

# Product Information

## *Aqua Hydration Formulas*

*"Hydration is a much overlooked issue in managing our wellness"*



### Why is Hydration vital to health?

Water is the key to life on this planet and health in the human body. Hydration is one of the corner-stones of good health. Along with nutrition, exercise and emotional wellbeing, hydration is essential for the creation of good health and longevity. Hydration is your body's ability to absorb water down to the cellular level.

Drinking purified water is a useful first step in supporting good health. Yet in our modern stressful environment drinking pure water is not enough. We need to ensure that the water absorption and water metabolism are functioning efficiently in our bodies.

The American newsletter *Health Alert* reported recently...  
*"when it comes to diseases like heart, kidney or stomach disease, allergies, asthma, arthritis and skin diseases, your state of hydration (water balance) may be the single most important factor is your recovery or even your survival".*

### What's special about the Aquas?

The **Aqua Hydration Formulas** improve general wellbeing and assist stamina through improving hydration. The Aqua Hydration Formulas are the ultimate in hydration formulas and are unique in that:

- \* The Aquas support the body to reset the water balance mechanism in the hypothalamus, and improve bio-availability of water at the cellular level.
- \* The Aquas are gender specific (correlating with known differences in water metabolism in men and women).
- \* There are separate Aqua Hydration Formulas to address both waking and sleeping cycles of metabolism.
- \* The Aquas continually improve hydration throughout the body, working far beyond improving water uptake or the short term replacement of electrolytes.
- \* The Aquas work with the emotional patterns which, for most people, limit the extent to which they can upgrade hydration and sustain wellness.
- \* The Aquas act in a subtle and gentle way to upgrade hydration; detoxification takes place with less stress on the body.

The **Aqua Hydration Formulas** complement other therapies. Improved hydration can enhance absorption of nutrients and other supplements; promote effective immune response; aid clearance of metabolic waste.

There are no known contra-indications.

Based on recommended dosage, each 20 ml bottle will last approximately 2-3 months.

### Dosage Information for General Use

The **Aqua Hydration Formulas** work most effectively when added to a mixture of water and apple juice. Use either filtered water or mineral water. The high fructose content of the apple juice assists absorption of both water and the Aqua Hydration Formulas. Other non-acidic juices such as pear or grape juice may be substituted for the apple juice.

#### *In the morning:*

**Aqua AM** 1/3 – 1/2mL (1 to 7 drops) in a mixture of filtered water and non-citrus juice

#### *In the evening:*

**Aqua PM** 1/3 – 1/2mL (1 to 7 drops) in a mixture of filtered water +/- non-citrus juice.

Experience with the Aqua Hydration Formulas has shown that people obtain the most benefit following the recommended routine for five days and then resting the body for two days each week.

Individuals with long term chronic illness or high degrees of toxicity may benefit from an initial lower dose with incremental increases over time.

### Commonly Asked Questions

#### 1. What is Hydration?

Hydration is our body's ability to absorb and manage water down to the cellular level. It involves uptake, not just intake.

#### 2. What do the Aqua Formulas do?

Assist stamina and improve general wellbeing by supporting your body to upgrade hydration and reset its water management and thirst mechanisms.

#### 3. I drink plenty of water. Why do I need to take the Aqua Formulas?

It's not only how much water you drink but how well you absorb and metabolise the water that counts.

#### 4. How long should I take the Aquas?

Hydration, nutrition, exercise and emotional wellbeing are the corner stones of good health. We need to attend to hydration as part of our ongoing health regime.

#### 5. Will the Aquas interfere with my current health regime?

No. Because the Aqua Formulas address the fundamentals of hydration they are complementary, as is good nutrition, to other health regimes.

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