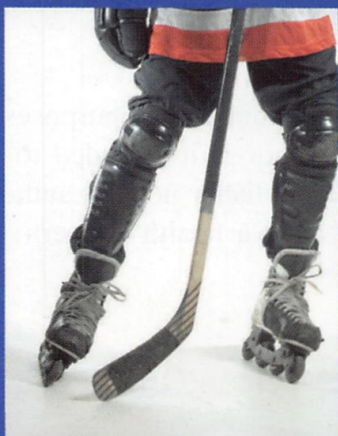


Hydration Breakthrough for Athletes

*How to Optimize Hydration for
Recovery, Health & Performance*

by Wade T. Lightheart, CSNA



Copyright 2008, 2009, 2010, 2001, 2012 Star Creative LP
Las Vegas, NV

Published by the Institute for Advanced Natural Health Sciences
124-280 Nelson St. Vancouver, BC V6B 2E2

Printed in the United States of America

All rights reserved. No part of this book may be reproduced by
any means without written permission from the publisher.

The information in the booklet is for educational purposes only. It is not intended as a substitute for medical advice, nor is it intended to replace the counsel of a health professional. Neither the publisher nor the author directly or indirectly dispenses medial advice. If you have a health concern, contact an appropriate health professional.



Wade T. Lightheart

*Certified Sports
Nutrition Advisor
Founder,
Institute of Advanced
Natural Health Sciences
President
AHA, Inc
Nutritional Optimizers
Three-time Canadian
Natural Drug Free
Bodybuilding Champion*

Dear Athlete,

Once in a while a technology is introduced to the world that has dramatic effects on athletic performance. Athletes often challenge conventional methods by experimenting with breakthrough technologies in order to achieve excellence. Discoveries including high-altitude training, hyperbaric chamber sports therapy, arthroscopic surgery, and performance enhancing drug use were pioneered by the athletic community. At first these modalities provide a competitive advantage for athletes bold enough to break with tradition. Eventually the technology is accepted by other athletes, including the old school establishment. Finally, even the hard core skeptics, scientists, and doctors come to view these technological advances as training necessities.

It's a known fact that adequate hydration is an absolute necessity for optimal athletic performance. One technological breakthrough that is relatively new to athletes in North America is restructured, ionized water. I wrote this report to provide YOU the athlete with clarification about my experience this type of water as well as a brief synopsis of how the technology works, how it can affect performance, and why I believe it's worth trying in your own training regimen.

I want to be clear that restructured ionized water is not a miracle product, nor am I making any outrageous health claims. What I AM sharing with you is my experience using restructured ionized water and how it allowed me to train harder, longer, and recover in a

fraction of the time it would take using municipal tap water, bottled water, or other filtration, ionization or water purification machines. This technology turns ordinary tap water into a natural, high-powered performance enhancer that can enable everyone from weekend warriors to World Class athletes to more easily reach their genetic potential. Restructured ionized water improves recovery, helps avoid injury and can potentially extend athletic careers.

I hope you take the time to review this information and more importantly, TRY restructured, alkaline ionized water yourself. Let your own performance be the judge, as I did. I firmly believe that restructured, ionized water is destined to become the preferred water source for every athlete worldwide. Get ahead of the curve and discover how you can ... ***Change Your Water - Change Your Life.***

Yours in Good Health,

Wade T. Lightheart

Wade T. Lightheart CSNA
President of AHA, Inc.
Founder of the Institute of
Advanced Natural Health Sciences

Table of Contents

Restructured Ionized Water Makes the Impossible, Possible	1
How Restructured Ionized Water Changed My Life	3
What's So Special About This Water?	7
Experience Precedes Science	8
Electrolysis Creates Restructured Ionized Water	10
Increased Blood Oxygenation	10
Ionized Water is a Free Radical Scavenger	12
Restructured Water Optimizes Hydration	13
Restructured Water Improves Nutrient Absorption	14
The ABCs Of Acid-Alkaline Balance	15
Are You Overly Acidic?	16
Diet, Lifestyle and pH	17
Optimum Performance for the Elite Athlete	19
Alkalinity and Sports Performance	19
Preventing Injury and Reducing Inflammation	21
Hydration and Sports Performance	22
Optimized Nervous System Function	23
Body Fat Reduction	24
Performance Junk Food	25
Alkalize to Prevent and Repair Metabolic Damage	26
Intensive Hydration Therapy	27
The Winner's Edge	29
Optimum Health and Vitality for Life	31
Exercise Deficiency	32
Nutrient Deficiency	34
Toxicity and Chronic Over-Acidity	36
Chronic Dehydration	37
Removing Stubborn Excess Fat	38
Help for the Casual Athlete	39
Creating a Solid Foundation for Young Athletes	39
A Final Note	41



Restructured, Alkaline, Ionized Water Makes the Impossible, *Possible*

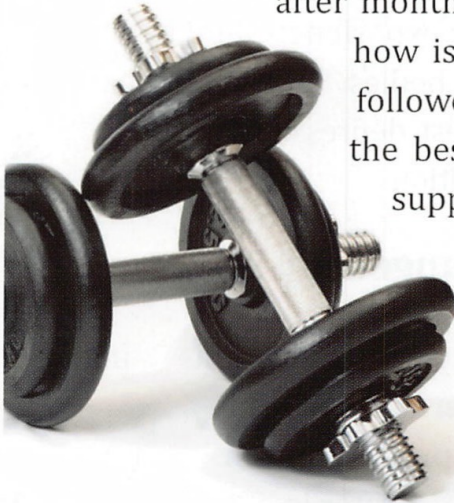
I grew up in a remote area of Canada and played hockey like most Canadian boys. When I was 15, my sister handed me a muscle magazine with a picture of Troy Zuclotto, smiling and posing with two gorgeous, bikini-clad, blonde “California girls” on the cover. I was impressed! Short and about 110 pounds at the time, I thought that maybe if I lifted weights, I might get some beautiful blonde California girl to hang out with *me*.

There was no gym anywhere near where we lived, so I built my own gym in the barn and started lifting weights. I used pulleys and wheelbarrows and rafters in place of real equipment, just like Sylvester Stallone did in *Rocky IV*. I started reading everything I could get my hands on about nutrition, bodybuilding training regimens, and how to “do it right.” I majored in exercise physiology in college and continued to weight train vigorously. I made sure I had the best cutting edge training and coaching, and eventually became involved in the competitive bodybuilding culture.

I went on to win the Canadian National Bodybuilding Championship, which bought my ticket onto the world stage. In 2003, I competed in the Mr. Universe contest. After two long years of preparation, including 11 months of severe dieting and exercising (my diet was limited to just five foods while following an excruciating training regimen of 3.5 hours every single day) I placed 13th. This “win” came at a huge cost – my health. During the final three to four months of training, every cell in my body *hurt*. I was in extreme pain, unable to sleep. I literally had to drag myself to the gym daily through sheer willpower.

Willpower:
***It will take you to the cliff of oblivion
and ask if you are paying attention
as you are about to go over the edge.***

After the contest, I gained **42 pounds of water and fat in 11 weeks.** My brain came back on line at week 10 – I could actually think again



after months of being brain dead. Yet I wondered, how is this possible? I did everything right! I followed a cutting edge training regimen from the best coach, used conventional nutritional supplements, followed the *right* diet, used every strategy I knew about to improve my performance. After the competition, I ended up a mess with metabolic damage to my body, my brain *off-line*, totally exhausted, feeling like crap, and blowing up like a balloon.

Something was obviously missing.

At that time, I realized that getting to the next level in the sport of competitive bodybuilding would require the use of certain unnatural substances, drugs or steroids, just like the rest of the elite championship bodybuilding world. So I decided to retire, and begin my quest for that glaring missing piece of knowledge. I was a trainer, a product formulator, a teacher, and an expert in my field. I was being paid thousands of dollars to train athletes and the affluent. I had become the Pied Piper – people listened to me and I felt I was leading them over the cliff of oblivion. I had to learn a new way to achieve optimal well being, vitality and performance as an athlete.

Through my education with Dr. Michael O'Brien, which focused on the healing power of enzymes, probiotics, living foods and what I call a bioelectrical model of physiology and nutrition, I began to incorporate a new way of eating, living and training for optimal health and vitality. I learned that what happened to me in 2003 was caused by my body

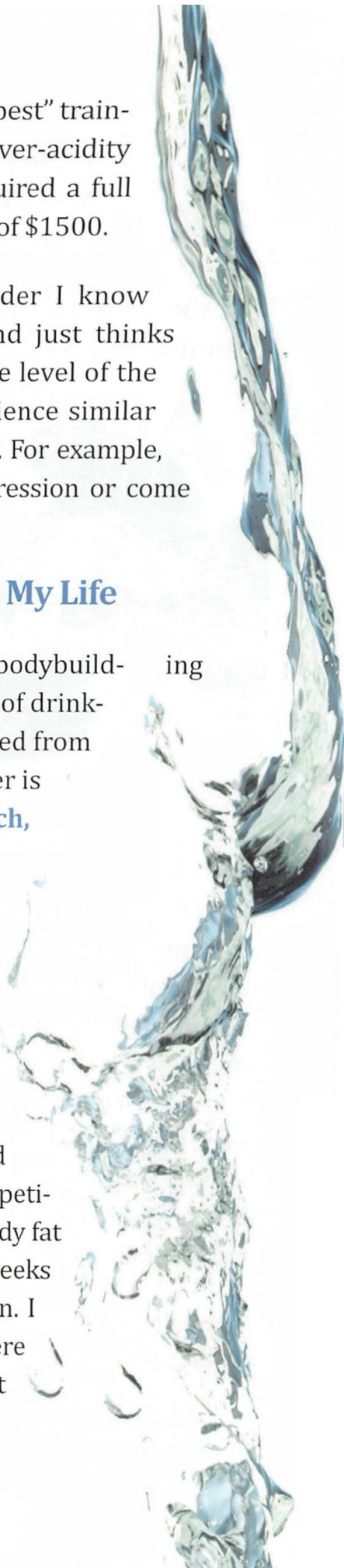
becoming severely over-acidic as a result of the “best” training and nutritional regimen in my sport! This over-acidity caused a state of metabolic damage which required a full year for recovery and a monthly supplement bill of \$1500.

I am not alone. Every competitive body builder I know reaches this horrible state of over-acidity, and just thinks it's the price they have to pay to reach that elite level of the sport. And elite athletes in other sports experience similar burn-out and metabolic damage to their bodies. For example, often elite athletes experience post-contest depression or come down with a cold or the flu after a competition.

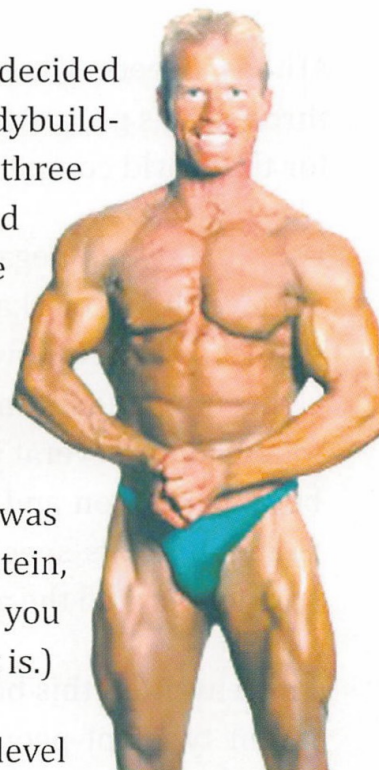
How Alkaline Ionized Water Changed My Life

In 2007, after several years of retirement from bodybuilding competition, I had the life-changing experience of drinking restructured ionized water, which is produced from tap water using a home water ionizer. This water is known by several names including: **electron rich, alkaline, micro clustered, active hydrogen saturated, oxidation reduced, hexagonal, ionized water, or living water.**

After just a few days of drinking this amazing, living, electrically charged water, I noticed that I had lost a significant amount of body fat. (I can tell by looking at myself in the mirror because I am so tuned to my body's condition.) I had changed nothing else – I was doing my normal, non-competitive daily workout regimen. To see a change in body fat that quickly was unheard of – that usually takes weeks of a strict diet, supplement and exercise regimen. I had lost four percent body fat in a week, where in the past the best I could do was two percent under extremely severe conditions.



Because of that out-of-the-ordinary response, I decided to try an experiment. The Canadian Natural Bodybuilding Championship happened to be scheduled in three weeks in Vancouver, BC, where I was living. I had no plans to compete, as I had retired from the sport due to my 2003 experience competing in the Mr. Universe competition. But my intuition told me that restructured ionized water would make it possible to get ready and compete in this extremely short period of time. And I was curious to see if I could do it with my live protein, enzyme rich, vegan diet of raw, living foods. (If you are a bodybuilder, you know just how weird that is.)



Wade T. Lightheart
Contest Condition

I was able to increase my training program to a level that I had never thought possible. I was able to train 2 1/2 times my absolute peak volume levels. I was able to increase the amount of work, the intensity and frequency of my workouts. I experienced NO pain, NO fatigue. Drinking restructured, ionized, alkaline water allowed me to recover faster so I could train more frequently.

I did not follow my 2003 diet (which had nearly killed me.) Instead, I followed my current diet of living foods and bioelectrical nutrition. I still lost body fat, AND my musculature returned to competition form. The water *amplified* the effect of my nutritional supplements.

Most importantly, my brain stayed *on-line* – I could think. I ENJOYED the process of getting ready to compete for the first time in my career. I even went out once a week with friends and ate “normal food” – something I would never have dared to do during other times of my career when I was preparing for a competition.

At the Championship, I continued to drink ionized water during the competition. I took the Junior Master’s Title and the Open Men’s Title, and went on to compete at the Natural Olympia competition in

Athens, Greece, where I took 5th in the world! Remember, this is with three weeks preparation for the Canadian Nationals and three months for the world competition.

Was it just this negative ion restructured water that allowed me to achieve this remarkable feat? Of course not. I had reached this level before, so I knew how to train and how to leverage my results with the right supplements and foods. Because of the living foods lifestyle I had followed for several years, I was not far away from competition-level body perfection and my normal exercise regimen kept me in tiptop shape. But this special water amplified everything else I was doing and accelerated the achievement of the results I wanted.

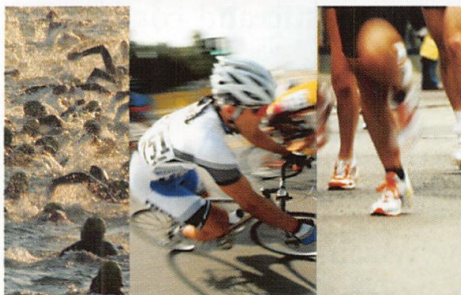
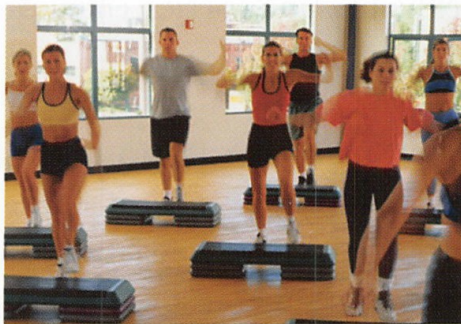
I have written this booklet with the intention of reaching several different types of people. I hope to reach both the elite and amateur body builders who are following an unhealthy, toxic, acid-producing training diet and supplement regimen. You don't have to fall off the cliff, like I did. There IS another way.

Adding restructured, ionized, alkaline water to your current regimen will amplify your results and make you less likely to crash and burn (or blow up from water retention and fat gain) after the competition. *I guarantee it.* If you want to follow my path to perfection with natural bodybuilding and achieve the results I have achieved, you can do that too, with my help.

For other elite athletes in any sport, drinking freshly made ionized, alkaline restructured water will absolutely improve your performance. For the weekend or amateur recreational sports enthusiast, this special water will keep you from damaging your joints and your health and reduce the delayed onset muscular pain from unusually intense workouts or games. For young athletes, ***please listen up*** – drink ion-rich restructured water instead of the acid-producing sports drinks. You'll be amazed at the difference in your energy, your performance, and your recovery time.

Drinking restructured, alkaline, ionized water can also help a moderately fit weekend athlete, an out of shape mom trying to get fit, as well as a growing number of sedentary, overweight, sluggish, unfit and unhealthy adults. It's the fastest, easiest, and most cost-effective way to shift your body from acid to alkaline! The benefits of that shift include reduced joint and muscle pain, less fatigue, easier weight loss, and overall optimal health and vitality.

It is my hope that every gym, fitness center, health club, rec center, country club, golf course, spa or sports team embrace this amazing new technology and have a water ionizer capable of producing hundreds of gallons a day available for their clients. You can provide no greater service than to offer the best restructured ionized water to your members. If you want to be on the cutting edge, contact the person who gave you this book.





What's So Special About this Water?

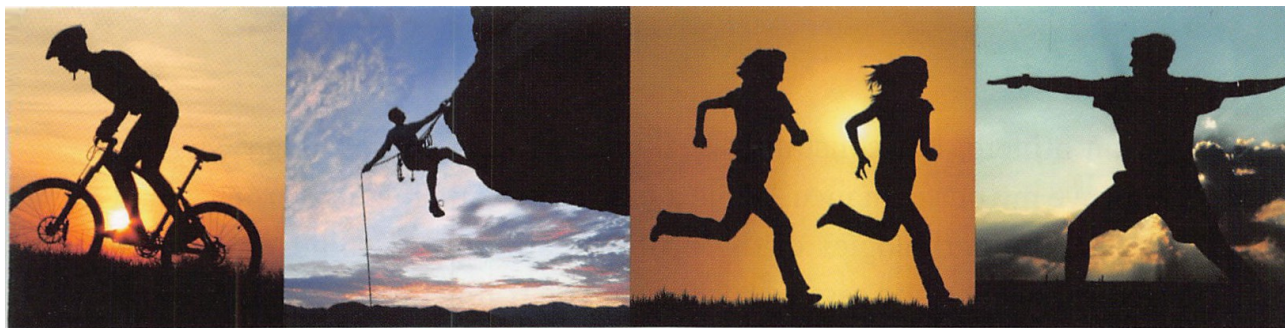
If restructured, ionized, alkaline water is so great, why hasn't every athlete, gym, and sports team started to use it? Why has the general public never heard of it? Why doesn't our medical community use it for achieving optimal wellness and disease prevention?

First, a little history. Ionization of water for health benefits began in the 1920s in Russia. Research continued in Japan where the technology has been a mainstay for medical therapy over the last three or four decades.

The *quality* of water is dependent upon several things including purity, electrical charge, molecular structure, and pH. Alkaline water is best. Beware: "purified water" is a very misleading marketing morass. Most bottled waters are tap water put through reverse osmosis, marketed by the large soft drink companies. It's "very, very pure water" – yes, but it is also devoid of minerals, has an acidic pH, and carries chemicals leached from the plastic.

Many companies are making claims about "their" special water these days. I have personally tested over 60 different brands of bottled water and few of them are alkaline, none of them have a negative electrical charge that provide antioxidant benefits, and most of them are acidic. Plus they leach chemicals from the plastic and contribute to massive environmental pollution.

The only bottled water I now consume and recommend to others is water taken from artesian wells, the deeper the better. These waters are at least neutral pH or maybe even slightly alkaline, which is an improvement over reverse osmosis waters. If you're going to drink bottled water, drink that kind of water. If you want to drink the *best* water, drink restructured, alkaline, ionized water.



Experience Precedes Science

I believe every athlete is looking for the “silver bullet” – the one thing that will amp their performance and give them the edge over their competition. There is a lot of misinformation available about the performance enhancing or fat burning effect of supplements and sports nutrition products, often based on questionable scientific studies and reports.

As a formulator of AwesomeHealthAlliance (AHA) products for athletes, I recognize that most published clinical studies are funded by the same companies who market the product. These studies are done in an environment that supports the successful outcome of the study. Statistics are often manipulated in order to produce the desired results.

If you are an athlete, you know you can't fake your performance results. You absolutely *know* when something works. We live in a world where scientists are always a step behind the cutting edge of what athletes know from experience. Athletes often discover what works fifteen or twenty years before science “proves” it. The technology to ionize and restructure water is *cutting edge*. It has shifted what we know about water and acid/alkaline balance *so much* and has changed our understanding of what water is *so radically*, that the traditional medical science community is still years away from catching up.

After I won the Canadian Natural Bodybuilding Championship, I spoke to Michael Colgan, Ph.D., author of *Optimum Sports Nutrition*. He said, “Wade, if you had told me about this water two years ago I would have said, ‘Water is water.’ After all these years in the industry, I’ve now determined I don’t know anything about water.” Clearly this is a pretty strong statement coming from one of the world’s most respected authorities on sports nutrition.

As an athlete, I'm constantly seeking out new cutting edge ways to improve my performance. While a researcher or a medical professional studies the pathologies of the problem, an athlete studies *excellence*. Medical science and research is focused on trying to alleviate the symptoms of the problem while the athlete wants to create a new solution, optimize the performance of the human body, and break a new record.

The athletic community is very attached to traditional philosophies. They're entrenched in using the proven scientific model of clinical studies which have arisen out of the biochemical paradigm over a number of years. There is also the issue of habit, coupled with pervasive athletic marketing, further boosted by superstitions of both athletes and coaches – 'what worked before must be followed today to avoid failure.' This explains why the athletic world is addicted to pills, potions and proteins, married to training styles or philosophies, and unwilling to try something new.

Everyone knows you need to have water, and plenty of it, for the best athletic performance. No one has really investigated the effect of the *structure* of water because up until now we thought water was just water. We did not understand the significant differences in the structure of water that affect performance. Very few coaches I know have ever read any information about the structure of water.



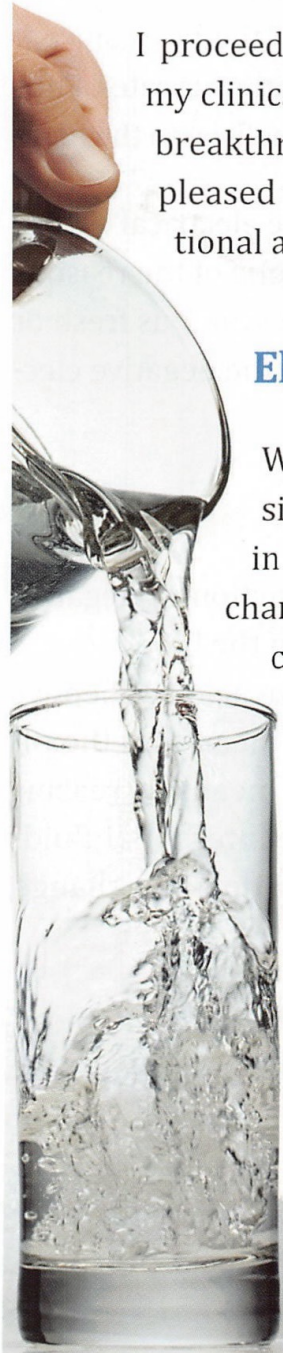
When I attended my first demonstration about ionized water I was shocked and delighted, then humbled and embarrassed because I believed I was a knowledgeable Certified Sports Nutrition Advisor. Suddenly I was presented with new information about this water ionizing technology from someone I perceived to be less qualified than I am! But I quickly realized the information could apply not only to my own athletic performance, but also in optimizing the health and athletic performance of many of the athletes I work with.

I proceeded to introduce ionized water to other athletes in my clinics because I knew this was the greatest technological breakthrough to hit the athletic and health community. I am pleased to have the opportunity to share it with the international athletic community through this booklet.

Electrolysis Creates Ionized Water

Water ionizers raise the pH of tap water by electrolysis which splits the water molecule (H_2O) resulting in the ions H^+ (hydrogen with a positive electrical charge), and OH^- (hydroxyl with a negative electrical charge). The negatively charged hydroxyl ion exits the ionizer through the drinking water hose, while the positively charged hydrogen ion is released as acid water. When consumed as freshly made restructured ionized water, this abundance of OH^- ions increases the bicarbonate buffers in the blood, balancing the body to neutralize and excrete acids and toxins. Alkaline water is also rich in ionic minerals, like calcium. Research has shown that it significantly increases bone density.

Water ionizing devices separate the naturally occurring minerals in most tap water into two groups: those with a negative charge (alkaline) and those with a positive charge (acidic). The negatively



charged minerals can donate their free electron and neutralize free radicals (acids and toxins) that are produced from exercise. If you're drinking dead water out of a bottle, you're not eliminating free radicals, you're actually increasing the load on the body. Absolutely no bottled water company is addressing the issue of the negative charge of the water; the high negative ORP, which provides so many health benefits as an antioxidant.

Not all alkaline water is equal. The quality and impact on the body depends on HOW the water has become alkaline. Water can be alkaline from the mineral content, which is not bioavailable to the body since it is inorganic. Alkaline water produced through ionization creates ionic bioavailable minerals and the OH^- ion which is very beneficial to the body.

The pH of the water is just one part of the picture. The electrical charge and structure of the water is more important, and is one of the reasons I recommend that people drink ion-rich restructured water as fresh or as close to fresh out of the machine as possible, since the negative electrical charge dissipates over time.

The Importance of Bicarbonate Buffers

According to many experts, the most important function of negative ion restructured water is to increase bicarbonates in the blood. As we age, we lose bicarbonates, which buffer or neutralize acids. When we say that we alkalize our body, we don't necessarily mean that the pH of the saliva or urine increases. Alkalizing the body means increasing the amount of bicarbonate buffers available to the interstitial fluids surrounding the cells – the “inner sea.” The blood pH does not change, but our body's ability to neutralize acid increases.

People living and working in a polluted environment have fewer bicarbonates in their blood than people working in a clean environment. Our stressful lifestyles create more acid, which causes us to use up more bicarbonates. The standard North American diet also contributes greatly to the acid load on the body. Some foods are more acid-forming than others, especially high protein meat products, processed foods, and highly acidic soft drinks.

Conventional medicine considers the reduction of bicarbonates in the blood an inevitable fact of aging. There is a great deal of interest in the hypothesis that, in fact, the reduction of bicarbonates in the blood is instead the *cause* of aging and disease. If we can modify our diet and lifestyle to replenish bicarbonates in the blood, perhaps we can slow the aging process.

Ionized Water Increases Blood Oxygenation

Strong, fresh negative ion water contains an abundance of hydroxyl ions (OH^-) which donate free electrons to unstable oxygen free radicals, resulting in stable oxygen molecules. According to experts, drinking such water on a regular basis will increase the amount of dissolved oxygen in the blood. Stable oxygen (a nonreactive oxygen molecule with

evenly paired electrons – no electrical charge) provides us with mental alertness and is invigorating and energizing to the body. In addition, when the blood pH is optimum, it can carry more oxygen.



Ionized Water is a Free Radical Scavenger

Ionization creates water which becomes a “free radical scavenger” with measurable antioxidant properties. The drinking water produced carries a highly negative charge, measured as oxidation-reduction potential or ORP. A high negative ORP means the substance being measured has antioxidant activity – it is able to donate electrons to neutralize free radicals in the body (molecules with a positive charge.) Free radicals damage our tissues and accelerate aging; acids are positively charged free radicals. The antioxidant properties of

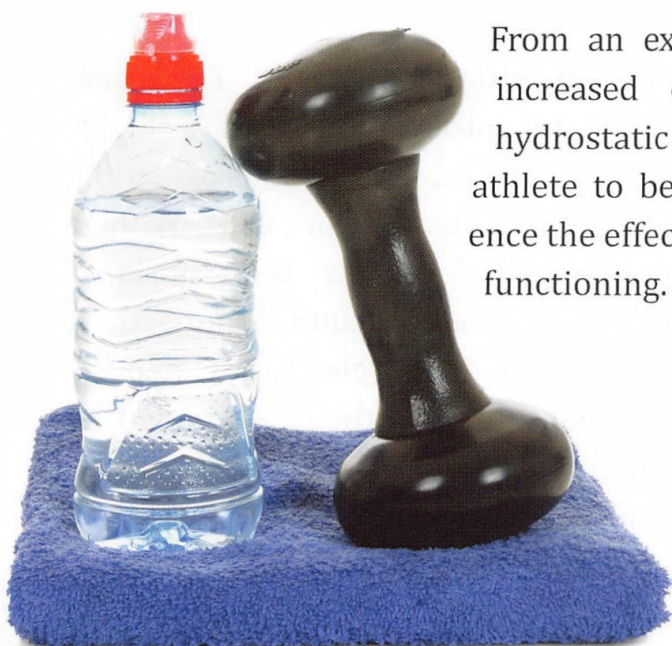
this water are many times higher than any food or nutritional supplement on the market.

Consuming ion-rich restructured water provides a way for toxins to exit the body by neutralizing the positive, cationic charge with its abundant free electrons. Toxins stored in fat cells, tissues, organs, and lymphatic fluids are released, resulting in fat loss.

The negative ORP is achieved by the production of the OH^- ion which appears when the water molecule is split by the electrical charge delivered to electrode plates. The pH of the source water is increased to between 8.5 and 9.5 from the presence of an abundance of OH^- ions and ionic, negatively charged alkaline minerals like calcium, which were in the original source water.

Restructured Water Optimizes Hydration

Ionization creates electrically charged “living water” which is restructured and which deeply hydrates the cells. It is absorbed faster than tap or bottled water. The process of ionization is believed to reduce the size of the water molecule cluster. Smaller water clusters are better able to penetrate the cellular membranes, enhancing tissue repair and waste removal.

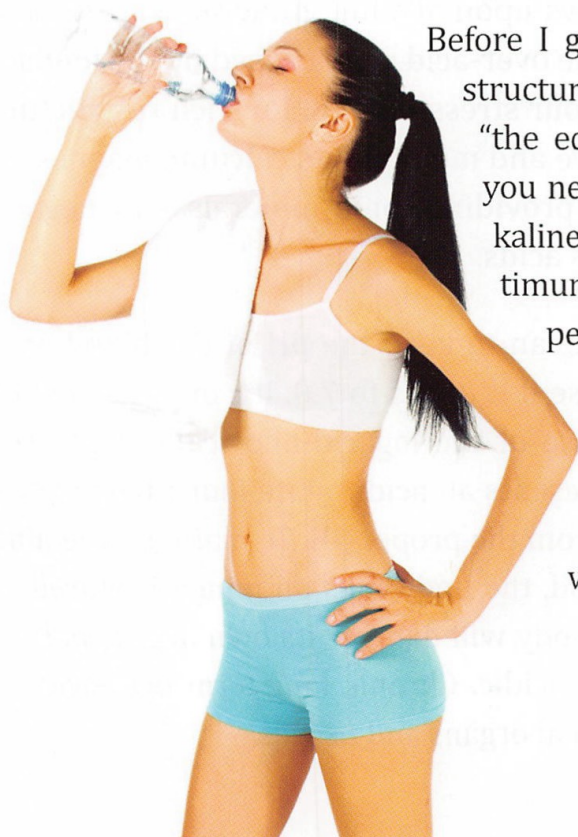


From an exercise physiology standpoint, increased cellular hydration improves hydrostatic pressure, which allows the athlete to be stronger, faster and experience the effects of better metabolic cellular functioning.

Restructured Water Improves Nutrient Absorption

Restructured ionized water amplifies the effects of any nutritional supplements you are taking because it is microclustered, which enhances absorption. Most athletes are spending hundreds to thousands of dollars a month on nutritional products that promise to give them “the edge.” Before I started drinking restructured, ionized, alkaline water, I was spending approximately \$1,500 a month on performance-enhancing nutritional supplements. That’s a pretty hefty bill, especially over a period of several years. If you’re a natural athlete and you want to attain your best possible performance, this is the kind of investment you need to make.

Microclustered water increased the absorption of the supplements I was taking so much that I was able to cut down significantly on the amount of money I was spending on them. It amplified the effect and I now get more bang for the buck. Any time you can get more for less, it’s a win-win situation.



Before I get into details about how restructured ionized water can provide “the edge” for athletes in any sport, you need to understand why acid-alkaline balance is important for optimum health, vitality, and athletic performance, and why our diet, lifestyle, supplements and training regimens lead us down a path that increases the acidity of our internal environment – our “inner sea.”



The ABCs of Acid-Alkaline Balance

It is well known among athletic trainers that chronic over-acidity is the underlying cause of many disease states, including pain, and inflammation. The body draws upon alkaline minerals stored in the bones and tissues to buffer the over-acid state caused by the foods we eat, the fluids we drink, and our stressful lives. Ion-rich restructured water helps the body preserve and maintain its calcium, magnesium, and potassium reserves by providing ionic minerals and negative hydroxyl ions to buffer excess acids.

The body will do anything it can to keep the pH of the blood at its optimum level of 7.36 because if it drops to 7.0, it can cause a coma state and even death. Because of the logarithmic scale of pH, this seemingly small change represents an acidic state four times higher. Thus, the blood varies little from the proper pH. To maintain the ability to buffer acids in the blood, the body calls on minerals stored in our organs and bones – the body will damage its own organs before it lets the blood pH become acidic. Chronic long-term over-acidity accelerates aging of our internal organs and tissues.

While the blood pH remains in a tight alkaline range, the rest of the fluids surrounding our cells and tissues may become more acidic. Many health experts believe that in such an internal environment, beneficial microforms will die and aggressive microforms, sustained by an acidic environment, begin to multiply and mutate, becoming parasitic and pathogenic agents. This may explain why over-acidity is related to decreased resistance to colds, flu and upper respiratory and gastro-intestinal illnesses.

Are You Overly Acidic?

When your cells, tissues, and interstitial fluids are overly acidic, you are more likely to experience the following effects, according to Susan Lark, M.D., author of *The Chemistry of Success*.



- Tire easily and become fatigued
- Find it more difficult to think clearly
- Develop a pessimistic outlook on life
- Retain toxins and heavy metals
- Lack the energy and vitality to achieve your goals
- More frequent respiratory challenges
- Stiffness, aches and pains
- Chronic fatigue, chemical sensitivities or fibromyalgia
- Chronic dis-ease

Diet, Lifestyle and pH

The food we eat is made up of a mixture of carbohydrates, proteins and fats. At the most basic, food consists of carbon, nitrogen, hydrogen and oxygen. To sustain life, we oxidize or burn food for its energy and nutrients. When food is burned to fuel the body, the by-products are carbonic acid, uric acid, lactic acid, fatty acids and ammonia. All food produces some amount of acid waste; some foods contain organic alkaline minerals that help neutralize that waste. Acidic wastes must be disposed of through the urine and perspiration after being dissolved in the blood.

Our diet has changed drastically in a short time period. The average person's diet contains a preponderance of acid-forming foods such as meat, poultry, dairy products, some fruits, nuts, refined sugar, corn sweeteners, artificial sweeteners, chocolate, refined flour products, soft drinks, beer, wine, coffee and black tea.

Diet and regular sodas are probably the most acidic food people consume, at a pH of 2.5. And don't get me started on the damaging effects of fried foods, especially fried potatoes! Most people do not have enough alkaline buffer reserves to offset or neutralize the acid waste produced by consuming the Standard American Diet – also known as SAD – composed primarily of these foods.

According to author and physician Susan Lark, MD, the following lifestyle factors increase the acid load on our bodies:

- Physical and mental stress which reduces oxygenation and blood flow and increases muscle tension
- Strong emotions like anger, fear, hostility, or excitement, which produce adrenaline surges
- Vigorous exercise which produces lactic acid, pyruvic acid and CO_2 , decreasing muscle pH
- Frequent airplane travel: cabin air is lower in O_2 , higher in CO_2
- Over-the-counter and prescription medications and vitamins

If the body can't neutralize or buffer the acid waste it produces, which happens more and more often as we age, it accumulates somewhere in the body – often stored in the fat cells made for this purpose or as crystals in the joints and muscles. Arthritis and gout result when uric acid precipitates from the blood due to over-acidity. Drinking restructured ionized water will gradually balance the body's pH and dissolve excess uric acid so it can be excreted. Often the symptoms of arthritis and gout will naturally disappear.

I can say with total confidence that nothing reduces chronic over-acidity in the body as simply, easily, and cost-effectively as drinking ion-rich restructured water.

Additional Resources

16 Pages of Simple Solutions for Hydration, Health and High Performance with; Homeostasis: Topics include:

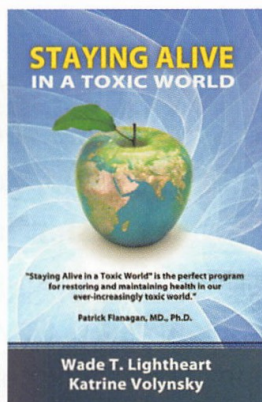
The Key to Health • The History of Ionized Water • Electrolysis: Electrically Charged Water • Four Good Reasons to Drink Ionized Water • The True Cost of Bottled Water • My Fat is Protecting Me? • Your Body is Water • Are You Overly Acidic? • The Physiology of Restructured Ionized Water • pH and Sports Performance • Slowing the Aging Process • Balancing the Body • Your Diet, Lifestyle and pH • Special quantity discounts are available.



Humanity is suffering from a power outage!

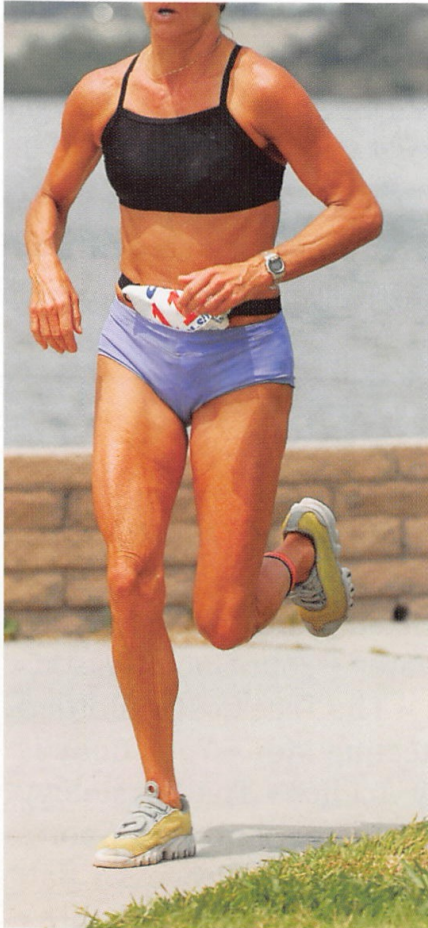
The Good News is that it's never been easier to correct. The so-

lutions to the challenges in the world lie within us. How is it that we expect to live a healthy, disease-free life when we continually eat foods that reduce the electrical potential of the human body we inhabit? This book was written to demonstrate how YOU can bring more vitality back into your life, build up your stamina, and access incredible amounts of energy to do the things you love.



Order @ AWESOME Health Alliance at 888-899-5073

Optimum Performance for the Elite Athlete



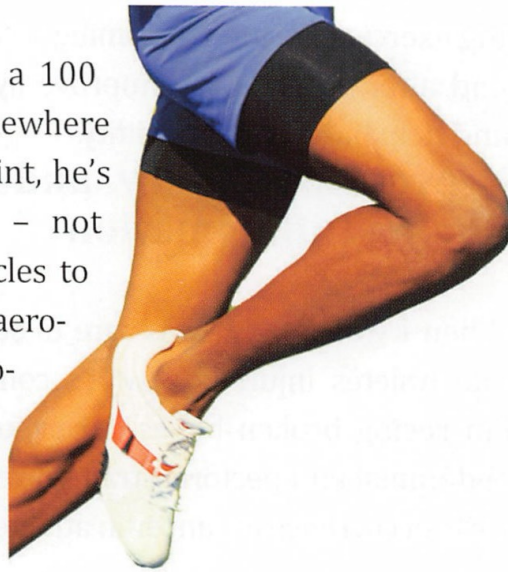
Competitive, elite athletes and sports trainers know that subtle changes in pH can have a profound effect on overall health, feelings of wellness, levels of fatigue, pain, weight, training ability and athletic performance. Muscles work best in a narrow range of pH. At rest, muscle pH is about 6.9, while arterial blood is about 7.4.

When we exercise anaerobically, we burn stored carbohydrates in the muscle (glycogen) for energy, which produces lactic acid, pyruvic acid, and CO_2 , which in turn decreases muscle pH. The harder you exercise, the quicker your muscles become acidic, which leads to fatigue. Accumulation of acid also limits production of ATP, the energy molecule, and disrupts enzyme activity that produces energy. When muscle pH falls below 6.5, it stops working altogether. Acidity also reduces muscle power directly by inhibiting the contractile action of muscle fibers.

Alkalinity and Sports Performance

The pH of your body determines much of what goes on inside the cell and in the extra cellular fluid known as the lymphatic system. So delayed onset muscle soreness (DOMS) has a lot to do with the shift in pH levels in and outside the cell. Of course, when lactic acid builds up so much that the pH of the cell shifts, the electrical transmissions slow down and you do not get the same kind of connection. Many athletes experience this as “hitting the wall” or as a drop in peak performance.

Look at a sprinter, for example. In a 100 meter final, his speed will peak somewhere around 60 to 70 meters. At that point, he's exercising in the anaerobic state – not enough oxygen is reaching the muscles to produce energy aerobically. In the anaerobic state, stored carbohydrates (glycogen) in the muscles are burned for fuel, producing so much lactic acid his muscles don't work as efficiently. He can't go any further at that top speed.



The same thing happens with a distance runner. If he goes too far into the anaerobic phase, his muscles begin burning stored carbohydrates for fuel, which produces more lactic acid and his performance starts to drop. It's important to train, eat the right pre-competition meal, and drink the right fluids to maintain appropriate balance during the event, and to efficiently clear the lactic acid out of the system after the event. How well an athlete's body handles lactic acid determines how quickly they can get back into training and compete again.

Given the kind of training loads you need to perform to achieve your goal – whether you are a weekend athlete, amateur athlete or a professional athlete – recovery time is very important. Some athletes resort to using anabolic steroids or drugs to improve their recovery time so they can train harder, more frequently and get better results. That's what restructured ionized water allows you to do – *naturally*!

Most athletes are locked into a dietary pattern that is acid-producing. They do not consume enough alkaline, mineral-rich foods, such as nuts, fruits, and vegetables. Instead their diets contain high amounts of acid-forming foods, such as meat, fish, poultry, eggs, and dairy, high fructose energy bars, acidic energy and sports drinks. Because of this dietary imbalance, they may be at risk for increased acidosis that affects overall health and sports performance. Since proper hydration is also a key factor in prevent-

ing exercise fatigue, consuming restructured ionized water before, during and after exercise can improve hydration and help balance over-acidity.

Preventing Injury and Reducing Inflammation

When I was a kid it was rare to see the top athletes injured. Now it's constant. I'm seeing broken bones, torn muscles, abdominal and pectoral strains, even the early occurrence of cancer in athletes.

Winner of the 1931 Nobel Prize for Medicine, Dr. Otto Warburg, theorized that cancer could only exist in an acid environment. Today, you have many top athletes getting cancer. I believe this is due to too much acidity in the body. That acidity is due to poor diets, poor hydration with the wrong fluids and lack of organic, bioavailable, free radical scavengers and alkaline minerals.

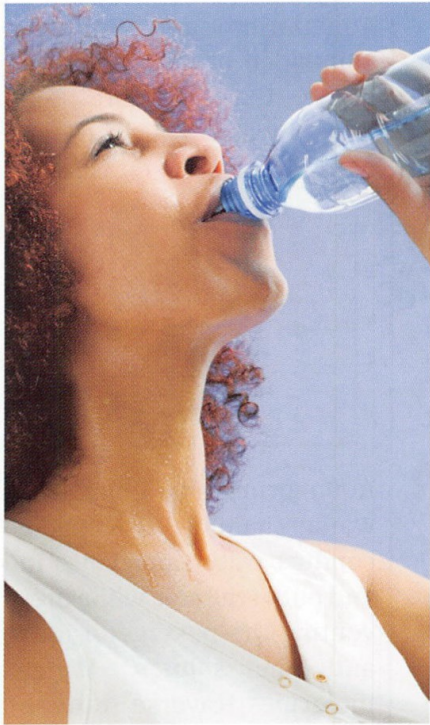


There's a misnomer between fitness and health. Most people believe that because an athlete is fit, he's healthy. In fact, what happens is that we became unhealthy in the pursuit of our fitness. In other words, we want to *win at all costs*.

The effect of over-acidity appears as inflammation, causing joint and muscle pain. After just one week on restructured ionized water, inflammation goes away and an athlete will quickly notice a difference in his performance. Over time, acids and toxins are neutralized and removed, the body becomes remineralized, bone density increases, and connective tissues start to work better.

After my first night of drinking this special water, I went to the gym the next day and noticed a marked difference in my performance. People that I'm working with – boxers, endurance runners, short

distance runners, and track athletes – are producing the same type of extraordinary effect in their bodies with ion-rich restructured water.



Hydration and Optimal Sports Performance

Any time you can super hydrate the cells, you are going to improve performance. What goes on in the cell is duplicated over the entire body. If it's not in the cell, it's not happening. Having the cell fully hydrated improves the electrical transmission, the signaling between cells, and also the delivery of nutrients to and release of toxins from the cell (cell water turnover.)

Just a two percent loss in the hydration of a body has an incredible effect on strength and endurance. That's a shockingly small amount. Any athlete who's had to "make weight" by losing a lot of water, then compete in their event can attest to how it made them feel, and how it negatively it affected their performance. In fact, if you have as little as a 10 percent drop in hydration you can be seriously ill and even die. I believe chronic dehydration is a major contributor to injury-shortened athletic careers.

So we are always advised to stay hydrated when exercising or during any competitive or recreational athletic activity. You see the water stations at marathon races, the sports drink coolers (filled with water, by the way) on the sidelines at football games. Unfortunately, recently there has been a lot of misinformation about how much water to drink, coming from some very well known celebrities and their experts saying you don't need to drink so much water. They say you can use sports drinks or other water-based liquids and they will do the same job.

But that's not entirely accurate. It's true that your body will compensate in the short term for a sports drink, or the dead, acidic, demineralized

water, or the sodas or caffeine-laced super energy drinks, but long-term usage will add up to problems with over-acidity.

What's happening is that you're setting yourself up for a *mineral debt* which is created by pulling alkalizing minerals from the bones, cartilage and tissues in order to stabilize the acid-forming effects of those drinks. And that's going to result in injuries and longer, slower recovery times. Eventually it will show up as illness – a cold, the flu, a sore throat, or more serious chronic conditions.

Microclustering Improves Absorption

Every athlete, especially those involved in a sport which requires a lot of movement, is conscious not to overload themselves with water. Having water sloshing around in your stomach is not something you want prior to a performance or competition.

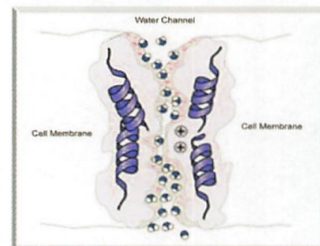
Sugar and electrolytes are added to sports drinks to make them more absorbable, but this ends up being counter-productive and creates another effect in the body – over-acidity. Ionized, alkaline water is microclustered, restructured water that is absorbed faster than any other type of water by the body. And it doesn't require you to steal minerals from your body to use it. The minerals are already there in the water ionically charged in a form you can utilize. The molecular structure of the water is optimized and it super-hydrates your 75 trillion cells.

Nervous System Function

Optimum nervous system function and performance depends heav-

Aquaporin Theory

Aquaporins are proteins embedded in the cell membrane that regulate the flow of water. They are "the plumbing system for cells."

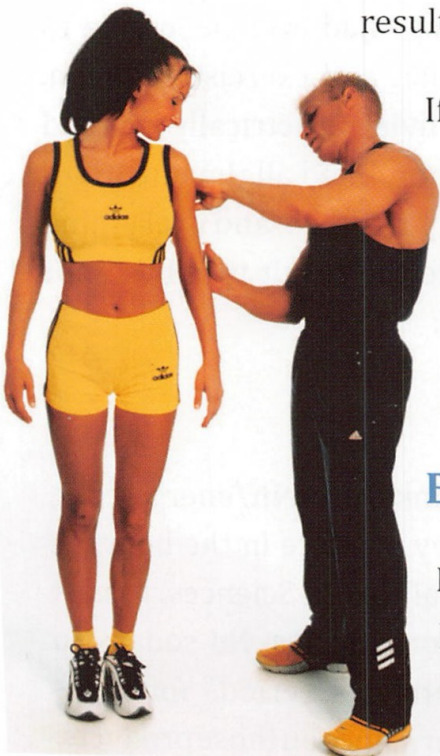


Aquaporins, also known as water channels, selectively conduct water molecules in and out of the cell, while preventing the passage of ions and other solutes. Water molecules traverse through the pore of the channel in single file. The presence of water channels increases membrane permeability to water.

The pioneering discoveries and research on water channels by William Agre and his colleagues resulted in the presentation of a Nobel Prize in Chemistry to Agre in 2003.

ily on cellular hydration and electrical signaling. When you are super-hydrated, your nervous system functions at the optimum rate. For every athlete, the rule of sports performance is *Speed is King*. Speed – or the rate of muscle twitch – is determined by how quickly the electrical nerve transmissions run through the water-based environment of the 75 trillion cells in the body. Think of DNA as a Tesla coil to which the central nervous system sends electrical transmissions of information. As the cell becomes more acidic or dehydrated, the electrical transmission starts to slow down and we can detect a decrease in performance and speed.

Drinking fresh ion-rich alkaline water daily helps maintain the proper pH of interstitial fluids so the electrical transmission flows easily and endurance is increased. Also, extra oxygen gets inside the cell from the microclustered water. More oxygenation means an increase in VO_2 max. For example, in just three weeks, I experienced over a four-point shift in my VO_2 max. (VO_2 max is a measure of maximum oxygen uptake.) I did absolutely nothing that would improve that, nor did I train to create that specific effect. I was training anaerobically as a competitive body builder, not doing aerobic cardiovascular training, which would increase VO_2 max. The improvement was strictly the result of drinking ionized water.



If you're an athlete, it is definitely worth taking the time to experience the effect of restructured ionized water. I think you'll be absolutely delighted. Contact the person who gave you this booklet and ask them for a free sample of the water to test the effect for yourself.

Body Fat Reduction

Every serious athlete knows that body fat percentage is important to performance. Soon after drinking restructured water dai-

ly, I experienced enhanced or accelerated loss of body fat. I had been taught the caloric model for weight loss; what goes in minus what goes out equals what stays. The relationship between caloric intake from food and drink and the caloric expenditure through activity leads to weight loss or gain. But there's another aspect related to fat storage that involves over-acidity. Some athletes have experienced metabolic damage, which occurs when they follow restrictive caloric intakes or expend energy levels far in excess of their food intake in order to quickly get their body weight down to an optimum strength-to-body-weight ratio.

In some cases, body builders, wrestlers, gymnasts and extreme fighters have to make weight in a short amount of time. After repeatedly doing this, they have created so much toxicity in the system that they're no longer able to make weight. As an athlete progresses they may have trouble getting down to their old fighting weight or competition weight that's optimum for performance. They tend to move up in weight classes even though that might not be the best place to compete for their body type and strength.

Ion-rich restructured water expedites the removal of acid waste that often is stored in the fat cells. In my case, I lost four percent body fat in my first week. Two percent was the best I had ever been able to lose in one week under the most rigid of diet and exercise regimen. Now, was it all the result of this miraculous, living, electrically charged water? No. It's because restructured water amplified all the nutritional supplements, the training regimen, dietary regimen, and everything else that I was doing. I was able to produce the result that I did not think was possible under any circumstance.

Performance Junk Food

The problem with sports drinks, energy drinks, protein/energy bars, sugar and stimulants is the over-acidity they produce in the body. As Founder of the Institute of Advanced Natural Health Sciences, I insist that my clients follow my #1 Rule: "No sports drinks. No sodas. No energy drinks or energy bars for any of my athletes. Period." You absolutely cannot achieve an optimal level of performance on those products.

Eliminating these from your diet will result in a tremendous benefit.

There's so much misinformation about how sports drinks work and their effect on the body. I'm not going to name any particular sports drinks, but we all know what they are. They come in nice, brightly colored bottles and they have all sorts of electrolyte enhancers and they taste good and supposedly give you energy. They are endorsed by well-known athletes who have received a nice financial reward and who are probably ignorant of the nutritional facts themselves. Unfortunately, they are creating an illusion that these drinks actually enhance performance when in reality they may not even drink them.



The effect of these products is negative in the long run. When you consume acidifying sports drinks, soda or even many of the mineral-deficient, acidic commercial bottled waters, as that fluid enters the blood stream, your body says, "Uh oh, we need to stabilize the pH of the blood." What happens is that it pulls minerals out of bone and connective tissue, neutralizes the acid and dumps it into our fat tissues. The result is that over the long term this continual fallout of minerals from the bone and connective tissue makes the athlete more prone to injury.

The reality is, elite competitive athletes don't just want a benefit, they want to get *the edge*. Ionized restructured water delivers that edge without damaging your long-term health.

Alkalize to Prevent and Repair Metabolic Damage

Often at the elite levels of a sport, the training and performance demands combined with the standard diet and nutritional supplements actually set up the athlete for long-term failure even though they might produce some measurable positive results in the short-term. I'm seeing it all the over the country, especially in females who are

often more conscious about their body weight and attempt to lose fat and weight quickly for special occasions. I see them repeating this process over and over again using the wrong diet or combination of diet and exercise. They're coming into my clinic in droves with metabolic damage. They have become overly acidic, catabolic (break down of muscle tissue) nightmares and it's a serious problem that needs to be addressed. The conventional model of diet and exercise for fat loss that we've been taught doesn't address this issue. Reversing toxin and acid-related weight gain is easier when freshly made ion-rich restructured water is consumed daily.

The people that I have been sharing this information and water with have experienced radical results. Athletes absolutely love the effect that restructured alkaline water has on their performance and recovery time.

Intensive Hydration Therapy

High performance athletes want to know how all this information can equate to improved performance. Is there a fast way to radically alter pH and hydration of the cells and interstitial fluids? ***Intensive Hydration Therapy*** is something I have developed in consultation with other health care practitioners and athletic trainers.

First, make sure you have access to freshly produced alkaline ionized water. Start with 8.5 pH and if you have no negative detox reaction, move to 9.0 then 9.5 pH. (Back off if you start to feel worse from detoxification.) Drink one ounce per pound of body weight per day for the first 21 days. This intensive approach will change over all the water in your body. A typical 200 pound athlete carries around 160 pounds of water – at 8 pounds per gallon that's about 20 gallons of water. 200 ounces a day will replace what you are losing each day from sweating as well as replace your total body water.

Start by drinking at least a liter (or quart) of water when you get up in the morning. Be sure to drink as much as you can before, during and after work outs. I also recommend adding liquid super ionic vitamins and minerals to your water to replace electrolytes during workouts, or a pinch of Celtic salt or Himalayan salt to a gallon of water. This is why I



developed the AWESOME Health Alliance line of nutritional optimizers.. Athletes are easily dehydrated – it's common to sweat 1 to 3 liters per hour when exercising in the heat! Decreased performance due to dehydration as little as 2% is common because of reduction in blood plasma volume. The body reduces blood flow to the skin which makes it harder to cool off the body internally, which increases body temperature. With reduced blood volume comes reduced cardiac output, and impaired mental function.

Any kind of extended athletic endeavor can lead to dehydration – a long tennis match, 18 holes of golf on a hot day, a marathon or triathlon, or other types of exercise. Motor skills are affected, nerve transmission is slowed. For instance, many golfers have experienced poor performance on the back nine after a great game on the front nine. This could be due to dehydration because they are drinking sodas, sports drinks or beer. Just a small decline in hydration affects fine motor skills – dehydration has almost imperceptible effects on the ability to send electrical signals, affecting the golf swing just a millimeter or two. Enough to take you from in the *sweet spot* to out of it.

Based on my experience coaching and training athletes, I can relate that I have seen faster recovery between bouts of anaerobic activity, more endurance, no delayed onset muscle soreness. In short, with restructured, ionized water, we can compress time – if it used to take 72 hours

to recover between hard workouts, it may take only 48 hours if you are drinking ionized alkaline water. Training schedules are created based on how long it takes to recover between hard workouts – you could take a 12 week cycle to 8 weeks.

Today's athletes are stronger, faster and better conditioned than ever before. It's like going from a 4 cylinder car to a V-12 engine without changing the gas! Athletes are like high performance cars and require a different fuel than before – "V-12 Water" instead of sports drinks or plain bottled acidic water.

It matters not whether you are an anaerobic, aerobic or weekend athlete. Consuming restructured, ionized alkaline water will improve your performance, recovery time, and hydration. Keep a journal of your experience drinking this water and send us your experience so we can compile these individual case studies into a report that may lead to a university study. E-mail me at info@AwesomeHealthAlliance.com

The Winner's Edge

Top athletes are ahead of the curve because they're willing to step out of their comfort zone and ask "How do I get that edge?" Ion-rich restructured water is the safest, easiest and most cost-effective way to get the edge. In less than a decade, I believe every amateur or professional sports team or elite, competitive athlete will be drinking electron-rich restructured water. Those that aren't will not be able to keep up with their competition.

A female boxer client started drinking restructured ionized water that her mother gave her. She was not even drinking it freshly produced from her own machine. After only one week of using it her athletic trainer said, "What are you doing? You're coming into the ring refreshed and



more determined and your recovery time between rounds is so dramatic." She replied, "I'm not doing anything." She didn't actually make the connection between the water and her performance until about three weeks later. Her body fat levels were down. She was sparring at about twice the amount of endurance and intensity that she was before. That's when she realized it was the water and decided to purchase a water ionizer to use full time. She is now moving into some major professional fights. She attributes that performance boost to drinking ion-rich alkaline water.

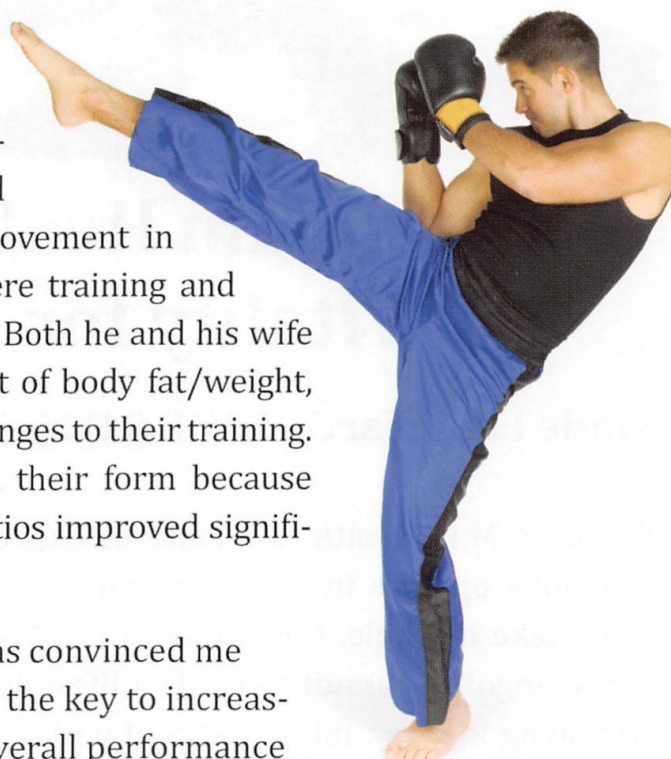
Two advanced martial arts friends of mine started using restructured, ionized, alkaline water and noticed a significant improvement in their speed when they were training and preparing for competition. Both he and his wife lost a considerable amount of body fat/weight, despite not making any changes to their training. The weight loss improved their form because their strength to weight ratios improved significantly.

My personal experience has convinced me that ionic alkaline water is the key to increasing competitiveness and overall performance in world-class athletes. Consuming ionized, electrically charged, restructured water will reduce the accumulation of acidity in exercising muscles, improve workout intensity, shorten recovery time, and decrease body fat.



Shan Stratton

In ***Bigger, Faster, Stronger***, Shan Stratton, a specialist in nutrition, and performance shares the benefits of alkaline water. In this CD, athletes from the professional down to the weekend warrior or health care professional can learn the benefits of drinking ionized, alkaline water. Available at www.AwesomeHealthAlliance.com





Optimum Health and Vitality for Life

Wade Lighheart's A.W.E.S.O.M.E. Health System

A.W.E.S.O.M.E. Health is a state of existence where all the bodily functions operate in perfect harmony, a symphony of the factors that make it whole, flowing in optimal qualities and quantities. It is the ongoing pursuit towards a lifestyle that promotes a sense of wellbeing in body, mind and soul without adversely compromising the lives and values of other sentient beings.

Four Obstacles to Achieving A.W.E.S.O.M.E. Health and Vitality

Exercise Deficiency

Nutrient Deficiency

Toxicity and Chronic Over-Acidity

Chronic Dehydration

Exercise Deficiency

Our modern conveniences have turned us into lazy sloths – remote controls, riding mowers, driving two blocks to the store – our ancestors would be embarrassed by the prevalence of obesity and laziness in today's world.

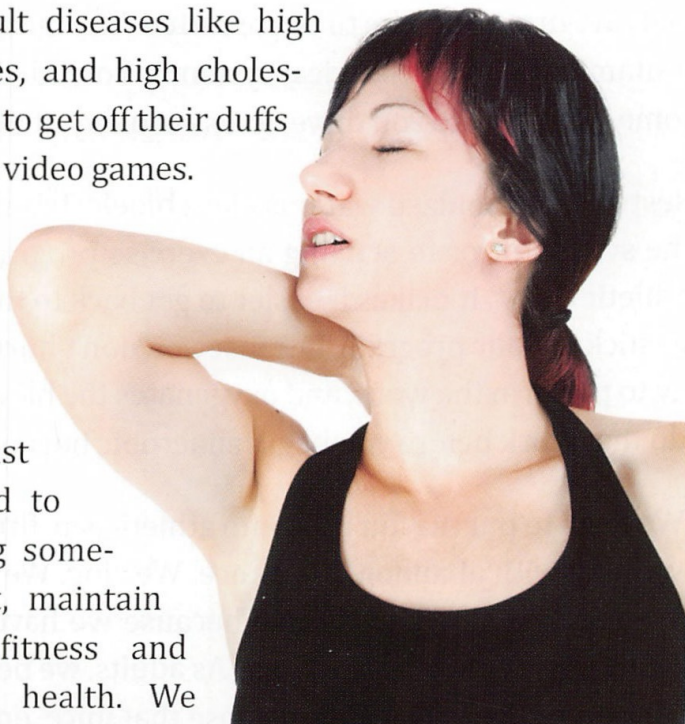
There are many barriers to exercise, not the least of which is people think they don't have *time*. But when they do find the time, they go to the gym to work out – and wake up the next morning unable to move because of delayed onset muscle pain from lactic acid build-up. Restructured ionized water can prevent this from happening – thus providing the foundation for regular exercise.

Getting Fit Without Pain

Daily exercise is an essential component to achieving and maintaining optimum health and vitality for every single person on the planet. I do not care what age you are, you need to exercise your body every day. There are a lot of different ways to exercise that are enjoyable.

More and more children are growing up obese today, experiencing adult diseases like high blood pressure, diabetes, and high cholesterol. I believe they need to get off their duffs and play real games, not video games.

There are millions of middle-aged, slightly to extremely out of shape men and women who somehow, against all odds, get motivated to go out and start doing something to lose body fat, maintain their cardiovascular fitness and improve their overall health. We



know that exercise helps reduce high blood pressure. We know that it helps diabetes. Study upon study has proven that exercise is a key factor in staying healthy as we age.

However, one of the things stopping a lot of people from “getting fit” or losing weight, exercising, or staying on an exercise program, is the pain. They go to a gym and work out, following the trainer’s instructions. The next day, muscle pain causes them to think, “I’m not going back, it’s just not worth it!”

This condition is called delayed onset muscle soreness or DOMS. When a person first starts out, they’re usually coming out of a sedentary life or they’ve been exercising a little bit but now they set out on a diet program to get the fat off. Or they start a new workout regimen, take up a new sport, start getting ready for the ski season or golf season – oftentimes they feel that acute muscle soreness in the first few days.

Muscle soreness is due to the build-up of lactic acid that hasn’t been cleared from the body. If you go out and kind of push yourself and think you can do what you used to do without a little recovery time, the clearing time can be very, very slow. Compare this to leaving your car in the garage for a couple of years. Ask any mechanic, and they’ll tell you that the seals are dried out. The tires are rotted. The oil needs changing. The gas is contaminated. The electrical system is corroded. The car needs TLC and some work before you drive across country at 80 miles per hour!

Restructured ionized water is like a bioelectrical mechanic who tunes up the system prior to starting an exercise program or participating in an athletic event. It makes it easier to get back to the gym, to stay motivated to stick to your program, because you don’t hurt. It gives you more energy to perform the work, and oxygenates the blood and tissues so you can do that work before you begin anaerobic burning of glycogen for fuel.

We need to put the fun back into athleticism, fitness, and life. As children we play with abandon. We dance. We sing. We jump whenever we can. We run and skip and tumble because we have the energy that comes from positive alkaline balance. As adults, we become more acidic, and it all slows down. Over time we lose that juice, energy and vibrancy.

We want to recreate the state of energy we experienced as a child, but it can be an uphill battle. Muscle soreness can really slow down the process, and also affect one's determination and willpower. "Can I do it?" Yes, you can, and you can have fun doing it. How? Drink at least three to six liters of restructured ionized water every day, and you'll discover why you and every single athlete you know will come to include this as part of their overall health and training regimen.

Nutrient Deficiency

The way people typically eat today creates what I call the Starving and Polluting Cycle. "I'm hungry, I think I'll eat the easiest, tastiest, sweetest, most convenient processed "food" that has been burned into my consciousness from TV advertising." And these foods are filled with chemical or pesticide residue or preservatives, and the "nutrition" is almost entirely depleted. The food contains calories in the form of fat, protein, or carbohydrates, but it provides NO bioelectric living nutrition. So the food we eat becomes a source of toxins that the body has to deal with – and it deals with toxins by encasing them in fat cells so they don't destroy the body.





Nutrient Absorption

I've been professionally involved in developing nutritional supplements for a number of years. Of course, there's a common misunderstanding that what goes inside your mouth gets into the body and then into the cells. Keep in mind that it's a single canal from mouth to anus. The absorption of the product is determined by its structure, how it's made, and how much actually goes into the cell. If it's not bioavailable to your cells, it's not in your body and it's not doing you any good.

While a great number of people take expensive nutritional supplements, they don't realize how much they're actually absorbing into their system. When you consume your nutritional supplements with microclustered water, there is a noticeable difference in absorption rates. It also helps improve nutrient absorption and transport of nutrients into the cells.

One of the major positive benefits of drinking restructured ionized water is that it cleanses the intestinal tract of plaque build up. The web site listed on the back of this booklet has more information about the startling impact on colon health.

A close-up photograph of a person's arm and hand. The person is wearing a black sleeve and a brown towel is draped over their shoulder. They are holding a silver dumbbell in their right hand and a yellow measuring tape in their left hand. The measuring tape is coiled around the dumbbell.

Toxicity and Chronic Over-Acidity

We are exposed to sources of toxins in our modern world from the air, water, food, cleaning products, cosmetics – the body has a vastly expanded load to deal with compared to just 100 years ago. Toxins are free radicals – they are molecules with a positive charge looking for an electron – a negative charge – to neutralize them. And they steal electrons from the cell wall, our DNA and RNA, our connective tissues, organs, etc. *Oxidation is aging.*

Dr. Lynda Frassetto from the University of California believes that humans have undergone an evolutionary change. Our bodies once used to break down food and dispose of the resulting acid waste through the kidneys and liver using an ample supply of buffers, like the bicarbonates in the blood. Now, because of the sheer amount of acid waste the

average person produces, the body is fighting to protect its most strategic reserves – the kidneys and liver – from total degradation and failure.

Dr. Frassetto has discovered that as we age, we lose bicarbonates in our blood. Insufficient amounts of bicarbonates in the blood reduce our ability to neutralize and remove the acid our body produces. This is one of the root causes of aging. The average age when people start to show symptoms of diabetes, hypertension, osteoporosis and other degenerative diseases is approximately 45. Since we cannot neutralize all the acid waste we produce, it accumulates in our body. These

wastes show up as cholesterol, fatty acid, uric acid, urate, sulfate, phosphate, kidney stones, etc. According to Dr. Frassetto, we also store excess acids in our fat cells.

Excess acid causes the body to borrow essential minerals (calcium, sodium, potassium, and magnesium) from our vital organs, bones and connective tissue to buffer or neutralize the resulting mild acidosis. The result is that our bodies suffer from prolonged degradation or corrosion, which manifests as many common debilitating conditions.

Chronic Dehydration

Dehydration is the biggest enemy to achieving optimum health and vitality. Regular people and high performance athletes alike all suffer from dehydration and I believe it is the single biggest factor in optimum performance. Ionization lowers the surface tension of the water significantly and breaks the molecular cluster of water down into a smaller size which can more easily permeate the cell wall and thus super hydrate the cell.

A super hydrated cell allows for faster contraction speed, the removal of metabolic waste products such as lactic acid and has also been shown to improve protein synthesis along with numerous other cellular func-

tions. Regular water cannot penetrate the cell to the same degree and in fact may be counterproductive to hydrating the cell. Most bottled waters, sports drinks, and energy drinks actually dehydrate the cell instead of hydrating it and reduces performance as opposed to increasing athletic ability. Long-term dehydration leads to chronic injury due to the loss of minerals as the body struggles to alkalize the blood and tissues by stealing miner-



als out of connective tissues and bones. I believe chronic dehydration is a major contributor to why so many professional athletic careers are being cut short. Dehydration is also linked with asthma, allergies, diabetes, obesity, heart disease and cancer. It is estimated that 75 to 90 percent of North Americans are dehydrated!

Here's what happens when your body becomes dehydrated:

Percent Hydration Loss

- 2% Body becomes acidic & goes into fat storage mode
(It only takes a 1 hr. work out!)
- 3% 10% drop in muscle strength and endurance.
- 4% 30% drop in capacity for physical labor, dizziness
- 5% Concentration difficulty, drowsiness, headache
- 6% Heart races and body temperature regulation issues.
- 7% You could collapse
- 10% Possible coma
- 15 to 20%can kill you!

Removing Stubborn Excess Fat

pH acid/alkaline balance is extremely important when trying to remove fat stores, especially when you're doing everything "right" and

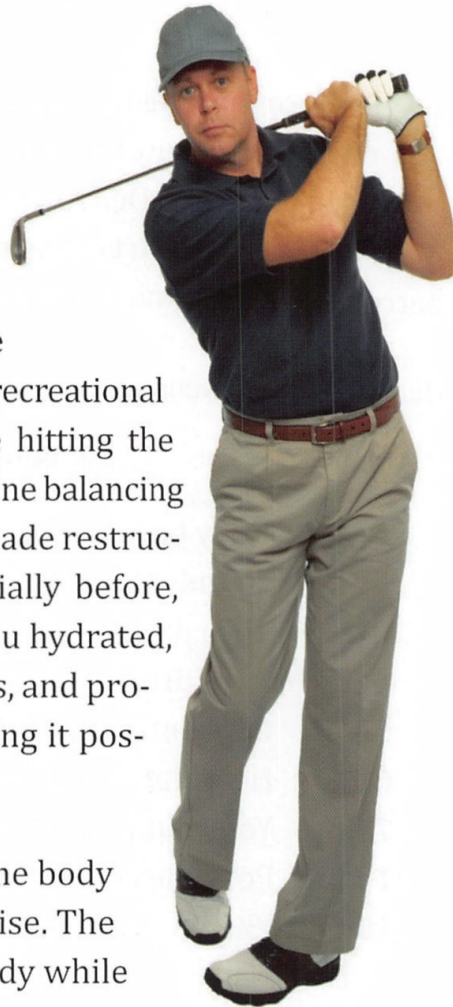


the fat won't budge. When you improve the alkalinity of your *inner sea*, your body is able to release many more of the toxins from fat cells at a faster rate, provided you're doing all the other things you should be doing. I had a rapid loss of body fat not just because I drank ion-rich restructured water, but also because I followed the right diet and exercise program. If someone says, "If you drink this water you'll lose a lot of weight," that's not entirely truthful.

Help for the Casual Athlete

You don't have to be a serious athlete to benefit from the performance enhancing effects of drinking restructured ionized water. The weekend gym warrior, the part time golf or tennis player, and the recreational skier who didn't get into shape before hitting the slopes can all benefit from the acid/alkaline balancing effect of this water. Consuming freshly made restructured ionized water regularly – especially before, during and after exercise – will keep you hydrated, improve recovery time, reduce soreness, and provide more oxygen to the muscles, making it possible to do more work with less effort.

The fat releasing effect of a more alkaline body will increase with even moderate exercise. The fact that ion-rich water alkalizes the body while making you feel great and giving you more energy will greatly assist you in sticking to an exercise program and enjoying strenuous, if infrequent, recreational sports.



Creating a Solid Foundation for Young Athletes

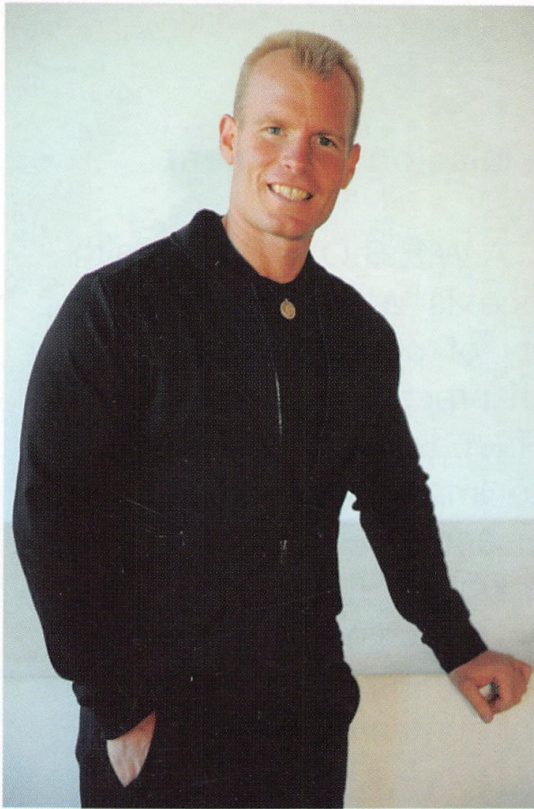
"The prevalence of highly acidic foods in the typical North American diet is so overwhelming that our children begin to experience wear and tear on their buffering capacity practically at birth," says Dr. Susan Lark, MD. A recent report from the Centers for Disease Control says that nearly 300,000 children in the US have some form of arthritis, formerly considered a disease of the elderly.

Children as young as 10 years old are now getting what were once thought of as age-related diseases. This is due to their consumption of acidic drinks and acidic diets, especially fast food. The team goes out to a fast food restaurant following the game to celebrate and may reverse the positive results they have worked so hard to achieve by

the foods they choose to eat. While I'm not suggesting that every child give up their favorite fast food treat, I am suggesting they drink highly charged, restructured ionized water to help reduce the negative effects of these lifestyle choices. Poor food choices may affect their ability to concentrate which may affect their grades in school. They may also exhibit behavior problems. All of these things can be greatly improved by generating awareness and providing highly charged, restructured ionized water for our children.

Childhood is the perfect time to start drinking healthy, great tasting water, especially if it replaces energy or sports drinks, sodas, or sugared fruit juices. Get your children in the habit of drinking restructured ionized water daily and give them the gift of health for life.

Sports drinks are loaded with sugar, stimulants and neurotransmitters, and are now *lacking* in electrolytes. These drinks are actually causing a physical drain on our children. I feel strongly that this may be a big contributor to obesity and depression among youth today. Sugar, caffeine, preservatives and other chemicals contained within these brightly colored bottled beverages serve absolutely no purpose in anyone's body, especially a child's.



About The Author

Three-time Canadian Natural Bodybuilding Champion Wade T. Lightheart is one of the world's premiere training and nutrition advisors. Wade majored in Sports Science at the University of New Brunswick and has authored four training books which have sold in over 80 countries, and has produced and starred in several exercise videos. He is the author of comprehensive book on health and nutrition called *Staying Alive in a Toxic World* which shares how anyone can devel-

op an incredibly healthy body by aligning themselves with technology that complements Universal Natural Laws. Wade has also developed a line of nutritional optimizers –

Wade is sought out by a wide range of corporations and individuals for his training and nutrition expertise.

Wade is living proof that you can build robust health and a classic physique using raw foods, quality optimizers, and scientific training. His principles offer new hope to competitive athlete and weekend warriors who wish to excel in athletic pursuits without using health-destroying chemicals or drugs.



Wade Lightheart

President

3-Time Canadian Natural Bodybuilding Champion, Wade Lightheart, is one of the world's premier authorities on Natural Nutrition and Training Methods. Having majored in Sports Science at the University of New Brunswick, he has authored numerous books on health, nutrition, and exercise which have sold in over 80 countries. Wade is sought out by athletes and high-performance oriented individuals worldwide for his advice on how to optimize their health and fitness levels.



biooptimizers.com