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HEALTH+NEWS™

Volume 17 • Number 4

Featuring Information on Alkaline Antioxidant Water

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Your Body Needs Alkaline Antioxidant Water

The Secret's Out: It's the Water

Ben Johnson, M.D., Doctor of Osteopathy (D.O.), Naturopathic Medical Doctor (N.M.D.) Dr. Johnson was recently featured on the #1 best selling DVD "The Secret."

As I was attending medical school, I learned about osteopathy and how the training to become an osteopathic physician was everything normal medical school provided and much more. I was so impressed that I changed from medical school to osteopathic school. I have always been grateful for that decision. I truly believe that osteopathy is the premier medical profession. Since



many people don't recognize what an osteopathic physician is, I returned to school and also received my degree as a traditional medical doctor.

I have always been open to alternative medicine. In fact, one of the major differences between allopathic physicians (M.D.) and osteopathic physicians (D.O.) is that osteopathic physicians are trained in manipulation of the spine.

Throughout my career, I have always strived to learn as much as I can to help people. For many years, I had a general

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Clients Experience Remarkable Results

Steve Marmor, Herbalist, Iridologist, and Nutritional Consultant.



For over 20 years, I have been a natural health practitioner, so I approached the alkaline antioxidant water from a practitioner's point of view.

My emphasis is to discover whether or not a particular treatment or supplement has value for the people I see. I want to understand the health benefit it can offer them. I focus on getting to the underlying cause of an ailment. I know that more disease conditions exist in the body when an

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Water Eliminates Pathogens and Infections

Steven Nelson, N.M.D., participated in Nobel Laureate work at Michigan State University where he was part of a blood biopsy team that was able to pinpoint sub-acute problems in patients before they became serious diseases.

Dr. Nelson has treated a wide range of diseases and syndromes. His primary focus is on helping children with learning disabilities and on healing the elderly who are dehydrated and undernourished.

Dr. Nelson is listed as a top 20 physician in Suzanne Somers' best selling book Breakthrough.

A woman came into my practice who was suffering from glaucoma and had side effects from the prescribed medications. I prescribed alkaline antioxidant water, and after three weeks her inner ocular blood pressure went down to a normal range and her glaucoma went away.

A man in the beginning stages of MS was on the water for three days and felt his strength come back to legs. The alkaline antioxidant water won't cure MS, but it will help him expel toxic by-products in cells from metabolic errors associated with MS.

Another man had kidney stones and

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Study Shows Type I Diabetes Can Be Caused by Acidic Water

Researchers in Norway conducted a study that examined households with 64 cases of Type I diabetes and 250 randomly selected control subjects.

Tap water with a pH in the range of 6.2 to 6.9 was associated with a fourfold higher risk of Type I diabetes compared with water with a pH in the range of 7.7 or higher.

The conclusion that the results suggested is the possibility that the quality of drinking water influences the risk of Type I diabetes.

The study also concluded that even though the possible mechanisms by which water acidity or mineral content may be involved in the etiology of Type I diabetes remain unknown, the mechanisms are most likely indirect and may involve an influence on survival of microorganisms in the water.

*Diabetes Care 25: 1534-1538, 2002
American Diabetes Association*

Personal Experiences with Alkaline Antioxidant Water

Osteoarthritis Pain Went Away

Deborah Cesare • I was diagnosed with osteoarthritis ten years ago, and it continued to get worse. I took cortisone shots for the pain, but they were worse than the pain itself.

I had one set of shots in each thumb and I never went back.

I figured I would just have to live with the pain. I have had osteoarthritis in both of my thumb

joints, literally bone on bone, and rheumatoid arthritis in my index and middle fingers on both hands.

I started drinking alkaline antioxidant water about eight weeks ago and within the first two weeks my pain went away.

Each week I felt stronger and I experienced increased hydration in my whole body. I'm also sleeping much better.

Amazingly, since I started drinking the alkaline antioxidant water, I have lost 25 percent of my body fat. This amounts to

losing 25 pounds, so my body structure is changing for the better. My herbalist had given me some drops to improve the purified water I was drinking.



When I ran out, I went to him for more. He told me he had something better: alkaline antioxidant water. I started buying it by the gallon.

Now my whole family drinks it. I gave some water to my daughter who is an athlete and she ran her best times after drinking it. She'd had a

breakout of acne, but now her skin has cleared up.

I had also been diagnosed with cardiac sensitivity. My heart would race at night so I couldn't settle down. The doctors thought that I was just ultra sensitive to caffeine, so I stopped drinking coffee but it didn't help.

Three weeks after I started drinking the alkaline antioxidant water, the symptoms ceased.

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Personal Experiences with

Skin Problems Eliminated

Darlene Kainui • About two years ago I experienced a minor breakout that kept growing, so I went to my HMO (health maintenance organization).



My doctor referred me to a dermatologist, who gave me steroid shots. But even six shots couldn't contain the breakout.



So I had this hideous breakout on my face, arms, and neck. I also had several incidences of something that looked like eczema or extreme dandruff, but the doctors were not able to give me a complete diagnosis. They told me that once it all cleared up, I could be tested for food allergies.

I had scarring all over, and I wasn't sleeping because of the extreme itching. Heat made it even worse.

I itched from head to toe, and it felt as if I were being stung by bees all over my body. At one time I could count eight sites that were active.

When the breakouts were at their peak, I noticed that even my friends would look at me in horror and then turn away. I couldn't go out into public. When I was in a heated or air conditioned environment, I would begin to itch violently, and I couldn't do anything about it.

My mouth was black and peeling. People thought I had cancer or some other scary disease. I went to many different practitioners to try to find a solution.

Finally, I discovered that I wasn't allergic to anything, but that I had a serious case of candida.

I went to a dermatologist outside of my HMO, and was given two shots. The breakouts subsided for two months, but

then they came back. I went back to my HMO because it saved me money.

Three months ago, a friend gave me some alkaline antioxidant water and I started drinking it. My friend has been there for me ever since, and even delivered the water to me.

After three months, the breakouts have almost completely cleared up. I now make sure to drink alkaline antioxidant water.

The more I drink the alkaline water, the more relief I feel. I haven't had a shot in six months.

No More Gout

Emil Wolfgramm • I have a gout condition that was inflamed, so I had to use a walking stick because of the gout in my feet. It was moderately painful.

I tried alkaline antioxidant water. Just 24 hours after drinking the alkaline antioxidant water, I didn't need the walking stick. The water was somehow able to help my body moderate the gout.

I also used to take medication every day, but I don't have to use it anymore as long as I watch what I eat, and drink the alkaline antioxidant water. The water has benefited me. Now my entire family is drinking it.

Heart Working Properly Again

Rich Cox • I am 64 years old, and have been drinking alkaline ionized water for the last 12 months. I was very encouraged by what I first heard about the water. I know that sometimes the hype doesn't always equal reality, but in my case it wasn't hype.

This water is what it was touted to be. It's the closest thing to the fountain of youth.

When I began to drink the water, my mental clarity improved and I slept more soundly. My digestion and elimination systems have also improved dramatically. I don't feel bloated anymore because everything moves well through my system.

Prior to drinking the alkaline antioxidant water, my blood pressure was 138 over 85. After drinking it, my blood pressure went down to 122 over 72.

I also had serious heart issues for the past 10 years. I had a coronary infarction and was later diagnosed with an ejection fraction of 15 to 20 percent. One third of my heart wasn't working because it had been damaged by scar tissue.

After I started drinking the alkaline antioxidant water, my heart doctor was so impressed that he now drinks the water too.

Alkaline antioxidant water has transformed my

life and has taken me to a whole new level of health. It's the most important choice for my health that I've made.

If you're looking for the fountain of youth, look no farther than alkaline antioxidant water.

Migraines Disappear

Chris Skala • For a multimedia presentation, I photographed a pH



free agent both with an alkaline test and an acidic test. I also photographed a bottle of reverse osmosis water, the water I had been drinking for years. I was surprised that it tested 5.0 on the pH scale, which is acidic.

I also tested a bottle of reverse osmosis water from a local health food store. It tested the same way. Then I tested the alkaline antioxidant water. It tested at a 9.5 to 10.0 pH, which is alkaline.

I retested the water to verify the results, but they were the same. I thought that I'd been making a good choice for my drinking water all along, yet I found out that it was acidic, so I made the decision to start drinking the alkaline antioxidant water.

About two weeks after we began drinking the alkaline water, my wife said that she hadn't had a migraine since she started drinking it.

She'd been having migraines since she was 13 years old. She would have three to five migraines a month that were so severe that she would have to stay in bed with ice packs around her head. Since drinking the water, she's only had one mild migraine.

Being the skeptic I am, I knew that it had to be something else. Now I believe the results because she has only had two migraines since we started drinking the water ten months ago.

Diabetic's Blood Sugar Normal

Bill Fuhrer • My friend told me about remarkable results people were having with reducing their blood sugar by drinking alkaline antioxidant water. I was skeptical.

I have tried all kinds of different things to try to get my blood sugar under control. I take several medicines and insulin shots for my Type II diabetes, and I know what works. Just like every other diabetic, I have a meter that shows my blood sugar level.

For the past five years, since I was diagnosed with diabetes, my blood sugar levels have been around 250 to 300 without medication and insulin, and 135 to 150 with medication and insulin.

I decided to try the alkaline antioxidant water to see if it would actually help lower my blood sugar levels. The second

day of drinking the alkaline antioxidant water, my blood sugar level was at 159. The third day, my sugar level was down to 109, and I no longer took any insulin shots. The fifth day, I showed my wife that my blood sugar level was 99.

We rechecked it just to be sure. I have not seen a 99 reading in the five years since I had been diagnosed with diabetes. I am a skeptic, but numbers don't lie.

I stopped drinking the alkaline antioxidant water for a few days to see what would happen.

I wanted to make sure it wasn't a placebo effect. Sure enough, after only two days, my blood sugar levels were back up to 250. As soon as I started drinking the alkaline antioxidant water again, my blood sugar levels came right back down.

Now I have a lot more energy and I don't have the diabetic mental fog any longer. I am sleeping better, I feel peace, and life is great.

Digestive Problems Overcome

Eduardo Flores • I came to the United States 28 years ago, and within a few years



of arriving here I developed digestive problems. I tried everything, including a vegetarian lifestyle, yoga, and daily exercise, but nothing helped.



Five days after I started drinking the alkaline antioxidant water, my digestive problems and the pain I had tolerated in

the mornings for years were gone. It was like I received a new digestive system.

I discovered that the alkaline antioxidant water has exactly the same level of alkaline as the water near my hometown in Ecuador. My digestive system shut down when I came to the United States, but it started working again once I started drinking the alkaline antioxidant water.

The alkaline antioxidant water gives me extra oxygen and keeps me hydrated. It is the only thing that I have changed in my life and I am so grateful because my life is fantastic and I have so much energy. I have been active all my life, but now I am running as fast as I did 24 years ago, which is unbelievable for me. I feel like I got 20 years of my life back.

Improvements on the First Day

John Meyer • I started drinking alkaline antioxidant water and noticed

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Alkaline Antioxidant Water

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improvements after the first day.

Now I have more energy and improved mental clarity and memory. I am more focused and no longer have brain fog, so I am more productive. I sleep more soundly, wake up rested, and feel less stiff when I get out of bed. I'm losing fat and weight, have diminished food and sugar cravings, and I eat less too.

My severe allergies have decreased, I am breathing better, and my chronic acid reflux symptoms are virtually gone. My overall attitude is more positive now and I am drinking more water per day than I have before.

Water is one of the key elements to life and the alkaline antioxidant water has profoundly impacted my life.

Rotator Cuff Surgery Cancelled

Jo Peckinpaugh • Last fall I had trouble walking because of pain in my hip and



my arm, and I couldn't sleep.

I had several MRIs that revealed an arthritic hip and a torn rotator cuff, both of which would eventually require surgery to correct.

Seven months ago I found a doctor who incorporates standard medical protocol with holistic medicine. He examined me and discovered that my cholesterol was 282, my weight was very high, my triglycerides were 222, and my HDL to LDL ratio was 5.2. He said that I was a walking time bomb.

Even though my physician understood the dangers of statin drugs, he said I needed to take them because I couldn't reverse all of the serious cholesterol and heart issues with diet and exercise alone. Because my husband John had a horrible experience with statins, I said no to the drugs. I told my doctor that I would be back in a few months to retest.

As I was leaving his office, I was thinking it was time to practice what I've been preaching for years and use natural alternatives to overcome health challenges.

After drinking the alkaline antioxidant water for six weeks, I no longer need my sleep apnea machine. Now after three months, I wake up with energy, I dream regularly, and I have lost 15 pounds without dieting. My good cholesterol has gone from 54 to 65 and my HDL to LDL ratios are 3.5. My triglycerides are down to 110 and my blood pressure is 110 over 75.

Last week, I was at my surgeon's office to schedule the rotator cuff surgery. After having me go through the flexibility routine, he started asking me a lot of questions.

He finally told me that we should wait a few months before scheduling the

surgery because I was healing on my own. It was amazing!

The alkaline antioxidant water has made a tremendous difference in my life and has made a greater impact on my overall health than anything else.

Severe Psoriasis Clearing Up

Patricia Peak • Forty years ago I was diagnosed with psoriasis. I have gone through numerous treatments and prescriptions to try to get relief. When I was a young teenager, my dermatologist thought radiation treatment might help, so I even tried that.

Some of these efforts offered temporary improvements, but later the psoriasis usually came back even worse.

A year ago, when the psoriasis covered about 90 percent of my body and was beginning to appear on my face and neck, I knew something had to be done.

I found new information about getting the body to an alkaline state to help with psoriasis. Around that time, my best friend told me about alkaline antioxidant water.

Now, nine months after I started drinking the alkaline antioxidant water and using the acidic water on my skin, my skin has cleared about 70 percent.

For years I had endured itching, bleeding, embarrassment, and restrictions. Doctor after doctor had told me that I'd have to live with the psoriasis because there's no cure. Now I am living proof that psoriasis can be eliminated.

By drinking the alkaline antioxidant water and having the toxins in my body flushed out by the antioxidants, I am now living a healthy life.

Rheumatoid Arthritis Pain Gone

Mary Ann Ebert • The symptoms of rheumatoid arthritis came on suddenly. One day, I felt fine, and the next day, I was in a great deal of pain. I couldn't hold my comb, my toothbrush, or even a knife to cut my meat at dinner. My husband had to do everything for me. I often ended up riding in a wheelchair while my husband pushed me around.

Since the onset of the arthritis, I had gained over 30 pounds and my cholesterol was at 303. I was coming to a point where I knew that I did not want to live the rest of my life in such agonizing pain and debilitation, and actually began having suicidal thoughts.

Five months ago, a friend told me about alkaline antioxidant water and that it was used to treat a variety of ailments. I asked if it might help with rheumatoid arthritis, and he told me that it does help with rheumatoid arthritis.

I began drinking alkaline water immediately and the pain began to go away. After three weeks, I was feeling much better. After five weeks, I was pain-free and living life again. I dropped my cholesterol level 100 points during the month I was drinking the water.

Water Eliminates Pathogens and Infections

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severe lower back pain. No medications were working to alleviate his pain. The alkaline antioxidant water disrupted the acid chemistry that was causing the kidney stones to form, and within two weeks the stones had dissolved.

A mother and daughter were suffering from chronic headaches and allergies. After drinking the water for three days, their headaches and allergies disappeared. They were no longer dependant upon pain relievers and antihistamines to control their symptoms.

As an oncology fellow, I treated a lot of cancer and realized that we're giving cell toxins to cancer patients. Chemotherapy and radiation are severely dehydrating. Cancer patients need the right water.

Water that is treated by reverse osmosis and packaged in plastic bottles is dead, acidic water. Reverse osmosis may remove the bad metals, but it also depletes water of most of its good minerals.

You need to bathe your cells in the trace minerals found in ionized water. Some of these alkaline-ash minerals include magnesium, calcium, potassium, sodium, iodine, selenium, rubidium, and manganese.

The lack of these minerals leads to depression, breathing problems, higher blood pressure, skin problems, sleep problems, joint aches, pain, stiffness, and fatigue.

The ionizer produces an OH⁻ ion which is the source of oxygen in the water. The higher the ORP (Oxidation Reduction Potential), the higher the oxygen retention in the water.

The body needs oxygen to function. It has been shown in the last 15 years, that the atmospheric presence of oxygen has been depleted by 30 percent.

People who are ill and are dying of chronic diseases are oxygen starved.

It's very difficult to improve the atmosphere, but we can easily improve

what people drink. Ionization and oxygenation are the same when it comes to OH⁻ ion. It will sustain life longer and give people energy.

Hans Celier proved that infections cannot live in high oxygen environments in the body.

On the alkalinity side it's been shown by Dr. Robert Young and other sci-

entists, that the more alkaline you keep yourself, the healthier you're going to be, because you're going to metabolize or break down all the acid by-products of cell respiration.

When you start bathing the cells in oxygen-rich water, they are no longer dividing themselves in an acidic and unhealthy environment. The cells begin to divide into new, healthy cells instead of sick cells.

The first place the alkaline antioxidant water affects is the parotid glands, which, along with flora in the stomach and intestines, start stimulating enzymes that activate the pancreas, liver, gall bladder, and small bowel. These enzymes work on food and actually start digesting it properly.

The pH in lymphatic tissue will increase for a short term and then go back down to a better acid range.

By alkalizing your body, you are restoring the body to its normal balance, allowing all systems to function normally.

From a simple dehydration standpoint, virtually 100 percent of my patients are dehydrated, and the more water that is not alkaline ionized water that you drink, the more dehydrated you'll be. Dehydration begets dehydration.

When you drink alkaline ionized water, you're bathing and feeding the cells. People forget that water and oxygen are nourishment the cells can't live without.

As you continue to oxygenate and alkalize, you start changing your body's environment to one that is more positive and where infections and pathogens cannot survive.



Amazing Recovery from Accident

Glenn Myerson • I was an active runner my entire life until five years ago when a car accident ended all of that.

I had to have back surgery and now have a titanium cage around my L3, L4,

Even my husband noticed a difference and began picturing a new, brighter future for us. Before our future was him pushing me around in a wheelchair. Now he began to see us traveling and experiencing new things together. Today I am pain-free, walking, cutting my own meat, and living life again.

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The Secret's Out: It's the Water

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practice where I performed surgeries, delivered babies, and much more.

In 1996, I had a spinal cord injury and became disabled. I was not able to perform many of the tasks of my practice, including manipulation of the spine or surgery. So when a long time friend suggested I help with a chelation clinic, and still stay within the confines of my disability, I agreed.

I became fascinated with alternative medicine from all the questions I was asked by patients. I began to learn that there were entire fields of medicine that no one had ever told me about.

I decided to get a formal education in natural medicine. I went back to school and received my naturopathic medical degree. I practiced alternative medicine for a number of years and was a partner in an alternative cancer clinic.

As an alternative medical doctor and especially treating cancer, the most important psychological issue was emotions, but the most important physical issue was pH. In 1931, Otto Warberg received the Nobel Prize in Medicine for discovering that a low oxygen environment in the tissues was the cause of cancer. The cause for low

oxygen level in tissue is acid pH.

I have worked for years trying to develop herbs and nutrition supplements to help overcome cancer. Our biggest problem was getting the body's pH to an alkaline level. We would try every method under the sun, but it was hard to shift their pH. We knew that if we were able to shift their pH by providing oxygen to the cancer cells, it would have a good chance of healing them. Many people do not realize that cancer cells can be converted back to their original functions.

When I learned about alkaline water, I became very excited. We are now able to inundate a person's body on a very basic level. Since a body is made up of almost 70 percent water, changing the alkalinity of that

water would be a huge accomplishment. Once the body's water pH is changed, it affects the blood's pH. With blood

being more alkaline, the oxygen can be transported better by the blood cells to the tissues of the body.

When I learned that the alkaline water also had a tremendous oxidation reduction potential (ORP) I became even more excited. As a doctor, I have

been asked the question, "If you were alone on a desert island and you could only take one pill, which one would you have in your bag?" My answer would not be a vitamin, but instead would be antioxidants.

Why? Oxidation is the process of rusting and rotting in the body and is the cause on the physiological level of aging, cell obsolescence, and eventually death. Within our own body, we produce oxidizers all the time. We also put things into our bodies, including heavy metals, pesticides, chemicals, and drugs, that come through our food and water. Even sunlight causes oxidation. All of these things create oxidation in our body and free radical damage.

We need antioxidants to overcome free radical damage in our skin, liver, brain, tissues, and basically everywhere in our body.

The alkaline antioxidant water solves two of the major problems that cause

aging and disease: low pH and free radicals. It helps you get healthy and stay healthy by the alkalization of the blood and the antioxidant potential or the oxidation reduction potential (ORP).

Alkaline antioxidant water is probably the most profound discovery of our time. Solutions are usually exquisitely simple. We are looking for them in all the wrong places when choosing medicine from drug companies.

Alkaline antioxidant water changes everything physiologically. It allows the enzyme systems to work the way they should. The alkalinity allows oxygen to get to tissues. More importantly, it provides ready antioxidants to keep our bodies from rotting and rusting through the process of oxidation.

The question is often asked: "Who should be drinking the alkaline antioxidant water?" The answer is simply everyone from children to octogenarians.

How Water Becomes an Antioxidant

Drinking four to six glasses of alkaline water a day will help to neutralize over acidity and over time will help to restore your body's buffering ability. Alkaline water should be used when conditions of over acidity develop, such as when you have a cold, the flu or bronchitis.

Like vitamins C, E, and beta carotene, alkaline water acts as an antioxidant because of its excess supply of free electrons. This can help the body against the development of heart disease, strokes, immune dysfunctions, and other common ailments.

~ Susan Lark, M.D.

University lecturer

and author of "The Chemistry of Success"

Water Machine Essentials

- Produces alkaline water
- Produces antioxidant water
- Produces microcluster water
- Produces superior oxygenation
- Independent certified lab testing
- Technology that cleans system at every use
- Produces high and consistent pH and ORP levels
- State of the art technology
- Good value

Personal Experiences with Alkaline Antioxidant Water

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and L5 vertebrae. I also had surgery on both of my knees.

My entire spine is now degenerative at every level, from my neck to my tailbone. I have psoriatic arthritis, rheumatoid arthritis, and inflammatory arthritis.

Shortly after another accident five months ago, a woman came into my store. I was overweight, using crutches, and taking eight pain killers a day.

She heard my story and said I was drinking the wrong water. She offered to bring me some alkaline antioxidant water. She started bringing me one and a half gallons every day.

Within three days, I was off crutches.

Within five days, I was down to two painkillers per day.

Within one week, I dropped 15 pounds.

After two weeks, I was off all my medications, I'd lost 20 pounds, and I was pain free.

I was scheduled for knee replacement surgery, but after one month, the doctor realized that my knee had healed itself.

Today I'm actually jogging. My body is completely healed, and I feel terrific. Every day gets better and better. The alkaline antioxidant water changed my life. There is a lot more to this water than meets the eye.

Clients Experience Remarkable Results

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acid condition of the blood exists. In my work I look at people's blood regularly. Even if people knew their systems were acidic, they wouldn't know the relevance of that to their health.

My health is good, but I still noticed that my sugar cravings went away within two weeks of beginning to drink the alkaline antioxidant water. I was more hydrated, my skin was looking healthier, and my sleep improved. I woke up more refreshed and feeling more energized.

Over the past four months, I've been conducting a case study of how the water has helped people. I noticed a huge demonstration of its value.

I know of one man who was on 30 units of insulin for Type II diabetes for 14 years. His blood sugar ranged from 175 to 240. He drank three glasses and his blood sugar was down to 114 the next morning. Others have experienced

weight loss and increased energy. The alkaline antioxidant water also helps those who have neuropathy.

One of my clients was experiencing a lot of pain. She had scheduled a concert five weeks in advance not knowing how she would feel that day.

She drank a quart and a half of the water and her pain was relieved so much that she was able to go to the concert.

People come in every day to get the alkaline antioxidant water. They simply don't want to be without it. There is no other water like it.

The alkaline antioxidant water has been remarkable for me. In a very short four and a half months, I have enjoyed the benefits to my body on a mental, physical, emotional, and even a spiritual level. I enjoy drinking the water, and it's a pleasure to be able to share it with others and see the benefits they gain.

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