

zazen Water

Educational Series 1



#1
2011

Electrolytes in Water

Sodium, Potassium and Chloride

Sodium, along with **Potassium** and **Chloride**, are **electrolytes**. An electrolyte is a mineral that **dissolves in water** and carries an **electrical charge** also called mineral salts.

Electrolytes are ionized salts in our cells, that transport energy throughout the body.

Since the body is mostly made up of water (75% in adults) electrolytes are found everywhere in the body - inside the cells, in the spaces between cells, in the blood, in lymph glands and everywhere else. Sodium and Potassium have a positive charge while Chloride has a negative charge.

Because electrolytes have electrical charges, they can move easily back and forth through cell membranes. This is important because as they move into a cell, they carry other nutrients in with them and as they move out of it, they carry out metabolic-waste products and excess water.

To keep body fluid levels in balance, your cells need to have a lot of potassium inside them and a lot of sodium in the fluids outside them. To keep the balance, sodium and potassium constantly move back and forth through the cell membranes.

Sodium easily combines with other elements and is necessary to make hydrochloric acid – the powerful digestive juice inside your stomach that breaks foods down to enable it to be digested and

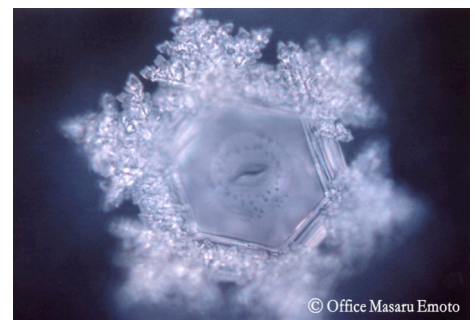
absorbed. (Read Stomach Acid and Alkalinity White Paper).

All three electrolytes – sodium, potassium and chloride – **keep the amount of water in the body in balance**, carry impulses along the nerves, help make muscles contract and relax and keep the body from becoming too acidic or alkaline.

Electrolytes are also required to carry **glucose** (blood sugar) and other nutrients into the cells and to carry waste products and extra water out again. Electrolytes also regulate **blood pressure** and heartbeat.

ZAZEN WATER TEST RESULTS SHOW ALL 3 ELECTROLYTE MINERALS PRESENT plus a balanced range of other minerals.

The zazen Water Crystal – photographed by the Office of Masaru Emoto Feb 2009



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