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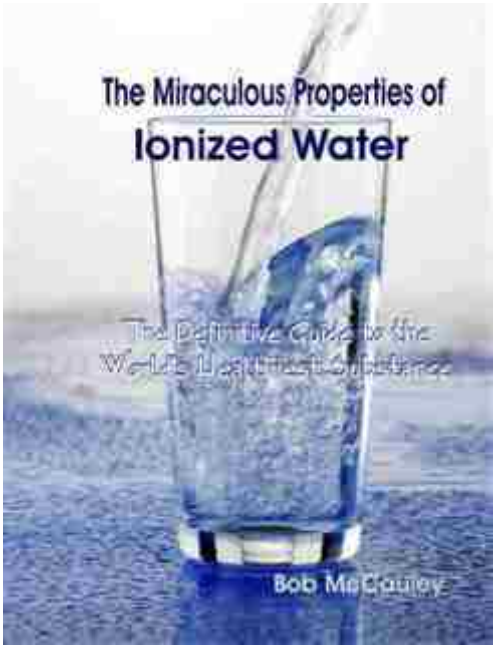
Your Health In Your Hands

culous Properties of Ionized Water -The Definitive Guide to the World's Healthiest Su



This is the new book by Bob McCauley. It is availabe from Amazon.com and is very highly recommended.

"**This book IS the definitive guide to the world's healthiest substance. Ionized water is one of the great health breakthroughs of all time and yet it has been almost entirely ignored in the West. Here, finally, is a book that says everything you will ever need to know about why you need to drink ionized water**". --Ryan McDowell
Review From Amazon.com

Product Description

Water is our best defense against disease of every kind. Sixty percent or more of all chronic disease would be significantly reduced if people would simply keep themselves properly hydrated. To ionize means to gain or lose an electron. Essentially, the ionization process robs an electron from one molecule and donates, or transfers, it to another molecule. Both Alkaline and Acid Ionized Water have extraordinary properties and benefits, however, their respective uses could not be more different. We consume Alkaline Ionized Water and use the Acid Ionized Water on the outside of our bodies for acne, cuts, scrapes and rashes of all kinds. It kills bacteria on contact and encourages plant growth. The centerpiece of Alkaline Ionized Water are its antioxidant properties. It is miraculous that normal tap water can be instantly transformed into a strong antioxidant.

Alkaline Ionized Water has two antioxidant qualities, its negative charge and the presence of hydroxyl ions which are free radical scavengers. The body is starved for electrons and Alkaline Ionized Water contains an abundance of them, which nullify free radicals in the body. One can thrive on half the normal intake of food as long as we consume high electron-rich nutrients. Alkaline Ionized Water is an extremely effective antioxidant because it is a liquid that has a small grouping of water molecule clusters and thus is more easily absorbed into the body where it can be of immediate use. Drinking Alkaline Ionized Water gives you energy through better hydration and alkalization of the body and by providing the body with oxygen. Because of the predominance of hydroxyl ions in Alkaline Ionized Water, the water becomes alkaline, meaning it has a high pH. The pH level can be adjusted with a water ionizer between 7.5 and 9.9, which is the highest pH that it should be consumed. All disease thrives in an acid environment in the body and will not flourish and thrive in an alkaline environment. If we acidify

From the Publisher

ORP is the single most important term we need to become familiar with if we want to understand human health and this is the only book ever written that declares this fact and explains it so the average person can easily understand it. ORP is everything and finally a book has been written that explains it for us all. A person's ORP level, although quite difficult to determine reliably, would instantly reveal whether they are in a state of health or disease. ORP is another way to measure the body's vibration. Everything in the universe vibrates. When we are healthy we vibrate within a certain frequency range. If we are sick, we will vibrate at a completely different frequency range, one that reflects our state of unhealthiness or disease.
At 49, I personally am not in physical decline, in large part because I regularly drink Ionized Water. What the rest of my diet is comprised of also determines my current biological age quotient. The cells that make up my body are more active, productive, communicative and functional than those I had when I was supposedly in my prime 30 years ago, although given my health warrior lifestyle I'm definitely in my prime now. The great thing is that 10 years from now I'll still be in my prime and look back at how much healthier I am then compared to today.

ORP is a measurement of a substance's ability to either reduce or encourage the oxidation of another substance. When we consume raw foods, they reduce the oxidation of our bodies. Thus, raw foods rejuvenate us. Raw foods are also negatively charged. Cooking raw foods oxidizes them, thus raising their ORP. And when we consume cooked foods, we add to the oxidation of our bodies and accelerate the aging process. Cooked foods burn us up internally by stimulating oxidation since they themselves have already been oxidized with a positive ORP of +400 or higher. Animal protein, fried foods, soft

drinks and other highly processed foods possess the highest ORP and therefore greatest amount of hydrogen (positive) ions. A high ORP is an environment where disease thrives because it is also a high acid (low pH) environment. To reduce this oxidation, this slow-burning fire within us, we must consume substances that possess a negative charge such as Ionized Water and raw fruits and vegetables. When we do, the consuming fire of high ORP is extinguished.

The principals of ORP are the same for Ionized Water. The positive ORP of Acid Ionized Water increases oxidation because it contains hydrogen ions (missing electrons), which is the environment of all disease. The negative charge of Alkaline Ionized Water reduces oxidation because it contains hydroxyl ions (extra electrons), which is an environment that leads to health.

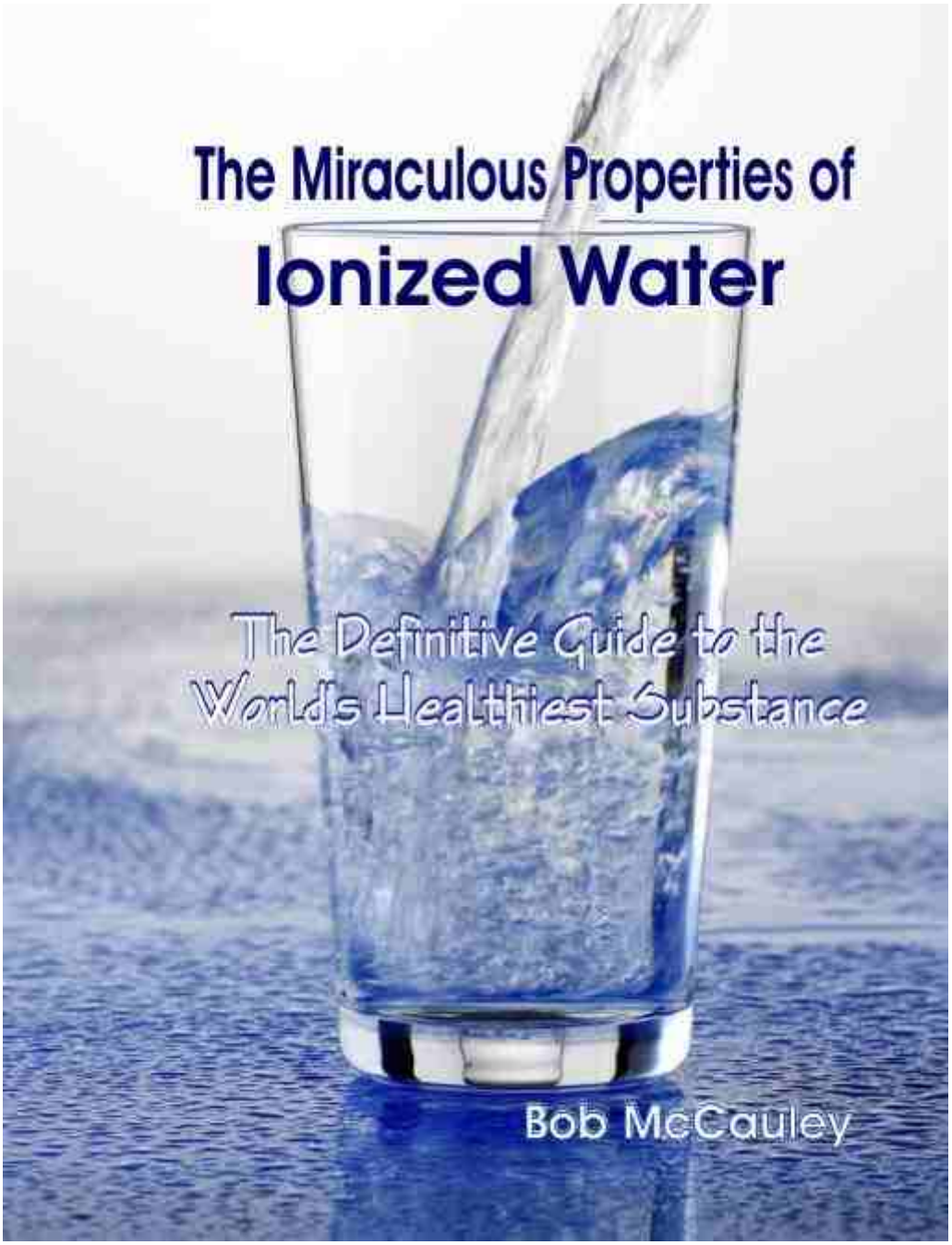
Consuming Ionized Water bathes the interior of the body in a negatively charged liquid, which promotes rejuvenation of each bodily system at a cellular level. For instance, a liver cell is better able to repair itself in a negative ion, alkaline environment than a positive ion, acid environment. When we consume negatively charged substances such as Ionized Water this oxidation is retarded and our body's cells are in a better position to repair and rejuvenate themselves. Nothing is better for the body.

From the Author

I am considered a "crank" by some, which is aptly defined by Mark Twain as "a person with a new idea until it succeeds." Without fail, there are those who attempt to debunk great advances in every scientific field and Ionized Water is no exception. Debunkers suggest that the ionization of water simply isn't possible. One debunker states that Ionized Water should be dismissed simply because it is too good to be true. Others state that ionization is impossible to verify when in fact its properties are demonstrated using scientific measuring devices such as pH and ORP meters because the changes that ionization produce are radical, immediate and measurable.

What health debunkers do best is plant doubt in our minds when we are trying to search out the truth about breakthrough health devices. It's easy to be a skeptic. It's difficult to blaze trails and fly in the face of every conventional thought and precept science has established. Debunkers have a chilling effect on open debate because of the way they often scoff at the technologies they are challenging. Their attack on new health technologies that have not been conducted, sanitized and approved by the medical establishment often extends to the promoter of the new invention. They become the focus of derision much the way Galileo was when he claimed the Sun was the center of the Solar System, not the Earth. Debunkers ridicule those who have found a new path,

uncovered a new truth and consequentially have surpassed an old belief system. The water ionizer is a prime example of this kind of attack that stifles progress.



From the Inside Flap

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The body is starved for electrons and Alkaline Ionized Water contains an abundance of them, which nullify free radicals in the body.

Alkaline Ionized Water is an extremely effective antioxidant because it is a liquid that has a small grouping of water molecule clusters and thus is more easily absorbed into the body where it can be of immediate use. Drinking Alkaline Ionized Water gives you energy through better hydration and alkalization of the body and by providing the body with oxygen.

Because of the predominance of hydroxyl ions in Alkaline Ionized Water, the water becomes alkaline, meaning it has a high pH. The pH level can be adjusted with a water ionizer between 7.5 and 9.9, which is the highest pH that it should be consumed.

All disease thrives in an acid environment in the body and will not flourish or thrive in an alkaline environment. If we acidify our bodies through poor diet we become vulnerable to any disease that invades the body. The more acid our body is, the more susceptible we become to disease.

Ionized Water is sometimes referred to as micro-cluster water because of its small molecular grouping. Water molecules typically group in clusters of 10 or more. Ionized Water molecule clusters group together into six water molecules, thus they have been reduced in size, which is the most natural state for water to exist in. Ionization changes conventional water from an irregular, bulky shape to a hexagonal shape that saturates body tissue much more efficiently. These smaller six-sided clusters are extremely

penetrating and hydrating. As it hydrates body tissue, Ionized Water pushes out all the things that don't belong in the body, which are commonly referred to as toxins. Therefore, Ionized Water is extremely detoxifying, which is why people who are quite toxic must start drinking Ionized Water slowly so they do not detoxify too quickly.

Ionized Water is best consumed straight out of the tap because it is most effective when it is fresh. Ionized Water should become a part of everyone's lifestyle if they wish to be healthy. It is the best substance we can possibly consume because there is nothing healthier for the body than water and there is no better water than Ionized Water.

From the Back Cover

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About the Author

Bob McCauley (Robert F., Jr.) was raised in Lansing, Michigan and attended Michigan State University (BA, 1980 in Journalism). He has traveled extensively, both domestically and abroad, visiting over 32 countries. He published Confessions of a Body Builder: Rejuvenating the Body with Spirulina, Chlorella, Raw Foods and Ionized Water in 2000 and Achieving Great Health in 2005. He considers himself a Naturalist, meaning he pursues health in the most natural way possible. He studies and promotes nature as the only way to true health. From 2002-2004 he hosted a radio Program called Achieving Great Health, which was heard by thousands of people each day. Robert often lectures and offers seminars on his Six Component Natural Health Protocol. With the help of his father, Dr. Robert F. McCauley, Sr. (Doctorate in Environmental Engineering, MIT, 1953) they started Spartan Water Company in 1992, which sold vended water machines in supermarkets. Robert Jr. founded Spartan Enterprises, Inc. in 1993. He is a Certified Water Technician registered in the State of Michigan. He is also a Type II Public Water Supply Specialist. He is a 3rd Degree Black Belt and Certified Instructor of Songahm Taekwondo (American Taekwondo Association). He stays young by running (18:35 - 5 Kilometer race), lifting weights, practicing Chi Gong and following his rules for Great Health laid out in this book. He also enjoys wall and rock climbing, not to mention

breaking a brick now and then. This is his third book on health. Look for Bob s fiction book of short fiction due out Fall, 2006.

Excerpted from *The Miraculous Properties of Ionized Water - The Definitive Guide to the World's Healthiest Substance* by Bob McCauley. Copyright © 2006. Reprinted by permission. All rights reserved.

The Characteristics of Ionized Water "Life is a struggle, not against sin, not against money or power, not against malicious animal magnetism, but against hydrogen ions" ~ H.L. Mencken Ionized Water is known by many names: Alkali Water, Alkaline Water, Alkalized Water, Cluster Water, Microcluster Water, Reduced Water, Miracle Water, Micro Water, Ion Water, Ionic Water, Electron Water, Hydroxyl Water, Electrolyzed Water.

Alkaline Ionized Water is by far the most superior drinking water available. Ionized Water is electronically enhanced water created through electrolysis. It is produced by running normal tap water over positive (cathode) and negative (anode) electrodes, which ionizes the minerals in the water creating positive (hydrogen) and negative (hydroxyl) ions. The electrodes are composed of titanium, the hardest metal known, and coated with platinum, which is an excellent and durable conductor. It is important to note that the platinum is not electroplated, but coated onto the titanium, meaning the titanium plate is dipped into the platinum. Electroplated platinum would not last long on the surface of the titanium. The membranes between the electrodes are composed of either pulp mesh or complex plastic polymers. Polymer membranes are more likely to warp if exposed to high temperatures. Pulp mesh holds up to high temperatures much better than plastic polymers.

The magic comes when the membranes separate the hydrogen and hydroxyl ions, thus creating alkaline and acidic water. These two waters are always produced simultaneously during the ionizing process, 70% Alkaline Ionized Water and 30% Acid Ionized Water. Therefore, producing one gallon of Ionized Water yields approximately 0.7 gallons of Alkaline Water and 0.3 gallons of Acid Water.

Electrolysis is most often conducted by placing the anode and cathode in the same solution without a membrane barrier between them. The negative and positive ions cancel one another out, usually causing strong discoloration of the water. The semi-permeable membrane that separates positive and negative ions into alkaline and acid water is one of the great health breakthroughs of the 20th Century.

The properties of Alkaline Ionized Water are that it is an antioxidant, alkalizing, hydrating and detoxifying. The Irony of Ionized Water The production of Ionized Water essentially

turns anabolic/catabolic processes on their respective heads. The most powerful liquid antioxidant known as Alkaline Ionized Water is produced using a cathode and not an anode as one would suspect. In the case of Ionized Water we produce alkaline anabolic water filled with negatively charged ions with the very thing we must avoid if we wish to be healthy, that of a cathode, which is associated with catabolic processes. When something is decaying, it means that it is catabolizing or wasting away. The anode, something we normally associate as being good for us (anabolic), produces acid catabolic water, which is harmful if consumed.

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1. Alkaline Ionized Water

Energised, living water
Excess oxygen
Anti-Oxidant (low ORP)
Micro-clustered (low NMR)
Alkalizing (high pH)
Colloidal Minerals
Hydrating
Detoxifying

2. Super Greens

Wheat grass juice powder, Young Barley Grass powder,
Spirulina/blue-green algae

3. Organic EFA Oils

Pumpkin Seed Oil, Flax Seed Oil, Perilla Oil, Omega-3 and 6
Essential fatty acids, Minerals, Vitamins

4. Herbs and Plants

Siberian Ginseng, Dong Quai, Bee Pollen, Hawthorne Berry, Ginkgo Biloba,
Oats (avina sativa), Tribulus Terrestris, St John's Wort

5. Air Ionizer

Clean, revitalized, fresh indoor air
Aromatic plant fragrances, negative ions as from waterfalls

6. Lotus FIR Sauna

21st century sauna
Life energy/chi
Deep penetraion
Relaxing and Energising
Effective cellular detox