

# Health and Hydration

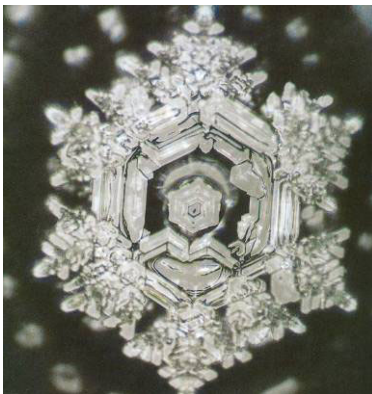
## Facts to Help You Stay Healthy



BY DR. OONA MOURIER

Water is the source of our lives and is directly connected with our health & wellness. All waters are not equal, tap water is different from Spring Water - the difference can be negative or positive for your health & wellness.

The highest standards of naturally produced water are ones harvested from a fresh high mountain spring. This water is naturally oxygenated, alkaline, mineralized by earth, negative charged ORP, naturally structured with the capacity to refresh thirst, revitalize your body, and restore health and wellness.

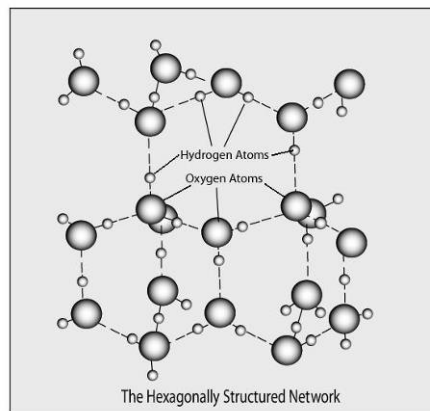


Water is an essential element for achieving health.

Only healthy vital water can form snow flake-like crystals like the photo above. The best water on the planet is from mountain springs which have the ideal structure and health giving capacities.

Water molecules are made of one oxygen atom and two

hydrogen atoms (H<sub>2</sub>O). The relationship between these atoms gives water a unique electrical polarity. Water has the unique ability to form and transform; create and recreate; penetrate and dissolve anything it touches; and to



collect and deposit information wherever it flows is what gives all living things their vital dynamism.

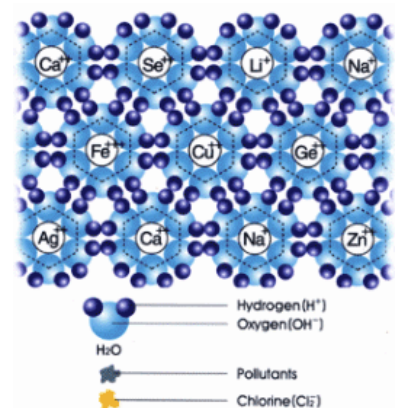
Water can pick up rich nutritious minerals and life-giving oxygen, but it can also bond with toxic pollut-

ants, chemicals or disease-causing organisms and can enter your bloodstream!

There are a number of places throughout the world where the water has a high concentration of Restorative elements. Many of these places are known as "healing springs." Others are known for producing inhabitants that live long and disease-free lives.

### Healthier Cells

Healthier Cells - supported by tightly bonded, hexagonal water clusters - created by "structure making" ions (see diagram at right).

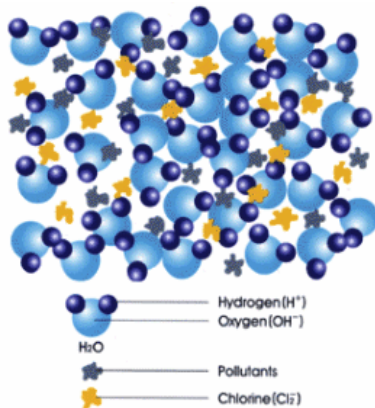


Pollutants and toxins are unable to bond with water molecules and create toxin accumulation and cellular problems.

# Health and Hydration- Facts to Keep You Healthy (Cont.)

## Unhealthy Cells

Unhealthy Cells - characterized by loosely bonded, pentagonal or unstructured water clusters and "structure-breaking" ions (see table above).



Pollutants and toxins can easily bond with water molecules and create toxic accumulation and cellular problems.

Antioxidant Alkaline Ionized Water has a huge capacity to store energy which can be released immediately when it is utilized by living organism.

Water circulates through all living organisms. We are a lump of water involved in thousands of bodily functions. The saliva we use in digestion is mostly water, your eyes move freely in a lubricant that is mostly water. Nervous impulses are transmitted in water. Within living systems everything happens in water.

Human blood resembles the chemistry of the ocean. The human body is like the earth it carries an ocean within it.

## Replenishing with Antioxidant Alkaline Water in Your Body

When you drink antioxidant alkaline water, evidence suggests it may:

- Increase Hydration
- Increase Vitality
- Slow the effects of the aging process
- Prevent disease

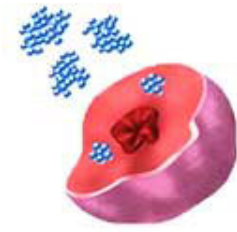
## Health and Proper Hydration are Related

To maintain essential health, our body needs to be properly hydrated. For a proper functioning of the body, we need to maintain the demand of the body for water.

The human body is about 70% water, your muscles and your brain are about 75% water, your blood is about 82%



Small water clusters can easily penetrate cells for improved hydration.



Large water clusters do not hydrate cells easily.

water, and your bones are about 25% water.

## Starting Facts about Water and Hydration

Do you know that:

- 75% of Americans are chronically dehydrated
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Mild dehydration will slow your metabolism
- Lack of water is the number 1 trigger of daytime fatigue
- 2% drop in body water is capable of triggering fuzzy short term memory with basic math, and difficulties focusing on the computer screen or on a printed page

## The Amazing Power of Water

Water is required for very basic physiologic functions, such as regulating blood pressure and body temperature, hydration and digestion (The body requires about 1.5 milliliters of water to absorb every calorie ingested).



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Five glasses of water daily decreases the risk of colon cancer by 45%, is capable of

slashing the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

8-10 glasses of water can ease back and joint pain for 80% of the sufferers

## Health and Hydration- Facts to Keep You Healthy (Cont.)



It takes 32 glasses of high Ph water to neutralize a glass of cola.

Active girls who drink cola are five times more likely to develop osteoporosis than girls who do not drink soda.

Water assists in flushing toxins out of the kidneys; it also dilutes the bile in the gallbladder for optimal digestion.

Water circulates through all living organisms.

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With a high degree of structuring, water can remember and can be considered highly energetic water with the ability to activate and support numerous metabolic functions.

The water surrounding abnormal (cancer causing) proteins has a reduced number of structured water around them.

You can produce hexagonal water by the addition of structure-making ions and by using natural energetic forces like those found in the water wand.

Metabolic rate has been correlated with the amount of cell water turn over in the body. Both have been linked with health and aging

Aging can be accelerated by the loss of antioxidant alkaline structured water from organs, tissues and cells and an overall decrease in total body water.

Both cancer and diabetes have a common feature: the destruction of vital water structures at the cellular level.

An examination of cells infected with HIV reveals the same water environment as those with cancer and diabetes- a lack of organized structure at the cellular level.



“Careful management of the planet’s water supply and the use of hexagonal water in our personal lives can allow us greater freedom and abundant health as we move into the 21st century and beyond.”

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*Preceding quote by Dr. Mu Shik Jhon. “The Water Puzzle and the Hexagonal Key”. Scientific Evidence of Hexagonal Water and its positive influence on health!*

### For Information and Product Orders

For information on the AvantGarde of Wellness Water Wand, a remarkable product that transforms ordinary water into ionized alkaline water with high antioxidant properties, contact AvantGarde of Wellness through our web site.

[www.AvantGardeWellness.com](http://www.AvantGardeWellness.com)



*A visionary approach to health.*