

Health & Wellness

Water Wisdom

By Valerie Greene



Would You Drink Water That Could Help You Lose Weight, Reduce Stress, Slow Aging, And Prevent Illness & Disease Like Cancer, Diabetes & Strokes?

We've all heard how important water is for our

health, especially since 75% of our body is water. But, did you ever consider that the kind of water you drink could be contributing to a host of diseases and health issues? Dr. Mehmet Oz (from the Oprah Show) recently advised the public to safeguard against pollutants lurking in tap water such as fecal matter and other bacteria. Findings also support the undeniable fact that most bottled water is nothing more than tap water and acidic.

DID YOU KNOW ...

- Only 2% of the world's water is drinkable
- An Associated Press investigation found a vast array of pharmaceuticals in the drinking water supplies
- 900 deaths and 900,000 reported illnesses are attributed to tainted water annually
- Researchers believe that some plastic bottles are leaching harmful chemicals into the water
- 33% of bottled water tested contained such high levels of chemicals, bacteria and arsenic that they violated industry standards

While this is disturbing, it warrants our attention and exploration of our options. One option is installing a reverse osmosis (RO) system to purify your drinking water or drinking distilled water. A clean choice, but "Dead" since all the minerals have been removed. Purified (RO) or distilled waters are also unable to penetrate the cellular membrane to hydrate and clean out the cells. Cellular hydration is achieved by a "micro-clustering" process. Dr. "B" www.WaterCure.com explains: "We're not sick, we're thirsty." Most people are not aware that they are dehydrated most of the time. When the body needs water, people drink soft drinks or other beverages instead. The worst thing is, drinking beverages that contain a lot of sugars; people will get even more dehydrated because of the sugar. Most of us are not drinking enough water to flush out the toxins. The only proper way to flush out toxins in the

body is by drinking water and not with caffeine or other sugary beverages. When toxins are not flushed out, the body cannot function properly which can lead to the development of sicknesses. – Sacramento Health Examiner

"Water is so simple and so basic that it is easy to overlook...yet it is often the simplest factor that can make the biggest difference."

Dr. Dave Carpenter, Author
"Change Your Water Change Your Life"

So, what water should we drink?

Recently, I was introduced to a 35 year old Japanese company named Enagic that manufactures a medical device in Japan that restructures tap water into alkaline, micro-clustered water. My mother gave me a glass of this water known as Kangen water and I couldn't get enough. It was unlike any water I ever had before. My body craved it. After drinking this water for a couple of weeks I slept soundly for the first time in years since my stroke, my stamina and energy level increased dramatically and my weakened leg and arm muscles grew stronger. Even my speech improved. I began my research and discovered many of the world's leading health experts - even medical doctors and surgeons - were using and endorsing this technology.

First, let me warn you. There are many look-alikes and knock-offs flooding the internet. They have spent millions to discredit this device saying every imaginable thing to divert and confuse consumers. At first I thought it was just a matter of "you get what you pay for" but it is much more serious. Once I understood the machine that produces Kangen water the difference was astounding! Most other water electrolysis equip-



ment (ionizers) merely produces ionized alkaline water and some are very deceiving. Don't misunderstand. We should all be drinking alkaline water. However, not all alkaline water is created equal, and Kangen water provides far more.

KANGEN WATER PROPERTIES

- Kangen water is a powerful antioxidant, perhaps more powerful than any single food or vitamin supplement
- Kangen water contains active hydrogen which supplies huge amounts of extra electrons to our body (energy & oxygen)
- Kangen water has tiny micro-clusters so small they can penetrate the cells' membrane (these micro-clusters are 2,000 times smaller than our cells)
- Kangen water is high in alkaline, measuring in pH @ 9.5 -11.5

Kangen water's unique characteristics are recognized in medical fields for their effectiveness in assisting the body to rebuild itself from dehydration and the many types of illnesses and diseases that are linked to it. Some of the areas that people have noticed improvements include arthritis, chronic fatigue, leg cramps, PMS, migraines, diabetes. Also heartburn, poor circulation, gout, high blood pressure, high cholesterol, hot flashes, hypertension, asthma, skin rashes, dermatitis, psoriasis, weight issues, diarrhea, indigestion, heart disease, allergies, acid reflux, constipation, stomach ulcers, hepatitis, cancer, and many more areas have had considerable results.

Once again we are shown how the basic essentials of life – oxygen & water, can support our body's ability to repair itself. The Kangen Water Technology has been approved for its medical benefits by the Japanese Ministry of Health & Welfare. (The Japanese equivalent of the FDA).

ABOUT THE AUTHOR -

Valerie Greene. A world wide symbol of hope, and advocate for stroke awareness, Valerie has become a beacon of light to millions. Founder & CEO of the World Stroke Resource; her mission is to guide others to wellness & recovery while raising public awareness of the world's leading cause of death and adult disability. A two-time published author and motivational speaker, she has appeared on CBS, NBC, ABC & FOX. www.ValerieGreene.com