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IONIZED ALKALINE WATER

We care about your health and want to educate you on the most abundant component of your body, water. The majority of your body mass is made up of water. *When we are born we are about 90 % water, by age 1 we are 70% water, at the end of life about we are about 55% water.* We all need to be hydrated for conduction of our nervous system, communication between cells, digestion, elimination, and even our thoughts happen in water! Recently the University of Michigan redid the food pyramid and now water is at the base. Without water, even oxygen cannot be transported.

In Japan, the Association of Medicine for Preventative Disease has endorsed Ionized/Alkaline water (Kangen) since 2002. The purity and quality of ionized water's importance was recognized and now, over 250 clinics and hospitals in Japan use ionized alkaline water for their patients. Kangen (the number one producer of ionized/alkaline water) has been in US since 2003, shortly after the endorsement by the Association of Medicine for Preventative Disease.

Dr. Shinya, one of the top ten physicians in world endorses the use of this water. He played an integral role in the development of the Colonoscopy and has personally done over 300,000 of these procedures. He authored the book called The Enzyme Factor which to date has sold over 2 million copies. He states in his book "*If you want to eliminate your chances of heart disease, diabetes, and cancer, eat a healthy diet and drink alkaline, ionized water.*"

What are the properties of ionized alkaline water?

1. This water is an *antioxidant*. In the filter, the water becomes ionized. In the process, one of the hydrogen molecules is pulled away to make a hydroxyl (OH) molecule which has a negative charge. Free radicals in the body have a positive charge and can be bound up by the antioxidant water rendering them harmless. One free radical may have the ability to damage as many as 20 million health cells in a fraction of a second. Free radical oxidation is enhanced by many things including, but not limited to, smoking, sun damage, drinking soda, breathing toxic chemicals, putting on toxic make up, eating food with pesticides, insecticides, hormones, drinking alcohol, etc. For example, a measure of antioxidant activity or the *Oxidation Reduction Potential (ORP)*, is very high with ionized alkaline water. It is measured *at -350 compared with Vitamin C at -50, and green tea at -80. Most bottled water is +50, some tap water +300, and soda +375. Sports drinks can be as high as +600.* Antioxidants are the number one over the counter supplement in US, therefore, we recommend this water as a part your antioxidant program.
2. This water is "*microclustered water*" – its taste is smoother and creamier. It has a different textural difference in your mouth. This form of water is "wetter" by changing the surface tension. It is super hydrating. Nutritional products taken will be more powerful because of the "microclustering" quality, *allowing easier penetration into the cell.* Many people are drinking a gallon of water but not hydrated, because they are not absorbing the water that they drink. Many times patients are told that they are dehydrated even when they have been drinking plenty of water.

This process makes hexagon water. *Hexagon water is instantly absorbed.* The smaller the molecular clusters, the easier the water will penetrate your cells. One way to measure the size of the molecule clusters is using Nuclear Magnetic Resonance Technology (NMR). The lower the NMR reading, the smaller the clusters. Hexagon water has a certified NMR reading of only 42.3Hz*. Normal tap water, reverse osmosis and distilled water have

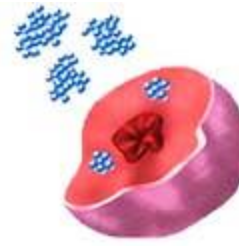


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readings around 128Hz while bottled mineral water reads between 90 and 100Hz. *National Tsing Hua University Report No. GMC 0203001 dated 28th March 2002.



Small water clusters can easily penetrate cells for improved hydration.



Large water clusters do not hydrate cells easily.

You can test the absorption rate for yourself. Try drinking two to three glasses of Hexagon water in one go. You'll notice that you don't feel too full or nauseous because your body is able to absorb and use Hexagon water instantly. This water has shown improved performance in athletes. Typical water clusters from 15 to 90 molecules and it cannot be absorbed into the cell.

In the book, The Water Puzzle and The Hexagonal Key written by Dr. Mu Shik Jhon, he writes that water has qualities similar to quartz. Unless quartz is in the particular form as crystal quartz, it will not conduct light, heat, or information. The same holds true for water: unless it is in the right form, its qualities are dramatically changed. The ability to change the way water moves in our body and transmits information changes our health.

3. Alkaline Water. - Dr. Otta Warburg 1931 –Nobel Prize winner in Medicine and Chemistry. He discovered that cancer won't live in an alkaline environment. Many books show the benefits of being slightly alkaline, including Susan Clark's book The Chemistry of Success: more energy, and recovery from disease was quicker, and immunity was stronger.

Your blood ph should be 7.365. This water will not change the blood ph or we would not survive. The water in the rest of the body should be more alkaline. The number one source of calories in the United States is soda. The average American drinks 70 gallons of soda per year, with kids as the major consumer. As cancer loves an acidic environment, it is the #1 killer of kids under 14. *We want to encourage you and your children to drink high quality alkaline, ionized water.*

Types and Uses of Water from Kangen filter:

1. Alkaline 8.5, 9.0, 9.5 - use with vitamins/herbs or between meals
2. Neutral 7.0 - use at meal time and when taking medication so it enters the body slowly
3. 5.5 beauty water – cleanser for skin
4. 2.5 – for skin disorders, dermatitis, eczema, psoriasis, acne, etc. Use as a disinfectant- counter tops, bathrooms etc.
5. 11.5 alkaline – degreaser, over cleaner, pet stains, clean pesticides/herbicides off fruits and vegetables.

In Japan – Kangen Water is called "*Miracle Water*" and in 1965 it was deemed a medical device.

Health Builders is now offering Kangen Water! Bring in any container, and we'll fill it up with Kangen Water for you to bring home!