Do you want to feel young again? Do you want to be able to do the things you used to do, by just changing one simple thing? Here are just a few things that drinking ionized water on a regular basis can help:

* Boost energy and relieve occasional fatigue
* Support health immunity
* Slow premature aging
* Ease occasional constipation
* Support your weight loss program
* Promote healthy heart function
* Support healthy breathing
* Promote healthy skin
* Improve cognitive & memory function
* Promote overall good health and well-being

According to the *Journal of Longevity*, poor health is linked to **acid overload**. That’s why it is so important to regulate your delicate pH balance. The closer to 7.39 (neutral) the pH of your body is, the healthier you will be. However, if your pH is too acidic long-term, you will most likely start to experience things such as:

* Sapped energy and stamina
* Weakened heart and circulation
* Decreased sexual desire and performance
* Accelerated aging
* Breathing problems
* Irregular bowels
* Joint problems
* Soreness in your muscles or minor muscle pain

Recent studies have shown that too much acid *decreases* your body’s ability to absorb vitamins, minerals, and nutrients. Why? Acid overload wrecks your enzymes, disabling things to dissolve completely. This lack of pH balance can lead to a slur of health problems.  
  
  
Ionized water is a natural way to help balance your body’s tissue pH. Drinking ionized water is 100% safe and effective; and it helps to restore your body to a healthy, alkaline state. You can help maintain health acid levels without becoming a vegetarian and eating produce by the bushel to achieve optimum pH balance.

Proper pH balance has been recognized by dozens of scientific journals to be the key to long-term health. With ionized water, like the type offered at my office, you get the purest forms of natural minerals, synergistically blended at highly effective doses for a healthier pH balance.

Anything living depends on a certain environment in order to not only survive, but to grow and thrive. One of the most important factors that impacts environment is pH…the balance between acid elements and alkaline elements.

Let’s take a look at how pH affects life.

Plants need the soil that they live in to have an optimal pH. If the pH is off a little bit, growth will not be optimal. If it’s off by a lot, the plant will **literally DIE.**

Just like plants, fish require an optimal environment to live in. For example, the water that fish swim around in and the coral reefs that are so vitally important to our entire ecosystem must be properly pH balanced and regulated in order for life to happen. Too much acid throws off balance and destroys life.

As a matter of fact, EVERYTHING in life *must* have a properly pH balanced environment in the **inside** and the **outside** of it in order to live.

Your body is no different. If you want to experience a VIBRANT body and a vibrant LIFE, you need to create a vibrant environment on the inside of your body… and that starts with the right pH balance.

Inner balance—pH balance—will create the outer balance you desire.

In terms of your body, the optimal pH for your blood and fluids that make up over 70% of your body weight is roughly 7.37. That means a pH that is at least **slightly alkaline**.

If your body becomes acidic, which is roughly a 6, problems will begin. If it becomes chronically acidic, you now have the type of environment that breeds a whole host of health problems.

Research shows a direct correlation between excess acidity and obesity, diabetes, arthritis, acid reflux, colitis, IBS, fibromyalgia, fatigue, and so on…

So, the first question your might have is, “Okay, how do I know what the pH of my body is?”. The answer is simple… test it. Come to the office so we can test your pH!

I can’t emphasize this enough… the regulation of your pH is as important to your health as the regulation of temperature is. If you had a fever of 101 degrees and your body is out of its required temperature range of 98-99 degrees, you’d go take care of that before your worried about losing those extra pounds, right? **pH is no different.** If you are too acidic, NOTHING in your body is going to work right. So, get your pH checked now!



Sorbera 4 Health will be open to get water during these hours:

**Monday, Tuesday, Wednesday, Friday   
9am-5:30pm**

Water will only hold the ionization charge for 7 days.

If it is not consumed in 7 days, it is no longer ionized.

It is best to use BPA-Free water bottles and jugs.

\*BPA, Bisphenol-A, is a chemical used in the making of polycarbonate plastic that may leach into your water.

\*Research has shown that BPA is linked to many health problems.





Dr. Otto Warburg  
1931 Nobel Prize  
Winner for  
Cancer Discovery





**The Nobel Prize in Physiology or Medicine 1931**

Otto Heinrich Warburg (October 8, 1883-August 1, 1970), was a German physiologist, medical doctor and Nobel laureate. He served as an officer in the elite Uhlan (cavary regiment) during the World War I and was awarded the Iron Cross (1st Class) for bravery. Warburg is considered one of the 20th century’s leading biochemists. He was the sole recipient of the Nobel Prize in Physiology in 1931. In total, he was nominated for the award **47 times** over the course of his career.

**DR. OTTO WARBURG: THE ROOT CAUSE OF CANCER**

Here’s an extremely interesting article I found about Dr. Warburg about “The Root Cause of Cancer”: Dr. Otto Warburg discovered the root cause of cancer in 1923 and he received the Nobel Prize for doing so in 1931. Dr. Warburg was director of the Kaiser Wilhelm Institute (now Max Planck Institute) for cell physiology at Berlin. He investigated the metabolism of tumors and the reparation of cells, particularly cancer cells. Below are some direct quotes by Dr. Warburg during medical lectures where he was the keynote speaker:

“Cancerous tissues are acidic, whereas healthy tissues are alkaline. Water splits in H+ and OH-ions; if there is an excess of H+, it is acidic. If there is an excess of OH-ions, then it is alkaline.”  
  
In his work “The Metabolism of Tumors”, he demonstrated that all forms of cancer are characterized by two basic conditions: acidosis and hypoxia (lack of oxygen). Lack of oxygen and acidosis are two sides of the same coin: where you have one, you have the other. “All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen—a rule without exception.” “Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous.” Dr. Warburg has made it clear that the prime cause of cancer is oxygen deficiency (brought about by Toxemia). Dr. Warburg discovered that cancer cells are anaerobic (do not breathe oxygen) and cannot survive in the presence of high levels of oxygen. <http://winnerwater.com/id17.html>