

GETTING STARTED

Congratulations for making the decision to give restructured, ionized water a fair test! Your experience is the only thing that matters because you are an individual with a unique body and metabolism.

Start with 8.5 pH

You can start drinking 9.0 pH after two weeks, then 9.5 pH two weeks after that if you have not experienced any intense cleansing symptoms.

How Much?

Drink at least half your body weight in ounces each day. If you weigh 150 pounds, you should consume 75 oz – 9.25 cups – or a little over a half gallon.

The Formula:

$150 \text{ lbs} / 2 = 75 \text{ oz}$ $75 / 8 = 9.25 \text{ cups}$

(Note: there are 16 cups per gallon, 8 oz/cup)

If you have health issues you are trying to address, work up to 3/4 oz per pound of body weight daily. ***If you can consume 1 oz per pound, that will accelerate your results.***

If you are active outdoors, subjected to heat, or an athlete, you should drink more water ... preferably 1 oz per pound of body weight daily.

Fresh is Best!

Get your sample water daily ... ionized water loses its electrical charge and antioxidant power within 24 hours. That's why it's best to drink the water fresh from the machine.

Use Clean Water for Prescriptions

If you take any prescription medication, be sure you take it with plain water or juice, not restructured, ionized water.

If at any time you experience cleansing symptoms, such as headaches, skin eruptions, loose bowels, sinus discharge, coughing or a flu-like feeling, drop back to a lower pH and increase the amount of water you consume. Cleansing symptoms are caused by the body rapidly eliminating stored toxins and acidic wastes.

TRANSITION TIPS

Many health professionals recommend consuming a diet with fewer acidic foods and beverages and more alkaline-forming foods and water. Drinking restructured, ionized water helps shift the over-acidity in your body, but it also helps to do the following:

1. Eliminate Soda, Sugared Drinks, and Sports or Energy Drinks

The most common reason people do not get any benefit from drinking restructured, ionized water is they are consuming too much acidic liquids. It would take gallons of ionized alkaline water to neutralize what they consume, and gallons more to begin to reduce acid waste in the body.

2. Eliminate Coffee

Or at least make it with your restructured, ionized water. You can use about half the amount of coffee and get the same flavor, and the acidity of the coffee will be substantially less. But for best results, if you can, eliminate it or cut back to one cup per day.

3. Eliminate Alcohol

When you first start drinking restructured, ionized water, your body is able to gently cleanse your tissues and organs. If you want to improve your health, it's best to support your body by not exposing it to more challenges. (On the other hand, if you do consume alcohol, drinking restructured ionized water does help with hangovers, according to Japanese bartenders!)

“Bad diets such as meat and potatoes, fried foods, soft drink colas, and sugars build up acid salts in the body. Often these deposits, by having to be stored away from the blood flow, can remain in the body for decades. I recommend the consumption of ionized alkaline water, which will slowly and gently wash these salts away.”

***Dr Hidemitsu Hayashi,
Director of the Water Institute, Tokyo Japan***

DETOXIFICATION

If the Fish Are Sick ...

“When the fish are sick, do you give them a pill? Of course not! You change the water. Drinking plenty of good water every day is like changing the water in your fish bowl. And as long as you need to drink water, you might as well get the best water possible. For a variety of reasons, ionized water is being recognized by professionals as the best choice.”

Dave Carpenter, ND, CCI, CAC
Author, *Change Your Water, Change Your Life*

The “inner sea” of the human body is like the water in a fish bowl, and your cells are like the fish. The pH of your inner sea must be slightly alkaline in order for metabolism to work right and for your cells to receive the nutrients it needs and get rid of the waste generated by metabolism.

When your body begins to eliminate old, stored acid waste from your cells, you may experience cleansing symptoms. Don't be alarmed – while this may be uncomfortable for a short period of time, you will end up with a higher level of health and vitality. Remember, stored acid waste is the foundation of disease and aging.

The Law of Cure

Dr. Constantine Hering's famous Law of Cure states, “All cure starts from the head down, from within out, and in the reverse order that the symptoms appeared throughout the person's life.” What may seem like an aggravation of symptoms could actually be the body's natural healing response retracing its way back to maximum health. Don't stop! Reduce the alkalinity and increase your water intake. If you need to, mix 8.5 pH with clean water. If you have any concerns, please consult your health care professional.

Statements made in this educational brochure have not been evaluated by the US Food and Drug Administration. Nothing herein is intended to diagnose, cure or prevent disease. If you have a medical condition, please consult your health care practitioner. The information provided in this brochure is not a substitute for a face-to-face consultation with your practitioner, and should not be construed as medical advice.

ARE YOU ACIDIC?



The body experiences greater health in cycles. While there are many "one minute wonders" due to the benefits of the water, the majority of people using ionized water will experience a baby-step approach to better health that may take weeks, or even months. That is why we suggest taking note of your existing symptoms (see list below) then reviewing them a few weeks later. People are often amazed at the changes that occurred and what discomforts they forgot they had once upon a time!

We've listed a few common symptoms to get you started; write in anything that pertains to you if it's not listed here.

- | | |
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| <input type="checkbox"/> Acid Reflux | <input type="checkbox"/> Low Energy |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Leg pain/cramps |
| <input type="checkbox"/> Muscular Pain | <input type="checkbox"/> Fibromyalgia |
| <input type="checkbox"/> Joint Pain | <input type="checkbox"/> Brain Fog |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Poor Concentration |
| <input type="checkbox"/> Frequent Colds/ Flu | <input type="checkbox"/> Eczema or Psoriasis |
| <input type="checkbox"/> Blood Sugar Control | <input type="checkbox"/> Obesity |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Sluggish thyroid |

Note anything we missed below ...

Please note that by listing the above symptoms as examples or asking you to list yours, there is no claim made that restructured ionized water will treat, cure or mitigate any disease, nor do we mean to imply that any symptom is caused exclusively by over-acidity.

Symptoms are just the tip of the iceberg.

"The countless names of illnesses do not really matter. What does matter is that they come from the same root cause ... too much tissue acid waste in the body!"

Theodore Baroody, M.D.

Author, *Alkalize or Die*

"You're not sick, you're thirsty. Don't treat thirst with medication."

F. Batmanghelidj, M.D.

Author, *Your Body's Many Cries for Water*

When your cells, tissues, and interstitial fluids are overly acidic, you are more likely to experience the following effects:

- Tire easily and become fatigued
- Find it more difficult to think clearly
- Develop a pessimistic outlook on life
- Lack the energy and vital spark to achieve your goals and aspirations
- Experience more frequent colds, flu, allergies and respiratory ailments
- Experience stiffness, joint pain and arthritis
- Experience chronic fatigue, chemical sensitivities or fibromyalgia
- Experience chronic long-term medical problems like high blood pressure, autoimmune disorders, cancer, heart disease, diabetes, or inflammation
- Retain toxins and heavy metals

For More Information Contact:

Ion Water 101

