



MAGNETIZING YOUR DRINKING WATER

Benefits of Drinking Water:

Most of us know that drinking water is good for us for many reasons. Since over 70% of our bodies are comprised of water, we all need some of it each day to function efficiently. In fact, overweight people need more water to support their larger metabolic loads. An added benefit of drinking 6-8 glasses of water per day is that it suppresses the appetite and helps the body metabolize stored fat. A decrease in water causes fat deposits to increase, while increasing water intake leads to reduction of fat deposits.

Water aids the body in getting rid of waste, especially during periods of weight loss when all that metabolized fat must be eliminated. Water can help the colon in this regard as well. When the body does not get enough water, it siphons what it needs from internal sources such as the colon. Constipation results from this lack of water. Essentially, this means that the body is storing toxins longer instead of eliminating them sooner. However, normal bowel function is restored when a body receives enough water.

Increasing water intake can also treat fluid retention. Drinking more water influences cells to release stored water (which they want to hold on to if they sense that not enough water is being ingested). In addition, if you have excess salt in your system, lots of water will dilute retained sodium and remove it through the kidneys.

Benefits of Drinking Magnetized Water:

Experience has shown that magnetized water contributes and helps in the treatment of almost all diseases, while it is especially beneficial in digestive, nervous and urinary disorders. Magnetized water reduces excess of acidity and bile in the digestive system and, as mentioned above, regulates the movement of the bowels expelling all accumulations of poisonous matter. Even a normal healthy person is advised to use magnetized water to help prevent digestive disorders.

Magnetized water is also very beneficial in nervous disorders and blood pressure, especially low blood pressure. It gives soothing and slightly sedative effect to nerves, helps in clearing the clogged arteries, normalizes the circulatory system, and provides sustenance and strength. It is effective in the treatment of asthma, bronchitis, colds, coughs and all types of fevers.

Magnetized water can also be used externally for washing swollen and sore eyes, wounds, eczema spots, etc. For the maintenance of normal eye sight, there is nothing like daily washing of the eyes with magnetized water.

Summary of the Health Benefits of Drinking Magnetized Water

- Magnetized water reduces acidity and helps to regulate the body's PH level
- Magnetized water promotes healing of wounds, burns, open sores and infections
- Magnetized water reduces digestive and intestinal problems
- Magnetized water has a therapeutic effect on digestive, nervous and urinary systems
- Magnetized water may also be beneficial for fevers, sore throat, menstrual and menopause discomfort
- Magnetized water has been reported to help clear clogged arteries, normalize the circulatory system and regulate heart function
- Magnetized water has been beneficial for kidney ailments, gout, obesity and premature aging
- Magnetized water may help relieve pain
- Magnetized water infuses energy into the body, controls bacteria, and stimulates brain function

Enjoy magnetized water wherever you go: in the car, at the office, at school, at the cottage---you get the idea. Start each day with a glass or two of water, and add a dash of lemon juice to your water before each meal to stimulate your appetite and digestive juices.