

**My Fountain
of Youth**

..... Page 2

**Totally
Pain Free**

..... Page 2

**Acid Reflux
Gone**

..... Page 3

HEALTH+NEWS™

Volume 22 • Number 5

Featuring Information on Alkaline Antioxidant Water

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Naturally Eliminate Pain and Disease

You Need Alkaline Antioxidant Water Now

Dr. Paul S. graduated first in his class from the University of Adelaide Dental School in South Australia. During his senior year, he won an Australian national contest among all the senior dental students based on "researching the research."

Dr. Paul S. holds a B.D.S. (the British equivalent of a D.D.S. or D.M.D.). He practiced dentistry and surgery for 18 years.

Thirty-two years ago, I studied abroad and became very sick from eating contaminated food. The illness left me with a residual intestinal problem. I got advice from several doctor friends, yet none were able to cure it. I also had serious GERD for many years. A scope showed I had a large esophageal ulcer that may be

a precursor for cancer, until I found alkaline antioxidant water.

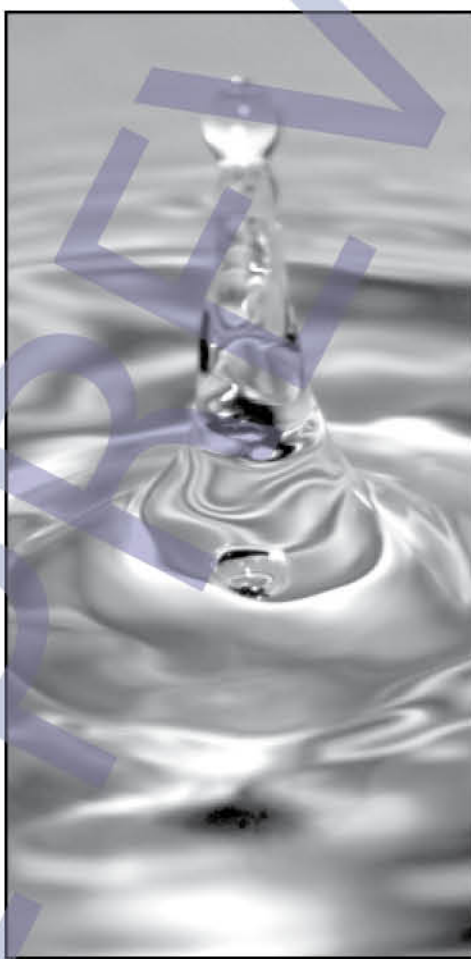
I've done a lot of research. This led me to understand how powerful alkaline antioxidant water is. Of the 180 articles I've read, all but two have been strongly positive.

In our body is a biochemical soup. Water is the broth. Improving your water can improve your biochemistry.

There are three properties of alkaline antioxidant water that help.

Alkalinity is one. Micro-clustering and free electrons (antioxidants) are the other two. When you change your water and add in the other biochemical factors—the foods we eat, the nutrients, and supplements—it optimizes the body's ability to function.

Continued on Page 4



Breast Cancer Disappears

Jada K. • I had breast cancer and had 35 rounds of radiation. Everything was looking good, but I still had trouble with constipation, degenerative arthritis in my knees, fatigue, and I had lost a lot of weight.

A friend introduced me to alkaline antioxidant water and I drank it for an entire day. That night, I experienced great results. My ring slipped on my finger and I knew I was losing fluid.

I learned that the results were because of the micro clustering and antioxidants in the water, so I continued drinking it.

A month later I went for my regular mammogram. They called me and wanted me to come in for a biopsy. After the biopsy, they detected that I had ductal carcinoma in that same breast. The doctor said, "I recommend that you get the breast taken off."

I had learned that no diseases can live in an alkaline body. I let my doctor know that I was going to do something different, and if I needed him, I'd give him a call. I continued

Continued on Page 4

Personal Experiences

Keeping My Kidney

Bob P. • Just before my 74th birthday, I went into the emergency room for what they suspected was a heart attack or stroke. My blood pressure was 240 over 160. It took hours to

stabilize my vital signs. Many tests were undertaken and after the evaluation I was told that I had renal cell carcinoma.

A surgeon recommended immediate removal of my left kidney. He recommended that I call friends and relatives to donate blood. I would need to plan on being out of work for at least two months. I would also, most likely, need to plan on being on dialysis for the rest of my life.

I asked that the operation be delayed until the first week in August. We were just emerging from personal bankruptcy. I needed time to think. The surgeon reluctantly agreed.

In my research of medical and alternative cancer treatments, I found that Dr. Otto Warburg had concluded that the cause of cancer was the overacidification of cells. The cure was the alkalization of cells. I concluded that the best chance for me was the alternative route—alkalizing the body.

I cancelled the operation and embarked on the routine of raw foods and other alkalizing green drinks and supplements. During three months,

my weight dropped 35 pounds, so it appeared that the cancer was marching on.

My wife prayed for an answer. She had a vision of a doctor whom she had not talked to in four years. At that moment, the phone rang, and it was that very same doctor. The doctor recommended a machine which generates ionized, micro-clustered alkaline antioxidant water.

I drank three to four quarts of the alkaline water each day. In four months, my weight returned to normal. My other symptoms were gone. The results that I had with the water had me convinced that I made the right choice.

I have experienced a normal healthy life for over 1,000 days after my diagnosis. Alkaline antioxidant water just keeps giving.

Athlete's Energy Returns

Charles C. • I was an energetic teenager and I loved sports. If there was any physical activity, I was there.

I was snow skiing with a group late one afternoon. Three of us piled onto

Continued on Page 2

Alkaline Antioxidant Water Helps Overcome:

- Intestinal Problems
- Ulcers
- Tumors
- Breast Cancer
- High Blood Pressure
- Weight Problems
- Fatigue
- Back and Neck Pain
- Kidney Stones
- Arthritis
- And Much More

Personal Experiences with

Athlete's Energy Returned

Continued from Page 1

a toboggan. There was a ridge across the trail. We passed it and sailed out into space. We hit face down with a thud. I hit my head so hard I was dazed for a couple of hours. It left me with terrible back, neck muscle, and ligament strains. They eventually healed, but as I aged, I developed neck and muscle pains.

As I got older, I also had open-heart surgery and a triple by-pass. The surgeons took my pectoral muscles from my rib cage and sutured them together over my sternum. This caused a pull in my neck. After the by-pass, I was left with cellulitis.

I went to physical therapy and chiropractors but received no permanent relief. I took over-the-counter pain medications, which eventually I could not take.

About seven years ago, I developed irritated intestinal syndrome. I was on several prescribed medicines, and nothing worked.

I found a natural supplement that helped. My gastroenterologist told me to stay on it because of its pro-biotic nature.

I bought an alkaline antioxidant water machine and began drinking 60-90 ounces a day. After three days, I felt a surge of energy in my body. I really felt good. I could do things I hadn't done before.

After two weeks, I noticed that the pains in my back and neck had disappeared. I was really pain free. My chiropractor told me that alkaline water is an anti-inflammatory agent and to continue drinking the water. My cells and tissues began to heal.

After a short time, I stopped the probiotic supplement for my intestinal problem, and just drank the alkaline water. Several weeks later, my intestinal system was back to normal.

After ten months of drinking the alkaline antioxidant water, I experience little to no pain. The days when I don't drink my usual amount, I get some pain back, but with several glasses of alkaline water, the pains disappear.

I used to have to wear special stretch hose because my leg swelled

every day. Today, it rarely swells. The blood circulation is so much better!

I will never be without alkaline antioxidant water. It has healed my body in a great way. I am really enjoying life.

Kidney Stones Gone & Flying Again

Jerry W. • I've been a pilot for 24 years. Nearly 20 years ago, I was hit head on by a drunk driver. I have been in extreme pain caused by seven ruptured discs in my neck and back. I have also had recurring migraine headaches.



Seven years ago, I developed kidney stones. Embedded stones have caused continuous pain in my right side, and the FAA denied the renewal of my flight medical certificate.

For these past seven years, I have been seeing a urologist. He put me on medication and a special diet. I underwent a lithotripsy procedure to remove the stones, but they were not able to remove two embedded stones.

A friend introduced me to alkaline antioxidant water. I started drinking one and a half gallons a day. In less than six weeks, I passed both stones pain free!

After four months my neck and back pain and migraines are gone.

When I went back to the urologist, he asked me what I was doing. I told him I was drinking alkaline antioxidant water. He confirmed that my right kidney was clear and that I would not have to see him any more. I've also lost 27 pounds and my cholesterol has dropped from 206 to 181.

I'm ecstatic! My health is back and my medical certificate has been restored, allowing me to enjoy one of the loves of my life—Flying!!

My Fountain of Youth

Peggy W. • About six months ago, I worked in a shopping mall and I drank

a lot of bottled water. A gentleman, who owned a store in the mall, came up to me and said, "Do you know how bad that bottled water is for you?"

He proceeded to tell me that it is very acidic and that he would bring me some alkaline antioxidant water to drink.

I began my first experience with alkaline antioxidant water. Within several days, I started to feel my arthritis pains begin to subside. Within two weeks, all the pain in my hands, knees, and lower back went away. I could manage the steps in my home that I had to climb several times a day.

It was incredible, but I thought that perhaps it was just in my mind. I stopped drinking the alkaline antioxidant water, and my pains all returned.

Putting two and two together, I realized that it was the alkaline antioxidant water that was producing my results.

I started drinking the water again. After three days, I was relieved of the arthritic pain once more.

After four months of drinking the alkaline antioxidant water, I went for my annual physical.

The doctor examined me and asked me what was going on? I told him that the only thing I was doing differently was that I was drinking alkaline antioxidant water.

He told me, "I guess you have found the fountain of youth because you have never had a blood test with results like this."

My liver, kidneys, and heart were great.

I'm 76 years old, and my body feels like 50 again. I have lots of energy. I'm walking two miles a day and sleep soundly all night through. I have lost 30 pounds. The fat is just melting off. My cholesterol and blood pressure have both dropped to the normal ranges.

I am simply drinking alkaline antioxidant water, and I'm finally enjoying my golden years.

Healing Like in 20s

Verla M. • A year and a half ago, doctors performed biopsies on my breast. I was scheduled for a double mastectomy two months later.

About two weeks after the diagnosis, my friend called and told me about alkaline antioxidant water. He arranged for me to get some alkaline antioxidant water that night.

The next month, my friend asked me to request another MRI, but my insurance company would not pay for

another so soon after the one they had already done. The double mastectomy was performed later that month.

I took a gallon of the alkaline water with me to the hospital. I only spent one night there. Upon checking out, the nursing staff told me that I would wear two drainage tubes for four weeks.

By the tenth day, both tubes had been removed. The doctor told me that I was healing like a person in her twenties, and I'm 75! In my pathology report there was no evidence of cancer in any of the tissue.

My husband asked the doctor how that could be. The answer by the well known surgeon: "Well, it happens sometimes."

We know how it happened. Give the body what it needs, and it will take care of itself.

I stopped drinking the water for two and a half weeks, and my symptoms came roaring back. Two days after I started drinking the water again, I did not have any problems. My husband and I continue to and always will drink alkaline water to keep our bodies healthy and fit.

Handicap to Healthy

Frank M. • Three years ago, I had an infection in a tooth that turned into sepsis poisoning. I was in the ICU for nine days and then transferred to the life care center. They didn't get me up to walk at all. After 20 days, my doctor showed up and said, "Well, you could walk when you came in here couldn't you? Why can't you now?"

I said, "Apparently, you didn't give the order because they didn't get me up to walk me."

I spent 100 days there. I got home four months later. I was in an electric wheelchair. Roughly two months later, I managed to take a drive. I just needed to get out of the house. I ran into a friend and he told me about alkaline antioxidant water, but I didn't know what he was talking about and ignored it.

After four months, I decided to call him. He said he was going to bring me over some alkaline antioxidant water.



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Alkaline Antioxidant Water

I asked him why he would do that. He said, “If you drink it for a while, you’ll see why.”

The next day I started to drink the 8.5 pH water. Before this, I had been drinking three to four cans of soda pop a day. The day I started drinking the alkaline water, my body did not crave the soda pop any more. A week later, I tried a can and it tasted so bad I dumped it.

After the fifth day of drinking the water, as I was sitting in my wheelchair, I realized that I was able to twist the bottom of my spine. By the 14th day, I had absolutely no pain whatsoever. I had quite a few skin eruptions when I was drinking the water at first. The toxins were coming out of me.

I would spray them with 2.5 pH water every day. They simply went away.

I received my machine three weeks after I started drinking the alkaline antioxidant water.

Now, I’m up and walking. I was out of my wheelchair after about a month and a half of drinking the alkaline antioxidant water. I was using a walker, but I can walk on my own now. I’m so much better off than I was. In my opinion, drinking the alkaline antioxidant water is the best thing a person can do.

Totally Pain Free

Danny D. • I’ve taken blood pressure pills for over 30 years. My cholesterol was terribly high and my triglyceride level was over 600.

I had arthritis, gout, headaches, and a bad pain in my chest, among other things. I started drinking alkaline antioxidant water four years ago. My headaches went away within a few days.

I stopped taking the gout pills, and the pain in my chest went away quickly. In six weeks, my cholesterol was normal. It took me about three months to stop my blood pressure medication. The arthritis went away gradually. Now I am totally pain free.

It’s amazing what the alkaline antioxidant water has done for me. The

energy I have is terrific. I couldn’t imagine life without it.

Crohn’s Pain Diminished

David P. • I had a severe case of Crohn’s disease. I was also taking



psychotic medication, and I had pretty severe acne.

About eight months ago, I started drinking alkaline antioxidant water. When I first started, it was hard for my system to get used to, but it got better.

The alkaline antioxidant water has reduced the pain in my gut. I’ve had more tolerance and have been able to eat more. I’ve also had more energy.

I was able to stop taking my antidepressant medication completely. I’m now at a half of the dose of the anti-psychotic medication, and I’m not experiencing any side effects.

Migraine Pain Decreased

Joni R. • I had a gymnastics injury when I was 16. I developed very serious multi-dimensional scoliosis with an inverted neck curve. I had spinal pain all day every day to varying degrees and suffered from migraines. This went on for 40 years.

I started drinking alkaline water four months ago. The day after I started drinking it, I felt clearer in my thinking. I felt there was less creaking, crunching, and cracking in my body.

In two weeks, the pain was down 25 percent. The pain is now down 70 percent on a regular basis.

My life no longer revolves around, “How much moving can I do today?”

I have energy and I can focus. I’m beginning to think about things I haven’t been able to think or do anything about.

I have mental and emotional space to participate fully in my life choices instead of just managing pain. I’ve been given a new life. I couldn’t be happier.

Blood Pressure Stable

Priscilla W. • My employers checked my blood pressure and made me to promise to go see a doctor and get it under control. The top number of my blood pressure had been well over 200.

I started taking blood pressure medicine. After I’d been taking the medication for a while, I learned about alkaline antioxidant water and tried it.

After I started drinking alkaline antioxidant water regularly, my blood pressure stabilized. I haven’t taken my medication for two years and my blood pressure has continued to stay in the normal range.

I also sleep much better when I drink alkaline antioxidant water. I wake up in the morning

feeling rested, and having much more energy than I had experienced before. I was able to stop taking all of my medications. It was great. It just turned my life around.

The alkaline water has totally changed my life. For energy and health issues—it’s just amazing. I am just thrilled to have found the water.

Acid Reflux Gone

Sam W. • I am almost 75 years old. When you get to be my age, just about everyone you know has health problems. I drove an 18-wheeler across the country for about 10 years. My ankles would swell so much that I couldn’t get my boots on.

I had also been having a problem with high blood pressure. At one point, I got acid reflux so bad that I had to park my truck. I thought I was having a heart attack.

A friend called and told me that he had something that would get rid of my acid reflux. He told me it was alkaline antioxidant water. Generally, I drink bottled water every day and would go through a case of it in two or three days. He told me that it was the wrong kind of water.

He brought me some alkaline antioxidant water and told me that I should drink a gallon a day. In three days, my acid reflux was gone. It’s been about four years now, and it hasn’t come back. After five days of drinking the water, the swelling in my ankles went away. After three weeks, I had a blood pressure test, and the doctors said, “We can’t believe this. You’re 70 years old, and your blood pressure is about the same as a teenager.”

I also lost about 45 pounds in three months.

82 Pounds Lost

William S. • I was pretty overweight. I was diabetic and was on four shots of insulin a day. I was also a chronic diet soda drinker.

In the past, I have had blood pressure issues. It’s all pretty much just a bad story. I work the graveyard shift. I would have problems staying up all night, even when I had slept all day.

About three years ago, my brother-in-law wanted us to give alkaline antioxidant water a try. My wife didn’t want to have anything to do with it, and gave it to me to drink.

Within a couple of months, I noticed that I was feeling a lot better. I was more energetic, and I was also sleeping better. My blood pressure has come down massively. I haven’t had to take any medication for it. I haven’t had a problem with allergies like I used to. I haven’t had any problems with my blood sugar since.

Within the first three months of drinking alkaline antioxidant water, I noticed weight was starting to fall off of me.

Within the first six months, I was down 45 pounds. I had to go buy myself some new jeans, and for the first time in over 25 years, I was able to get into something smaller than a 42-inch waist. Within six months, I was off of insulin.

Now when I go to work, I don’t have a problem staying awake even if I’m sitting at my desk all night trying to do paperwork. I sleep better during the day when I’m on shift and better at night when I’m off.

It has been a little over three years. My overall weight loss is 82 pounds.

I have not changed my eating habits in the least. Getting the water into my system was the only thing I changed. It’s an ongoing process.

I still have weight to lose and other things I’m dealing with, but it is steadily improving. As with anything, it doesn’t happen overnight.

It is definitely a life-long commitment to stay healthy. It has been a great feeling to be feeling so much healthier.

Overcoming Fibromyalgia, Chronic Fatigue, Depression, and Low Thyroid

Nilah G. • I had never had a weight problem. I lost all of the “baby fat” after each of my children was born.

But 20 years ago, I suddenly gained 50 pounds in a three month period. I oftentimes would get so weak that I felt like I was about to pass out. I would also fall asleep at the drop of a hat.

I went to the doctor, but she had no explanation. My thyroid was in normal range and it wasn’t my sugar. I dealt with it the best I could, but nothing would take the pain away.

About 14 years ago, I stumbled across a book about cleansing and



You Need Alkaline Antioxidant Water Now

Continued from Page 1

We're born quite alkaline, so kids heal rapidly. Research has shown that the four major alkaline buffering minerals—calcium, magnesium, sodium and potassium—decrease as we age.

The buffers deplete and our bodies become more acidic. Acid build up leads to faster aging and degenerative disease.

If we maintain our alkalinity and keep those buffers up, we can keep from aging as quickly and keep sickness at bay.

The biggest feature, in my opinion, is the free electrons found in the alkaline antioxidant water. Oxygen travels in pairs.

When an oxygen molecule jumps on a red blood cell, it leaves the other half lacking one electron.

This other molecule becomes a free radical. It's electrically and chemically unstable.

In order to stabilize itself, it steals an electron from whatever it's next to. The molecule that it stole from then becomes a free radical.

Most researchers believe free radicals are a major cause of all degenerative diseases as they damage our cells. Alkaline antioxidant water can help.

The third way alkaline water works

is by reducing the attraction between individual water molecules. If you overfill a glass, tap water will form a dome above the rim. When tap water is processed through the ionizing machine, the molecules are now less attracted to each other.

The alkaline antioxidant water is able to enter the cells quicker because individual molecules are not as attracted to other molecules. It can get in and carry free electrons and alkalinity throughout and eliminate acidic by-products.

After drinking four quarts of the alkaline water a day for three weeks, my intestinal problem that I'd had for 32 years was gone. My esophageal ulcer is also gone. It's been two years since I started drinking alkaline antioxidant water and I haven't had a problem

since. I had oral surgery to have part of my palate removed. The friend who did the surgery on my palate said, "You're going to hurt like crazy tomorrow."

Having done a lot of surgeries, I know the usual post-operative pain time frame. I took one pain pill just in case. I woke up the next day and had zero pain. I only took one pain pill!

After the surgery, I would often get food particles in the hole in my palate. I would rinse it out with the 2.5 pH oxidant water certain ionizer machines can make. The discomfort

surgery for some cancer attacking her optic nerves. Other patients who'd had similar things done looked like they'd been punched by a pro boxer. By contrast, the blueness around her eye looked like she was wearing a light blue eye shadow.

Two months later, she went back for a scan. The doctor measured three times. He said,

"This is the first time we're showing your brain tumor shrinking. Please tell me what you're doing. We're not doing anything that would cause this to happen."

That was over 18 months ago. I spoke with her just the other day and she is doing well.

If you're trying to make a major health change in your body, start with alkaline antioxidant water. It changes the broth of the biochemical reactions that happen in your body.

Don't wait until your body feels pain or disease to start drinking this water. Just do it knowing that it's the best thing for you.

If we maintain our alkalinity...we can keep from aging as quickly and keep sickness at bay.

If you are trying to make a major health change in your body, start with alkaline antioxidant water.

When you change your water...it optimizes your body's ability to function.

Breast Cancer Disappears

Continued from Page 1

drinking the alkaline water. I had learned about eating raw fruit and vegetables, so I was doing that as well.

Two months later, I called and went to see my doctor. I had an MRI done. One week later, I got a letter from the hospital that said, "We are happy to inform you that there are no abnormalities in either breast. There is absolutely no cancer."

I'm still doing the same things—eating raw fruits and vegetables and drinking the alkaline water. I'm still healthy. Late last year, I was again given the report that there was no cancer in my body.

I know God brought this water my way. It has saved my life in so many ways.

Personal Experiences

Continued from Page 3

Overcoming Fibromyalgia, Chronic Fatigue, Depression, and Low Thyroid

Continued from Page 3

detoxifying procedures. I was so desperate. I put myself on a 30-day juice fast.

Then I went for 30 days eating only vegetables and fruit. I did juice for two more weeks then veggies and fruit for two more weeks.

I walked at least two miles, three times a week.

I lost the 50 pounds! I felt great for two and a half years. I thought I had been cured.

During that time, we were appointed as missionaries. I felt great, but shortly after arriving in Bolivia, I started having problems.

My monthly cycle came to an abrupt stop due to the altitude we were living at.

I would awaken during the night jerking and thrashing as if I were having a seizure.

I stayed curled up in bed for days at a time in pain. I started seeing a doctor almost immediately. Test after test was run to no avail. I could not go anywhere alone because without warning my legs would go limp. I had to have assistance to walk.

A Bolivian rheumatologist diagnosed me with acute fibromyalgia and recommended that we return to the states. It seemed that the effects of the high altitude were accentuating all of my problems.

We returned to the states. My health was deteriorating very rapidly, and I was told I would probably soon be in a wheelchair. Most of the first year back in the states I spent in bed. On really bad days, I just never came out of my room. I started a seven-year process of detoxification. Even with all the supplementation (20+ pills a day) and cleanses, I had some really bad days. I battled with depression. The hormonal and chemical imbalances were driving me nuts.

Twenty months ago, my aunt insisted that I try alkaline antioxidant water. Reluctantly, I did. I knew there was no way water would fix me. But I started having remarkable results within the first few weeks. I didn't think I would detoxify, but I did extensively for three to four months. I actually felt worse than ever for a few days.

After drinking the water for four months, I passed three cysts the size of tennis balls. After that I passed a huge mass of dark green sludge. I believe that I was closer to death than any of us realized.

I will continually thank God for allowing me to find out about alkaline antioxidant water.

The water brings your body into balance so that it can heal itself. I never thought I would enjoy life to this extent ever again. I feel younger than I have in years. This is the life God intended for me. I am ever so grateful!

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