



THE FASTING PODCAST: EPISODE 6 – HYDRATION SOLUTIONS WITH H₂ & PURITY

EPISODE 6: HYDRATION SOLUTIONS WITH H₂, Mins, & PURITY

The Fasting Podcast; Wellness & Optimal Weight (WOW)!



Kimberly Jansen, CNHP



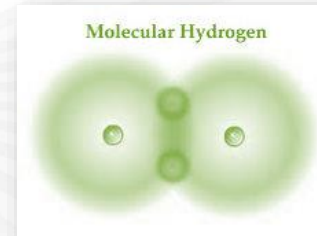
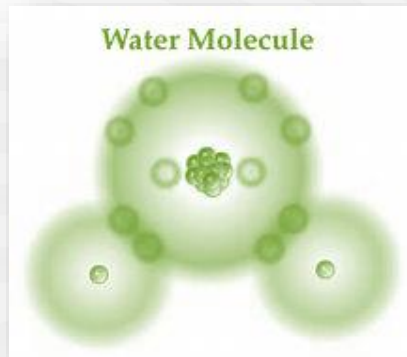
Julie Phillips, CNHP



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Prerequisites: Episodes on Purity & Molecular Hydrogen (H₂)

- H₂O (water) not same as H₂ (molecular hydrogen)



- Science: www.MolecularHydrogenFoundation.org: H₂ helps with 170+ human diseases per 700+ studies (e.g. diabetes, Alzheimer's, Parkinson's, cancer, dementia, osteoporosis, hypertension, chronic inflammation...)



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HELP ALL 4 CAUSES OF PREMATURE AGING WITH PURE H₂ WATER



1) Dehydration: body $\frac{3}{4}$ water, USA $\frac{3}{4}$ dehydrated



2) Toxicity: pesticides, preservatives, pollution...



3) H₂ "Selective" Free Radicals: oxidative stress



4) Inflammation: "the silent killer"



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Drinking Water Filters – More about H₂ & Minerals Separate Episode

- Low-end faucet, bottle, pitcher, counter top: toxins, ensure excellent filtration with minerals, no H₂
- Reverse Osmosis: well filtered, no H₂ or minerals
- Ionizer: Some have excellent filtration retaining beneficial minerals, some offer H₂ via **electrolysis**, **Preferred**: higher purity, **NEUTRAL** pH (vs forced or increasingly high), no cleaning of chambers, option to select beneficial frequencies like parasites...





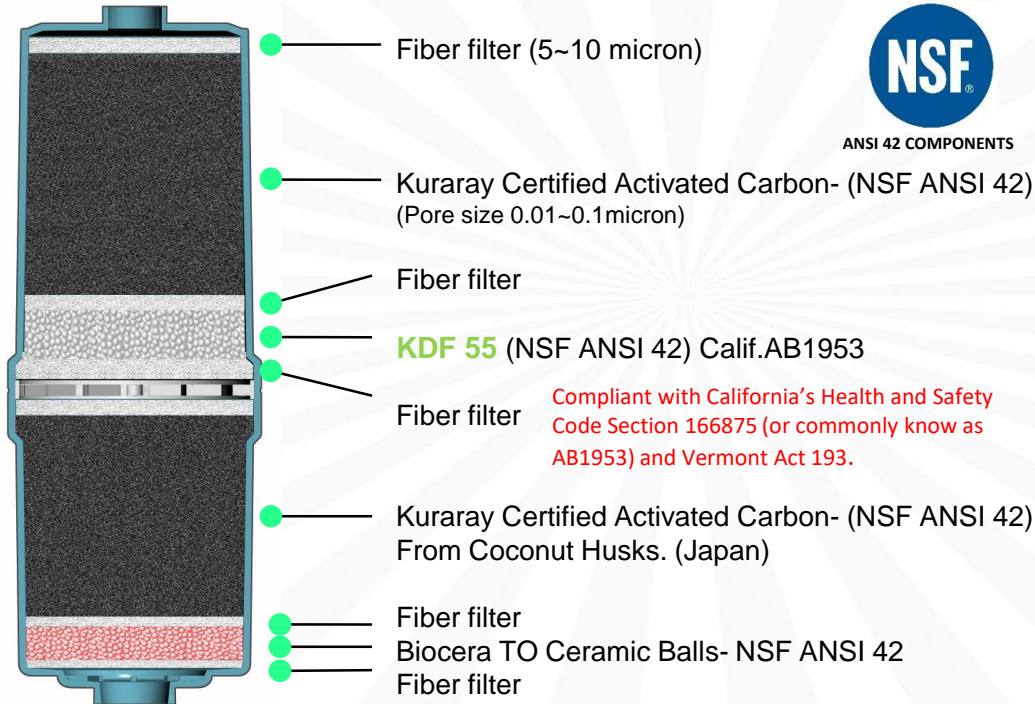
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Less Desirable	Our Preferred Ionizer	Comments
Forced pH approach	NEUTRAL pH approach	Forced may add substances & interfere with digestion
Scaling or calcium build-up requires periodic cleaning of the chambers	Guaranteed scale-free in electrolysis/membrane chambers	Scaling can reduce the amount of H ₂ produced
1-7+ stage filtration	 9 stage filtration for glyphosate , pesticides, Rx, algae/bacteria, chlorine/ chemicals, water sol metals	
Eliminates beneficial mins	Retains beneficial minerals	
Find own installer/faucet	Free install. Faucet option.	
Few or no “extras”	Beneficial energy (allergy, sleep, parasites...)	



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Preferred Ionizer Filtration with 9-Stage Filter



ANSI 42 COMPONENTS

Removes:

Pesticides, Chlorine, Chloramines, Bacteria, Viruses, Fungus, Algae, **Glyphosate**, Radiation

99% of Soluble Metals:

Including Mercury, Lead, Nickel, Copper, Chromium 6, Arsenic

Stops scale buildup including Lyme.
(NSF has not tested the above claims.)

Retains beneficial minerals



Comparison: Ionized Pure H₂ Water vs Plastics

Pure H₂ Water Costs Less Than Plastic Bottled Water!

(Family of 4 Drinking 3 Gallons/Day)

Water Type	Avg Size/Retail \$	\$/Gallon	Annual \$	15-Year \$
Ionizer* (Pure H₂)	\$2595	\$0.26	\$281.86	\$4,227.90
Fiji	6 x 16.9 fl oz = \$6.99	\$8.82	\$9,657.90	\$144,868.50
Evian	6 x 16.9 fl oz = \$6.99	\$7.49	\$8,201.55	\$123,023.25
Dasani	24 x 16.9 fl oz = \$5.99	\$1.89	\$2,069.55	\$31,043.25
Aquafina	24 x 16.9 fl oz = \$4.99	\$1.59	\$1,741.05	\$26,115.75
Arrowhead Home Delivery	20 Gallons = \$29.96	\$1.49	\$1,631.55	\$24,473.60

**Ionizers can be purchased for less than \$30/month with many additional savings.*

Pure H₂ Water is Anti-Aging: Dehydration, Toxicity, Free Radicals, & Inflammation!



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Capsule for H₂, Ionic Minerals, Calcium/Magnesium



- One of our Health & Wealth Lifeboat Group companies brilliantly offers a capsule that makes H₂ inside of the body where it is used before escaping
- 74 ionic minerals plus calcium & magnesium in same virtual format as human bone – alkalizing minerals helpful for people who are fasting
- These proportions are the same as those found in the human blood plasma of healthy individuals
- The minerals are critical energy conductors & help to balance the pH
- Vitamin C is added to neutralize any chlorine in the water
- The same minerals are also offered in powder sachets that are tasteless additions to pure water without minerals (e.g. distilled, reverse osmosis)



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Portable Water Filtration System



- The 25 oz./740 mL volume bottle is free of BPA/BPS/EA & other bisphenols, is leak-proof and dishwasher safe, has good suction like using a straw
- The advanced 2-part filtration system filters out all 3 types: biological, chemical, and emerging contaminants
- Microbials (e.g. bacteria > 99.9999%, viruses 99.95%, parasites >99.997%)
- Heavy metals (e.g. lead >99.3%, mercury 99.8%, arsenic >99%)
- Emerging contaminants (e.g. Ibuprofen 99.5%, Naproxen 99.5%)
- Chemicals (e.g. chlorine 97.9%, fluoride 41.3%, benzene 97.8%)
- Pesticides (e.g. 4,4'-DDT >95%, lindane >99.3%)
- Toxins hide in fat cells – omit toxic intake and release toxin-laden fat



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NEXT EPISODE 7: INSIGHTFUL TIPS ON FASTING

The **Fasting** Podcast; **W**ellness & **O**ptimal **W**eight (**WOW**)!



Kimberly Jansen, CNHP



Remember... We are free to make choices, but not free to choose consequences (to your health, families, business, & environment)

It's time to improve your water situation, for yourself, your family, & your workplace.



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POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com

Podcasters – 5-stars on I-Tunes, YouTubers – “like” this video & subscribe





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Stay Positive, Focused, & Determined Because
Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

