



Living Water *Ideas and* *Instructions*



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How Much to Drink ...and When

Living Water Essentials ionizers have several levels of alkalinity. It is recommended you begin by drinking mildly alkaline water, slowly increasing the alkalinity to cleanse your body of acid wastes. If you are not very faithful with your water usage, extend each period up to one more week as necessary.

First 10 days:	Drink 8.5 Living Water Essentials
Second 10 days:	Drink 9.0 Living Water Essentials
Week 4 - Forward:	Drink 9.5 Living Water Essentials

1. When you first get up, drink 1 very large glass (16 ounces or more) of electron-rich alkaline Living Water. This helps flush your kidneys, bladder, and bowels and rehydrates and recharges your body with extra electrons.

2. If scheduling permits...do not hurry to eat. After 30 minutes, eat and drink as normal.

3. Drink 1.5 to 2 gallons (based on your weight...read on for specifics; a quart is 32 ounces; a gallon, 128 ounces) of electron-rich, alkaline, structured Living Water daily—a 16-ounce glass (or more) every hour. To reach 2 gallons at this rate, you will have to be awake for 16 hours. Most people have to work up to this, and some never make it; but this should be your best-case healthy goal.

People who are old, sick, or habitually disposed to not drink water will be unable to drink this much. They must do their best and try to increase the amount they are comfortable with.

Your stomach, kidneys, and bladder will be "happy" to accommodate this effort if you keep at it with determination. If you weigh less than 120 pounds, decrease by about 20%; if you weigh 190 to 250 pounds, increase about 20%; if you weigh more than 250 pounds, increase 30%.

4. Most dietary experts say it is best to drink half an hour before eating and between meals instead of with meals. Drink pure, CLEAN water (neutral pH) with your meals if needed. The "drinking with meals habit" is fairly easy to change if you try. You don't want to interfere with the stomach's manufacturing and use of gastric juices important for proper digestion.

5. Drink electron-rich, alkaline Living Water at habitual times throughout the day. Do not wait until you are hungry or thirsty because many times when you feel hunger, your body is really thirsty. Thirst always indicates a present state of mild dehydration. **Repeat: Thirst indicates that you have already reached a mild state of dehydration.** Your body is saying, "Hey, I need water!" Unfortunately, modern Americans often respond with a soft drink (*not* the same as water to your body). It's a popular and tasty habit but a terrible one.

6. Increase your drinking by drinking at least 1 quart of electron-rich, structured Living Water for each hour of exercise or stressful mental activity:

7. Learn to pay attention to your body:

- Do you feel dehydrated?
- Is your mouth dry?
- Are you experiencing fatigue or light-headedness?

Your body is crying out for water! Over time, with healthy food (including *whole-food* supplements), water, and detoxification, your need for medication may very well be reduced or eliminated. Exercise and rest are important, too.

8. An excellent target: 1 quart per 30 pounds of weight of electron-rich, structured, Living Water to maintain hydration during illness, extreme weight loss, muscle building or weight gain. (Once you've de-acidified your body, you may be able to reduce the amount of water to 1/2-ounce or 3/4-ounce per pound of body weight.)

9. Avoid commercial sport drinks, energy drinks, caffeinated sodas, tea, coffee, chocolate drinks, alcohol and/or beer. Even "the best" bottled waters are acidic.

10. Drink only electron-rich, alkaline Living Water (or fresh green juices).

11. End each day with 16 ounces of electron-rich, structured, alkaline Living Water.

12. To help elimination if congested or constipated, drink the electron-rich, alkaline Living Water Essentials warm. However, **don't run warm water through the unit.** Heat the water after making it.

13. Learn to "pee or perspire" your way to incredible health, energy, and vitality. You can speed the process dramatically with Living Water.

NOTES:

1. WHEN TAKING MEDICATIONS. Medications are designed to be taken with typical residential water. Alkaline water will not affect all medicines, but it can make some more potent and others weaker. It can impact time-release patterns. Wait one hour after taking meds to drink Living Water.

2. If a child or adult increases activity through exercise or sport, hydration should be increased to 1.5 quarts per 30 pounds of body weight. This will help maintain the pH balance and integrity of the internal fluids and be expressed in a healthy and energetic mind and body. It is recommended that non-active children or adults drink 1 quart of water per 30 pounds of body weight per day for minimum hydration.

3. A physician explains... "Drink plenty of alkaline water. Ideally one will drink 1/2 to 1 ounce of water per pound of body weight per day of good, structured water. Remember that the earth is 70% water, the body is 70% water, a cell is 70% water and DNA is 70% water!"

Is this just a coincidence? There is a direct connection between the quality and content of the water in our body and how the body responds to disease and aging. The brain is 83% water, the kidneys are 82% water, the lungs are 80% water, the heart 79% water, the bones 22% water and the blood 90% water!

Researchers tell us that the body at death has only a 50% hydration level. So let's increase our water levels and live longer and healthier!

What to Hope for from Drinking Living Water Essentials



"Money cannot buy health, but good living habits, clean and freshened air, whole food and enzyme-based nutritional supplements and ionized, alkaline Living Water can certainly make a difference."

What should you expect?

The answer to this will depend on your level of health.

Living Water is smoother tasting than conventional water. It makes better coffee, tea, etc. Alkaline water is wonderful to cook with because it hydrates the food and brings out flavors.

Changes in your body may be subtle and may take time. If you have accumulated acid waste in your system, it took years for you to get into that condition. It will take some time to reverse it.

In a few cases, our customers speak of dramatic results much more quickly.

For a year leading up to her use of the water, nothing changed about Mila's diet or health condition (Mila is shown above with her daughter). Other than birth control, she takes no medications. She had intense migraines associated with menstruation every cycle for more than 10 years (her headaches lasted 3-4 days). After beginning with the lowest level of alkaline Living Water she had her first migraine-free period. This is not a clinical study or medical claim; it is one young lady's report.

As the body is slowly brought toward a better pH balance by drinking alkaline water, it is reasonable to expect more functional efficiency. It is the way of nature for a healthy and balanced organism to improve its own health. Natural functioning is one of the great benefits of Living Water.

Detoxification

The first thing Living Water does—when a person begins drinking it—is flush out the digestive tract, which is the best place for detoxification to start. This initial cleansing begins to improve your potential for better health.

The body cannot absorb nutrients efficiently or manage its fluid balances or remove waste products if the digestive tract is not clean and functional.

Even though Americans tend to overeat, we may be undersupplied with many basic nutrients if our bodies cannot absorb the values in our foods. Eating should never be confused with health. Many parents believe that as long as a child is eating, he is healthy. This certainly is not the case.

Muscle and fat tissues throughout the body are also contaminated. These take much longer to cleanse.

Hydrating

Thanks to the electrolysis process, Living Water has small water molecule clusters. Micro-clustered water can penetrate more easily to the body's organs, fluid systems, and tissues.

People comment how often they have to go to the bathroom when they first start drinking Living Water. This is because they are drinking more water (better habits) and also the water is cleansing their body. The awareness of frequent urination tends to subside as your Living Water drinking patterns become habitual.

Alkalizing

Drinking generous amounts of Living Water helps lower body acidity as it balances the body's overall pH. Tissue and organ pH is not to be confused with the pH of blood, which is maintained at a standard level even in cases of high acidity elsewhere. Body pH is clinically measured in urine or saliva.

For a person who has eaten an acidic diet and consumed acidic beverages for years, raising the overall pH will take some time. Acid wastes, which accumulate throughout the body, cannot be flushed out overnight. Years of accumulated acid waste in joints, around organs, in the brain, and throughout the body takes months and even years to completely expunge. De-acidification also depends on your diet and the amount of water you drink.

Oxygenating

Living Water increases energy levels. Oxygen sharpens alertness because the brain can function closer to capacity when it is properly oxygenated. Oxygen is a necessity of life that can become saturated in the blood, but the body cannot store it. Thus it is crucial that we constantly provide our bodies with a steady intake of oxygen.

Living Water fresh from the machine has its greatest potential to provide the body with oxygen. Oxygen helps produce energy, and kills bacteria, viruses and even cancer cells.

Antioxidants

The oxygen benefit from Living Water reaches the body in the form of an extremely potent antioxidant that has an extra electron attached to it and is known as a hydroxyl ion (OH⁻). It is produced when water passes over positive and negative electrodes. Electrons shift from one side to another.

A hydroxyl ion has 1 H (hydrogen) and 1 O (oxygen) molecule and an extra electron, which is donated to a free radical in the body; therefore it is considered a free radical scavenger.

Free radicals are a fact of life. They are produced in the body every second by basic metabolism. So the process of "scavenging" them is never ending. In other words, start drinking this water and keep drinking it. Scientists consider free radical damage to the body to be one factor—perhaps a major one—in the process of aging.

Despite what you hear, no one really knows the long-sought-after "secret" of aging. All we can do is stay abreast of the latest clues and do the best we can with what we know. Alkaline, electron-rich water may be the closest thing ever found to the Fountain of Youth. And—because the water is so good—it's easy to incorporate this water idea into your lifestyle.

As this happens multiple times, the hydroxyl ions form H₂O (water) with 2 hydrogen atoms and one oxygen...leaving behind a little extra O (oxygen) each time. It a good trade-off! Free radicals are inactivated and the body gains oxygen and water at the same time.

Drinking Living Water exposes the interior of the body to a negatively charged liquid, which promotes rejuvenation of each bodily system at a cellular level.

Fresh raw foods are also recommended! They have a negative charge and a beneficial ORP (oxidation-reduction potential). Fresh squeezed orange juice carries a negative ORP of -50 to -300 ORP (measured in millivolts, mV).

The higher the negative number, the better it is for the body. The higher the positive number, the worse it is. Chlorinated city water may have a positive +200 ORP or sometimes higher, thus it is quite oxidizing and is not a good choice. The same is often true of bottled water, even the famous ones.

Anything that is being oxidized, or has the potential to oxidize another substance, has a positive ORP. Our bodies are constantly being attacked by oxidation in the form of free radicals; the older we are, the higher our body's ORP becomes.

When we drink negatively charged Living Water, oxidation is retarded and our cells are in a better position to rejuvenate, or de-age.

Water has a low atomic weight (18). When ionized through electrolysis, it becomes... **the most absorbable antioxidant known.**

In theory, we are fighting the aging process.
Anti-Oxidants = Anti-Aging

Of course, we don't become younger in chronological years. If we are 40, we do not become 20. Rather, we possess health characteristics we had when we were younger.

Your cells become more active, more productive, more communicative, more functional. In a sense, you have reversed your biological clock.

After you've been on Living Water for a while, you will become more sensitive to whether or not you are actually dehydrated. You will become aware that your body needs water after only an hour or so of not drinking any water.

By keeping your body constantly hydrated, you will be accomplishing many things that are necessary to achieve great health. Staying hydrated helps stave off disease better than anything else we can possibly do for ourselves.

When we are hydrated, our blood is never too thin or too thick because of the lack of water or salt.

Our organs function optimally when they are not starved for water, especially the kidneys. Like any muscle, regular use of the kidneys only strengthens them. A misconception is that drinking too much water can overtax the kidneys. If you have weak kidneys from living on a cooked-food diet, start by drinking weak Living Water (8.5 pH) then increase it after 10 days.

When we provide the body with real nutrients from raw foods and drink enough water, weak kidneys can become powerful, flexing muscles once again, the way they were meant to be. This is true of any muscle or organ in the body.

In the first few days of drinking Living Water you will not be able to quench your thirst.

Your body is crying out for something it has rarely, if ever, experienced before: true hydration of its cells. The thirst mechanism in your body has been turned on for the first time in years, perhaps the first time in your life.

We develop many ways to turn off our thirst or ignore it completely with foods or liquids that couldn't possibly hydrate us.

Everyone's body has various degrees of toxicity, thus the effects of Living Water on your body will be slightly different from everyone else. It will depend on your historical and current diet, how much water you consume, how much you exercise, how positive a person you are, how stressful your life is, how much medicine you take now and in the past and how toxic you are.

Regardless of that...

***Living Water Essentials Is Good
For Everyone Who Consumes It***

How Does Living Water Essentials Compare?

Benefits	Living Water Essentials	Bottled Water	Tap Water	Well Water
Powerful Antioxidant	Yes	No	No	No
Balance Body pH	Yes	No	No	No
Powerful Detoxifier	Yes	No	No	No
Superior Hydrator	Yes	No	No	No
Enhances Mineral Absorption	Yes	No	No	No
Increases Oxygen	Yes	No	No	No
Low Cost	Yes	No	No	No

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Re:Plenish = the most delicious antioxidant and veggie power on the planet ♦ The power of Nature from Vollara