



How to balance your life-style and your pH for a Healthier body

Many studies have shown that pH directly impacts us all and affects our overall health, with poor digestion, skin disorders, weight problems, energy level, free radical oxidation (premature aging) and osteoporosis, including cancer.

What is pH?

pH (potential of hydrogen) is the positive charged acid forming ions to negatively charged (alkaline forming) ions in our bodies. The lower the pH the more acidic our bodies are, the higher the pH is the more alkaline we are.

What are the causes for high acidity?

Too much stress in our life, consuming food that is very acidic, not drinking pure alkaline water and lack of exercise.

When the body is very acidic, it becomes a breeding ground for diseases. We are not able to flush the toxins out of our system, can't process food, we have poor digestion, bloating, fatigue, poor skin and hair health, obesity.

Unhealthy Skin/Healthy Skin

There are no secrets that Aquasmart Technologies has been educating the public SINCE 1984! Our skin is the largest organ, which absorbs all toxins and eliminates toxins out of our bodies. We must first of all use an Aquasmart Shower Purifier to eliminate contaminants out of the water like chlorine, chloramines, heavy metals, by drinking pure alkaline water, having a good rich alkaline balanced diet, and exercising daily as healthy skin originates below the skin; we will avoid premature aging, dark circles around the eyes, the skin will have a healthy glow.

How to balance your life-style and your pH

**** By drinking Aquasmart® Pure Alkaline water**, this is very important, as it allows to flush toxins out of our bodies.

**** Use Pure Alkaline water to prepare all your foods.**

**** Eat foods rich in alkaline, such as all dark green vegetables, broccoli, celery, carrots, and avocados.**

**** Fruit, such as cantaloupes, raisins, apples, blueberries.**

**** Take Vitamin D every day.**

**** Reduce stress as much as possible**

**** Have a daily exercise routine, minimum of 30 minutes cardio.**

*****REVIVE, RESTORE, ENERGIZE, HYDRATE, DETOXIFY, ALKALIZE.**

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