

We discovered:

According to Dr. Jamie Koufman, the world's leading authority on the diagnosis and treatment of acid reflux, alkaline water can be very helpful in managing reflux because it helps wash out Pepsin and is good for pH balancing. There is no other food or beverage that measures above pH 8.0. It clears pepsin and destroys it. Most popular beverages are acidic. Acidic beverages activate pepsin and can cause progression of tissue damage. Also, alkaline water is recommended as one of the remedies for people with Barrett's esophagus problems.