#), ScD, [Nancy E. Adler](#), PhD, [Jue Lin](#), PhD, [Elizabeth H. Blackburn](#), PhD, and [Elissa S. Epel](#), PhD

Too much cola zaps muscle power

<http://news.bbc.co.uk/1/hi/health/8056028.stm>

10 Reasons to avoid Soda

<https://wellnessmama.com/379/reasons-to-avoid-soda/>

Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis.

[Vartanian LR](#)¹, [Schwartz MB](#), [Brownell KD](#).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1829363/>

Sugary Drinks and Obesity facts Sheet

<https://cdn1.sph.harvard.edu/wp-content/uploads/sites/30/2012/10/sugary-drinks-and-obesity-fact-sheet-june-2012-the-nutrition-source.pdf>

Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis.

[Vartanian LR](#)¹, [Schwartz MB](#), [Brownell KD](#).

<https://www.ncbi.nlm.nih.gov/pubmed/17329656>

Informative article on soft drinks and obesity

<https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/sugary-drinks/#ref34>

Caution: Some soft drinks may seriously harm your health

<http://www.independent.co.uk/life-style/health-and-families/health-news/caution-some-soft-drinks-may-seriously-harm-your-health-6262638.html>

Acid damage of soft drinks on dental health

<https://springsoralhealth.wordpress.com/2012/02/01/ph-of-soft-drinks/>

<https://jissn.biomedcentral.com/articles/10.1186/1550-2783-7-29>

<https://academic.oup.com/bbb/article/70/1/31/5953748>

[/https://pubmed.ncbi.nlm.nih.gov/22844861](https://pubmed.ncbi.nlm.nih.gov/22844861)

[/https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8408322](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8408322)