

## O2 pH Experiment

One of the greatest defense mechanisms our body has is its ability to fight free radicals. Free radicals are oxygen compounds missing an electron, thus giving them a very powerful positive charge. Any compound containing oxygen, like water (H<sub>2</sub>O), can become a free radical. This "active oxygen" as it is sometimes referred to, is very hungry for electrons, and will react with anything that can give up an electron to it.

This reaction is called oxidation, and a prime example of this type of reaction is how iron (Fe) reacts to this form of oxygen. When iron oxidizes we refer to it as rusting, and the effect is clearly visible.

Our bodies react the same way the iron does in the presence of free radicals or active oxygen; it oxidizes. We don't refer to it as rusting, but the reaction is the same. Over time, as our bodies oxidize, the results show up in different ways. In our skin, this accumulation of oxidative damage causes our skin to lose its flexibility and become wrinkled. We develop rust spots (we call them age spots) in our skin.

Inside our bodies, the oxidation can actually damage the organs to the point where they cannot function properly, and this can lead to symptoms of a number of diseases. Free radicals can react with the DNA in our cells and cause mutations that can lead to various types of cancers. Almost all degenerative diseases common to our culture today is related to oxidative stress in our bodies as it tries to cope with our ever-increasing onslaught of free radical exposure.

But what if there was something that we could do to help the body in its daily battle with free radicals? In an experiment to demonstrate the effectiveness of the O2 Proformance Hydration, in protecting against free radical damages, we took two mason jars and put 8 iron nails in each jar. The jars were then filled with water, and the O2 pH was placed in one of the jars.



This was done February 25, 2013 at my house using my well water. The pictures were taken on February 28, 2013, three days later. As you can see, in the jar without the O2 pH the iron has oxidized, or rusted, but in the jar with the O2 pH, there is no rust at all!

If the O2 pH can protect iron nails from oxidizing, it can certainly help to protect our bodies in the same way. In fact, we can measure the O2 pH's ability to do just that with a meter that can measure the ORP (Oxidation Reduction Potential) value of the water in which it is placed. I have never measured water of any kind that does not contain free radicals. But, when the O2 pH is added, not only does it eliminate the free radicals in the water, it turns the

water into the most powerful anti-oxidant in the Universe, and when you drink it, it neutralizes the free radicals throughout your entire body.