

# Water and The Brain

Dr. Corinne Allen

[www.brainadvance.org](http://www.brainadvance.org)



## Why is Water So Important for the Brain?

The Brain is 85% water. Optimal brain function depends on water and lots of it. Water is what keeps the brain signals going. When the quality of water is compromised the signals are short circuited. Water supports DNA and is the largest single source of energy. The brain has no way to store water and dehydration comes if all the water lost in a day is not replaced and this deficiency is accumulated. Brain cells need 2x more energy than other cells in the body. Water supplies energy. Nerve transmission consumes one-half of all the brain's energy (nearly 10% of the whole body's energy). When hydrated, you have more energy. When the brain is functioning on a full reserve of water, it will function at full capacity and you'll think better and faster. Creativity is boosted.

## Brain Injury Causes Inflammation.

Brain inflammation can occur from many causes including: head injuries, premature birth, lack of oxygen, vaccinations, pesticides, accidents, and various infections. The resulting inflammation can provide dysfunction in the body's ability to detoxify harmful substances. The brain can also exhibit mitochondria that have low energy output and high free radical generation. Often those with brain challenges like Autism and Aspergers, ADD, depression, panic attacks, head injuries drink almost no water each day, only accentuating the problem in brain functioning.

In Autistics and others where brain inflammation is high, toxins can more more easily cross the blood brain,

flooding the brain with free radicals. Kangen Water<sup>tm</sup> has been providing participants in the Advanced Learning & Development Institute with a strong source of antioxidants and improved hydration. In the ALDI brain programs,

we observed that our expectations have been significantly exceeded by adding Kangen Water<sup>tm</sup> to the protocol program, even as much as 35% improvement in the results.

## Why is Water Important in Advanced Learning & Development Institute's Brain Programs?

It is most common that those with brain issues exhibited in Autism, Aspergers, ADD, Dyslexia, Learning

Disabilities, Traumatic Brain Injuries, Post Traumatic Stress, and Accidents do not drink enough water. Often those with brain challenges will drink almost no water each day, only accentuating the problems in their brain functioning.

Instead, those with brain challenges will favor drinking the very beverages that cause more brain dehydration such as beverages containing caffeine, alcohol, or sugar. Dehydration affects all functions in the brain. Mayo clinic says that the average adult loses more than 10 cups of water every day through breathing, perspiring, and eliminating wastes.

**Why Does Kangen Water Work So Well in ALDI's Brain Program?** Our clients have every brain difficulty imaginable. We see clients with many different signs of brain dehydration including: brain fog, afternoon fatigue, focus problems, depression, anger, emotional instability, grouchiness, over sensitive (including auditory, tactile, taste, smell, visual), exhaustion, headaches, sleep issues, stress, picky eaters, or cravings. Among other signs of dehydration that we see are lack of mental clarity and acuity, ability to get along with other people, pessimism and lack of vision, weakened immune system, and mental fatigue.

Even if a person is 1% dehydrated, there is a 5% decrease in cognitive function. A mere 2% drop in body water can trigger fuzzy, short-term memory, trouble with basic math, and difficulty focusing. Studies show that prolonged dehydration of the brain causes cells to begin to shrink.

Water is an important factor in brain food and productivity. Many think that they can drink soda, coffee, milk, or juice and stay hydrated. This is not true. Especially the brain needs water to send signals from the brain to the rest of the body.

Water eliminates toxins from the brain as well as delivering nutrients to the brain. When the brain is fully hydrated, the circuitry works well and functions at optimum levels. Water is essential for concentration and mental alertness. ALDI's brain program is rigorous. The participants need energy. Most brain injured don't have much energy. Kangen water absorbs into the cells and especially the brain so quickly and efficiently that energy is available instantly to keep clients able to take advantage of maximum therapy in a day.

Studies have shown that most people are permanently partially dehydrated. This means that their brain is working considerably below its capacity and potential. When there is brain injury on top of dehydration, the problems associated with dehydration cause more evident and profound symptoms.

## **Why does Advanced Learning & Development Institute use Kangen Water in Its Brain Program?**

Since water comprises 85% of the brain and 70% of the body, when the body is hydrated with alkaline, highly ionized and micro clustered water, the ability to reduce acidity and dehydration becomes almost immediate.

Water becomes a tool to balance the brain and the body. The brain is only 1/50<sup>th</sup> of the total body weight and it uses 1/20<sup>th</sup> of the blood supply. Yet, for optimal brain function, it needs a lot of water since the brain is mostly water. If there is a lack of water, it can cause mild to severe problems in the brain. Dehydration causes the level of energy generated by the brain to be decreased.

People who have brain injuries and resulting inflammation in the brain, have dysfunction in their ability to detoxify harmful substances like radiation, toxic metals, chemicals, pesticides, pollution, infections, and other free radicals. They also have mitochondria that have low energy output and high free radical generation.

Brain inflammation comes from head injuries, prematurity in infants, lack of oxygen, military receiving trauma from blasts, and infections in the brain. In autistics and other with brain injury where brain inflammation is high, toxins can cross the blood brain barrier easier allowing pollutants, radiation, chemical, pesticides, and toxic metals to flood the brain with their resultant free radicals. To stop the many sources of free radicals attacking the brain and causing brain inflammation, a strong antioxidant and powerful, supportive anti inflammatory agent like the free radical savaging, ionized, microclustered, alkaline water is needed. In the ALDI brain program, we observed that all our therapies were enhanced significantly by Kangen Water. Kangen Water and its ability to

support the body's ability to deal with brain inflammation is exceptional. The results that we are now able to achieve with Kangen Water is beyond any normal therapeutic expectations.

The Advanced Learning & Development Learning Institute uses **high alkaline Kangen Water** to accentuate all therapies and is producing results in our clients that were never before possible so quickly.

## Testimonies



**Johnnie Wilkins, severely Autistic 6-year-old**

Johnnie came to the brain camp with severe autistic behaviors. He could never be left alone. He didn't sleep well. He had many seizures in a day. He yelled and screamed a lot. He never minded anyone. He wouldn't eat healthy food and had to have the refrigerator and cupboards locked at home because his eating was uncontrollable. He wouldn't drink water.

After introducing Johnnie to Kangen Water, he began to crave water and drank many glasses each day. Kangen Water accelerated all the therapies that Johnnie did each day in the brain camp. Johnnie, even before the first 12 days of the program, was holding someone's hand every time he went outside. He began to obey and respond to verbal commands. He stopped screaming and fussing all the time. His social skills improved. His seizures stopped. He made eye contact and smiled a lot. His behavior and progress has continued as he does his home therapy and daily drinks a lot of Kangen Water.

His mother said that she was in awe of the final product. She didn't believe at first that the program would work until she saw how greatly he changed in just the first 12 days." We accomplished more in 6 days than we had accomplished in 6 years with John's doctors. Now my prayers are being answered," said Johnnie's mother.

Johnnie's grandma said, "Each day brought a new miracle. Our autistic boy, who was out of control was obedient, demonstrated social skills and began to play like a normal 6 year old. In 12 marvelous days, we saw more progress than the medical community offered in 4 years."



**Yuan Meng, severe brain injury from brain tumor surgery**

Yuan has been unable to walk, balance, or care for herself for 9 years, since she had surgery for a cerebellar tumor.

Within the first days of intensive therapy at the ALDI brain camp and drinking Kangen Water, she is able to stand freely on her own, even in front of the bathroom sink to wash her hands without single support. She has visible improvement in her coordination, vision, and clear reduction of her facial paralysis with more steadiness, better coordination, and clearer vision. Starting on day 9, she was also able to stand up on her own without any support. She is now able to make 4-8 small steps on her own on a repeated basis.

"We spent nine years in searching for different ways to help Yuan's brain injuries. None of the prior programs

generated any visible changes. The result from the first 9 days' training with this program brought the miraculous changes of Yuan being able to support herself with balance for sustained periods of time and walk a few steps on her own. This is the first time we felt that there is any hope that by following the program beyond the first 12 days, we believe we will eventually restore Yuan's mobility and other neurological functions," said Yuan's husband.

After receiving her doctorate in nutrition, Dr. Corinne Allen went on to more training in neurokinesiology and brain stimulation techniques to help her daughter, who was brain injured from asphyxiation (oxygen deprivation), and for her other child who had Asperger's. An international researcher and practitioner in natural health and nutrition for over 30 years, Dr. Allen is an expert on how to affect brain, learning, and behavior problems without drugs. She is a recognized health care leader for her natural and practical approach to health. She offers other families the kind of life changing information and care she so desperately needed for her own children.



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