



Why Should You Drink Water?

You have probably heard that water makes up over 70% of the body, right? Water is part of all body fluids and is vital to the proper function of the body's organ systems. It should be obvious then that the quality of the water you drink is extremely important. For your body to be at optimal health, you should drink only the purest and cleanest water possible.



Consider these interesting facts about water:

- Two-thirds of Americans do not drink the recommended 8-10 glasses of water daily.
- Continual loss of water from the body can slow down the metabolic rate by as much as 3%.
- Over one-third of North Americans have suppressed their thirst mechanism to the point where it is often misinterpreted as hunger.
- The number one reason for daytime sleepiness and low energy is water loss.
- By the time a person feels thirsty, his or her body has lost 1-3% of its total water amount, which can affect memory and the ability to concentrate.
- Water naturally moisturizes skin from the inside out, giving you a fresh looking complexion and a beautiful glow.
- Water naturally carries more substances than any other liquid found on Earth, including vitamins, minerals and nutrients.



Drink Kangen Water®!

It is clear that drinking water is paramount for a body that functions at a healthy level. Some common sources of drinking water found in city water systems, wells and even springs may contain chemicals like chlorine, fluoride, pesticides and more. Despite their use, these chemicals are not good for the body.

Avoid the worry and drink Kangen Water® for optimal hydration!

Alkaline and ionized Kangen Water® offers a better alternative. When your body is at optimal health, the negative factors that are a result of our cultural lifestyle can easily be filtered out. Kangen Water® provides a positive alkaline environment and is filled with only the good things that nature has designed for well-being. We recommend your drink at least 8-10 glasses of Kangen Water® a day.

Kangen Water® is not only clean and pure; it is also filled with life enhancing minerals! Enjoy this alkaline water every day, and discover the advantages of smart and optimal-hydration.

With its hydration ability, and mineral enriched great taste, Kangen Water® is a better choice for a healthy and active body! What could be more important? After all, your body needs more water.



Get your Kangen Water® System TODAY!

The Kangen Alkaline Ionized Water System is compact and easy to install in any home or office. It will conveniently transform your tap water into healthy, balanced water that is perfect for your lifestyle and your wellness goals.

For more information on how to purchase a Kangen Alkaline Ionized Water System for your home or office, contact Ramona Christine at (720) 328-4074 or by calling toll free (888) 267-8493. You may also send an e-mail to request a consultation to ramona.christine@embracedforlife.com. Financing options are available.

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Creating a Better, More Balanced Life

Have you ever considered how your lifestyle and the foods and beverages you consume directly affect the status of your health? Our modern lifestyle and environment are very conducive to unhealthy living. Processed foods and beverages, pollution, and stress are extremely prevalent and may lead to various unpleasant side effects. Having daily access to clean, balanced water is a large component of a clean life. Many people take for granted the benefits of mineral rich, low acidic water that nourishes the body and keeps all systems in order.



Here's what you need to know about getting control of the pH levels in your body (with a little chemistry lesson included):

Did you know that the proper balance between acid and alkaline levels must exist for better wellness? The human body functions better when there is a balance between acidity, pH levels and adequate hydration. Having access to clean, balanced water like Kangen Water® can make a difference.

Ask yourself the following questions:

- Does your diet include too many non-organic foods?
- Do you crave sugars and carbs much of the time?
- Do you often feel stressed about daily life?



If you answered "yes" to any of the above questions, take heed. You may very well be experiencing some unpleasant symptoms as a result of an imbalance. Fortunately, you can have access to clean, ionized Kangen Water®, produced by the industry-leading Enagic® water machines. These innovative water ionizing systems are used by many people just like you who care about leading a more balanced life. Alkaline water can boost ordinary filtered water to help keep you optimally hydrated and healthy. Kangen Water® is clean, and contains all of the natural minerals your body needs. Drink alkaline Kangen Water® to give your body a chance to experience a life-enhancing, better balanced water.

Kangen Water® is a balanced water for a better life.

Do you know what you are drinking? The most common beverages contain a unique mixture of alkaline and acidic compounds. Here is what's found in most beverages, as compared to the great tasting Kangen Water®.

Beverage	ORP (oxidation reduction potential)	Acidic/Alkaline
Sodas	+400	Acid
Bottled water	+200 to +300	Acid
Tap water	+200 to +300	Acid
Green tea	-40 to +100	Neutral
Kangen Water®	-400 to -800	Alkaline

As you can see, Kangen Water® has some powerful alkaline characteristics. No other beverage can compete with the remarkable benefits of Kangen Water®. Using the incredible Enagic® water ionizer can support the changes you are already making in your lifestyle.

Are you ready to Change Your Water - Change Your Life?™

The Enagic® water ionizing generator uses the high-tech process of electrolysis to restructure your tap water and transform it into alkalized, ionized water. In addition, since it connects easily to your kitchen faucet, you'll find Kangen Water® convenient, clean tasting, and uncomplicated! Who knew it could be so easy to change your life?

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Enagic® - A Revolutionary Company!

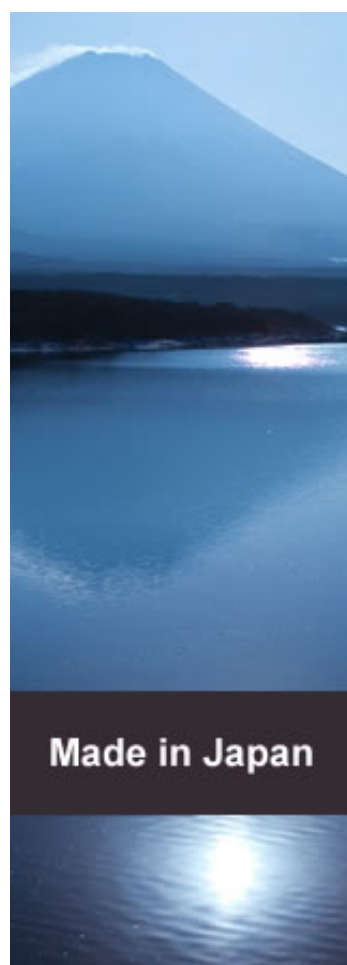
By now, you have probably heard all about the amazing advantages of drinking Kangen Water®. In order to truly understand the ways in which Kangen Water® can help many areas of your life, it will be beneficial to get to know the company behind the product.



Enagic® is a 37-year old, privately owned Japanese company that manufacturers the alkaline ionized Kangen Water® System. Since Hironari Oshiro founded the company in 1974, it has expanded operations globally to most of the major countries where people are trying to lead

healthier lives. To date, the company has sold well over 400,000 water ionizers in Japan alone. Now they are making Kangen Water® available to the world.

Enagic® provides an exclusive warranty, so you know you can trust the performance and quality of the water you are drinking. In fact, Enagic® is one of the few international water ionizing companies that are fully licensed and ISO quality certified. We stand behind every product we sell.



You deserve a full life of health and happiness, and drinking cleaner water can help you to achieve those goals. Enagic® is confident that Kangen Water® will help you to start realizing a better lifestyle. And you can save money by using our Enagic® Water Systems to ionize water and filter out impurities conveniently in your home or office.



Discover Kangen Water®!

You can trust Enagic® to provide you with a superior Alkaline Ionized Kangen Water® System. Start hydrating your body with the highest quality water available, and discover today what it can do for you!

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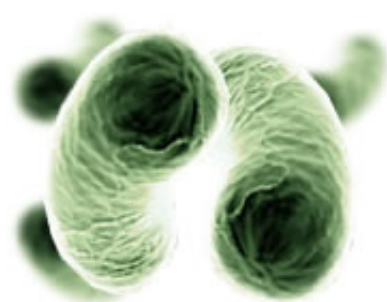


Do You Know What's in Your Water?

The answer to this question may shock you! If you are drinking from public or community water systems, you may be surprised to find that there are contaminants and chemicals found in water in most homes. These unwelcome additives can actually work against your best efforts to stay hydrated and healthy. Here are some scientifically proven facts about what's in the public water system.



More than 20% of untreated water samples from 932 public wells across the United States contained at least one contaminant at levels of potential health concern, according to a 2010 study by the U.S. Geological Survey.¹



Well water can be contaminated by fluoride, run-off, and pesticides. A 2009 study showed that 23% of sampled wells had at least one chemical contaminant that exceeded human-health benchmarks.²



A 1999 study from the Environmental Protection Agency indicated, *Much of the existing water infrastructure (underground pipes, treatment plants, and other facilities) was built many years ago. The EPA findings were that drinking water systems will need to invest \$150 billion over a 20-year period to ensure clean and safe drinking water.*³

No one knows exactly the ramifications of long-term use of public water for hydration, cleansing and more. However, it is known that consumers who fall under certain special groups, based on health and age, can experience problems associated with the contaminants found in city and well water.³



The Solution: Kangen Water®

Kangen Water® is a better choice for hydration. It is ionized, pH balanced, and filled with helpful minerals such as magnesium, calcium, and potassium. The Enagic® Water Ionized Filter Machine produces delicious alkaline drinking water. The superior filtration process removes any contaminants and chemicals that may be present.

Change Your Water, Change Your Life!™

Everyone wants to live a happy and healthy life. Since over 70% of the body is comprised of water, doesn't it make sense that drinking healthy water is the most basic choice for your wellness and longevity? Your investment in an Alkaline Ionized Enagic® Water System is an investment in your future.



Kangen Water® machines are attractive and modern, simple to install, and come with an outstanding warranty. Simply attach it directly to your kitchen faucet and enjoy cleaner water in the comfort of your own home.

Sources:

1. Science Daily News
2. Water Well Journal Article
3. EPA - Water on Tap: What You Need to Know

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Your Amazing Immune System

Do you take any of these drugs on a regular basis?

- Aspirin/Pain medication
- Cold medicines
- Allergy medications
- Antibiotics



Ask yourself why would you take these artificial chemicals into your body? Is it because you lack a strong immune system or because you've been told you have to take drugs to stay healthy?

Your body actually has an amazing ability to protect itself from harm through the natural immune system. When your body is healthy, your immune system can defend itself against millions of bacteria, viruses, parasites, and toxins. When you are run down, you may believe that pills are the only answer. This is a socially accepted norm that many people resort to. But it's not always the best option.

What's Inside That Medication?



Take some time today to read through the ingredients in your medicine cabinet. You'll most likely find a long list of complicated words that are difficult to pronounce. Although they may sound very scientific, you will be left with no better understanding of what is actually in the pills you are taking.

The truth is that many medications can actually cause adverse side effects in the human body. Listen to television and radio commercials and you will most likely start hearing advertisements for lawsuits about previously acceptable medications that have caused serious problems.

Your Body's Natural Defense - Hydration



Staying hydrated and boosting your immune system naturally is a safe method to staying healthier. Water has no known side effects. Access to clean, pure water is convenient when you have an Enagic® water ionizer. Following general good-health guidelines is the single best step you can take toward keeping your immune system strong and healthy.

You'll be surprised at how easy it is to boost your immune system, when you:¹

- Don't smoke.
- Eat a diet high in fruits, vegetables, and whole grains.
- Drink 8-10 glasses of clean water daily.
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Wash your hands frequently and cook meats thoroughly.
- Get regular medical screening tests for people in your age group and risk category.

How Can Kangen Water® Help?

Kangen Water® is a better choice for hydrating your immune system. Your immune system can have a fighting chance of working properly when the fluids your body needs are at adequate levels. There are far too many people experiencing health issues due to poor hydration and exposure to harmful chemicals. Doctors at the world-renowned Mayo Clinic recommend drinking 8 to 9 cups of water daily for health. Furthermore, "water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues".² There are so many reasons to stay hydrated with clean water, too numerous to list in this newsletter alone!



So stop relying solely on man-made medications to perform the tasks of your immune system. Drink Kangen Water® every day as part of your regimen for natural wellness. You'll be amazed at the results!

Sources:

1. Harvard Medicine
2. Mayo Clinic

Drink Kangen Water® and Enjoy a Healthy Life!

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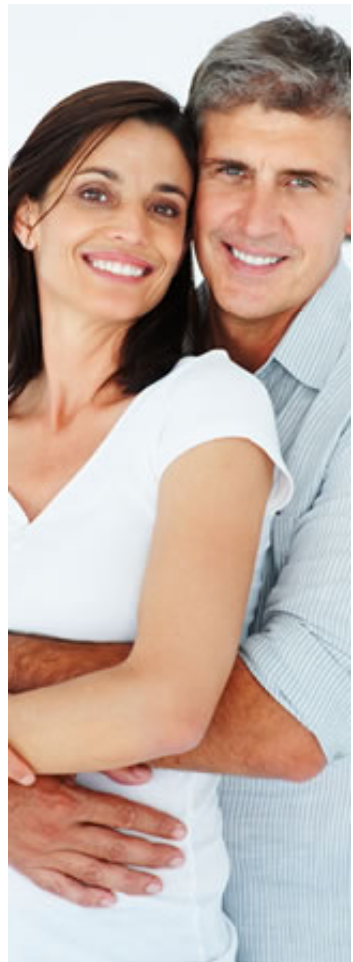
The Healthy Body, Healthy Mind Connection

What is the link between a healthy body and mind? The natural mind-body connection is truly amazing! For example, when you feel stressed, your immune system can suffer. When you allow tension to distract you from making positive choices, your health can deteriorate. What's interesting about all of this is that YOU have the power to avoid stress triggers and focus on positive lifestyle choices! These choices can have a positive impact to create a more healthy body and a healthy mind!

Constant stress and worry are actually all forms of "mind toxins". Chemicals such as endorphins can stimulate the production of extra cortisol and adrenaline in the blood stream, making it difficult to fight illnesses.¹ It's important that you take time daily to clear out your mind of any worries and find ways to rid yourself of a build up of negative chemicals.

Reduce the Stress, Naturally

It's a sad truth that we live in a time when chronic levels of stress have pervaded much of society. This unhealthy lifestyle, coupled with poor eating and sleeping habits, can create havoc on the mind and body.



Here are some suggested ways to reduce stress, naturally:

- Give your mind a break from information overload. We live in a world that includes too many forms of stimuli, like television, radio, cell phones and the Internet. Make a sincere effort to get away from this by turning them off when not needed.
- Start meditating. Find a quiet spot in your home or office and learn mindful meditation techniques to clear the mind of all the day's stresses. Learn to listen to your body by deeply breathing in through your nose and out through your mouth, making note of your heartbeat and the sensations of your body.
- Allow positive thoughts to replace negative ones. Focus on the good things in your life and let those things that don't really matter in the grand scheme of things dissipate. By paying attention to the positives, the negatives won't seem as powerful in your life.
- Once you are in a calmer state of mind, get outside and take a brisk walk, ride a bike or go for a run around your community. Bring extra Kangen Water® to keep hydrated during exercise. Taking in the fresh air and clean water will have a naturally refreshing effect on your spirit.

What Can be Done About Stress?

It's common sense that some of the better ways of preventing long-term stress are getting plenty of sleep, exercising regularly, and maintaining a healthy, balanced diet. It is unrealistic to expect optimal performance from your brain when it is deprived of critical nutrients. Your performance, thoughts, feelings, and behavior are all affected by the health of your brain.



Water - Natural Brain Booster

Water is quite possibly the most important element of your diet for a healthy mind and a healthy body. Water is your body's principal chemical component and makes up about 60 percent of your body weight.² Without water, your body's delicate balance between mind and body may be compromised.

Kangen Water® from Enagic® for Hydration!

The better choice in staying optimally hydrated is pure, healthy Kangen Water® from Enagic®. This ionized, alkaline water is chemical and pollutant free. Kangen Water® contains the natural minerals and elements that your body needs to stay balanced. Enagic®'s Kangen Water® is designed by nature to keep your body clean, healthy and well hydrated.

Sources:

1. Mayo Clinic
2. Mayo Clinic

Maintain the right body and mind balance with delicious tasting Kangen Water®!

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Healthy Kangen Water® is More Than Just Drinking Water!

You already know that healthy Kangen Water® exists for drinking. But did you know that Enagic® has created an incredible water filtration device that also produces 5 different types of water useful for green cleaning? Imagine being able to keep your home cleaner the all-natural way!



The Kangen Water® system allows you control the pH level of the water it creates, giving you more options in home and laundry care. This gives you more value and allows you to have a more eco-friendly home, which is perfect for families and pet owners. Learn more about the different uses of Kangen Water® here:

Strong Kangen Water: (*Not for drinking*)

This type of water has a pH of 11.0. It is ideal for cleaning produce, dishes, cutting boards, and grime in and around your kitchen - without harmful chemicals. It's even great for getting out tough stains on surfaces like countertops and tile.



Kangen Water®:

With a pH of 8.5-9.5, this type of water is perfect for drinking and healthy cooking. Kangen Water® is also good for gardening. Its alkaline pH properties work to provide optimal hydration. And the great taste of Kangen Water® is due to the unique filtering process that never strips out the natural minerals your body needs.



Clean Water:

Strictly for drinking, this healthy water has a pH of 7.0. It contains no cloudiness or harmful chemicals. Therefore, it works wonderfully when preparing baby foods or taking medication.



Acidic Water:

This slightly acidic water has a pH of 4.0-6.0. It has natural astringency, which makes it terrific to use for gentle cleaning and beauty care. Use this water to wash your face and hair. You can also use it in the rinse cycle of your laundry or when preparing food for freezing.



Strong Acidic Water: (*Not for drinking*)

This water has a pH of 2.5, which has excellent cleaning characteristics. Acidic Water can be used to clean household surfaces and remove pesticides, dirt and other impurities from foods. It also makes a convenient hand sanitizer.



So, imagine never having to buy store-bought household cleaners or expensive beauty care products again! Alkaline Ionized Enagic® Water Machines provide you with a greener alternative for most day-to-day household and beauty needs. Kangen Water® is a great solution for your budget, your health, and the environment!

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A Natural Approach

Did you know the human body is capable of staying well and fighting off illness naturally? When faced with germs, bacteria and harmful exposure to chemicals in the environment, a body at optimal health has all the natural defenses it needs.

Unfortunately, many people are living with a body that is not performing at its peak. This can be due to a wide range of contributing factors, such as lack of hydration, poor diet, lack of sleep, environmental exposure to chemicals, and chronic stress, which can damage a body's carefully balanced natural defense system. All of these factors can lead to an overload of the immune system, which places more stress on the body.



The esteemed Mayo Clinic reports the following:

*The long-term activation of the stress-response system and the subsequent overexposure to cortisol and other stress hormones can disrupt almost all your body's processes."*¹

That's serious business for those of us who are trying to stay healthy. And it explains why countless consumers feel fatigued on a daily basis and battle sickness all too often.

The good news is that the symptoms of stress and poor health can be dealt with naturally! A stressed out body very often lacks proper nutrition, practices poor sleeping habits, and neglects proper hydration. This cycle of stress and poor hydration can be broken by drinking enough healthy water daily. In general, you should try to drink between 8 to 10 glasses of water every day.²



The Solution - Healthy Kangen Water®!

There's no need to turn to medication to achieve a healthy pH level. You can effortlessly defend your body against imbalance by consuming healthy, mild tasting water that is friendly to Mother Nature.

Alkaline Ionized Enagic® Water Systems produce clean water that is never stripped of the important minerals your body needs to stay well. Your Enagic® Water machine will conveniently connect to your kitchen faucet, so you can naturally give your immune system a boost without stepping outside your home!



Are you ready to experience Alkaline Ionized Enagic® Kangen Water® Systems?

Trust water ionizers from Enagic® to help you achieve a healthy body, naturally. This extraordinary machine was developed 37 years ago in Japan and has been used by countless individuals all over the world as a means to achieve the best health possible. It's not a fad, it's a solution!

Sources:

1. Mayo Clinic
2. WebMD

Find out how ionized Kangen Water® can help you live a naturally healthy life!

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How Do You Stay Hydrated?

You've no doubt heard that proper hydration is the key to sustaining a healthy body. When was the last time you thought about the way in which you hydrate on an average basis?

The Centers for Disease Control reports that for many Americans, being thirsty means grabbing sugary sodas, caffeinated drinks and other calorie-laden beverages on the go. Over time, this can lead to a variety of problems, including trouble with shedding unwanted pounds. What you drink has just as much effect on your overall wellness as what you eat.¹



Here's just a sample of the calories found in the common beverages² that many consumers drink annually:

Type of Beverage	Calories in 12 ounces	Calories in 20 ounces
Fruit punch	192	320
100% apple juice	192	300
100% orange juice	168	280
Lemonade	168	280
Regular lemon/lime soda	148	247
Regular cola	136	227
Sweetened lemon iced tea	135	225
Tonic water	124	207
Regular ginger ale	124	207
Sports drink	99	165
Fitness water	18	36
Unsweetened iced tea	2	3
Coffee (no sugar/cream)	5	7
Diet soda (with aspartame)	0*	0*
Carbonated water (unsweetened)	0	0
Water	0	0

*Some diet soft drinks can contain a small number of calories that are not listed on the nutrition facts label.

As you can see, water has zero calories, with no added sugars or caffeine. So why do many consumers allow sodas and coffee to be their primary source of nourishment? Clean healthy water IS the best choice for optimal hydration.

Kangen Water®: Smart Hydration



Your body needs water for complete hydration and balance! Only Kangen Water® from Enagic® hydrates you with mineral-rich, alkaline water created by amazing ionizing process. This can give you optimal hydration. And with the fresh, mild taste of Kangen Water®, you'll find how easy it is to consume the recommended 8-10 glasses of water a day for optimal hydration.

The healthy choice is crystal clear: Trust Kangen Water® to naturally hydrate your body so you can enjoy a healthy and happy life!

Sources:

- 1. Centers for Disease Control
- 2. USDA National Nutrient Database for Standard Reference

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Enjoy Wellness with Alkaline Kangen Water®

Staying hydrated plays a crucial role in maintaining overall wellness. So why choose Kangen Water® for your hydration needs? You have already learned many of the benefits of Kangen Water®. Now let's hear what world-renown biochemist De. Otto Heinrich Warburg once said about alkalinity, and the part it plays in achieving better health.

In his ground-breaking research, Warburg found that all forms of unhealthy cells are characterized by two basic conditions: high acidity and lack of oxygen. In fact, alkalinity implies higher concentration of oxygen molecules, according to Warburg. He explains that when water molecules split, *"if there is an excess of H⁺, [it] is acidic; if there is an excess of OH⁻ ions, then it is alkaline."* Lack of



oxygen is a very serious and dangerous environment for a cell. Even if you deprive a cell 35% of its oxygen for just 48 hours, it may become damaged.

For better health, Warburg insists that cells need an alkaline environment. Since unhealthy cells cannot survive in the presence of high levels of oxygen, they cannot survive in an alkaline environment. This is why it is crucial to consume an alkaline diet with negative ORP (Oxidation Reduction Potential).

Where can you find a water that supports wellness based on Dr. Otto Heinrich Warburg's findings?

Kangen Water® = Wellness

Alkaline Kangen Water® is available TODAY thanks to the innovative Enagic® technology! The pH of Kangen Water® is in the healthy alkaline range of 8.5 - 9.5 pH. This great tasting water will keep your body hydrated WITHOUT creating an acidic environment. With our highly acidic Western diet spreading across the globe at record speed, this is GREAT news you NEED to hear!

You CAN enjoy a delicious alkaline beverage that keeps you hydrated and has low negative ORP levels. You CAN claim a life of wellness and discover unlimited access to healthy Kangen Water® every day with an Enagic® machine. This is the life you've been waiting for!

Are you ready to Change Your Water - Change Your Life?™



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