

keys to vitality



"Scientists now believe that free radicals are causal in nearly every known disease."

*Dr. Lester Packer
University of California*

Why are antioxidants so important? Charged atoms called "free radicals" damage healthy cells, causing the process of oxidation. It's what makes cut apples turn brown and iron rust. Researchers believe free radical damage plays a major role in heart disease, premature aging, cancer, Alzheimer's disease, rheumatoid arthritis and as many as 50 others.

Antioxidants stop oxidation. There is clear evidence that they counteract the onset of degenerative disease - the first key to vitality. Ionized water from an IonWays ionizer has more antioxidant power than a glass of fresh orange juice.

Loads of antioxidants with every glass!

***"You are not sick, you are thirsty!
Don't treat dehydration with medications!"***

*F. Batamanghelidj, M.D.
noted author & hydration researcher*

Why all the fuss over drinking lots of water? For starters, our bodies are 2/3 water. Dehydration is a factor in many major health problems. Common effects of dehydration can include:

- low energy
- migraines
- type II diabetes
- hypertension
- weight gain
- low back pain

Dehydration usually appears to be something else: e.g. it causes low energy, low energy causes poor digestion, then is diagnosed as acid reflux and treated with drugs instead of water. **Proper hydration is critical to good health and vitality.**

An IonWays ionizer filter then ionizes your water, reducing the size of the molecular clusters. The result - up to 6 times more hydrating. Delicious and silky smooth, ionized water "disappears" inside your body - the hydrating effect!



changing water changing lives

"Just about every condition I can think of, from arthritis to diabetes, to cancer is associated with acidity."

*Dr. Robert O. Young, noted
alkalinity researcher & author*

Researchers believe that disease is caused by excess acidity in our body that weakens all body systems. Caused by our high stress lifestyles, what we eat and pollutants, it affects virtually everyone. This forces the body to rob minerals - calcium and magnesium - from vital organs and bones. Our reserves are depleted, leaving the body vulnerable to bone density loss, heartburn, indigestion, blood sugar issues, weight gain - 68 conditions in all.

When healthy, your body has sufficient alkaline reserves to balance itself - and naturally resists disease. **The easiest way to help your body to be more alkaline is to drink alkaline water.** IonWays ionizers provide you with a source of alkaline minerals. This naturally maintains proper pH balance - boosting health and vitality.



antioxidants

hydration

alkalize