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HEALTH+NEWS™

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Featuring Information on Alkaline Antioxidant Water

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Miracle Water Ends Health Problems

Solving the Health Puzzle

Sarah G. • I am 88 years old and I've owned a natural health food store for over 50 years.

I have always been aware of the importance of keeping your body slightly alkaline.

It's very difficult to raise your pH by eating alkaline foods and taking supplements if you're still drinking acidic water.

Our bodies are 60 to 70 percent water. Your body can heal itself if your saliva pH is between 7.1 and 7.5. The easiest way to raise your pH is by drinking alkaline antioxidant water. It helps provide the environment your body needs to heal itself like God intended.

Ionized water is not only alkaline, but it is also high in antioxidants and micro clustered. The high antioxidants

will neutralize free radicals that cause disease and premature aging. Micro clustering means the water is clustered together in fewer molecules, making it much easier for your body to absorb.

The water can hydrate your cells and flush out any acidic waste. Micro clustered water is six times more hydrating than regular water.

Because of what we are eating, drinking, and breathing, combined with stress, people today are dehydrated and too acidic.

Hydrating your body with alkaline antioxidant water will have a bigger impact on your health than anything else you could possibly do.

It's a huge piece of the health puzzle, so by fixing it you are well on your way to enjoying better health. God bless you.



Alkaline antioxidant water is high in alkalinity to help eliminate illness, high in antioxidants to help destroy free radicals, and micro-clustered to help rehydrate your cells.

Drinking Alkaline Antioxidant Water Eliminates Headaches

Rhonda G. • I used to get headaches three times a week. I just got used to taking an over-the-counter pain medication.

I was searching for alternative health ideas for my husband who was dealing with some pretty serious health issues. I came across an article by Dr. Otto Warberg who won the Nobel Prize in 1931 for proving that diseases can't survive in an alkaline, well-oxygenated environment. I did some more research and came across alkaline antioxidant water.

I am a firm believer that God designed the body to heal itself. It's been proven that this is possible if the body is slightly alkaline. It made sense that drinking alkaline antioxidant water was going to be the easiest way to get my body to be alkaline.

The water is loaded with powerful antioxidants that combat free radicals, which are a primary cause of our bodies becoming sick and aging prematurely. Also, since alkaline antioxidant water is micro clustered, it is

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Personal Experiences

Surgery Cancelled

Annie K. • A surgeon took a vein out of my leg for heart bypass surgery. After that, I had a constant stinging

sensation in my leg. My husband had arthritis in his hip, knee, and back and was ready to have knee surgery.

One day, our friend shared the details of ionized alkaline water with us. Most pain is from too much acidic waste in the body. It makes perfect sense that if you flush the acidic waste out of your body, the pain will go away. The alkaline water does this.

Since I started drinking alkaline water, I'm not nearly as tired as I used to be, and the stinging in my leg is almost completely gone. After two weeks on the alkaline water, my husband cancelled his surgery. We're very thankful for alkaline water!

Colitis Eliminated

D. K. • I had colitis for seven years. I tried all the natural remedies, but nothing helped. Then I was introduced to alkaline water. After drinking alkaline water for only one week, I noticed a big difference. After a few months, the colitis was gone! I don't have flare ups any more. I'm extremely thankful that someone took the time to share this with me. There is no doubt that alkaline water works.

Goodbye Back Brace

David F. • I had chronic lower back pain for a year and a half. It got so bad that I had to wear a back brace to work. I have a furniture business. Even with the brace, I couldn't load furniture any more.

I went to a chiropractor. I had to have special shoes made, but nothing helped. By the time Saturday rolled around each week, I was worn out and didn't want to do anything.

Then I was introduced to ionized alkaline water. After 10 days of drinking the water, the pain was gone!

The pain is now completely gone, and it has never come back. I am enjoying good health. I am so thankful for alkaline water. I can now do whatever I want at work—including loading furniture. When the weekend comes, I have energy to spare!

Immune System Strengthened

Emma L. • Two winters ago, we had a terrible bout of sickness at our

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Alkaline Antioxidant Water Helps Fight:

- Dehydration
- Fatigue
- Colitis
- Infections
- Back Pain
- Sinus Problems
- Medication Dependency
- Toxic Buildup
- Irregular Bowel Issues
- High Cholesterol
- Blood Sugar Problems
- And Much More

Personal Experiences with

Alkaline Antioxidant Water is one of the simplest and most basic things you can do to improve your health.

It helps your body to naturally heal itself.

Immune System Strengthened
Continued from Page 1
house. Between my four children and me, someone was always sick.

A neighbor suggested we get our water checked. It turned out to be very acidic. We purchased a neutralizer and an alkaline water machine. It took a little while, but everyone got well and stayed well.

There was one time when our battery wasn't working, so we couldn't use the alkaline water machine. During that time, we were drinking neutral water.

Within three to four weeks, we started getting sick again. This experience proved to me how much the alkaline water was doing for us. By keeping our body slightly alkaline, we're providing the environment that our bodies need to heal themselves.

This past winter, the children did not get sick. I'm thankful that they seem to have much stronger immune systems since we started drinking the alkaline water. Alkaline water has been an answer to prayer. What a difference it's made for my family!

Clear Sinuses

Isaac K. • I have had sinus problems, and my wife was having headaches. I also had an accident many years ago that had left me with ongoing problems with an infection in the lower part of my leg.

One day, information about alkaline water was shared with my family and me. I've been drinking alkaline water for just over one year now. My infection and sinus problems have cleared up, and my wife's headaches are gone. I'm very happy with the results. I'm very grateful for alkaline water.

Stomach Relief

Jacob • I've had an ongoing stomach problem for years. I had discomfort all the time. I'm pretty sure it was



acid reflux. I spent a lot of money trying to get relief. I tried everything for my stomach issues—pills and supplements—but nothing seemed to help.

After drinking alkaline water for one week, I could see a big difference. Since the human body is 70 percent water, it makes sense that changing your water can make a big difference.

Feel 10 Years Younger

Jeffrey H. • Since friends introduced me to alkaline water, my quality of life has increased tremendously. In a matter of three weeks, my energy, strength, and overall well-being have improved.

I have now been drinking alkaline water for approximately 12 months. I literally feel ten years younger. My sleep and my diabetes have improved tremendously. The water has made all the difference in my family's health and life.

I am very grateful for the introduction to this amazing alkaline water. I would highly recommend this water to anyone interested in optimizing health. This is the missing link everyone has been yearning for.

No More Medications

Ron G. • I was diagnosed with liver disease and told to get my affairs in order. There wasn't much they could do besides a liver transplant. We kept going back to the doctor hoping for help. I had blood work drawn every 90 days. Also, I had lower back pain. I was a landscaper for 14 years. I would always come home with a backache. I was continually going to the chiropractor for adjustments. I'd been using massage therapy for most of my life. I had a lot of discomfort.

A friend introduced us to alkaline antioxidant water. I started drinking it. I drank around a gallon and a half of the water a day. As my pH rose, I had more energy and I started feeling better.

Since drinking alkaline antioxidant water, I haven't had any more back pain. It's totally gone and my back doesn't bother me anymore. My blood work shows improvement and

everything looks great. The doctors have been more than impressed with the results. They always ask me what medications I'm taking, and I tell them "None. I'm drinking alkaline antioxidant water."

I'm probably 75 to 80 percent healed from where I was.

I can't say enough good things about alkaline antioxidant water. It isn't just plain water. It allows the body to heal. It worked for me and it's given me my life back.

Arthritis Pain Gone

John S. • Over the years, I had developed arthritis in my knee, so 25 years ago I had surgery to remove cartilage from that knee. I also had ongoing trouble with sinus headaches. I would end up having to take aspirin to get some relief. My wife had backaches when she got up in the morning.

A friend told us about all the health benefits of drinking alkaline water. My wife and I started drinking it. Since



then, I have not taken any aspirin and my arthritis pain has gone away. My wife's backaches also went away.

We love the alkaline water! Working long

hours is much easier now without all the aches and pains. We are thankful we now enjoy a better quality of life.

Nerve Damage Recovery

Naomi S. • Fifteen years ago, I fell on the ice and suffered a great deal of nerve damage in my head. Because of the fall, I have a lot of scar tissue and a buildup of toxins. I've suffered with a lot of pain over the years, and my doctor couldn't believe I wasn't in a wheelchair.

I tried many things to help with the pain. I started seeing a chiropractor, exercising, and doing a lot of deep breathing.

Someone shared alkaline water with us. Drinking alkaline antioxidant water has really helped me to detox, which in turn, alleviates the pain.

My husband is 74 years old. In the past, he's had some prostate problems, but since drinking the alkaline water, he is feeling great. We are both very thankful.

No More Sick Days

Rebecca S. • My husband has always had sinus trouble and a cough. Someone shared information about alkaline water with us, and we started drinking it last summer.

Neither one of us had any sick days

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Alkaline Antioxidant Water

this past winter—no stomach bugs, no colds, and no flu. Even my husband's cough and sinuses have gotten much better.

My husband and I both noticed that we're able to drink a lot more of the alkaline water without feeling bloated like we do with the water out of our faucet. The water tastes much better. We use it for many things around our house. We're very happy to have been introduced to alkaline water.

Life Changing

Barbie Ann F. • Before drinking alkaline antioxidant water, I had no energy. I was light headed and had major problems with lower back pain. It was hard to get anything done.

We were introduced to the water and started drinking it about nine months ago.

Within two weeks, I had lots of energy. I had a lot less of a backache. I was also a lot less light headed. I no longer had migraines. My cycles are a lot more regular. I can now work as much as I want to. I don't have to huff and puff when I go walking. I've lost twenty pounds. I'm back to where I was.

It has been a life-changing experience. I have my life back.

Hair Growth Increased

Joe F. • I had major problems with very irregular bowel movements and constipation. I also had a lot of problems with sore knees and ankles.

I started drinking alkaline water. A month later, I noticed the biggest differences. I've had very little problems with constipation and in my knees and ankles. I have a lot more energy. I've noticed

a little bit more hair on the top of my head. It's not all back, but there's some more there.

I'm still drinking the water. I'm not eating

as much any more. The water seems to make food absorb a lot better, so I don't have to eat as much. The water has changed my life.

Cholesterol Dropped

John Lee S. • Two years ago, I had my cholesterol checked. It was pretty high. My energy levels were low, and I sometimes had to take a nap before dinner. I just didn't feel well.

I tried to control my cholesterol with diet, exercise, and so forth. I got my cholesterol checked again four months later. Still, they said it went up quite a bit. The doctor wanted to put

me on cholesterol medicine. I thought I was too young for that, so I didn't want to do it.

My parents told me about alkaline antioxidant water. I decided to give that a try. Two months later, I got my cholesterol checked. It had dropped thirty points.

Within another six months, I had lost 12 pounds. I got my cholesterol checked again. The doctor called back and said, "You're doing great. Your cholesterol is normal." I didn't tell him about the alkaline antioxidant water. He said to keep on doing the diet and exercise. I'm still drinking the alkaline water.

I was a big water drinker before, when I drank regular water. Now, I drink at least a gallon of the alkaline antioxidant water a day. If someone told me, "If you drink regular water, you'll get the same results."

I don't believe that's true. I'm very sure it's the water that's helping. I would recommend this to anybody. I'm very happy with it.

Leg Pain Gone

Katie Mae S. • I was having problems with my legs. In the morning, when I got up, I had a lot of achiness. We have a retail store, so we thought the pain might have been because I was on my feet a lot. I would ache so badly.

We tried arches, and I purchased some other shoes to try to help with the pain. It used to be so bad sometimes that I would take pain relievers to help, but it just kept getting worse.

My husband was drinking alkaline

antioxidant water, so we thought maybe the water would help me too. After drinking the water for a couple of months, I noticed the achiness was steadily

decreasing. One weekend I didn't drink as much, and Monday morning, I woke up, and my legs were tired and achy again. That's the reason I know it's the water that's helping.

We've now had the alkaline antioxidant water machine for over a year, and I don't have any more problems at all. I'm very happy. Our alkaline antioxidant water machine is the best investment we've ever made.

Staph Infection Gone

Martha R. • I developed a staph infection over 20 years ago. As life went on, it just seemed like the staph

kept returning. Each time it returned, it was more aggressive and harder to treat.

It seemed like every month or two I was taking extra strong doses of antibiotics. Any illness that I developed became a major challenge. Any time



I would get a sinus infection, I would end up having to take steroid shots along with antibiotics.

I am diabetic and I had a staph infection on my foot. My primary care doctor turned me over to a podiatrist who treated me for two months. He turned me over to the wound care center at the hospital, which treated me for two months and still could not get the infection cleared up.

They told me they wanted to amputate the portion of my foot where the flesh was dying. I told them they were cutting on it so much that it wouldn't heal. During this time, I developed a major sinus infection and I had to take extra strong antibiotics. They were so strong that I thought they were going to kill me.

I talked to my niece who knew all about alkaline antioxidant water. I started drinking the water immediately. I was drinking way more than a gallon of the 9.5 pH water a day because I was desperate.

I started feeling the effects of it the very first day. I also put the 2.5 pH water on a piece of gauze and laid it on my weeping incision in my foot. You could see it healing up within a couple of days.

I have been drinking almost a gallon of the alkaline water every day for almost two years. I have not had an infection since.

Once I began drinking the water, I have been able to bring my insulin level down from where it used to be. I have been able to lose weight and maintain my weight loss. I have nothing but good to say about what alkaline antioxidant water has done for me.

In the past, I've had to take my husband to the emergency room many times because of hemorrhaging from colitis. After drinking the water for six weeks, he was admitted to the hospital. They drew his blood three times because they thought there had been a mistake. They said, "Your blood does not change that quickly without a blood transfusion."

The only thing we changed was

that he was now drinking the alkaline antioxidant water. It was the alkaline water that had changed his blood for the better. He doesn't have problems with colitis anymore.

When we got our blood work back and everything was so clear, the doctor said, "What are you doing?"

I told him about alkaline antioxidant water. He said, "This is awesome."

When the doctor started questioning me about the changes we were making for the better, it made me really feel good. I am thoroughly convinced that alkaline water is what has turned our lives around.

I feel like the alkaline antioxidant water has given control of my life back to me. Infection doesn't rule what I do any more.

Better Mental Clarity

Mary C. • My daughter has a form of autism. She could sleep for five hours after coming home from high school. She had serious energy issues. I was wondering how she, being so tired, was going to function. At one point, my daughter was extremely violent. It was very stressful.

Personally, I had all kinds of physical challenges, including gaining weight.

Two years ago, I found out about alkaline antioxidant water. I'm always researching because autism involves the whole body. I hadn't realized how much it affected the mitochondria, and why it was that she was always tired.

I initially bought the machine for my daughter. I think this is another piece to the autism puzzle. The body absorbs 80 percent of alkaline antioxidant water, instead of just 25 percent of normal tap water, because of micro clustering. Now, I give my daughter a whole thermos full of water during the day and she refills it when she gets home.

When I first drank alkaline antioxidant water, I got a headache due to my body detoxifying. I no longer get tired during the day and I can just keep going. I also don't have to rely as much on the supplements I've been taking. I also like how my mental clarity has increased.

I'm now able to give my brain what it needs and keep working on wellness all day long.

Healthier Skin

Ruth L. • I stand for 12 to 13 hours a day and the veins on my ankles look terrible. I hated to go swimming because I'd have to show my feet. I wouldn't even put any sandals on because I didn't like the way my veins looked. I also had two warts on two different fingers for 13 years.

My sister and her son called me and were telling me about alkaline anti-

Personal Experiences with Alkaline Antioxidant Water

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Healthier Skin

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oxidant water. They've been losing weight and getting more energy. I got excited to try it.

Within a week and a half, my warts were completely gone. I kept putting acidic water on my face. It made me look younger and healthier. People kept saying that I looked younger.

I've been drinking the water for three months now. My blood pressure has dropped, and the veins in my ankles have almost disappeared.

One day my granddaughter said, "Granny, I'm getting acne all over my face." I said, "Spray the beauty water on it." She sprayed it on.

Within three hours, it was gone. Now my grandchildren are sold on the water too. They drink alkaline water all the time. My feet are looking a lot better. I know the veins are going to be back to normal very shortly.

It's improved my lifestyle because it's increased my energy. I won't go without it now. It is fantastic!

Blood Free Urine

Brenda E. • About ten years ago, I had blood in my urine. The doctor said it could have been due to some trauma I had gone through. I had been in a car accident, and I'd had surgery. Randomly when I would go for a physical or a check-up or something, the doctors would say, "You have plus 2 and plus 3 blood in your urine."

My family doctor noticed it several times and said that it is a sign of cancer. I was referred to a specialist for a complete workup. They did the scans and testing and told me that I did not have cancer, but the wall of my bladder was irritated. That was probably why the blood was seeping.

He said there was nothing I could do for it, but said that I should come back next year, so they could monitor it. I felt deflated and that they were just waiting for me to get cancer before

anything could be done. A year or so after that, my sister-in-law introduced me to alkaline antioxidant water. She had had severe fibromyalgia and had

gotten tremendous improvement with the water.

I had seen the benefits she had received from the water, so I started drinking the water too. I started to have a lot more energy. I continued drinking the water for a little over a year. I feel more hydrated. I feel better.

Two months ago, I went back to the doctor for a physical. I asked him to run a urinalysis to

check for blood.

Surprisingly, he said there was no blood in my urine. That's the first time in many years that there hasn't been any blood.

The only thing I did different was drink the alkaline antioxidant water. It caused the blood problem to clear up.

About two months ago, my husband had a sore on the side of his nose. When he was going to the doctor for a routine check-up, I told him to see if the doctor could freeze it off while he was there.

He came home from the doctor and said that they didn't want to touch it. The doctor's wife had something that looked similar to his sore. They let it go too long, and it had turned into cancer. It turned out to be quite a serious ordeal. The doctor wanted to refer my husband to a surgeon to get the sore looked at.

I told my husband to get a cotton ball, soak it in the 2.5 pH water, and put it on the sore periodically. Forty eight hours later, he came to me and pointed to his nose. It was totally gone.

One of the main reasons we started drinking the water was to prevent

some of the common health issues people have these days. I didn't want to wait until I had a serious illness like cancer or other life-threatening disease before I started taking care of my health. I didn't want to be a statistic. Prevention of bad health is one of the best benefits of alkaline antioxidant water. I have peace of mind.

Blood Pressure Normal

Hollie S. • I think of myself as a healthy person. I grew up in a home where my family made wise choices with what they ate. My mother was very well educated and knew all about food—especially fruits and vegetables—and provided us with a good, healthy diet.

However, I found out that I had a condition that I was very concerned about. I ended up in the doctor's office. The doctor took my blood pressure. It was extremely high—210 over 114. He prescribed medication for me and wanted me to monitor my blood pressure.

At the same time, I was told about alkaline antioxidant water. I learned that it had the ability to bring the body to an alkaline state which balances your body and makes it possible for the immune system to heal your body naturally.

I decided that this would be a good time to try alkaline antioxidant water. Seven days after I started drinking the water, my blood pressure was lower. It was at 168 the first week and 152 the second. At the third week, it was down to 136 over 68.

I also noticed that I had more energy and I felt really alert. I realized that I felt more alert in my job and my memory had improved. The only change I made in that period of

time was drinking alkaline antioxidant water. It is strictly alkaline, antioxidants, and micro clusters.

The micro clusters really took my interest. Being in the medical field and having years of research and teaching at universities,

I know that hexagonal shaped molecules are very strong bonded and are perfectly shaped molecules. The shape of the micro-clusters penetrate the intercellular structure of our bodies, and we are able to alkalinize

and hydrate our bodies. It truly hydrates the cellular structures in our bodies.

I have noticed that my muscles are no longer sore after I work out at the gym. When

I'm hydrating my body, it eliminates the lactic acid in my

muscles and helps me make a quicker recovery. I have learned that an alkaline body is a healthy body, and an acid body is a sick body. Our bodies need to have a healthy balance. Having healthy bodies gives us a longer lifespan. I feel like I am more alive.

Antioxidants:

- Counteract harmful effects of free radicals
- Strengthen immune system
- Slow aging process
- Prevent diseases, including cancer, cardiovascular disease, and many others
- Fight stress
- Promote good health

Alkalinity:

- Hydrates body
- Flushes toxins
- Prevents and treats degenerative diseases
- Concentrated minerals, including calcium, potassium, and magnesium

Micro Clustered Water:

- Increases absorption of water into cells
- Flushes out cellular toxins
- Re-hydrates cells faster
- Helps eliminate free radicals

Drinking Alkaline Antioxidant Water Eliminates Headaches

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six times more hydrating to the cells in the body.

I started drinking alkaline antioxidant water almost two years ago. Since then, even though I didn't have any really serious health issues, I have had much more energy and my headaches are gone now. The results are due to my body being properly hydrated by alkaline antioxidant water.

I'm busy. I have my own business. I have three grown children and three grandchildren. Having lots of energy makes life much more enjoyable. Getting rid of the headaches makes life better, too. I am a firm believer in alkaline antioxidant water.

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