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<i>pH Articles</i>				
Article Source	Author	Subject	Abstract or Summary	Link/other
School of Dentistry, The University of Birmingham, St. Chads Queensway, Birmingham B4 6NN, UK.	Parry J, Shaw L, Arnaud MJ, Smith AJ.	Investigation of mineral waters and soft drinks in relation to dental erosion.	Acidic beverages have been shown to cause tooth enamel breakdown.	
Proc Nutr Soc. 2002 May;61(2):151-64.	Nutrition Society Medal lecture.	The role of the skeleton in acid-base homeostasis.		PMID: 12133196 [PubMed - indexed for MEDLINE]
Institut für Prävention und Ernährung, Ismaning, Germany.	Vormann J, Worlitschek M, Goedecke T, Silver B.	Minerals / Low Back Pain	Supplementation with alkaline minerals reduces symptoms in patients with chronic low back pain. Clinical Trials...	PMID: 11787986 [PubMed - indexed for MEDLINE]
American Journal of Physiology and Renal Physiology 284: F32-40, 2003	Maurer, M.; Riesen, W.; Muser, J.; Hulter, H. and Krapf	Acidic Western Diet	Neutralization of Western diet inhibits bone resorption independently of K intake and reduces cortisol secretion in humans The acid load inherent in the Western diet results in mild chronic metabolic acidosis in association with a state of cortisol excess. An alkali balanced diet modulates bone resorption and the associated alterations in calcium and phosphate homeostasis.	
American Journal of Clinical Nutrition 76:6 1308-1316, 2002.	A.; Frassetto, L.; Sellmeyer, D.; Merriam, R. and Morris, R	Acid load in modern diet	Estimation of the net acid load of the diet of ancestral preagricultural Homo sapiens and their hominid ancestors..... contemporary diets generate diet-induced metabolic acidosis	
Swiss Medical Weekly 2001:131, 127-132, 2001.	Wiederkehr, M. and Krapf, R	Metabolic and endocrine effects of metabolic acidosis in humans		

<i>pH Articles contd.</i>				
Article Source	Author	Subject	Abstract or Summary	Link/other
Department of Biochemistry and Molecular Pharmacology, Kimmel Cancer Center, Thomas Jefferson University, Philadelphia, Pennsylvania 19107	Wahl ML, Owen CS, Grant DS	Angiostatin induces intracellular acidosis and anoikis in endothelial cells at a tumor-like low pH.	We report here that the lethality of angiostatin is significantly enhanced both by reduced matrix attachment during exposure and lowered extracellular pH (pH(e)).	PMID: 12380645 [PubMed - indexed for MEDLINE]
Departments of Radiation Oncology and Radiology [H. C. C.], Duke University Medical Center, Durham, North Carolin	Deborah M. Prescott, H. Cecil Charles, Jean M. Poulson, Rodney L. Page, Donald E. Thrall, Zeljko Vujaskovic and Mark W. Dewhirst	The Relationship between Intracellular and Extracellular pH in Spontaneous Canine Tumors It has been demonstrated in murine tumor models that the extracellular environment is acidic,On average, pH _e was more acidic than pH _i , with maintenance of a more physiologically balanced intracellular tumor environment	
Total Health; Jun/Jul2003, Vol. 25 Issue 3, p22, 2p, 1c	Susan E. Brown, Dr. Ph.D, CCN		Excessive Acidity May Aggravate Urinary Disorders	www.phsciences.com
Townsend Letter for Doctors & Patients; Dec2002 Issue 233, p90, 5p	Brudnak, Mark A.		Investigates the correlation between enzyme therapy, digestion and acidosis. Reduction of the alkalinity of the blood and body tissues; Effects of hydrogen ion concentration on nitric oxide synthesis; Depletion of the phosphocreatine for high-energy phosphates	
European Journal of Nutrition; 2001, Vol. 40 Issue 5, p238, 7p	Bushinsky, David A.	Acidic diet affects bone calcium.	Humans generally consume a diet that generates metabolic acids leading to a reduction in the concentration of systemic bicarbonate and a fall in pH. In vitro experiments indicate that this metabolic acidosis causes a release of calcium from bone that initially is simply due to physicochemical dissolution of the mineral.	
European Journal of Nutrition; 2001, Vol. 40 Issue 5, p200, 14p	Frassetto, L. Morris, Jr., R. C. Sellmeyer, D. E. Todd, K. Sebastian, A.	Chronic acidosis effects on the body.	Clinically-recognized chronic metabolic acidosis has deleterious effects on the body, including growth retardation in children, decreased muscle and bone mass in adults, and kidney stone formation... are contemporary humans suffering from the consequences of chronic, diet-induced low-grade systemic metabolic acidosis? Our group has shown that contemporary net acid-producing diets do indeed characteristically produce a low-grade systemic metabolic acidosis in	

otherwise healthy adult subjects

Hydration Related Articles

Article Source	Author	Subject	Abstract or Summary	Link / Other
Better Nutrition, 0405668X, Nov2003, Vol. 65, Issue 11	Atkinson, William	Stress and Hydration	Job stress -Hydration "Keeping well hydrated is one of the most important strategies I utilize to minimize stress,"	
Better Nutrition, Aug98, Vol. 60 Issue 8, p36, 3p, 3c	Turner, Lisa	Water as a nutrient	Focuses on water which is an important nutrient and plays a major role in the body. Long-term effects from water which is not pure. INSETS: What's in the water?; 10 tips for proper hydration	
Parenting, Aug98, Vol. 12 Issue 6, p159, 1/5p	McQuillan, Susan		Parents should encourage their children to drink four to eight ounces of water before, and after playing outdoors, in an effort to maintain their hydration. Indication that water can be substituted with juice that has been diluted; Use of water-dense foods like lettuce, watermelon and frozen juice bars.	
Joe Weider's Muscle & Fitness, Jan94, Vol. 55 Issue 1, p58, 4p, 1c	Sparkman, Dennis R.		Discusses the difference between being in a catabolic or an anabolic state. Water content of the body; Factors contributing to a cellular hydration state; Effects of cell swelling; Role of amino acids in hydration.	
Sports medicine (Auckland, N.Z.); 2004: 34 (1). p. 9-16	Coris, E.E. b ecoris@hsc.usf.edu; Ramirez, A.M.; Van Durme, D.J.		Monitoring hydration status and early intervention may be the most important factors in preventing severe heat illness	
Sports medicine (Auckland, N.Z.); 2003: 33 (1). p. 75-81	Adirim, T.A. a Division of Emergency Medicine, Children's National Medical Center, 111 Michigan Ave NW, Washington DC, 20010, United States b tadirim@cnmc.org; Cheng, T.L.		It is estimated that 30 million children in the US participate in organized sports programmes. As more and more children participate in sports and recreational activities, there has been an increase in acute and overuse injuries...There are six potential ways to prevent injuries in general: (i) the pre-season physical examination; (ii) medical coverage at sporting events; (iii) proper coaching; (iv) adequate hydration; (v) proper officiating; and (vi) proper equipment and field/surface playing conditions.	
Strength and conditioning coach (Brisbane, Aust.); 2003:			Proper hydration: the key ingredient to your athletic success.	Keywords: WATER; HYDRATION; EXERCISE; PHYSIOLOGY

11 (1). p. 7-10				Subject Classification: (979300) PHYSIOLOGY- CARDIOVASCULAR-FLUID-
<i>Hydration Related Articles contd.</i>				
Athletic business (Madison, Wis.); Oct 2003: 27 (10). p. 14	Steinbach, P.		Reports on research conducted at the University of Oklahoma and the Gatorade Sports Science Institute on hydration, salty sweat and cramping.	
Medicine and science in sports and exercise (Baltimore, Md.); Oct 1996: 28 (10). p. 1260-1271			These results suggest that both sodium concentration and fluid volume consumed interact to affect the re-hydration process. A drink volume greater than sweat loss during exercise must be ingested to restore fluid balance, but unless the sodium content of the beverage is sufficiently high this will merely result in an increased urinary output.	Medicine and science in sports and exercise (Baltimore, Md.); Oct 1996: 28 (10). p. 1260-1271
European College of Sport Science (1st : 1996 : Nice, France	Gonzalez-Alonso, J.; Mora-Rodriguez, R.; Below, P.R.; Coyle, E.F.		Dehydration markedly impairs cardiovascular function in hypothermic endurance athletes during exercise	
Medicine and science in sports and exercise, 1996 Jan, 28(1):i-vii			American College of Sports Medicine position stand. Exercise and fluid replacement	