



## ANTHONY ROBBINS SAYS...

*"When your blood gets too acidic it's like putting out the pollution and wondering when the rats are going to show up".*

Anthony Robbins,  
Seminar Leader



*"No disease including cancer can exist in an alkaline environment"*

Dr Otto Warburg  
(1883-1970)  
Noble Prize Winner  
1931- Cancer Research



*"The over acidification of the body is the single underlying cause of all disease"*

Dr Robert O Young

## DON'T TAKE OUR WORD FOR IT!



*I had constant heartburn until I started drinking alkalise now and I no longer feel sick. I love the feeling of being hydrated.*

Sherynne Smith, Newcastle

*I was drinking alkalise now spring water for 3 months then I decided to try the artificial processed alkaline water I got from our local organic shop. On switching, I started to get stomach cramps. I kept drinking it for a few days, unsure if it was the water, I went back onto alkalise now and the cramps stopped immediately.*



Patrick Levesque, Maitland



*I only recently resumed drinking alkalise now in the past 3 months, as my health was starting to deteriorate. I was overweight and I was starting to feel arthritic pain. I realised that my body was struggling because of the toxic build up so I decided I needed to alkalise my body again. The first thing I did was start drinking alkalise now spring water. The weight has just gradually fallen off me which is great. I feel more positive*

*about the long term outlook of maintaining my ideal body weight, and the pain in my joints has almost completely disappeared.*

Karen Burge, Newcastle

*I suffered for many years from food intolerances, chemical sensitivities, asthma and hay fever. In my later years I developed a lot of inflammatory conditions including arthritis particularly in my knees. This stopped me from being able to pursue the physical activities I enjoyed.*



*I began to change my diet and drink alkaline water and in a very short period of time I no longer have any of the symptoms I previously experienced. Most significantly I am back enjoying my physical activities including running 10km, paddling 20km easily on my surf ski, swimming and cycling.*

John Forsyth 60 years old, Stockton.

# Alkaline Water Saved My Life...

*I had constant heartburn until I started drinking alkalise now and I no longer feel sick. S. P.*

*After drinking alkalise now the cramps stopped immediately. P. L.*

*The pain in my joints has almost completely disappeared. K. B.*

*From inflammatory conditions including debilitating arthritis to running 10km, paddling 20km, swimming and cycling. J. F.*

See inside brochure for more...



alkalise now  
for optimal health

CALL 1300 858 178

FOR FURTHER INFORMATION  
OR FOR YOUR NEAREST SUPPLIER

EXT 14163

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for optimal health

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## HERE'S THE ABSOLUTE TRUTH ABOUT ALKALINE WATER

Anton DuPlessis, P.Hd Nutritional Biochemist, McKay Biochemist, East Maitland

**The more you know about the TRUTH and IMPORTANCE of water for your health, the more you will understand why drinking NATURAL ALKALINE WATER from a reputable natural spring source is ESSENTIAL. Water is the most IMPORTANT DECISION you can make for your HEALTH**



### Did you know;

- 75% of the human body is water at 7.3 to 7.4pH.
- Research shows a 5% drop in body fluids will cause a 25-30% loss of energy in most people, a 15% drop causes death!
- 85% of brain tissue is alkaline water and dehydration causes energy generation in the brain to decrease.
- Dehydration has been linked to depression and chronic fatigue syndrome.
- Lack of alkaline water causes thickening of the blood making it difficult for nutrients to get to vital organs.
- Each day 2.5 liters of water is lost through normal bodily functions like breathing and perspiring (even when it is cold outside).
- Lack of alkaline water is the number 1 trigger of daytime fatigue.
- Optimising alkaline water intake allows the body to drop weight; by improving bodily functions your body can eliminate stored acidic fat.

### Do you drink a lot of tap water and find you are running to the toilet all the time?

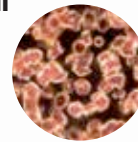
- your body recognises the chemicals in it as foreign substances and poisons and it is trying to eliminate it by sending it straight to your kidneys to be eliminated via urine.
- When you drink good quality spring alkaline water your blood cells absorb the water and you are not running to the toilet constantly.
- This helps your kidneys as they are not having to work so hard and your entire immune system is enhanced because you are hydrating your body with usable water – your life blood.

## 5 BENEFITS OF ALKALISE NOW WATER

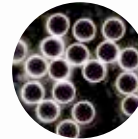
1. "A 80% alkaline and 20% acidic diet is required to maintain a life of vitality and longevity". Dr Robert Young
2. alkalise now is an alkaline spring water unlike approximately 99% of other spring waters on the market which are acidic.
3. Disease can only survive in an acidic body. alkalise now reduces the risk of disease.
4. alkalise now is a natural alkaline spring water. It has not been mechanically or chemically manipulated in anyway. Artificially alkalined water causes side effects and should generally be avoided as a daily drinking water. If our goal is to be healthy, why would we drink or eat anything artificial?
5. alkalise now is a live spring water bottled at the spring to enhance the water molecule structure in its highest possible way. alkalise now spring water surfaces naturally as spring waters should from a natural free flowing spring. This natural flowing process allows the water to retain its life force, high energy and health giving properties. 99% of spring waters in Australia are pumped to the surface which automatically negatively effects the energy properties of the water.

### Before and after alkalise now water trial

Your red blood cells have formed long chains due to being coated in sticky proteins. This inflammation can be associated with infection, allergy, toxicity, poor digestion.



In healthy blood red blood cells are a consistent size and circular shape. Membranes have good flexibility allowing them to squeeze through tiny blood vessels to deliver oxygen to tissues.



## OUR WATER WHERE WE SOURCE IT FROM...



alkalise now is a natural occurring alkaline spring water that for over 15,000 years has been filtering through sandstone deep beneath the pristine mountain ranges, north of Barrington Tops, NSW.

Bottled at the source this premium spring water is rich in minerals creating an alkaline rich oxygenated environment helping the body to maintain its natural ph balance enhancing your health and longevity.

## DISEASE CANNOT SURVIVE IN AN ALKALINE ENVIRONMENT

Test tube studies have shown that cancer cells and tumors thrive and grow in a more acidic environment. When acidity is lowered tumors grow slowly and even diminish altogether.

pH is the abbreviation for potential hydrogen. The higher the pH reading, the more alkaline and oxygen rich the fluid is. The lower the pH reading, the more acidic and oxygen deprived the fluid is. Anything above 7.0 is alkaline. Human blood stays in a very narrow pH range right around (7.35 - 7.45). The ideal pH for blood is 7.4.

By eating mostly foods that make the body's pH more alkaline and drinking alkalise now - natural alkaline spring water - there would be less of a chance for cancer cells to develop and grow. So by adjusting the diet and adopting alkalise now water it is actually possible to create a less hospitable environment for cancer cells and disease, thus improving a person's chances of experiencing good health.

Typical Analysis	(mg/l)
pH	7.9
Bi-Carbonate	175.0
Calcium	19.0
Chloride	79.0
Magnesium	14.0
Potassium	1.0
Sodium	65.0
Sulphate	11.0
TDS	250.0

## WHY CHOOSE OUR WATER

Alkalise now natural spring water analysis