Debunking Medical Myths: The Truth About Alkaline Water

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MYTH #1

Alkaline water prevents cancer

Despite marketing campaigns, there is no research to support the claim that alkaline water prevents or helps treat cancer. There is also no causal relationship between dietary acid and cancer, therefore alkaline water cannot be considered preventative.

MYTH #2

Alkaline water prevents bone disease

Researchers found no evidence that alkaline water prevents osteoporosis, a disease that diminishes bone density, in healthy individuals. It can improve bone health for specific groups of people, such as postmenopausal women with osteoporosis, but alkaline water is not recommended for healthy individuals.

MYTH #3

Alkaline water prevents liver disease

A study on mice showed no effect on liver disease or weight loss from drinking alkaline water compared to regular water.

REFERENCES

