

I Believe BEAUTY Is On The INSIDE

"We wash the OUTSIDE of our bodies, why in the world weren't we ever told to wash the INSIDES of our bodies "

Natural creams and lotions are great for your skin, but if you want your skin to look good day after day and year after year, you have to work on it from the inside out.

Any unnatural, instant removal of fat can cause side effects. They may look young, but it doesn't last. Even with face lift operation, since the acidic condition of the body is still there, the face will become fatty again.

The best remedy is to drink alkaline water for a few years, not just to remove facial fat but to reduce the body acid level. Then before you know it, the line will disappear and the color will come back naturally, without any side effects.

Unfortunately, this natural process of reverse aging takes time! Therefore, it is important to understand the principles and follow the simple procedure of drinking alkaline water religiously. The process is much easier than diet and exercise, one will see the effects in a few weeks to a year, depends on conditions, if you follow through every day.

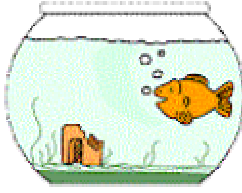
Remember the rules, anything that works rapidly usually has side effects because it is not natural.

TO SEE HEALTH FROM ANOTHER DIMENSION...(contd reading below)

**New Concept In Health
* An analogy in Health ***

"We wash the OUTSIDE of our bodies, why in the world weren't we ever told to wash the INSIDES of our bodies "

**A way to imagine this is to think of your body as a fish tank.
(Humans are, after all, composed of 70 - 80% water!)**



Acidification process compromises your body's functioning efficiency, raises your cells' and organs' vulnerability to infections and disease, and creates more energy drain as your body gets further and further behind in cleansing itself.

The water in the "fish tank" symbolizes your body fluids (blood, lymph, water) while the fish in the "fish tank" represent the cells of your body. As the water goes "bad" and becomes more acidic because of the waste products and pollution, the fish become diseased and start dying prematurely (further adding to the acid problem).

This is very similar to what happens in our bodies--our cells become diseased, lose energy, and die prematurely because of the acidic nature of the fluids in our bodies. It is almost as if our cells are "rotting away in acid"-- this is what we call DISEASE.

So, What's the Solution?

Well, first let's think about how we would improve conditions in the fish tank.....!!!!!!

Would you throw the sick fish out? Probably not. Would you treat the fish and give them medicine? Again, probably only under the most unusual conditions. The most logical course of action is to clean the pollution out of the acidic water, which is the factor causing the fish to become ill in the first place. After all, the fish are not the problem - it's the condition of the water that the fish live in!

Likewise, to improve the condition of the cells in our own bodies, we must first cleanse the fluids of our bodies. This is what our bodies are designed to do naturally, but they just don't have a chance because of all the modern-day chemicals and pollutants they have to constantly deal with and eliminate.

Because our bodies are overloaded with toxins of our modern-day world, it makes it look like the problem is with our cells, when in fact the problem is that the fluids inside our bodies has become too acidic, which harms our cells and makes them diseased.

Since it looks like our cells are the problem, we tend to think only about using medications to treat diseased cells or cutting out damaged cells with surgery. This is the way that traditional western medicine has taught us to think. But, unusual and life-threatening diseases are still on the increase despite our technological and medical advances (for example, cancers, AIDS, hepatitis).

Can modern medicine able to reduce the rates of these new diseases? It is time for a new perspective. The long-term solution to health and energy lies in reducing the body's acidity level and increasing its alkalinity level to a proper balance.

Acidity and alkalinity levels are measured by chemists on what is called the "pH Scale." A healthy body has a pH of about 7.3 or 7.4--neutral. We shouldn't be too acidic or alkaline; it's just that the foods tend to consume form acid during digestion. [Check Your Acidity Symptom!!](#) or for more detail understanding of pH [click here](#).

How to Increase Vibrant Health & Energy!

All body cells derive health and energy from oxygen, water, and the elimination of cell wastes. Too much acidity in the blood and lymph impairs cells' abilities to receive oxygen and water and eliminate wastes. Here are some steps you can take to reduce acid in your body:

- 1. Intake of daily pH balance drinks and foods.**
- 2. Take up appropriate exercise regularly.**
- 3. Maintain good state of mind.**
- 4. Drink Alkaline Ionic Water regularly**