

Researcher Interview

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Q1

As we face the issue of Japan's super-ageing society, extending people's healthy life expectancy is an important issue for our country, but is the importance of water in this?

A1

Of course, water is essential to life, but as we age, the amount of water in our cells decreases, and as people become senior citizens, they consume less water, resulting in large numbers of people who suffer from "hidden" dehydration. Having sufficient water in our cells and organs not only preserves the healthy regenerative functions, but it is also connected with improving healthy life expectancy. We also cannot ignore the fact that people who have contracted infectious diseases like Ebola, cholera, or the current novel coronavirus, often die of dehydration. I recommend drinking alkaline ionized water, which is known to be good for our bodies.

Q2

Alkaline ionized water has been recognized for its ability to improve the state of our gastrointestinal tract, and the latest research has indicated that it increases good bacteria (e.g. Bifidobacterium) in the gut flora and reduces bad bacteria. Further, we've learned that it suppresses the growth of bad bacteria in the mouth. I think this is important information for improving healthy life expectancy, but what are your thoughts?

A2

The health of our mouths and gastrointestinal tracts are incredibly important to maintaining our health. I think that's especially true for the health of senior citizens.

Q3

What about the effects of alkaline ionized water on the mucous membrane of our digestive tract?

A3

My thoughts as a specialist in gastrointestinal medicine are as follows: Regularly consuming alkaline ionized water has been shown to make the gastric mucosa healthier, but I'm curious about how it affects the mucosa of the digestive tract. I think that the increase in good bacteria and decrease in bad bacteria is not because alkaline ionized water directly influences gut flora, but because of some other mechanism. If we could devise an experiment, I think this would become an important research topic.

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