

Part 4 Acid & Alkaline Balancing to Better Health *Stress & Depression*

“Being properly hydrated does not only depend on the amount of water you drink but the type of water you drink”
- Dr. Dave Carpenter

We know that stress can lead to Hypertension/ High Blood Pressure. Depression can lead to Chronic Fatigue which in turn can result in Fibromyalgia. But what leads to stress and depression? Over ten million Americans are suffering from depression and many more will experience a milder form of depression sometime in their lives. It appears that in today's society everyone experiences stress in one form or another.

Stress can come in a number of ways. You can stress when you are at a deadlock in traffic. Stress is present when you have to make important decisions in your life. The big decisions in life may cause a lot of stress, but even an indecisive thought of whether to order a cheeseburger vs. the chicken sandwich for lunch can cause you to think too hard about something and create a small amount of tension in the body. Stress and depression in many ways go hand-in-hand. Many times when people stress about situations it can ultimately lead to sadness, frustration and depression. It is your health, body condition and hydration level of your body, which will determine how stressed out or depressed you are. If you have been drinking sodas all day and decided to eat some unhealthy fast food for lunch it is common to be a little on edge at some point during that day. When something stresses you out your stress may magnify accordingly to what you have fed your body prior to feeling tense.

There is a direct relationship between the stress/depression to circulation of water/ fluids/blood in the tissue and cells located in your brain (blood is comprised of 90% water). “The brain uses electrical energy that is generated by the water-drive of the energy-generating pumps. With dehydration, the level of energy generation in the brain is decreased. Many functions of the brain that depend on this type of energy become inefficient. We recognize this inadequacy of function and call it depression. This depressive state is caused by dehydration and can lead to Fibromyalgia” (Your Body's Many Cries For Water – F. Batmanghelidj).

Let's go back to the example of being 'stuck in traffic' from above and use a metaphor of the pathways of fluids and blood being pumped throughout the human body. If you are stuck in traffic, there is not enough pavement/street space available to drive your car. If you could stretch a one lane road to three lanes then this traffic could spread out and everyone would be able to drive to their destination a lot quicker. When dehydrated, the mental activity slows down in the brain and fluids can not circulate at the pace they are meant to circulate. If the channels of the brain can open up wider from being hydrated properly then the energy and fluids can move forward and do their job.

So now why do so many people who still drink a healthy amount of water each day

have symptoms of dehydration. The answer is due the size of the clustering of water molecules and how easily they can penetrate tissue down to a cellular level. Kangen water, which recently arrived to the United States, has been used in Japanese hospitals for the last forty years. This water, with potential healing capabilities for many ailments, is about a third the size of the normal clustering water molecules. Therefore, Kangen water can super hydrate your body down to that cellular level.

One of the properties of Kangen water is having a hexagonal structured to it. Hexagonal Water is composed of six individual molecules of water, held together by common hydrogen bonds. This unique water structure is capable of rapid penetration within the cells of the body. Most tap water and bottled water (termed 'dead waters') are composed of large water conglomerates which are too large to move freely into the cells.

We are finding that Kangen hexagonal water is CHANGING THE LIVES of many people out there. They wake up with more energy. Their focus is in tact. They are becoming happier in every day life. They are experiencing a significant reduction in stress and/or anxiety. Most of all, people with all types of lifestyle ailments and diseases are reporting that their pain is going away and that they feel a whole lot better. All from drinking hexagonal water!

I have suffered many years from the chronic pain associated with Fibromyalgia and MS symptoms. The pain is constant and all too often, so intense and debilitating I experience profuse vomiting--rendering me completely incapacitated for days on end. A facilitator gave me a tall glass of Kangen water, within 30 minutes, my symptoms lessened and within 45 minutes the pain and nausea were completely gone! That got my attention! Now, after having been drinking the water for nearly one month, I feel like a new person! My pain has been reduced dramatically and I have actually had pain free days for the first time in 16 years!

Susan Biddulph

If you or anyone you know have any ailments or diseases including: Diabetes, Lupus, Fibromyalgia, arthritis, prostate problems, menopause, constipations, sickle cell, asthma, high blood pressure, eczema, gout, obesity, stress, anxiety, high cholesterol, acid reflux. And let's not forget the Big Three Killers – Cancer, Heart Disease and Strokes. Kangen water just may be the answer for you and/or your family members and friends.

To learn more about Kangen Water and relief from ailments and diseases please call 801-266-4736. The company will provide you with samples of this hexagonal water so you can experience a powerful change in your health. You can also request other articles by calling this number.