

How to Make Your Own Alkaline Water



Water is slowly becoming the most precious resource in our world. There's no way around it, it makes up 70% and 80% of our brains and bodies respectively. Water is, in every sense of the word, vital to our existence. Alkaline water offers the best levels of hydration and minerals.

To keep your body nice and hydrated, drink two cups of water first thing in the morning. With them you'll be able to counter the natural rate of dehydration you have while sleeping.

If you're an avid coffee drinker, make sure you drink your before your daily wake-me-up because coffee and other diuretics can further increase your levels of dehydration.

Unfortunately most of the of the water that's accessible to you is either bottled or tap water, both are prone be full of metals, antibiotics, hormones, and chlorine.

Why You Shouldn't Drink Impure Water

Instead of improving your hydration levels and providing the essential minerals your body needs, these types of water make your body do all work to filter out the hazardous materials. This in turn makes us vulnerable to a range of health issues.

Unreliable water can cause a series of complications, ranging from hindering your immune system to upsetting your body's acid and alkaline balance. It also makes you extremely vulnerable to any contamination in public water sources or water bottlers.

Bottled water is not only vulnerable to contaminants in its bottler's system; it also carries the danger posed by the bottles themselves. **PET plastic bottles can release heavy metals and chemicals that affect your body's hormonal balance.**

Tap water itself has its own complications, mostly because the majority of public water systems do not have the capacity to control what pharmaceutical compounds enter the supply.

Unfortunately, we still don't know the **full effects of these chemical residues.**

If your body becomes too acidic, you're likely to experience low levels of energy, persistent fatigue, digestive complication, and it can sabotage weight management.

The good news is that these side effects can be bypassed by drinking alkaline water.

At first glance, drinking alkaline water might seem like a costly affair. The price for alkaline filtration system can go up to three thousand dollars.

But fret not, here's my recipe for homemade alkaline water.

Ingredients:

- **A full pitcher of filtered water (use any standard water filter)**
- **One organic lemon**
- **One tablespoon of pink Himalayan salt (I can't stop saying how amazing it is)**

Instructions:

- **Fill your pitcher with filtered water.**
- **Cut your organic lemon into quarters, and add them to the pitcher (Do not squeeze them).**
- **Add the tablespoon of the pink Himalayan salt.**
- **Let the water sit overnight at room temperature.**

And you're now ready to start the morning.

If you're feeling more adventurous, I also recommend using [Find A Spring](#) to plan a trip to stock up on natural spring water straight from the source.

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/>

<http://eartheasy.com/blog/2012/05/plastics-by-the-numbers/>