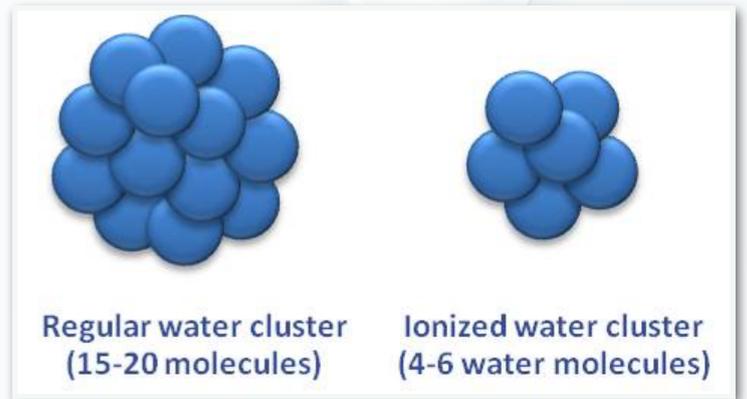


Super Hydrate Your Body

Alkaline water super-hydrates the body

Water molecules come in clusters rather than single molecules. Tap water which is under pressure has very large clusters of 12-14 molecules. The ionization process breaks the electrical bonding of water molecules and restructures the water down to about 5-6 molecules per cluster. This smaller cluster size means that the water can be more easily absorbed into the cells, thereby providing superior hydration for the body and helping to dissolve and flush out acidic solid waste and toxins that have accumulated in the body



The importance of good hydration

Since our bodies are made up of 60% water, the quality and quantity of water we consume will have a very dramatic impact on our overall state of health. Every healing and life giving process that happens in our body happens through water!

Yet many people do not hydrate themselves enough, or choose to drink coffee, tea, fruit juices, soft drinks, power drinks, and alcohol instead of water. The fact is that these beverages contain acid-forming substances which reduce our ability to absorb and retain water. In the case of alcohol and caffeinated drinks, these actively stimulate the kidneys to produce more urine, causing further water-loss.

You're thirsty!

Water is without doubt THE most important nutrient available to us, yet it is also the one that is most frequently overlooked. Although deficiencies of other nutrients can be sustained for months or even years, a person can only survive a few days without water. Indeed, scientists rank water second only to oxygen as essential for life.

Approximately 60% of our total body weight and 80% of our brain is made up of water. Water plays a vital role in all bodily functions and is the main component of all the blood that travels through your body, carrying oxygen to your cells, muscles and organs. Water is a universal medium for biochemical reactions, joint lubrication, nutrient delivery, waste disposal, heat dispersion and temperature regulation.

Yet, many people are so dehydrated that they become sick. In his book, *Your Body's Many Cries for Water*, Dr. F. Batmanghelidj reports how many diseases can be attributed to chronic dehydration and how drinking sufficient amounts of water, our most important nutrient, can resolve many of these health concerns.

When we don't drink enough water, our bodily processes slow down, electrolytes and other nutrients can't be transported properly, cell function reduces, heat-loss becomes difficult, and waste products and toxins are not efficiently eliminated through the kidneys and build up in our body over time.

