

What if the
Answer to
Weight Loss...



... Was Found in
a Glass of Water?



Not Just Any Water ...

... certainly not tap water or bottled water. Restructured, ionized water is the best water for health and weight loss because it has four special properties:

- Alkaline pH
- Negative electrical charge
- Microclustered
- Oxygen-rich

It's like drinking from a pure, high mountain, glacier-fed spring!

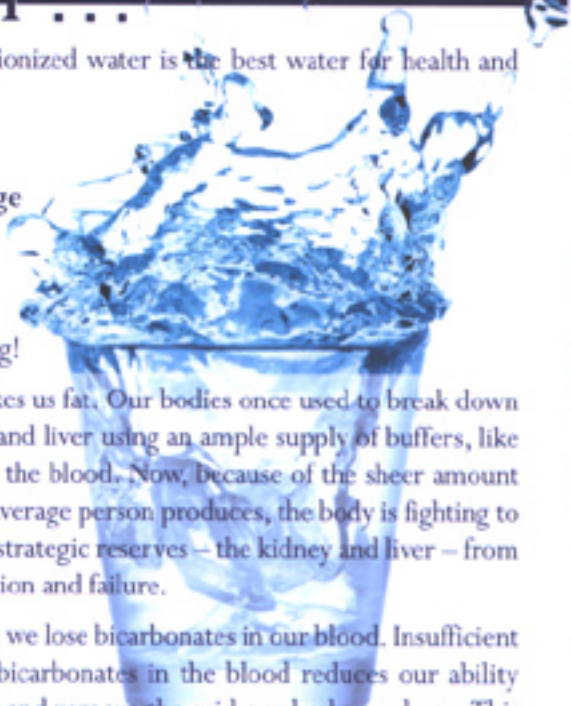
Humans may have undergone an evolutionary change that makes us fat. Our bodies once used to break down food and dispose of the resulting acid waste through the kidney and liver using an ample supply of buffers, like the bicarbonates in the blood. Now, because of the sheer amount of acid waste the average person produces, the body is fighting to protect its most strategic reserves – the kidney and liver – from total degradation and failure.

As we age, we lose bicarbonates in our blood. Insufficient amounts of bicarbonates in the blood reduces our ability to neutralize and remove the acid our body produces. This is one of the root causes of aging. The average age when people start to show symptoms of diabetes, hypertension, osteoporosis and other degenerative diseases is approximately age 45. Since we cannot neutralize all the acid waste we produce, it accumulates in our body. These wastes show up as cholesterol, fatty acid, uric acid, urate, sulfate, phosphate, kidney stones – and excess fat.

Excessive acid causes the body to borrow essential minerals (calcium, sodium, potassium, and magnesium) from our vital organs and bones to buffer or neutralize excess acid. The result is that our bodies suffer from prolonged degradation or corrosion which manifests as many common debilitating conditions.

"...a lifetime of eating diets that deliver evolutionarily super-physiologic loads of acid to the body contribute to the decrease in bone and muscle mass, and growth hormone secretion, which occur normally with age."

Linda Frassetto, MD UCSF



the Secret of the pH Factor

Obesity is a uniquely American disease, and billions of dollars are spent each year on weight loss solutions. Despite the attention, few solutions get to the root cause of obesity. The culprit is not too many calories, the wrong fats or carbohydrates, or not exercising enough. Chronic mild acidosis is the cause.

“The body retains fat as a protection against the overproduction of acids caused by typical American diet. You are not overweight, you are over acidic. Your fat is actually saving your life. Without that fat protecting the cells, tissues, and organs of your body from acids, you would be dead.”

Dr. Robert Young, Author,
The pH Miracle for Weight Loss

The standard modern diet high in protein, sugars and unhealthy fats results in a lot of metabolic acid residue that the body must get rid of. In fact, grains – even whole grains – and fruits also add to the acid load. Green leafy vegetables contain the minerals and chlorophyll necessary to buffer these acids, but we don't eat enough to balance our otherwise acidic diet.

What we drink may be even worse than what we eat. Weight-loss staples such as coffee, tea, and diet soda are all extremely acidic. Bottled water? Acidic. Fruit smoothies, sports drinks, and milk? All contribute to the acid load the body has to eliminate.



And it's not just the food we eat. Our lifestyle also contributes to chronic acidity. Smoking, air pollution, stress, negative thoughts all increase acidity in the body. So does intense exercise, as lactic acid builds up if you don't drink enough water to flush it out in your perspiration.

The Secret to Weight Loss

The secret to weight loss is to decrease the body's acidity by increasing the intake of alkaline foods and restructured, ionized alkaline water. This will balance out your body's pH, and provide the buffers needed to eliminate acid waste. Most alkaline foods

are vegetables that must be consumed raw to retain their alkalinity, and we just don't eat enough of them.

It's a lot easier to drink restructured, ionized, alkaline water. The alkalinity and negative electrical charge will help the body eliminate acids and toxins from the fat cells. The smaller clusters of water molecules makes ionized water more hydrating, better able to penetrate the cells and remove accumulated waste. According to Dr. Susan Lark, author of *The Chemistry of Success*, ionized water is more readily absorbed by the body, "thereby increasing the water's hydrating ability and its ability to carry its negative ions and alkalizing effect to all the cells and tissues of the body. If you are overly acidic, an alkaline water device can provide a safe, gentle, and effective way of restoring the pH balance of all the cells in your body as well as providing excess free electrons to act as super antioxidants."

“The cells and fluids in most people's bodies... are overly acidic. This can cause a lot of health problems. It prevents your body from neutralizing and disposing of harmful, poisonous toxins and leaves you more susceptible to the cell-damaging free radical oxidation that leads to cancer and other diseases.”

Dr. Robert Atkins, Author, *Dr. Atkins's Diet Revolution*



ionized water ... More than Pure

"Too much acidity in the body is like having too little oil in the car. It just grinds to a halt one lazy Sunday afternoon. There you are - stuck. The body does the same thing."

Dr. Theodore Baroody, Author, *Alkalize or Die*

Restructured, ionized water has the ability to deeply hydrate the tissues, neutralize acid waste and remove it from storage in the fat cells. It helps to naturally flush toxins and acidic waste from your body and is a powerful antioxidant because its negative charge provides electrons that neutralize or stabilize oxygen free radicals, acids and toxins. Restructured, ionized water makes more oxygen available to your cells than distilled, reverse osmosis, carbon filtered, bottled or tap water. Ionized water was introduced to the Japanese public decades ago, and it has become the standard water treatment in approximately 1 out of 7 households in Japan and Korea. It is now the fastest-growing water purification technology in North America.

Kangen means "Return to Origin" in Japanese. The use of the word is regulated in Japan by the Japanese government. In order to be called Kangen, water must be alkaline, micro-clustered pure, and have a high negative ORP, or oxidation-reduction potential. In the US, Kangen Water™ is a trademark of Enagic USA, Inc. Kangen Water is used in over 100 hospitals and medical clinics in Japan for its scientifically documented health benefits. It is produced by a medical device (Japan) which is prescribed for home use by Japanese physicians.

Ionized water is not only the best water we can drink, it is the best substance we can possibly put in our body. Consumption of ionized water is critical if we wish to bring the body into balance, a state known as homeostasis.

Bob McCauley, Author
The Miraculous Properties of Ionized Water

weight loss Water Facts

- Your body is, on average, 70% water.
- Water is the medium of life – all metabolic processes require water.
- Up to 75% of Americans are dehydrated to the extent that it affects their health.
- The main cause of daytime fatigue is a lack of water.
- Minimum water intake is 1/2 ounce/lb weight.
- As little as a 2% drop in the amount of water in your brain is responsible for mental confusion such as short-term memory loss, being unable to focus and forgetting how to do simple math calculations.
- Many people think they are hungry when they are actually thirsty. A University of Washington study showed that hunger pangs can be relieved by drinking one glass of water in 98% of the dieters surveyed.
- Research shows that about 8-10 glasses of water a day may significantly ease back pain and joint pain for up to 80% of sufferers.
- If your kidneys are water-deprived, the liver has to do their work along with it's own. The extra work means it can't metabolize fat as well, and this sets you up to store fat.
- Water improves your skin, flushing out impurities and filling in the wrinkles, making you look younger.
- Water improves muscle tone. If your muscles are hydrated, they contract more easily, making your exercise more effective. Water also flushes out lactic acid, preventing soreness.
- Drinking at least 5 - 16 oz. glasses of pure water per day decreases the risk of getting breast cancer by 79%, colon cancer by 45% and bladder cancer by 50%.
- Clinical research has shown that restructured ionized water eliminates chronic constipation. When constipation is prolonged, it impacts other body processes and health, including your weight.

Why Ion Water?



- Restructured, ionized water is an antioxidant many times stronger than any food or nutritional supplement – like green tea, berries or Vitamin C.

- Drinking ion water provides a way for the body to neutralize toxins with its abundant free electrons. Toxins stored in fat cells, tissues, organs, and lymphatic fluids are released, resulting in fat loss.

- Restructured, ionized water is “living water” that deeply hydrates the cells. It is absorbed six times faster than tap or bottled water because the cluster size of the water molecule is smaller and it has more hexagonal structures.

- Restructured, ionized water is rich in ionic minerals, like calcium. Research has shown that it significantly increases bone density.

- Restructured, ionized water is alkaline – it is able to neutralize and balance a chronic over-acid state. Chronic over-acidity is the underlying cause of many disease states, including pain, and inflammation. When inflammation is present systemically, the body cannot metabolize stored fat.

- Alkaline, ionized water helps the body preserve and maintain its calcium, magnesium, and potassium reserves by providing ionic minerals and negative hydroxyl ions to buffer excess acids.

For More Information Contact: