

## **Alkaline Water Stick**

### **Ingredients:**

**A complex treatment process takes place giving the tap water a negative ion charge that, when consumed by an individual, repels positive fat cells from the body.**

**Normal tap water compared with using the Alkaline Water Stick  
This picture shows two bottles of water. The bottle on the left is tap water, the bottle on the right using the Alkaline Water Stick.**

**A small amount of cooking oil has been added to both bottles. As you can see, the oil does not mix with the tap water, but it does mix when using the Alkaline Water Stick. Drink this water, and it will now mix with the fatty oil, tar's, and greases within your body helping to expel them safely and naturally. We recommend drinking 1.5 litres or more a day.**

**Water-soluble calcium carbonate ore  
(calcium content:95.75%)**

**Produced in the Futamata hot spring Hokkaido, Japan. Research papers on "Yunohana" (mineral deposits) were presented at the first medical convention by professors at Tokyo University and Hokkaido University (absorption and decomposition of toxic substances).**

**Specially manufactured tourmaline ceramics**

**Also known as "Electric Stone". When exposed to water it induces electrolysis and generates negative ions. It also ionizes water molecules by decreasing their size (negative ion effect).**

**Coral fossil (weathered coral)**

**Produced in Kuromatsunai, Hokkaido. It is mined from a 20 million-year-old seabed layer which has been uplifted to ground level. The coral adds its valuable mineral contents to the tap water, making it milder.**

### **Binchotan-charcoal**

**Having the same absorbability as activated carbon, it absorbs heavy metals and impurities in tap water, making the water milder and tastier by activation (antiseptic and far-infrared effects)**

### **Maifanshi-stone**

**It's mineral contents activates the tap water to decompose impurities for superior sterilisation effects. It was approved as a food additive in 1976.**

### **Dechlorine ceramics**

**It quickly decomposes and removes chlorine and other unpleasant odors found in tap water Try it for yourself...Join the Revolution!**

## **THE AGING PROCESS**

**We get old because we are not disposing of all the internally generated wastes and toxins, and accumulate the leftovers within our body.**

**For our body to function and to maintain body temperature, we burn nutrients within our cells. The main ingredients of all foods, expensive or inexpensive, gourmet or junk, vegetable or meat, alkaline or acid, are either carbohydrates, proteins or fats. And they are nothing but the combinations of four elements: carbon, nitrogen,**

**hydrogen and oxygen.**

**After these nutrients are burnt (oxidized) in the cells, they all turn into organic acids: carbonic acids, uric acids, lactic acids, fatty acids, ammonia, etc. Fats are acidic even before oxidation. The Chinese word for oxygen is written with two characters, "sahn-so". They literally mean "acid root".**

**These acidic wastes and toxins are disposed out of the body in liquid form, as urine or perspiration, after first being dissolved into the blood. Every element within our body was placed there by the blood and can come out of there by first being dissolved into the blood and then being carried out. If anyone loses ten pounds by any dietary means, it can be said that most of that ten pounds came out through the urine.**

**Unfortunately, due to our life styles and environments (i.e., too much ingestion, overwork, over indulgence, not enough rest, staying up late, not enough exercise, inadequate water consumption, smoking, pollution, low alkaline diet etc.) the body cannot get rid of all the acidic waste products that it generates within. We accumulate these left over waste products somewhere within our body. This is the process of getting old.**

**To make matters worse, mixed with these organic acids are inorganic acid minerals such as chlorine, phosphorus, and sulfur that come in with most of our acidic foods: meats, grains and root crops. We don't eat enough of alkaline diet (anti aging) foods such as fruits and vegetables that contain inorganic alkaline minerals: calcium, magnesium, sodium, potassium, etc.**

**Although the amounts of inorganic minerals are small compared with the organic acid wastes that the body produces, they contribute more towards the acid side. However, one important thing to note is that even if one does not eat any acidic food at all, as long as**

**carbohydrates and proteins are consumed, the body produces much more acidic wastes than the inorganic alkaline minerals can counteract.**

**We are born with high alkaline blood pH of 7.44. As we get older, the blood pH drops down to 7.35 or below. The blood pH referred to here is the artery blood pH. The difference of 0.09 in pH value seems very small but since pH is logarithmic, the amount of hydroxyl ion (OH<sup>-</sup>) in 7.44 pH is 1.23 times that of 7.35 pH, because  $10^{0.09} = 1.2303$ .**

**The hydroxyl ion is an oxygen donor while the hydrogen ion (H<sup>+</sup>) is an oxygen taker. In other words, young people carry 23% more of the oxygen donors in their blood than older people. No wonder they are more energetic.**

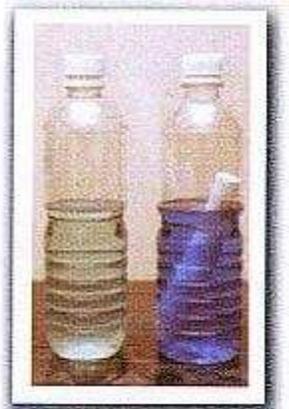
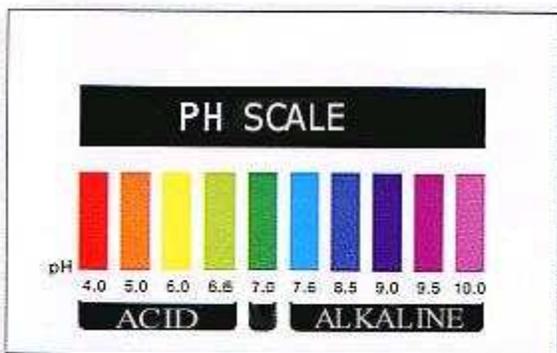
**Uric acid is nearly insoluble in water, alcohol, and ether, but soluble in solutions of alkaline salts. In other words, it becomes soluble in alkaline water. Arthritis and gout are caused by uric acid deposited between the joints, non-dissolved due to the low alkalinity of an older person's blood. Drinking acid free alkaline water will gradually elevate one's blood pH and the gout will disappear naturally.**

**As we live with poor waste disposal systems for a long period of time, some parts of our body build up more acids than others, and they can clog up capillary vessels around those acidic areas. This causes some body organs to function in a sluggish manner. We feel tired and run down sometimes for no reason whatsoever, and adult diseases such as high blood pressure, arthritis, diabetes, asthma, allergies, etc. start to set in WE SIMPLY ACCEPT THESE PHENOMENA AS "GETTING OLD."**

## Acid - Alkaline Imbalance

### Understanding pH

pH is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14, the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7 which is neutral.



### The pH Scale - Acids and Alkali - ions

Water is the most abundant compound in the human body, comprising 70% of the body. The body has an acid-alkaline (or acid-base) ratio called the pH which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The body continually strives to balance pH. When this balance is compromised many health problems can occur.

Good For Your Health!... **pH 8.6**

The Diet Water Stick<sup>®</sup> produces ion water consisting of small molecule clusters, which facilitate the decomposition of body fat. With a pH factor of 8.6 diet water is milder than neutral water and easy to drink, so you can drink larger amounts. It is also effective for stimulation of intestinal functions and bowel movements, rejuvenation of blood, prevention of hyperacidity and abnormal gastrointestinal fermentation, constipation, and promoting overall good health.

**Most people who suffer from unbalanced pH are acidic.** This condition forces the body to borrow minerals, including calcium, sodium, potassium and magnesium—from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage due to high acidity, a condition that may go undetected for years.

**Mild acidosis can cause such problems as:**

- **Weight gain, obesity and diabetes.**
- **Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen.**
- **Bladder and kidney conditions, including kidney stones.**
- **Immune deficiency.**
- **Acceleration of free radical damage, possibly contributing to cancerous**

### **pH and Bone Loss:**

A recent seven-year study conducted at the University of California, San Francisco, on 9,000 women showed that those who have chronic acidosis are at greater risk for bone loss than those who have normal pH levels. The scientists who carried out this experiment believe that many of the hip fractures prevalent among middle-aged women are connected to high acidity caused by a diet rich in animal foods and low in vegetables. This is because the body borrows calcium from the bones in order to balance pH. — American Journal of Clinical Nutrition

mutations.

- Hormone concerns.
- Premature aging.
- Osteoporosis; weak, brittle bones, hip fractures and bone spurs.
- Joint pain, aching muscles and lactic acid build-up.
- Low energy and chronic fatigue.
- Slow digestion and elimination.
- Yeast/fungal overgrowth.



pH 8.6



pH 8.6



pH 8.6

### Keeping the Balance Right for Excellent Health

Over acidity, which can become a dangerous condition that weakens all body systems, is very common today. It gives rise to an internal environment conducive to disease, as opposed to a pH-balanced environment which allows normal body function necessary for the body to resist disease. A healthy body maintains adequate alkaline reserves to meet emergency demands. When access acids must be neutralized our alkaline reserves are depleted leaving the body in a weakened condition.

The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a ground-breaking book, *A New Health Era* in which he maintains that all disease is caused by autotoxication (or "self-poisoning") due to acid accumulation in the body.

Your body is able to assimilate minerals and nutrients properly only when its pH is balanced. It is therefore possible for you to be taking

healthy nutrients and yet be unable to absorb or use them. If you are not getting the results you expected from your nutritional or herbal program, look for an acid alkaline imbalance. Even the right nutritional programme may not work if your body's pH is out of balance.

### **What Causes Me to be Acidic?**

The reason acidosis is more common in our society is mostly due to the typical modern diet, which is far too high in acid-producing animal products like meat, eggs and dairy, and far too low in alkaline-producing foods like fresh vegetables. Additionally, we eat acid-producing processed foods like white flour and sugar and drink acid-producing beverages like coffee and soft drinks. We use too many drugs, which are acid-forming; and we use artificial chemical sweeteners like NutraSweet, Equal, or aspartame, which are extremely acid-forming. One of the best things we can do to correct an overly-acid body is to clean up the diet and lifestyle.

The food chart below briefly summarizes this information for some of the more common foods. A healthy diet should consist of 80% alkaline-forming foods and 20% acid-forming foods.

Most Acid	Acid	Lowest Acid	FOOD CATEGORY	Lowest Alkaline	Alkaline	Most Alkaline
NutraSweet, Equal, Aspartame, Sweet 'N Low	White Sugar, Brown Sugar	Processed Honey, Molasses	SWEETENERS	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
Blackberries, Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Processed Fruit Juices	FRUITS	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears, Raisins	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas
Chocolate	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Cooked Spinach, Kidney Beans, String Beans	BEANS VEGETABLES LEGUMES	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic

<b>Peanuts, Walnuts</b>	<b>Pecans, Cashews</b>	<b>Pumpkin Seeds, Sunflower Seeds</b>	<b>NUTS SEEDS</b>	<b>Chestnuts</b>	<b>Almonds</b>	
		<b>Corn Oil</b>	<b>OILS</b>	<b>Canola Oil</b>	<b>Flax Seed Oil</b>	<b>Olive Oil</b>
<b>Wheat, White Flour, Pastries, Pasta</b>	<b>White Rice, Corn, Buckwheat, Oats, Rye</b>	<b>Sprouted Wheat Bread, Spelt, Brown Rice</b>	<b>GRAINS CEREALS</b>	<b>Amaranth , Millet, Wild Rice, Quinoa</b>		
<b>Beef, Pork, Shellfish</b>	<b>Turkey, Chicken, Lamb</b>	<b>Venison , Cold Water Fish</b>	<b>MEATS</b>			
<b>Cheese, Homogenized Milk, Ice Cream</b>	<b>Raw Milk</b>	<b>Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese</b>	<b>EGGS DAIRY</b>	<b>Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey</b>	<b>Breast Milk</b>	
<b>Beer, Soft Drinks</b>	<b>Coffee</b>	<b>Tea</b>	<b>BEVERAGES</b>	<b>Ginger Tea</b>	<b>Green Tea</b>	<b>Herb Teas, Lemon</b>



**Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself.**

**For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body.**

**Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.**