

# Is Alkaline Water Better for Hydration? | Dr. Andrew Huberman

<https://silosolo.com/646531>

## Summary

The pH of the cells in the body is strongly regulated. There is no basis for drinking alkaline water to keep the body alkaline. The pH of the water we drink can affect its absorption in the body. Elevated pH water can adjust the function of certain immune system cells. There are other ways to increase water absorption besides purchasing expensive water.

## Silo sample questions

- What is the pH of the cells in the body?
- Is there a basis for drinking alkaline water to keep the body alkaline?
- Does the pH of the water we drink affect its absorption in the body?
- Can elevated pH water adjust the function of certain immune system cells?
- Do you need to purchase expensive water to derive maximum benefits?

## Topics

pH of body cells

Alkaline water

Water absorption

Inflammatory responses

Hydration

## Key Takeaways

- The pH of the cells in the body is strongly regulated and doesn't change much.
- No, there is no basis for drinking alkaline water to keep the body alkaline.
- Yes, the pH of the water we drink can affect its absorption in the body.
- Yes, elevated pH water can adjust the function of certain immune system cells.
- No, there are other ways to increase water absorption besides purchasing expensive water.

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