



The healthy element

The recent water scare in Hong Kong makes us think deeper about the element we can't live without.

健康之源

早前的鉛水恐慌，令我們醒覺原來清潔無害的水，得來殊不容易。

The quest for a healthy lifestyle is not a trend but something that has taken root in our everyday life. We try to exercise more, eat healthy and attain a peaceful mind. But despite our best efforts the threats of a deteriorating environment are coming at us from all directions. Now, when something as fundamental as water is giving us problems, we know the fight is on. Our bodies are made up of over 70% water, and by doctor's orders, we should drink 8 glasses of water per day to meet the body's needs.

While Hong Kong's water goes through a series of rigorous water treatment processes that complies with the World Health Organization's Guidelines for Drinking-water Quality, its quality may erode as it passes through old or substandard piping and plumbing. Heavy metal and bacteria in drinking water are known to cause all sorts of diseases in adults and children, so a water purification system at home is a must.

There has been a proliferation of water purifiers in the market since the lead water scare, especially when it comes to drinking water. Typically, these water purifiers employ a carbon filter or reverse osmosis to screen out harmful substances, or use ultraviolet rays to kill other living micro organisms. Fancier systems may employ a combination of these techniques. The Hong Kong Consumer Council recommends that an NSF certification is a reliable marker of the effectiveness of water purification.

追 求健康的生活不是潮流，這個大趨勢已經在我們的日常生活中紮根。我們知道要多做運動、吃得健康、並盡量保持心境開朗。不過，即使盡了最大的努力，也難以應付日益惡化的環境為我們帶來的侵害。現在連水這麼基本的生活條件也出了問題，可見我們與環境污染真的要打一場持久戰。人體由超過70%的水組成，大家也常常聽到醫生千叮萬囑，每天要喝8杯水才能維持身體的需要。

香港的食水經過嚴格的處理，符合世界衛生組織的飲用水水質要求，但事實上水在通過破舊甚至不合格的水管才抵達家中，其水質已大為降低。飲用水中含的重金屬和細菌有可能引起各種疾病，成人和兒童也不能倖免，因此在家中安裝食水淨化系統是必須的。

由於鉛水事件，市場上出現了大量價錢及款式不一的淨水器以供消費者選擇。一般來說，這些淨水器會用活性炭濾芯或逆滲透過濾有害物質，又或用紫外線消滅微生物，當中較昂貴的可能會用結合不同技術達致淨水功能。香港消費者委員會則建議選用具有NSF認證的淨水系統較有保障。



Functional water

A more advanced approach, however, is not just to safeguard the safety of water, but to turn water into something that works for us. This is the concept behind Biolux whose water generator, apart from being an effective water purifier, is capable of producing functional water by turning it into ozonated or hydrogen water.

A colourless gas at room temperature, ozone has the scent of fresh rain after a storm. It is also a naturally occurring agent for purification. Biolux's ozonated water can completely kill E-coli, S-aureus, Candida albicans, and Salmonella in 15 seconds, which is much more effective than chlorine based bactericidal. Most importantly, it is reduced naturally to oxygen after the sterilisation process and will not cause any harm to you or the environment. The water is best for food preparation, and cleaning towels and kitchenware.

The same water generator can also produce hydrogen water that has excellent antioxidant qualities. A glass of 200ml of Biolux hydrogen water is equivalent to 4.8g of vitamin C (or 100 lemons) in terms of antioxidation capability. In addition, unlike many other anti-oxidants, hydrogen creates no byproducts after drinking so it is the simplest way to eliminate free radicals, defer ageing and keeping healthy. 📍

功能水

除了確保食水安全，更進一步的方法是將水變成具有功能的水。其中英國品牌Biolux就是以此為理念，推出專業的消毒系統，能有效地淨水之餘，更可製造臭氧水或氫水，達致全面的消毒和家居健康功能。

臭氧在室下是一種具青草味的氣體。閃電可瞬間產生臭氧，因此雷雨過後空氣感覺特別清新。原來它也是天然的消毒淨化媒介，Biolux的臭氧水可在在15秒中完全殺死大腸桿菌、葡萄球菌、白色念珠菌和沙門氏菌等，比用氯殺菌更為有效。更重要的是，在滅菌後臭氧會自動還原為氧氣，因此不會對健康或環境造成任何傷害，用作準備食物及清潔毛巾和廚具最為合適。

這個系統亦可製造具抗氧化作用的氫水。200毫升的Biolux氫水等同於4.8克維他命C(或100個檸檬)的抗氧化功能。與其它抗氧化物不同，氫不會在體內產生任何副產品，因此能簡單安全地對抗自由基、延遲老化，時刻保持身體的最佳狀態。 📍