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**Minutes of the RWM 2776 held at the Mahendra Smriti Sabhaghar RC Dumdum on 28.02.25 at 6.30 pm**

**ADDRESS:**

President **Rtn. Sanjib Roy** called the meeting to order and warmly welcomed the day's guest speaker, Dr. Rashmi Sharma, and all members to the RWM.



them on the completion of civil construction for the meter room at the Community Centre in *Khudiram* Colony. He further informed the members that the lease arrangement for the site at *Khudiram* Colony would be delayed due to the non-availability of staff in the RR & R Department, Government of West Bengal.

drinking quality water to sustain a healthy life with higher immunity against adversities. She demonstrated the qualities of different types of drinking water, including RO water versus ionized and alkalized water treated with platinum-coated titanium plates.

**Dr. Sharma** advocated for ionized water as a means for better living



**BEGINNING:**

The meeting commenced with the National Anthem, led by **Rtn. Dr. Aniruddha Nag** at the request of the Chairman.

b) As requested, **Rtn. Sanchita Sarkar** introduced the guest speaker of the evening, the eminent wellness coach and image consultant **Dr. Rashmi Sharma**, and welcomed her to enlighten the audience.

and encouraged all to avoid carbonated beverages. Members engaged in an in-depth discussion with her and appreciated the eye-opening insights shared.

**CLUB BUSINESS:**

Secretary **Rtn. Chinmay Roy** conducted the club business.

a) Wedding anniversary greetings were extended to **PP Rtn. Kumar Brata Ghosh** and his partner, **Tapasi**. Members collectively conveyed their best wishes.

c) **Dr. Sharma** greeted the audience and expressed her gratitude to the Club for the invitation. She began by discussing the functioning of the right and left hemisphere of the brain and emphasized the importance of brain exercises for maintaining a healthy mind.

d) The President requested **Rtn. Piyali Ray Paladhi** to thank **Dr. Sharma** on behalf of the club and present her with a traditional Uttariya. As requested by the President **DGN Rtn. Tapas Bhattacharya** offered her a sapling in remembrance of this evening. The session concluded with a resounding round of applause.

b) The receipt of the newsletters 'METRO VOICE,' 'CHAKA,' and 'LIGHT' from RC Calcutta Metropolitan, RC Calcutta, and RC Garden Reach respectively was announced.

**DISCUSSION:**

a) At the request of members, **PE Rtn. Sekhar Chatterjee** updated



She highlighted the necessity of





## ENDING:

The minutes of RWM 2775, which were circulated via email and WhatsApp, were confirmed by the 20 attending members in the presence of one guest. Sunshine contributions were collected through billing. The President concluded the meeting with an invitation for everyone to join the anniversary celebration of **PP Rtn. Kumar** by participating in the cake cutting and expressed hopes to meet again during the next RWM on Friday, March 7th.

## Daily ingestion of alkaline electrolyzed water containing hydrogen influences human health, including gastrointestinal symptoms

Yoshinori Tanaka, Yasuhiro Saihara, Kyoko Izumotani, Hajime Nakamura  
Med Gas Res. 2019 Jan 9;8(4):160–166.  
doi: 10.4103/2045-9912.248267

### ABSTRACT:

In Japan, alkaline electrolyzed water (AEW) apparatus have been approved as a medical device. And for the patients with gastrointestinal symptoms, drinking AEW has been found to be effective in relieving gastrointestinal symptoms. But some users of AEW apparatus do not have abdominal indefinite complaint. Little attention has been given to the benefit for the users which have no abdominal indefinite complaint. The object of this study is to evaluate the effect on health, including gastrointestinal symptoms, when a person without abdominal indefinite complaint, etc., drinks AEW on a daily basis. A double-blind, randomized controlled trial has been designed. Four-week period of everyday water drinking, PW drinking group: drink purified tap water as a placebo, AEW drinking group: drink alkaline electrolyzed water which made by electrolysis of purified tap water. Before the experiment and after the 4-week period of water drinking, Blood tests, physical fitness evaluations, and questionnaire evaluations is conducted. In this study, we did not specifically select patients with gastrointestinal symptoms. Sufficiently clear effect could not be confirmed. But the stools were more normal, and, as shown in the previous report, that drinking AEW is considered to contribute to intestinal normalization. In addition, when drinking AEW, a high proportion of the respondents said that they felt they were able to sleep soundly, and the proportion of subjects who answered that they felt good when awakening increased. The effect of reducing oxidative stress, thus allowing for improved sleep, was exhibited by drinking AEW containing hydrogen, which is considered to be an antioxidant substance.

This research were approved by the Ethics Committee of the Osaka City University Graduate School of Medicine (No. 837) and were registered in the University Hospital Medical Information Network (UMIN) Clinical Trials Registry (UMIN ID: UMIN000031800) on March 22, 2018.

## Is alkaline water better?

Howard E. LeWine, MD, Chief Medical Editor, Editorial Advisory Board Member, Harvard Health Publishing, February 23, 2024

**Question:** Is alkaline water better for you than plain water?

**Answer:** The simple answer is no. There is not any evidence to support choosing bottled or home-treated alkaline water over safe tap water or regular bottled water.

To better understand what is meant by alkaline water, let's start with a review of pH. This is a measure of the acid-base balance of a fluid. The range of pH is zero to 14, with a pH of 7 being neutral.

A pH above 7 means the fluid is alkaline (basic) and a pH below 7 is acidic. The higher the pH number the more alkaline it is, and the lower the number the greater the acidity. For reference, the normal pH of our blood is slightly alkaline, with a range of 7.35 to 7.45. The fluid in the human stomach is very acidic, with a usual pH of 1.5 to 3.5.

The US Environmental Protection Agency (EPA) recommends that town water pH should range between 6.5 and 8.5, with most town water averaging around 7.5. Common bottled waters are usually close to neutral at a pH of 7.0. Bottled alkaline water has a higher pH between 8 and 9.

Because the fluid in the stomach is so acidic, once regular or alkaline water gets down to your stomach there will be little difference in the resulting stomach fluid pH. You could potentially raise the stomach fluid pH by drinking a lot of alkaline water, but it would only be temporary. Even if you drank enough alkaline water to slightly raise the pH of your blood, your kidneys would quickly go into action to rebalance your blood pH.

One potential benefit of alkaline water is to provide symptom relief of heartburn from acid reflux. But again, this would only be temporary. There are much more effective options, such as antacids and drugs that block stomach acid production.

There are possible disadvantages from drinking alkaline water with pH levels above 9. The water will likely have a bitter taste. And for people who regularly take stomach acid production blockers called proton pump inhibitors (PPIs) to maintain a higher stomach pH, drinking strong alkaline water could be dangerous. Adding alkaline water could raise that pH even more and might result in an increased blood pH, which can alter the normal blood levels of chemicals like potassium, especially if they have kidney disease.