How to Make Magnesium Bicarbonate as a Water Additive

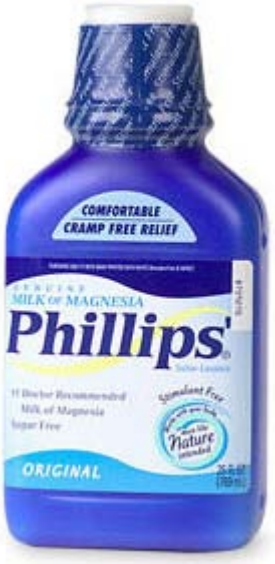
4 Replies

Making magnesium bicarbonate to use as a health promoting water additive is both an easy and affordable task!

Supplies needed:

1. A single liter of chilled, generic soda water, which is simply carbonated distilled water (CO_2 in distilled water)

2. One container of Milk of Magnesia – Please make certain you purchase pure milk of magnesia with no additional flavoring or



additives. One desires simple and plain magnesium hydroxide (Mg(OH)2).

How to prepare:

Shake the bottle of Milk of Magnesia well. Measure out three tablespoonfuls of the white, milky solution.

Open the bottle of soda water, and quickly pour out about three tablespoonfuls of soda water. Then, pour in the three tablespoonfuls of milk of magnesia. Quickly put the cap of the soda water back on. Shake vigorously. Then, place the modified soda water in the refrigerator for thirty minutes. After thirty minutes or so, remove the water, and shake vigorously once more. The solution should become cloudy.

Refrigerate once more. After another 30 minutes or so, the magnesium bicarbonate solution will be ready to use. It should, at this point, be crystal clear. If there is any undissolved magnesium resting at the bottom of the bottle, simply ignore it.

The chemical reaction that produces the magnesium bicarbonate:

$Mg(OH)2 + 2CO2 \longrightarrow Mg(HCO3)2$

In essence, the magnesium hydroxide comprising the “milk of magnesia” reacts with the CO2 in the “soda water” to form magnesium bicarbonate.

There are individuals out there who slowly drink this solution straight, drinking small amounts at a time. However, we prefer to use this as a concentrate, adding small amounts (about an ounce or per gallon) to high quality drinking water, as specified in my post *An Introduction to Drinking Water*.

Unlike other forms of magnesium, magnesium bicarbonate is

about 50% bio available through internal use. 50% is adsorbed into the body where it becomes available to cells, and about 50% enters the colon.

Similar water, with trace minerals added, sells for about $32.00 a Liter in Australia, under the commercial name “Amazing Micro Water”.

According to noted magnesium author Marc Sircus, bicarbonates are the perfect delivery system to transport magnesium directly into the mitochondria.

To quote Sircus:

“It was actually the dedicated work of Dr Russell Beckett, a veterinarian with a PhD in biochemical pathology that paved the way to understand the significance of bicarbonate acting in conjunction with magnesium. He has formulated “*Unique Water*” which, it has been asserted, slowed the aging process and increased the length of life of humans and other mammals and could be used to treat all inflammatory and degenerative diseases. Unique Water is water containing magnesium bicarbonate at an alkaline pH value. Dr. Beckett’s theoretical and experimental research has resulted in the understanding how important both of bicarbonate and magnesium ions are in human physiology and how they work together to optimize human health and the ability to recover from disease.

Bicarbonate ions working alongside magnesium would naturally create the conditions for increased glucose transport across cell plasma membranes. Bicarbonate ions without doubt create the alkaline conditions for maintaining the enzyme activity of pancreatic secretions in the intestines. Bicarbonate neutralize acid conditions required for inflammatory reactions hence sodium bicarbonate would be of benefit in the treatment of a range of chronic inflammatory and autoimmune diseases…”

“…Magnesium does not readily reach the mitochondrion, but if plenty of bicarbonate is available the bicarbonate will act as transport into the mitochondrion. The only problem is that the few

magnesium bicarbonate products available for sale are expensive compared to using magnesium chloride and sodium bicarbonate individually. It is possible though, that one can always make their own magnesium bicarbonate."

Making magnesium bicarbonate a part of a balanced and vibrant drinking water is an ***exceptional*** idea. Please note, however, that individuals with chronic inflammatory conditions or calcification of arteries may have to go slow, and limit the amount of magnesium bicarbonate taken on a daily basis until the body goes through a cleansing crisis. This is one reason why we suggest using smaller amounts of magnesium bicarbonate added to drinking water, rather than drinking the concentrated form directly.

That, and just the right amount of magnesium bicarbonate added to good drinking water makes the water taste simply perfect! Be sure to view the article/post on an introduction to drinking water in order to learn how to make the perfect water for your individual preferences.