

## Rejuvenation Keys SPECIAL FOCUS ON REJUVENATION

Want to stay healthy and look younger?

Drink pure water and avoid fluorides at all costs-here's how and why.

DRINK PURE WATER.

Ever since the 1960s, Japanese scientists have been redefining what good water means. Today, if you ask any of an estimated 300,000 Japanese how they spell good water, they'll tell you it's ionized water because they use it in their homes every day. Ionizers are a new water technology for filtering and enhancing the quality of water by making the size of water molecules smaller. It's already a \$700 million a year industry in Japan and it is now being introduced to the U.S. and England via the Water Ionizing Unit.

The Water ionizer unit is hooked up to a faucet, and uses a carbon-activated filter to remove impurities from the water (including chlorine and trihalomethanines). Via an electrode chamber a small electrical charge is applied to the water. This then separates the water into two types of water ?Acid and Alkaline. The acidic water (with positive ions) useful for topical external uses, is delivered out of one tube (usually drain) and the alkaline water (with negative ions) perfect for drinking is delivered via the chromium tube. The unit makes this separation at the rate of one gallon per minute.

The applications of the acidic portion of the Water ionizer ionized water are numerous and quite surprising. According to the research and based on early reports from African and South American users, acidic water acts as a "super-oxidant" to disinfect and sterilize surfaces, skin, wounds, even surgical instruments. It can kill bacteria and viruses; it can promote the healing of acne, eczema, wounds, sore throats, and blisters and can improve skin quality used in the shower as an after rinse. When used on foods, it can retard spoilage or act as a bacterial cleanser for meats; Dentists can also use it to sterilize the mouth during dental procedures. You can even use it to brush your teeth and as a mouthwash after (please rinse with alkaline water after an acid mouth wash). Regarding the alkaline water, here the smaller size of the water molecules shows its advantage. According to Hidemitsu Hayashi, M.D., one of Japan's foremost water researchers, alkaline water can act as a powerful antioxidant in the body, destroying harmful free radicals, just as do vitamins A, C, and E, which are also antioxidants.

Although the reports are still, strictly speaking, anecdotal, Dr. Hayashi reports that he and his colleagues have seen improvements in diabetes, constipation, ulcers, blood pressure, allergies, circulation, migraines, obesity, osteoporosis, and menstrual irregularities after drinking Ionized Alkaline water every day for several months. The use of Alkaline water as a preventive medicine is reportedly expanding in Japanese clinics and hospitals.

Once Alkaline water gets absorbed by the body's cells, says Dr. Hayashi, it helps to dissolve acidic wastes that have accumulated there over many years and reduces the chronic dehydration common in many people. In effect, thanks to the smaller molecular size, this water actually defuses into the cells and tissues because of its smaller molecular size. Because of this the body has more water to work with (rather like diluting a cordial drink), it is able to deliver nutrients to cells, tissues, and organs via hydration that is 3 times more with Alkaline water than ordinary water, which equates to a what it is now being termed as a : WETTER WATER !

The water tastes unusually smooth and soft, and due to its high concentration of negative ions (typical of pure mountain springs), can be refreshing as it is "oxygen rich". "We are advancing the theory that the most effective and economical source for an antioxidant is ordinary tap water after it is filtered and treated with an Ionizer" states Dr. Hayashi. If claims are true, one key to rejuvenation may be the simple drinking of your daily quota of oxygen rich alkaline water every day from the Water ionizer Ionizing Unit.