

The image features a vibrant green background. On the left side, there is a close-up of a green leaf with several clear water droplets of varying sizes. On the right side, there is a decorative circular graphic with a scalloped, lace-like border. Inside this circle, the words "ALKALINE" and "WATER" are written in a bold, dark green, sans-serif font, stacked vertically.

**ALKALINE  
WATER**

# NO LIFE – WITHOUT WATER

You're only as healthy as the water you drink. Water is one of most important substance on the earth. A human body have 65% water (Brain -75 %, Lungs – 83%, Blood – 90%, Skin – 64%, Bones - 31%, Kidney – 79%, Muscle – 79% and Liver – 79%). So drinking of water is very important for us.



Nature gives us a healthy environment (air & water). Peoples of “HUNZA VALLY” lives upto 145 years with average life of 120 years and that too healthy. This possible because they are living in pollution free environment as well as drink healthy alkaline water.

Our earth is covered by 70% of water and only 3% of them can be used by humans for drinking purpose. Remaining 3% is also contaminated with full of toxic chemicals, acids which removes natural alkalinity from water.



# CAN REMAINING 3% DRINKING WATER BE MADE NATURAL AGAIN ?

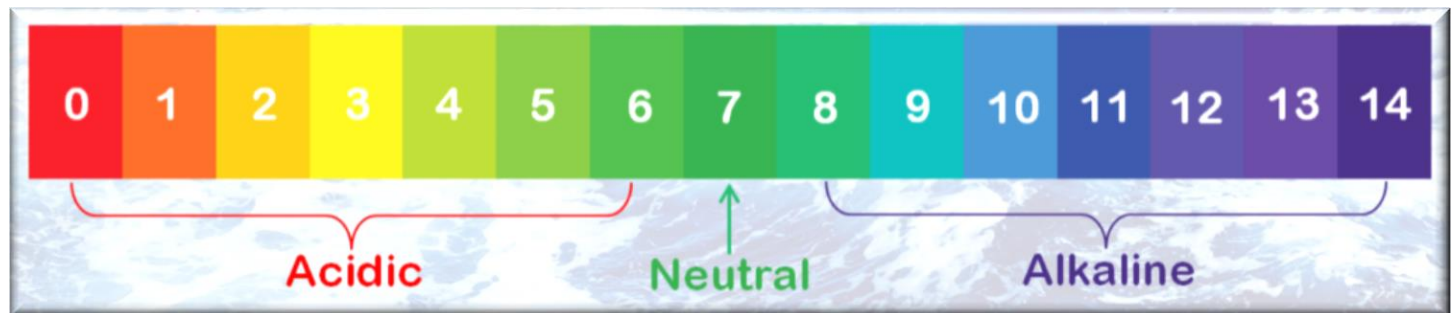
Most of the water purifiers can only filter your water. They remove harmful germs from water but in process of purify the water, they also remove healthy minerals which is essential for our good health. In absence of minerals, water becomes acidic (low pH). Acidic pH (Potential of Hydrogen) sucks the minerals from your body. So water from purifiers may be pure but it is not healthy. Bottled water is also not safe. It is acidic and harmful for our body when used for longer time.



We know that by drinking impure and acidic water, we are causing so much harm to our body whereas alkaline water is so much important for our survival. Impure and acidic water causes bowel inflammatory, constipation, obesity, diabetes, migraine, cancer and many other diseases.

# WHAT IS POTENTIAL OF HYDROGEN (pH)

## pH Scale



**Potential of Hydrogen (pH) is the measurement of acid versus alkaline within a substance.** A measurement of seven (7) on the pH scale is generally said to be neutral (pure), while anything below is considered acidic and above alkaline.

pH measures alkalinity/ acidic of liquid. Higher the pH higher the alkaline content. Lower the pH higher the acidic content.

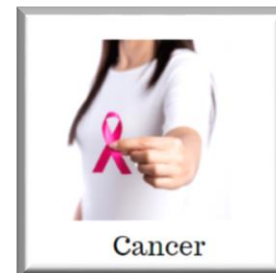
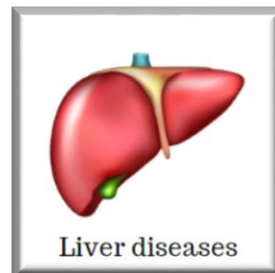
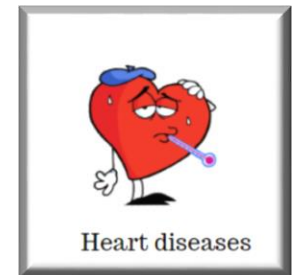
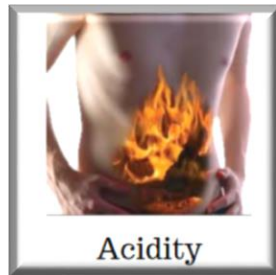
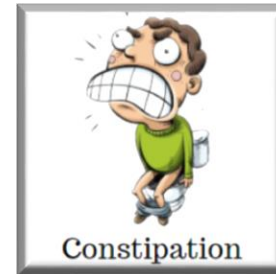
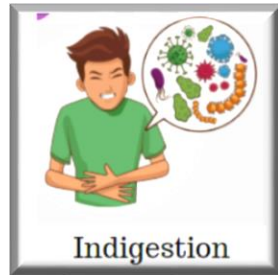
## IS DRINKING ACIDIC WATER HARMFUL ?

The pH in the body has been linked to long term concerns as it relates to many diseases. Most forms of diseases flourish in an acidic environment which is why drinking high acidic water in combination with our lifestyle changes and diet are a path for future health problems. The body manages this process of being more alkaline automatically. If the alkalinity level drops than the body will seek to draw alkaline from calcium deposits in our teeth and bones.

In our early years we get away with eating an imbalanced diet because our bodies produce a much higher rate of alkaline. This is why the body in earlier years stays skinnier even if we eat poorly. In our thirties and forties our bodies begin to change and the years of drinking acidic soda and ingesting other dietary NO-NOs, along with stress, environmental toxins and acidic chemicals in our daily hygiene products, all contribute to a higher acid level. Our bodies become less able to neutralize the acid. Chronic acidosis is a new term that has been established by the medical community to describe this event. Twenty years ago did you ever even hear about this disease?

An imbalanced pH affects the cellular activity in the body, leading to the progression of most degenerative diseases, including cardiovascular disease and heart disease, high blood pressure, high cholesterol levels, kidney stones, urinary incontinence, arthritis, osteoporosis, cancer, diabetes, systemic weight gain and obesity.

# HEALTH PROBLEMS OCCURRED IN INCREASED ACIDIC LEVEL



## WHAT EXPERTS SAYS !



"The countless names attached to illness do not really matter. What does matter is that they all come from the same root cause i.e. too much tissue acid waste in the body".

**Dr. Theodore Baroody, Writer of "Alkalize or Die."**

"No disease including cancer, can exist in an alkaline environment".

**Dr. Otto H. Warburg  
Noble Prize Winner**

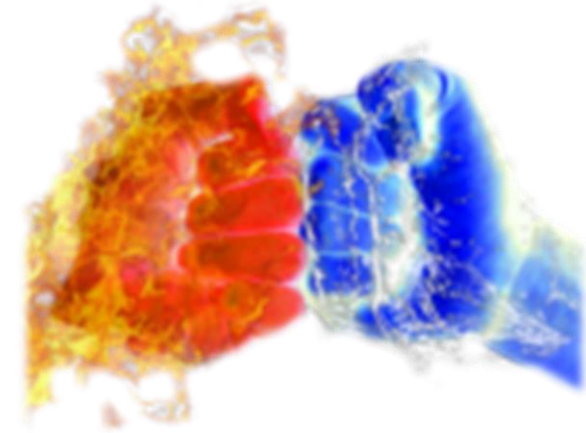


"You can trace every sickness, every disease and every ailment to a mineral deficiency".

**Dr. Linus C. Pauling  
Nobel Prize in Chemistry**

## HOW TO BALANCE BODY Ph ?

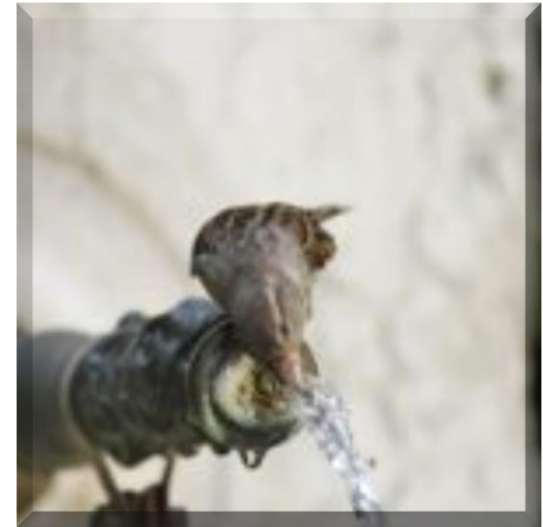
Minerals in water are an easy way to improve this balance within our bodies. The water that we choose to drink is impacting our body's pH levels. Reverse Osmosis and bottled water are both bad choices as they are very acidic. Reverse Osmosis is water that is filtered to such a microscopic level that most if not all the minerals are removed. Make choices that are in your family's best interest there are many water system options today that leave the minerals in the water and have a healthy pH level.





## TO FURTHER MAKE YOU THINK ABOUT DRINKING ACIDIC WATER THINK ABOUT THIS !

In general, water with a low pH level of (less than 6.5) is acidic, soft and corrosive. As corrosive as this water is when it travels through our plumbing fixtures it is leaching metal ions like iron, manganese, copper, lead, and zinc from those fixtures and pipes. The fowl taste that comes from metals in the water and the health concerns of metals in drinking water is further proof that acidic water should be avoided.



# WHY ALKALINE WATER ?



Your body needs a delicate acid-alkaline balance. Unfortunately, our diet is rich in acidic substances and foods including meat, dairy, processed foods and sugar. As your body tries to adjust for the acidity, it borrows from your alkaline reserves, which can eventually result in chronic disease. This bottle/purifier turns the water alkaline that helps in maintaining the acid-alkaline balance without borrowing from valuable reserves, recharge your immune system, balance your body, and deliver optimal hydration.

# BENEFITS OF DRINKING ALKALINE WATER



## Natural Minerals



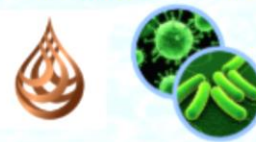
Adds essential minerals like Magnesium, Calcium, Sodium, Phosphorus and other trace minerals

## Immunity Booster



Essential minerals can boost immune system as well as help body to fight against diseases

## Bacteria & Viruses



Copper & minerals helps in removing harmful bacteria & viruses

## Reduce Acidity



Improve digestion, reduce acidity and balances blood pH

## Best Anti Oxidant



Drinking Anti oxidant water may slow down ageing process

## Health Benefits



Healthy pH level protect organs and minimise risk of being infected from diseases. Also protect from bone loss.

## Lose Weight



Balances weight and reduces fat by neutralising acid waste from blood

## Feel Energetic



Better hydration and better detoxification. Increases energy level of the body



*Namaste*