

# - WATER - HEALTH BY THE GLASS

The healthy choices  
guide



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# Cuprins

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How can you have a long life and enjoy beautiful days that start with a smile while maintaining your health and youth?

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Life is how you make it. You choose what you invest in and the long term benefits that come with it. Who knew that it all starts with a glass of water?

# Introduction



No, this is not another water or nutrition guide that will tell you what you NEED to do.

What is it then?

It's a guide that presents all known & useful information meant to help you have a longer life & beautiful days that start with a smile and in which you can enjoy your youth and health.

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*What do you  
choose?*

”Health is a precious thing, and the only one, in truth, meriting that a man should lay out not only his time, sweat, labor and goods, but also life itself to obtain it.” – Michel de Montaigne

Start now. Start with your own well-being.

The purpose of this book is to present the reality of the world we live in, how easy it is to make better choices and how optimal hydration, along with proper nutrition can give us the best chance to lead a healthy life. The information and advice provided in the following pages do not replace the doctor's advice and are not intended to be perceived as a treatment scheme, but as a way to live your life to the fullest, while opting for health and balance.

In this guide, you have access to facts, specialist recommendations & conclusions of medical studies. However, the decision to see under all the images projected by well-developed marketing campaigns, to regain control over the quality of your life, health and well-being, is up to YOU.

It is said that the hardest step you have to take towards change, towards something new - is the very first one.

# What is the meaning of—being healthy?

From a medical point of view, being healthy refers to having all of the systems in our body work at an optimal level, on their own and as a whole.

The problem is that when you have to make a choice in terms of nutrition and hydration, big brands marketing campaigns manage to get your attention and direct it to other aspects of life, to ephemeral pleasures, which last several seconds and cost you a lot more that you have bargained for - years of your life.

But can you have a full life, with an excellent mental condition, an increased energy level and an amazing body? Can you have them all?

Absolutely!





# What do you invest in?

Somewhere, in the back of your mind, you already know that products with beautiful packaging and have a whole list of ingredients you don't recognize – are harmful to your mind and body. We can no longer compare our lives to the ones of past generations. It's not just about processed foods or the different combinations of ingredients meant to make these products as tasty and addictive as possible, but also about the fact that choosing healthy, unprocessed foods is incredibly challenging. They are either hard to find or incredibly expensive.

All ads tell you to enjoy something fast that does not involve any hassle.

“Come on, buy fast food, which is cooked by others and that involves fried meals & all sorts of harmful ingredients.”

“Buy ready meals that you just put in the microwave and are ready in a few short minutes!”

“Drink bottled water because it's better than all other rest!”

These are the kind of subliminal messages you hear EVERY SINGLE DAY. What no one tells you is that the saying “everything starts from the inside” does not only refer to your thoughts and emotions, but also to maintaining the systems that keep us alive – balanced.

*We invest in something every day. But do we invest in ourselves?*

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# Let's talk about hydration

Making better choices does not only mean getting enough sleep or reducing the amount of fast food you eat on a daily basis. It also refers to not taking into consideration one of the most important aspects that may have a strong impact on our life.

Did you know that:

1. If you're thirsty, you are already dealing with dehydration symptoms?
2. If you are dehydrated, you feel tired, fatigued and can't focus?
3. Dehydration can cause numerous health problems (including kidney stones)?

*How much water should you drink daily for optimal hydration?*

The Institute of Medicine recommends a daily intake of 3 liters for men and 2.2 liters for women. Of course, this recommendation is a standard one. You can calculate the daily intake you require based on your weight. All you have to do is increase your weight (in kg) with 67% to learn just how many milliliters you need to drink daily.



# Tap or bottled water?

There is a common misconception that everyone seems to believe. Although it is one of the most harmful options, bottled water in plastic bottles is part of a global multimillion-dollar industry. It is even the top recommendation for children, including babies for preparing formula.

But is it really the BEST choice?

## *Why shouldn't you drink bottled water?*

Bottled water manufacturers tell us that the water we buy is the purest and healthiest option, but truth being told, there are countless disadvantages one deals with when buying water kept in plastic bottles. Let's talk about what you really choose when you purchase bottled water.

1. A product that plays a major role in polluting the environment. Manufacturing plastic bottles is a process that leads to global warming.
2. Bottled water is actually tap water that goes through such an "AMAZING" filtering process, that the difference between bottled water and tap water is MINIMAL.
3. While kept at a higher temperature, as plastic bottles start going through a degradation process, they release toxic substances into the water that we drink (but this is the best water in the world, right? Not really!)
4. Costs associated with bottled water are much higher when compared to any other alternatives. We spend more, but don't receive any great additional benefits.





# Why shouldn't you drink tap water?

The area you live in is one of the most important factors one must consider when talking about how safe tap water actually is. Usually, tap water is safe for consumption due to legislation requirements. However, there are some risks:

1. Water sources are tested, but there is a problem with the plumbing. Water has a corrosive effect on pipes, which means that in time, it will affect the integrity of said piping system.
2. When talking about the quality of the water we drink, there are no tests performed at the other end – the one that really matters – the home of the consumer.
3. Although there are certain standards associated with the water filtering process and the substances that may or may not be released in it, there are external factors that can affect water sources.

This list is long, but we can mention water pollution through waste produced by local companies, bacteria that can affect our health and that can easily get into the water we drink, plus heavy metals as well as other harmful substances which can be found in our water source in a much higher concentration than the legal limit.

*What can we do about it?*



# The answer is simple:

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The truth is that the actions of the generations before us are responsible for the conditions in which we live today – just as WE are responsible for the future of our children.

**How will they know which choices are better than others? And healthier?**

YOU as an individual can make the best choices for a healthy and balanced life to become an example for the people around you, for tomorrow's generations. How? By ensuring that your behaviour is not influenced by big brands that have the largest advertising budgets.

***The good news is that all this is possible from the comfort of your own home!***

# If neither tap water nor bottled water are healthy, then...

## WHAT OTHER OPTION DO WE HAVE?

The human body is a complex and balanced system, of which about 70% is water. Liquids and the foods we ingest can be alkaline or acid. To maintain the balance mentioned above, it is essential to focus on making healthy choices.

Countless studies have proved the fact that water with a higher pH level is the best option for the systems in our body work perfectly.

Have you ever wondered by most specialists recommend:

-creșterea consumului de fructe și legume proas-increasing consumption of fresh fruit & vegetables, drinking at least 2 litres of water per day and

-decreasing consumption of sugar, processed & fried foods?



*Ionized alkaline water can be  
the difference between  
life & death*



**It may sound drastic, but when living a life where every day you**

- have to handle a variety of illnesses associated with blood clotting, diabetes, obesity, digestive issues etc.,
- wake up tired no matter how many hours you actually sleep,
- can't focus,
- weight seems to pile on even if you eat less,
- can't recognise yourself when you look into the mirror because each time you seem to be older than you really are...

Can we still talk about enjoying life to the fullest?

# IT ALL STARTS FROM THE MOMENT WE ARE BORN. OUR CHILDREN GROW UP IN THE SAME ENVIRONMENT WE LIVE IN!

The answer to all health problems presented before is ionized alkaline water, which offers maximum benefits due to the simple fact that it is truly pure and has a high antioxidant potential.

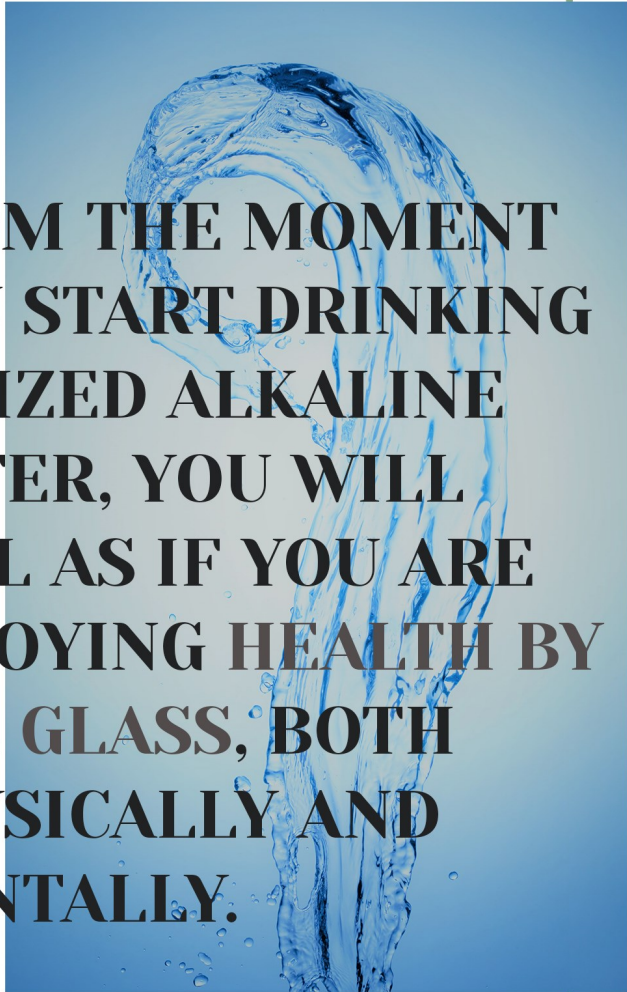
When choosing ionized alkaline water and include it in the diet of a baby, toddler, teenager or adult, the effects are truly amazing. Every family member can benefit from optimal hydration and advantages such as:

1. Increased ENERGY level – when your body no longer has to neutralize hyperacidity, the fatigue you have been dealing with will slowly fade away. This does not mean that you will never be tired again, but that your body will finally reach its full potential!
2. Weight loss – not too many people know this, but when you don't drink enough water, you tend to confuse thirst with hunger. That's why your first impulse is to eat something instead of drinking a glass of water. By drinking alkaline water, you will manage to differentiate these two needs.
3. Mental clarity – another essential aspect that can have a strong positive impact on our lives and that is directly connected to optimal hydration and choosing the best water.
4. Youthful, clean and beautiful skin – when you drink enough water (of the highest quality), your skin is properly hydrated and bright.
5. You will always feel young – alkaline water has a powerful antioxidant effect which fights against your body's acidity and residue, thus helping you achieve the balance mentioned above.

***Ionized alkaline water can change your life!***



**FROM THE MOMENT YOU START DRINKING IONIZED ALKALINE WATER, YOU WILL FEEL AS IF YOU ARE ENJOYING HEALTH BY THE GLASS, BOTH PHYSICALLY AND MENTALLY.**



The effects associated with consuming ionized alkaline water can be seen right away. From the moment you start drinking Ionized alkaline water, you will feel as if you are enjoying HEALTH BY THE GLASS, both physically and mentally.

**Is there any connection between alkaline water, stress, supplements and immunity?**

Did you know that our life is influenced by the newest trends? Even when talking about our own health?

Unfortunately, it is much easier to keep unhealthy habits and opt for various supplements for improving our health and increasing our immunity, than to just take a step back and analyse our choices.

Do you drink enough water? How about your family?

**What kind of water do you drink?**

**Does your daily diet include enough healthy, alkaline foods?**

The only way you will see a change for the better in your life, your mental state, the way you enjoy life – is to make small changes from the inside. It is not enough to treat symptoms because they will come back again and again – if we don't get to the root of the problem and solve it.

A simple example would be: you will feel tired again after you complete a vitamin treatment if you don't drink enough water that has a higher alkaline level every single day.

## HOW CAN YOU ENJOY ALKALINE WATER IN YOUR OWN HOME?



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You have different options in this case. You can try various recipes to prepare alkaline water or you can buy drops you add into the water you get from the tap. But, you will not be able to enjoy all of the benefits associated with the best water in the world, aka ionized alkaline water. Fortunately, there is a third option, a compact device you can install in your own home.

### Let's talk about each of these options:

1. **The recipe** that requires you to add minerals to the water you drink seems to be an easy solution. An example of a recipe would involve adding baking soda to your water. But, the amount required to prepare 3-4 litres of water would mean ingesting for more minerals than what is recommended for daily consumption.
2. **The drops** you can add to the water to change its pH level and turning it into alkaline water seem to be a better fix, but they have a rather unpleasant disadvantage: the price.
3. **A water ionizer** is a device based on revolutionary technology meant to offer you access to ionized alkaline water in your own home. The only possible disadvantage in this case would be the fact that you need to make an initial investment. But, if you were to compare the price of alkaline water resulted from using the ionizer to the cost of bottled water you need for a whole year, you would be shocked to learn that you are spending a small fortune - on water kept in plastic bottles.

# What makes a water ionizer so special?

First of all, let's talk about the difference between alkaline water and ionized alkaline water.

Alkaline water has a pH level higher than 7, while ionized alkaline water is far superior from a quality point of view. It has a detox and therapeutic effect due to its negative ORP and molecular hydrogen.

**Ionized alkaline water can only be obtained with the help of a water ionizer.**

**IMPORTANT:** ionized alkaline water can't be kept in a bottle because its antioxidant potential does not last more than 24 hrs.

The water ionizer offers you access to alkaline or acid water, each of them with different benefits.

**You can make your own ionized alkaline water or acid water at the push of a button.**

The water you drink goes through a DUAL-filtration system, which purifies it. This means that it does not contain any chlorine, toxins, bacteria, pesticides, chemicals or heavy metals and it has a SUPERIOR antioxidant potential, while being simply DELICIOUS!

Plus, the device has a **compact & elegant design** and can be installed in your kitchen under the sink or on the countertop, based on your preferences.





# Acid water for youthful skin and healthy hair

What you probably don't know about acid water is that:

- Because of its low pH level, it has an astringent & anti-bacterial effect;
- It helps remove soap and any impurities from your skin;
- It maintains the natural barrier of your skin;
- It closes the hair follicle, thus ensuring it strong and glossy.

What if you could have access to ionized alkaline water and acid water in your own home, at the push of a button?

Our team recommends Prime Ionizers, which we have tested and installed into our own homes.

Plus, they come with a 5 YEAR warranty!



# Conclusions



Your health and your family's health is a top priority. That's why if you make healthy choices, the people around you will do the same.

For a healthier lifestyle, there is no need to make a major change: include more fruit and vegetables in your diet, reduce consumption of acid foods and enjoy the numerous advantages of ionized alkaline water.

Optimal hydration can change your life, while ionized alkaline water will detox and protect your body.

Why spend a small fortune on bottled water when you can have ionized alkaline water and acid water in the comfort of your own home?

Yes, a ionizer requires you to make an initial investment, but if you were to talk to anyone that has already made this choice, you will realize that it's the best way to go, not only from a financial point of view, but also for the wellbeing of your family.

You deserve the best, which is why we recommend Prime Ionizers. They are of superior quality but come at a fraction of the price you would have to spend on similar products. At Alkaline Prime you will always benefit from a fair price!

Without a doubt, the first step towards living a better life is the hardest. Are you ready for a healthy life? It all starts with a glass of water, of ionized alkaline water you can enjoy whenever you desire, AT HOME.

For any inquiries regarding Prime ionizers, go to [www.alkalineprime.co.uk](http://www.alkalineprime.co.uk) or call (+44) 7495-255-466!





## Resources & Specialized Studies

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1. A 2012 study concluded that participants who drank alkaline water with a pH level of 8.8, observed positive effects regarding acid reflux. This is because alkaline water deactivates an enzyme called pepsin, which is responsible for reflux.

More details here (<https://pubmed.ncbi.nlm.nih.gov/22844861/>).

2. Another study from 2001 concluded that participants who drank ionized alkaline water for 6 months noticed a decrease in blood pressure, blood sugar and blood lipids. The people that took part in this study had hypertension, a mild form of diabetes and high cholesterol. But, due to the fact that they drank alkaline water, the results speak for themselves.

More details here ([http://en.cnki.com.cn/Article\\_en/CJFDTOTAL-SHYI200112005.htm](http://en.cnki.com.cn/Article_en/CJFDTOTAL-SHYI200112005.htm)).

3. A 2016 study concluded that participants who drank alkaline water benefited from amazing effects. They were tested after an intense workout. Due to the fact that they drank alkaline water, the blood clotting level was lower, they benefited from efficient blood circulation, and all cells in the body were properly oxygenated.

More details here (<https://jissn.biomedcentral.com/articles/10.1186/s12970-016-0153-8>).

***A Prime Ionizer will change your life! Opt for optimal health, increased immunity and a balanced life!***

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