

## When To Drink Water? Never With A Meal - Why?

Never drink 'Alkaline Water' with a meal because it dilutes your *acidic digestive juices*.  
Drink the 'Neutral Water' from your Kangen machine with a meal.

But FAR BETTER, **never drink at all with a meal** - I learned this reading Dr. Donald Whitaker's excellent health book - 'The Divine Connection - feel better & live longer'. Many natural health experts also emphatically promote this like Abbey from [Abby's Health & Nutrition](#) in Tampa.

How is it possible to eat without drinking water?

Here's how - **drink well between meals** - I drink 32 oz's first thing everyday; again between 10-11am (assuming **lunch** is around noon); again between 4-5pm (assuming **supper** is around 6pm) & maybe a little water around 10pm (bedtime - not too much so you don't pee all night).

Water (or any liquid) with a meal disrupts & dilutes your digestive juices from doing their work efficiently and causes all kinds of digestive problems - if not now, later.

Water digests in 30-60 minutes (follow your gut - it must feel empty of the water you drank before you start eating) - then it's optimum to eat & your body will still be well hydrated - you definitely won't be thirsty or need to drink.

**Question:** Would you have your favorite fine meal placed in front of you (but not on a plate, rather in a bowl) & pour two glasses of water over it? If you did, people would think you're crazy for ruining such a tasty meal. Well, why do that in your stomach everyday?

**Tip 1:** Carry a 32 oz bottle of pH 8.5 Alkaline Water with you wherever you go to constantly sip between meals.

**Tip 2:** Put 2 drops of [ConcenTrace Trace Minerals Drops](#) in every 32 oz bottle of Alkaline Water. It's important to keep your mineral level up when drinking plenty of water. A sprinkling of Himalayan &/or Sea Salt on every meal will also help keep your mineral levels (electrolytes) up.

Eating is not meant to be a gobble & wash down rushed experience - budget time, sit down, relax, eat slowly & enjoy - **chew properly** - 30-60 times for every mouthful (its not as much as it sounds once you get used to it) - in this way your saliva will properly mix with the food, making it easy to swallow.

Ingesting sufficient **saliva** is important as it's the first essential digestive enzyme, to properly digest & convert food into energy - also preventing many digestive issues.

Another thing to remember is not to drink too soon after a meal - wait at least 2 hours - your stomach must feel like your food is fully or mostly digested before you start drinking again.

**Simple Rule:** Don't **eat** till your water is digested & don't **drink** till your food is digested.

I know it sounds impossible to those who've been drinking & eating together all their lives, but try it for a week - you'll experience the difference & digestive benefits - I did & have never looked back.

To your life, health & longevity!

Smiley Papenfus