

Why Alkaline Water?



Those Who Daily
 Drink Alkaline,
 Anti-Oxidant Water,
 Age Well and Seldom
 Ever Get Sick!



See Chart Below...

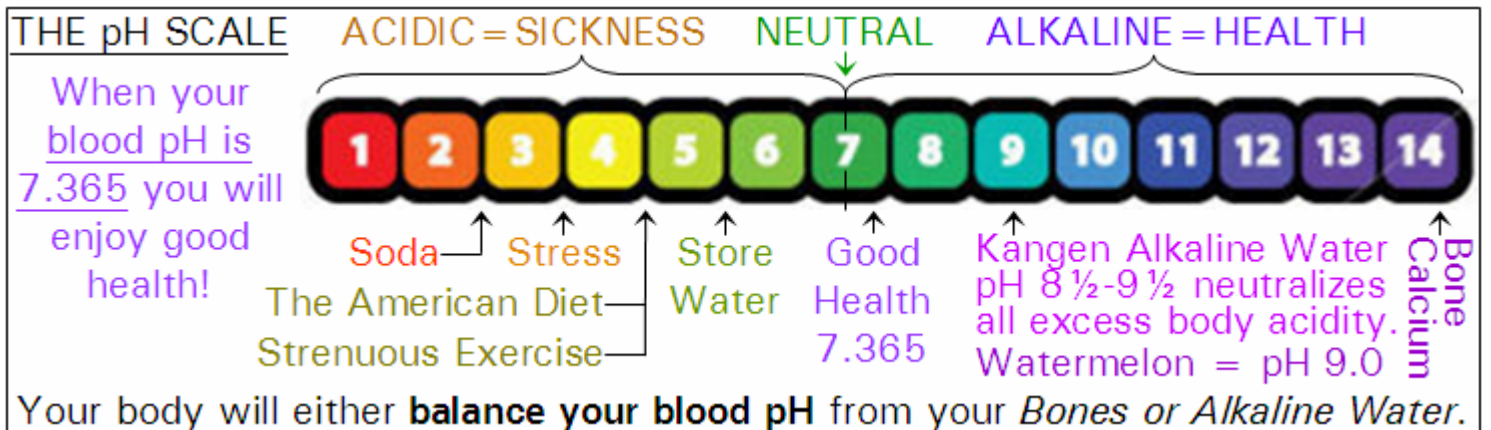
To All Health Seekers,

Just like your body temperature needs to be **98.6°**, so your blood pH needs to be **7.365** for excellent health. **Your blood is 92% water; healthy pH water = healthy pH blood = a healthy body.** An **acidic body** is forced to kill you slowly (*by daily raiding your bones & organs of essential alkaline nutrients*), to prevent you dying immediately.

Start enjoying a *multitude* of HEALTH BENEFITS simply by drinking the smoothest tasting water ever!!!

Call **Smiley** at **813.600.3292** to switch to **Kangen Alkaline Water** for the same low price as all Acidic-Oxidant (*i.e. unhealthy*) brands of bottled water like Aqafina, Dasani, Smart Water, Zephyrhills, etc. (*BTW, the latter's source is Florida's highly polluted Aquifer*).

Text: 813.765.6145 **Email:** AlkalineWaterCure@gmail.com



AlkalineWaterCure.com

Change Your Water, Change Your Life!!!

The ³ Amazing Properties of Ionized Water & Benefits

HEALTH WATCH

An Excellent Read...

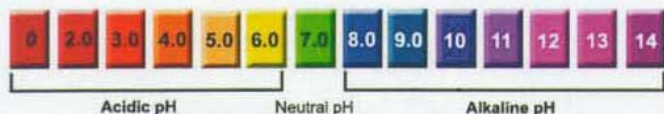
There are three main properties that make ionized water different from any other water in the world: anti-oxidation, micro-clustering & alkalinity. Alone, each of these have tremendous benefits, but when they come together, they create an incredible combination!

Water, usually normal, everyday tap water, enters the water ionizer where it first passes through an internal filter, where impurities and chemicals, like chlorine, are removed. The filtered water then passes through a series of electrically charged electrodes, also known as "plates", where a positive and negative charge physically separates ions of the water into two streams; one is acidic, the "positive" water and one is alkaline, the "negative" water.

ALKALINITY – Property #1

Most people have no idea about the importance of maintaining a balanced pH level in the body. The pH level of the blood is the most vital and sensitive in humans. Balanced blood pH is 7.365, with a very slight margin for change in either direction. A major imbalance of the blood's pH can lead to severe problems, including, in the most extreme cases, death.

Since the pH level of the blood is so vital, when pH values adjust to dangerous levels the body will "steal" pH rich minerals from other less important parts in order to keep the blood balanced. In essence, your body will steal from itself, which is basically killing you slowly, to prevent you from dying immediately.

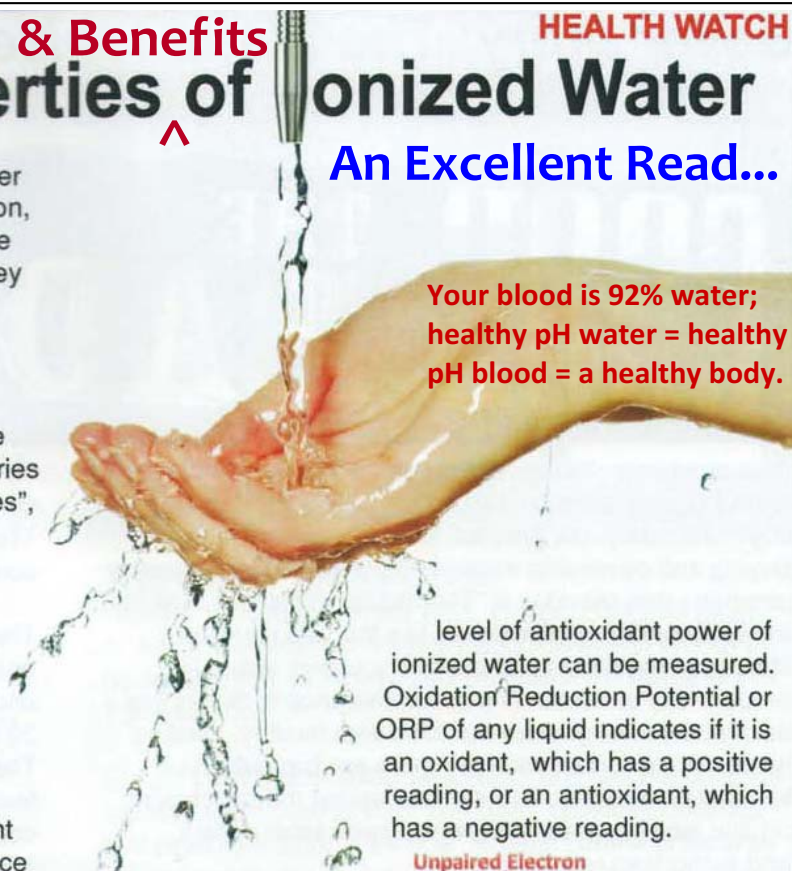


If this happens, the body goes into survival mode, just trying to stay alive, which weakens natural defenses. The body starts using so much energy and resources for basic functions, that the entire system becomes susceptible to disease and degeneration. Unfortunately, the lifestyle choices of most Americans put them in an acidic state of being, known as acidosis.

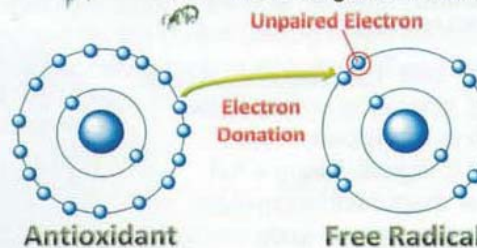
Drinking alkaline rich ionized water helps the body to replenish the necessary alkaline minerals and assists in bringing balance to a body that is overly acidic.

ANTIOXIDANT – Property #2

In addition to alkalinity, ionized water is also loaded with active hydrogen, which serves as an antioxidant when it interacts with the body. Active hydrogen contains an extra electron that it is able to donate to a free radical, which then neutralizes the free radical and renders it harmless. When tested using electronic equipment the



level of antioxidant power of ionized water can be measured. Oxidation/Reduction Potential or ORP of any liquid indicates if it is an oxidant, which has a positive reading, or an antioxidant, which has a negative reading.



Ionized water typically has a negative ORP value of -300 to -700 or lower, depending on variables in the source water and the amount of power being supplied to the electrode.

MICRO-CLUSTERING – Property #3

Water molecules do not just float around, all alone like microscopic drops of water. Instead, they group together in what are known as "clusters". Although there is no actual molecular bond, these molecules stick together and operate as one unit. Most drinking water, including bottled and tap water, is comprised of clusters containing between 16 - 30 water molecules, known as a Macro-Cluster.

During the ionization process these clusters are broken apart, resulting in fragmented clusters containing 4 - 6 water molecules, which is known as a Micro-Cluster. This smaller grouping of molecules is able to penetrate and be absorbed by the body more effectively, which leads to a more rapid and greater degree of cellular hydration.

These properties can be created by virtually any water ionizer, but it is the "staying power" of the properties that is important. Not all water ionizers are created equal, so purchase the one that produces the strongest properties.

Those who daily drink Alkaline, Antioxidant water, age well & virtually NEVER GET SICK

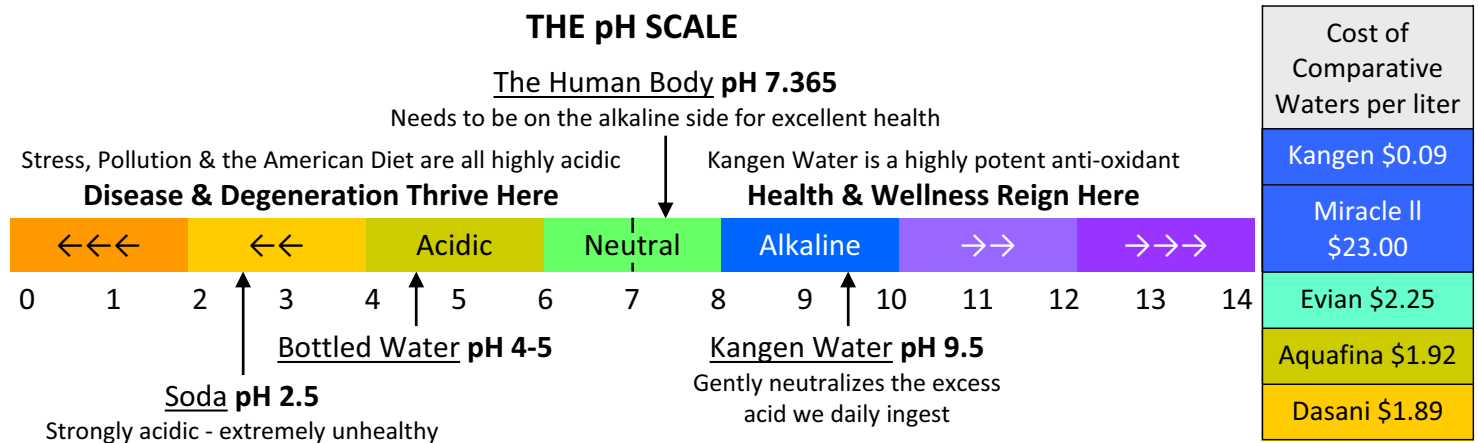


Do you suffer from any of these symptoms?...

- | | | | | |
|--------------|---------------|--------------|-----------|---------------------|
| Arthritis | Heart Disease | Low Energy | Asthma | High Blood Pressure |
| Joint Pain | Headaches | Indigestion | Eczema | Safe Colon Cleanse |
| Fibromyalgia | Obesity | Acid Reflux | Psoriasis | Prostate Problems |
| Osteoporosis | Stress | Constipation | Diabetes | ...& many more |

Change your water ... Change your LIFE!

THE pH SCALE



What are some *time tested* HEALTH GAINS associated with drinking 'Alkaline Antioxidant Water'?

- Detoxifies the body & safely **cleanses the colon**, keeping it clean – (SEE THE VIDEO'S ON THE WEB-SITE BELOW ↓).
- Boosts the body's **immunity** toward improved health & increased energy.
- Promotes healthy weight loss – enhancing one's quality of life.
- Slows down the **aging** process – neutralizing those degenerative 'cell destroying' *free radical* rascals.
- **Increases the absorption** of vitamins & minerals essential to excellent health (just to name a few).

Why is it so IMPORTANT TO DRINK 'Alkaline Antioxidant Water'?

The human body consists of 70% water. This alone should tell us how important it is to drink 'Alkaline Antioxidant Water'. **Stress, pollution & the American diet** all overly tax the body with acidic deposits, which accelerates aging and increases the probability of sickness and disease.

Drinking alkaline water, gently neutralizes this acid overload, **keeping your body in it's happy & healthy pH zone**.

What is a 'Kangen Water' FILTRATION SYSTEM?

Over thirty years of use and research on drinking water has produced the **worlds #1** Alkaline Antioxidant Water system. Kangen water **can be found in over 400,000 homes** and over 100 hospitals in Japan. It is approved by Japan's counterpart of our FDA as a medical device that has substantially improved the quality of life for these families. It transforms regular tap water into pure, healthy, Alkaline Antioxidant Water; without removing essential minerals.



Drink Kangen water – your body will thank you for life!!
Your **improved health** will be all the EVIDENCE you'll need.
Save \$\$\$ over the cost of buying bottled water every week.
Gallon samples of life giving Alkaline Antioxidant Water available from...

Go to →→ AlkalineWaterCure.com ~ 813.600.3292 ~ AlkalineWaterCure@gmail.com

ALKALINE / ACID FOOD CHART

Most high protein foods (such as meat, fish, poultry and eggs), nearly all carbohydrates (including grains, breads and pastas) and fats are "acid-forming." And most fruits and vegetables are "alkaline-forming." Although citrus fruits, such as oranges and grapefruit, contain organic acids and may have an acid taste, they are not acid-forming when metabolized, leaving no acidic residue. Similarly, Free Form Amino Acids are not acid-forming, but instead offer unique buffering capabilities to the body to help offset acidic wastes.

ACID FORMING FOODS

SICKNESS / SUFFERING

MOST ACID

ACID

LOWEST ACID

FOOD CATEGORY

SWEETENERS

FRUITS

**BEANS
VEGETABLES
LEGUMES**

**NUTS &
SEEDS**

OILS

**GRAINS/
CEREALS**

MEATS

**EGGS/
DAIRY**

BEVERAGES

ALKALINE FORMING FOODS

HEALTH / LONGEVITY

LOWEST ALKALINE

ALKALINE

MOST ALKALINE

Raw Honey,
Raw Sugar

Maple Syrup,
Rice Syrup

Stevia

Oranges,
Bananas, Cherries,
Pineapple, Peaches,
Avacados

Date, Figs,
Melons, Raisins, Grapes,
Kiwi, Blueberries,
Apples, Pears

Lemons, Limes
Watermelon,
Grapefruit, Mangoes,
Papayas

Carrots,
Tomatoes, Fresh Corn,
Mushrooms, Cabbage,
Peas, Potato Skins,
Olives, Tofu

Okra,
Squash, Green
Beans, Beets, Celery,
Lettuce, Zucchini, Sweet
Potato, Carob

Asparagus,
Onions, Garlic,
Farsley, Raw
Spinach, Broccoli,
Vegetable Juices

Chestnuts

Almonds

Canola Oil

Flax Seed Oil

Olive Oil

Amaranth,
Millet, Wild Rice,
Quinoa

Soy Cheese,
Soy Milk, Goat Milk,
Goat Cheese,
Whey

Breast Milk

Ginger Tea

Green Tea

Herb Teas,
Lemon Water

***The colors used for this chart are not directly relative to the pH scale.**

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.

A healthy diet should only be 20% Acidic (*meat & potatoes*) and 80% Alkaline (*greens & veggies*).

Your **blood** is 92% water & needs a 7.365 pH for excellent health. **Healthy blood = a healthy body.**

Americans are way to acidic because of unhealthy diet, sodas, store water, stress, drugs, pollution, etc.

A Kangen Alkaline Water machine purifies neutral tap water and then ionizes it to 9.5 pH healthy water.

Kangen Water goes a l-o-n-g way to transform your health. Change Your Water ... Change Your Life!!

For \$16-\$47 pm, 12 months interest free, own a Kangen machine → www.AlkalineWaterCure.com



Natural Miracles – Phytonutrients – Eating from the 7 Colors of Food – Very Healthy

Did you know that color is the most effective way for choosing fruit and vegetables. Why? Choosing foods by their color is a key facto. Unfortunately, "most Americans eat only two to three servings of fruits and vegetables per day without regard to the phytochemical contents of the foods being eaten" (7). The color of fruits and vegetables correlates with their phytochemical composition; furthermore all phytochemicals have antioxidant effects. So selecting fruits and vegetables based on their colors acts as a nutrition guide for consumers that helps people change their dietary patterns. Ideally, fruits and vegetables should contain each of the seven color groups each day (7).



Make your food colorful – there are seven major colors for fruits and vegetables – see below for their benefits...

Red

Eating red fruits and vegetables such as tomatoes and tomato products, strawberries, and watermelon, helps the body to prevent cancer because of Lycopene, which may inhibit cholesterol synthesis and enhance LDL degradation. Tomato products are more effective than tomatoes themselves.

Red/ Purple

Foods like berries, grapes, and red wine, because of their anthocyanins and polyphenols, help maintain brain function and protect coronary heart diseases.

Orange

Foods like carrots, mangoes and pumpkins, because of their carotene compounds, can help neutralize free radicals that may damage cells, bolster cellular antioxidant defenses, and can be made into vitamin A in the body.

Orange/ Yellow

Flavanoids in cantaloupe, peaches, oranges, papaya and more may contribute to maintenance of heart health, and neutralize free radicals that may damage cells, and bolster cellular antioxidant defenses.

Yellow/ Green

Foods like spinach, avocado, and honeydew contain Lutein and Zeaxanthin that may contribute to maintenance of healthy vision.

Green

Broccoli, cabbage, and cauliflower may enhance detoxification of undesirable compounds, because of their Indoles and Glucosinolates.

White/ Green

Leeks, onions, garlic, and chives contain Allyl sulphides that contribute to these foods' strong odor. They inhibit cell proliferation of cancer cells and studies show that they may be useful for in vivo clinical use against Helicobacter pylori infections and also bolster the immune system.

Eat Healthy and Drink Plenty of Kangen Alkaline Water

“**The Seven Pillars of Health**” are listed in Dr. Don Colbert’s book by the same title...

1. **Alkaline Water** – 5 to 8 glasses a day.
2. **Quality Sleep** – 7 to 9 hours a night.
3. **Living Food** vs Dead Food – metabolize phytonutrients from the 7 colors of the rainbow everyday.
4. **Exercise** stirs your water & moves your lymphatic system – drink Alkaline Water during & after exercise.
5. **Detoxification** – Alkaline Water is the most potent & effective detoxifier.
6. **Nutritional Supplements** – Alkaline Water multiplies absorption.
7. Manage **Stress** or it’ll kill you – Alkaline Water neutralizes the excess acid produced by stress.

Quality Alkaline Water is #1 on top of the list, plus it plays a major role in point #'s 4 to 7.

In his excellent book, “**The pH Miracle**”, Dr. Robert Young makes the case for eating an 80% alkaline diet.

This book is filled with dozen’s of testimonials of very sick people, given up for dead by the medical profession, who miraculously turned their health around.

The book emphasizes...

“The single most important thing you will learn in this book is to get your body plenty of pure water. And NOT just ANY WATER – alkalizing water having a pH over 9 will neutralize stored acidic wastes and remove them from your body.”

Another excellent read is “**Your Bodies Many Cries for Water** – you’re not sick; you’re thirsty – don’t treat thirst with medication”, by Dr. F. Batmanghelidj, M.D.

This brilliant Doctor demonstrates in this most informative book how medical science has focused on the 25% of body mass (i.e. a heart, lung, kidney problem, etc.), instead of on the 75% of water in our body, that if pH balanced, will bring life to your cells for every organ to heal and function healthily.

Eat a Rainbow Every Day

Keep track of the colors you eat each day!

	Blue & Purple 	Green 	White & Brown 	Yellow & Orange 	Red 
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

www.AlkalineWaterCure.com

Excess

← AMERICAN →



Unhealthy nutrients

- Sugar
- Salt
- Alcohol
- Tobacco
- Greases
- Saturated fats
- Pesticides
- Artificial colorants
- Preservatives

Deficiency

Healthy nutrients

- Protein
- Vegetable Protein
- Vitamins
- Minerals
- Source of Fibre
- Complex Carbohydrates
- Water
- Fruits and vegetables
- Unsaturated fats

Goal: 80% of our food choices need to come from these healthy life-giving Alkaline Foods.

Water Questions, When to Drink & Alkaline Health Benefits

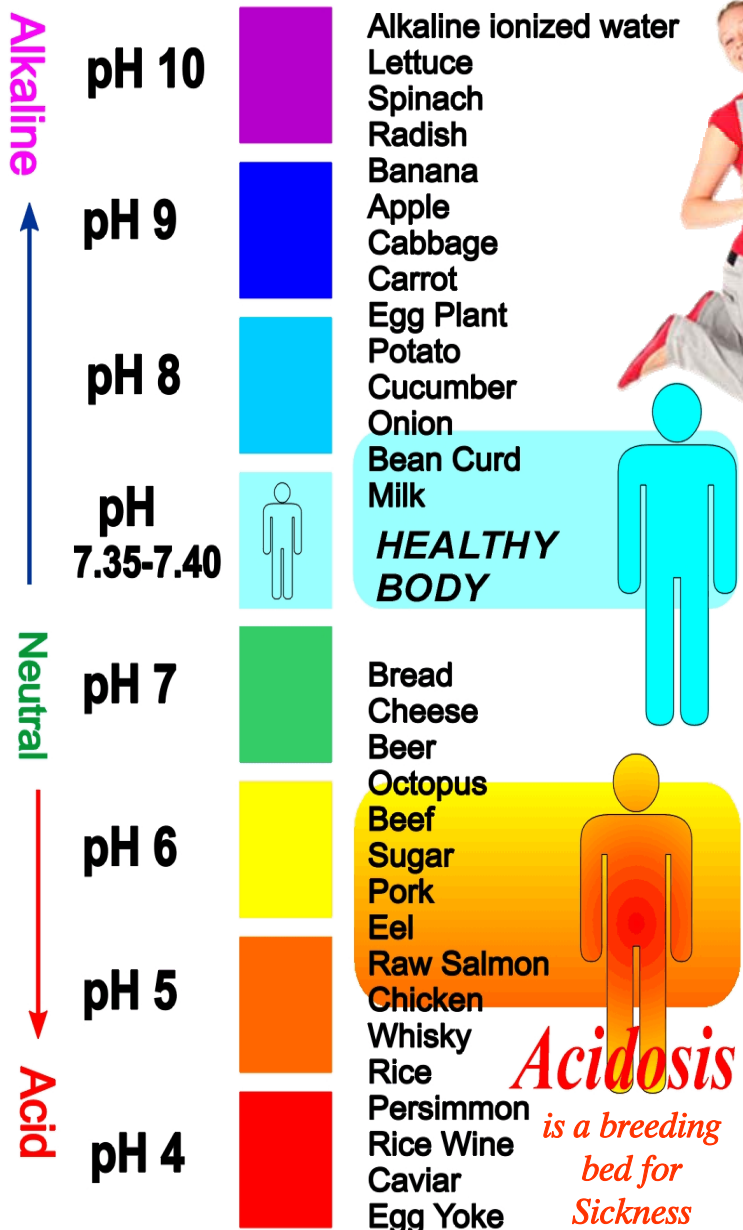
I never knew this – very interesting!

I asked my Cardiac Doctor why does one urate several times during a nights sleep?
Answer: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body is level with the kidneys, it is then that the kidneys more efficiently remove the water. Water is needed to help flush toxins out of your body.

It's very important to drink water at the **certain times** to maximize its effectiveness:-

- ◆ 2 glasses of water after waking up – helps **activate internal organs**
- ◆ 1 glass of water 30 minutes before a meal – helps **digestion**
- ◆ 1 glass of water before taking a bath – helps **lower blood pressure**
- ◆ 1 glass of water before going to bed – avoids **stroke or heart attack.**

pH Level of Food in Relation to our Health vs Sickness



Water at bed time will also help prevent night time leg cramps.

Your leg muscles are seeking hydration when they cramp and wake you up.

