

Ionised water - a fountain of youth?

A Sussex firm is selling machines that turn the stuff out of your tap into alkaline ionised water which they say, among other benefits, is full of antioxidants that can reduce the effects of ageing

DICKON Walker, Director, of Aviva Water, based in North Chailey, believes in the beauty and health benefits of H₂O but not so much in the liquid that comes out of the tap. He also doesn't rate the stuff out of the bottle.

No, what Dickon wants us all to do, for the sake of our health, is to buy one of the water ionisers his company imports. The devices are very popular in Korea and Japan.

The machines take water from the tap, filter it and then put it through an ionising chamber to produce two streams of water, one alkaline, the other acidic. The customer drinks the alkaline one and uses the acidic one for washing and cleaning.

Mr Walker claims that, among other benefits, the alkaline water is high in antioxidants, which in vegetables and fruit, nutritionists say are good for you.

He said that the cost of the machines, from the entry-level at around £700 up to the more expensive at about £1,700, can be offset over the years when compared to the cost of drinking bottled water which he says is not as good for you as the producers claim.

"Bottled water is expensive and is a triumph of marketing over substance."

Mr Walker added that the water may well have been good when it came out of the soil but putting it into plastic and storing it for months takes much of the goodness out of it and, in his opinion, it is no better than tap water which is much, much cheaper.

Not that he has a lot of time for tap water which he says is full of unpleasant chemicals that taste bad.

"The first basic thing you should do for health is to filter it but it is



Dickon Walker and Katie Morley

much better to drink ionised water.

"Ionised water is full of antioxidants that slow down the effect of ageing and help you feel fully energised."

He said that the water can also reduce the effects of naturally occurring acids in the body, such as lactic acid build-up during and after exercise or conditions such as gout.

"One of our 70-year-old customers plays squash three times a week and says he doesn't ache after playing any more."

Mr Walker claims that his own family has seen the health benefits of drinking the alkaline ionised water. His partner Katie has drunk it through her pregnancy and while breast-feeding their baby Sophia-Rose.

"Sophia-Rose has been putting on weight a storm and I'm sure it's because Katie has been drinking the water."

While the ionisers are popular in the Far East, sceptics say we would improve our health by drinking more tap water.

The company's website has more: www.avivawater.co.uk



YOUR PERSONAL TRAINER

Dan Bennett is starting a new fitness column this month in *Sussex Life*.

What do you do?

I'm a personal trainer who travels to my clients to help them improve their health and fitness. I train my clients at their home, in the park or anywhere they like. I use a variety of exercises and tailor my advice to their needs.

What made you want to become a trainer?

I have always been interested in health and fitness. It was a natural progression after I completed my sports science degree in 2000.

What is the best part of your job?

I get to meet and train all kinds of different people including retired couples, 40 and 50-somethings who want to stay fit and healthy, brides looking to lose weight before their weddings and young adults looking to build muscle. Some of my clients are with me for medical reasons, others are training for a specific sports event.

What is the worst part?

Early mornings and late nights! Most of my clients work so I have to offer sessions outside 9-5.

Who would you most like to train?

Anyone who is prepared to listen, follow my advice and give their best. Of course I would also like to train an overweight film star who needs to slim down for a new role!

What is your top training tip?

Start small with what you can manage and then build up from there. Also remember to take a break and give yourself a rest from training every fourth week as you need to recover.

Who is your hero and why?

My wife. She has shown me that love and happiness are the most important gifts of all, and Lance Armstrong, a true example of determination in the face of adversity.

You can reach Matt on 07791209927
Email: enquiries@mbffitness.com
Web: www.mbffitness.com