

# Heard of alkaline ionized water, but wondering what it can do for you? Well, here's ten reasons to drink ionized water every day!

## ONE - Hydration

Research shows that drinking alkaline ionized water hydrates your body better than plain water.

## TWO - Detoxification

Alkaline, ionized water provides the body with a daily cleanse. Your kidneys will thank you as ion-trapping draws out acidic toxins. Your liver will say cheers as increased levels of antioxidants promote blood cleansing. Your colon will feel the difference - and so will you! And your cells will say bye bye to all of those stored toxins and fatty acids.

## THREE - Balance Body pH

Research shows that raising the pH of your urine by just 1 pH can prevent or eliminate the symptoms of metabolic syndrome such as - obesity, high blood pressure, high cholesterol, high blood sugar and kidney stones.

## FOUR - Weight Loss

Hydration allows you to have the better work-outs, so you are able to burn more calories!

## FIVE - Anti - Aging

Anti-oxidant alkaline water fight to prevent free radicals from attacking your healthy tissues by providing an abundance of excess electrons in the body. These excess electrons neutralize the free radicals that cause cellular and DNA damage that leads to premature aging.

## SIX - Heart Health and Blood Pressure

Alkaline ionized water has been shown to reduce blood pressure and lower cholesterol levels in people with mineral deficiencies.

## SEVEN - Liver Health

Alkaline water has been shown to reduce oxidative stress in the body that affects the

liver. Alkaline water has also been shown to increase levels of a critical antioxidant that protect the liver.

## EIGHT - Bone Health

Research shows a clear link between alkaline water and bone health. When your body's pH balance becomes acidic, your body will adjust it by stealing calcium from your bones.

## NINE - Digestive Health

Research suggests alkaline water reduces the symptoms of colitis, loose bowels and constipation. You can throw away your antacids too - Alkaline ionized water has an antacid effect for those upset stomachs

## TEN - Sports Performance

Feel more hydrated with greater endurance, faster recovery and more energy!

You can access our references on our site at:  
<http://www.lifeionizers.com/water-facts/alkaline-water-benefits.html>

### 1. HYDRATION



### 2. DETOXIFICATION



### 3. BALANCE BODY PH



### 6. HEART HEALTH & BLOOD PRESSURE



### 8. BONE HEALTH



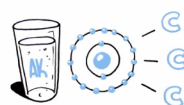
### 9. DIGESTIVE HEALTH



### 4. WEIGHT LOSS



### 5. ANTI-AGING!



### 7. LIVER HEALTH



### 10. SPORTS PERFORMANCE GREATER ENDURANCE



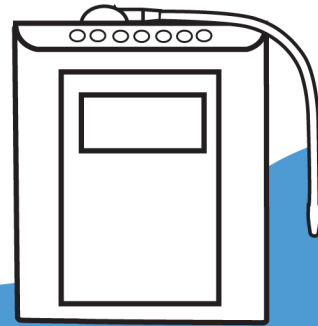
## Be a part of the Next Generation



Want to know how alkaline water can help you?

LIFE Ionizer's new M-Series Next Generation was designed to give you more of the healthy alkaline mineral water you want. In fact, we guarantee you will get the highest antioxidant -ORP possible at pH levels for daily drinking. This means more antioxidant potential power in every glass of delicious, refreshing alkaline mineral water you drink!

- Achieve your health goals with the highest pH performance.
- We'll take care of the dirty work, live clean and contaminant free!
- A warranty is only as good as the company that stands behind it.
- High-tech health, available at just the push of a button.



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Have you heard what it can do for you?



Here are 10 reasons to drink alkaline ionized water every day!