

The background image shows a hand holding a yellow pH test strip over a glass of clear water. The strip is partially submerged, and its color is changing from yellow to green, indicating a pH level around 7-8. The title 'The “pHar”-Fetched World of pH Water' is overlaid on the top half of the image.

The “pHar”-Fetched World of pH Water

You’ve probably heard the buzz about pH water—claims of slowing aging, preventing disease, increasing bone density, relieving gout, and even neutralizing acid in the body. It sounds impressive, but how much of it is backed by science? Spoiler: not much.

What is pH anyway, and why does it matter?

pH measures how acidic or alkaline a substance is, on a scale from 0 to 14. A pH below 7 is acidic, while a pH above 7 is alkaline. Your body is designed to keep blood pH tightly regulated between 7.35 and 7.45—slightly alkaline—through a process called homeostasis. The lungs and kidneys work together to balance pH by exhaling carbon dioxide or filtering excess acids and bases from the blood.

Health conditions like asthma, diabetes, heart disease, and kidney or lung disease can influence the body’s pH balance, but in healthy individuals, diet and water have minimal effect on blood pH. Significant deviations in pH are rare and linked to serious medical issues like severe infections, poisoning, or organ failure. Disrupting this balance can interfere with critical functions like oxygen use and energy production, becoming life-threatening in extreme cases.

Sources:

1. <https://www.health.harvard.edu/staying-healthy/is-alkaline-water-better>
2. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/alkaline-water/faq-20058029>
3. <https://health.clevelandclinic.org/alkaline-water-dont-believe-the-marketing-hype>

So, does pH water live up to the hype?

Many claims—like better hydration, detoxing, anti-aging, or disease prevention—don’t hold water. Research shows pH water isn’t more hydrating than regular water. However, there is one possible benefit: alkaline water with a pH of 8.8 might temporarily neutralize stomach acid and reduce pepsin, an enzyme tied to acid reflux. While this could provide short-term relief, the stomach’s natural acidity quickly neutralizes the water’s alkalinity. Managing reflux with diet or medication is often more effective in the long run.

Your body is already a pro at maintaining its pH balance, so drinking pH water doesn’t significantly affect your overall health. That’s why claims about detoxing or disease prevention fall flat.

The bottom line:

While pH water isn’t harmful, its supposed benefits are mostly hype. Your body’s natural regulatory systems are already keeping your pH levels in check. Sticking to the basics—a balanced diet, regular exercise, and staying hydrated with plain water—is a smarter way to support your health. Save your money and focus on what really works.

Agua de Jamaica (Iced Hibiscus Tea)



Hibiscus, a flowering plant often used in teas and beverages, is rich in antioxidants like anthocyanins, which give it its vibrant red color. It's also a natural source of vitamin C and may support healthy blood pressure and cholesterol. With its tart, cranberry-like flavor and subtle floral sweetness, hibiscus is a perfect, nearly calorie-free addition to beverages. Dried hibiscus flowers are available at health food stores, international markets, or online. If unavailable, rosehip, cranberry, or tart cherry tea can provide a similar flavor.



Ingredients:

- 1 cup of dried hibiscus petals or 8 hibiscus tea bags
- ½ cinnamon stick
- Juice of 1 lime
- Orange slice for garnish
- 3 cups of water

Instructions:

1. Bring 3 cups of water to a boil.
2. Stir in hibiscus petals or tea bags plus the cinnamon stick and let simmer for 30-40 minutes or until water turns a dark red color. Let cool for 15 minutes.
3. Strain hibiscus into a large pitcher and squeeze as much liquid as possible from petals. Discard petals or tea bags.
4. Add in the juice of 1 lime.
5. Pour in enough cold water to pitcher to fill it, and garnish with an orange slice.
6. Serve immediately over ice, or store in the fridge for later.