

The Secrets of Super Water

avocado  NINJA

Discover how to get Super Water at home

Reverse ageing, increase energy, lose weight,
boost mood & improve your health - **ON TAP!**

THE SECRET OF

Your life can transform overnight with a special kind of hydration...

hydration

We know that we should drink more water, but often overlook this important part of health. Drinking the correct amount will have profound effects, but **drinking the right KIND of water** will send your health into the stratosphere!

Dehydration leads to a **25-30% drop in energy** in most people. Even worse though, dehydration is the root cause of many symptoms, including depression, obesity, fatigue, digestive problems, skin problems and many more.

Getting hydrated can reverse all of this and this is where it gets exciting...

By creating a special kind of scientifically proven "Super Water" (which we will show you how), will have even more profound benefits.



Slow Down/Reverse Ageing

Existing cells will be instantly protected from oxidising (dying) and causing ageing.

New cells will be much more efficiently built.



Lose Weight

Super Water clears the acid toxins from your system and boosts your metabolism helping to shed excess weight.



Raise Energy Levels

Your metabolism is ignited, toxins cleared, new cells built and your body can run to it's full potential.



Boost Alertness & Mood

Your mood is boosted, and mental performance enhanced - a clear, supercharged mind!

Also... lower cravings, boost physical performance and more....

1 / Pure Water

The first secret of Super Water is that it is **totally clean** and free from toxins.

Tap and bottled water are **poisoning your organs, robbing you of energy, prematurely aging you** from within and creating the perfect conditions for **sickness** and **disease**.

In 2013 the Environmental Working Group analysed nearly 20 million drinking water samples nationwide and found 204 chemicals, 97 agricultural pollutants, 86 contaminants linked to pollution and 42 pollutants leached from pipes and storage tanks.

168 have been linked to cancer, 54 reproductive toxicity, 67 to developmental toxicity and 35 to immune system damage.

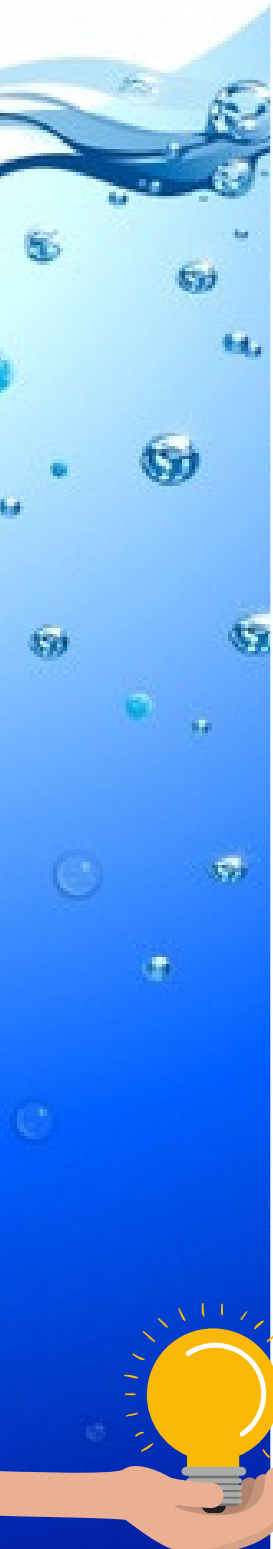
Chlorine has been linked to birth defects, asthma, skin conditions, liver problems, nervous system disruption and more.

According to an in depth scientific review, flouride is a hormone disruptor that can affect your bones, brain, thyroid, pineal gland and even your blood sugar levels.

Bottled water is arguably worse! Not to mention the chemicals from the plastic bottles leaching into the water, tap water is actually tested to a higher standard. The EWG found 38 contaminants in 10 brands including caffeine, toxic bacteria, nitrates, arsenic, industrial and pharmaceutical agents.

Tap & Bottled water acidify your body and oxidise your cells.

Solution: We will show you how to filter out all of these chemicals and toxins to create pristine, beautiful cleansing water...
Read on for the next step.



2 / Alkalinity

The pH level of our internal fluids affects every cell in our bodies. Our body functioning is entirely dependent on an alkaline environment.

The second secret of Super Water is that it is **ALKALINE.**

The body will do everything it can to remain in a slightly alkaline state.

Unfortunately, the modern lifestyle is extremely acidic. Processed foods, sugars, dairy, coffee and soda, alcohol, meat and stress all lead to over acidity.

The body becomes exhausted using its tiny alkaline buffer to maintain this balance. This leads to fatigue, fuzzy thinking, weight gain (to buffer acids), aches and pain, sickness and disease. We feel sick and tired.

It is time to put an end to this!

Alkaline water is one of the simplest and most powerful ways to flood your body with alkalinity. This offsets the acid in our systems and puts the body back into balance.

The body can then use all of this extra energy to eliminate toxins, heal the body and provide you with huge amounts of extra energy.

Solution: Over the next few pages you will learn how to make pure, alkaline water at home. This suits all budgets and circumstances with astounding results.



3 / Antioxidant

Antioxidants are vital for life itself!

Oxidation is another word for death. When our cells oxidise they die... and our health is a direct reflection of the health of our cells.

The third secret of Super Water is that it contains an abundance of ANTIOXIDANTS.

When we consume and engage in oxidising activity, we are killing our cells.

The rate of oxidation is the rate of ageing!

If you want to stop and reverse the ageing process, antioxidants are your secret weapon!

Acidic foods, drinks and activities (such as being stressed, lack of sleep, lack of exercise) all encourage oxidation (and the formation of free radicals).

Alkalinity & hydration discourage oxidation.

Would you like to know how to get antioxidants on tap?
And in your drinking water?

We will show you how in this guide!

Solution: For true antioxidant water we need an abundance of molecular hydrogen... which we cover next...



4 / Hydrogen

Molecular hydrogen infused into your drinking water provides huge benefits....

The fourth secret of Super Water is that it contains molecular hydrogen.

If we were drinking pure healthy water from a spring or mountain stream, **molecular hydrogen is present in the water.**

It is created by seeping through layers of magnesium rich rock.

In fact, it was recently found that the celebrated "healing waters" from around the world are all abundant in molecular hydrogen.

Hard science also now proves this. There are now over **500 peer reviewed articles** demonstrating that hydrogen boosts essentially every organ of the human body and treats 150 different diseases.

It is what we were meant to drink... but tap and bottled water go through so many processes, this delicate molecule is destroyed.

Molecular hydrogen is a potent **anti-inflammatory**, it supplies **energy** directly into our cells, **hydrates** cells, passes through the blood-brain barrier to improve **brain health**.. best of all...

It is a **powerful antioxidant** and neutralises the most dangerous and prevalent ageing free radical in the body (Hydroxyl), binding with it and **turning to H2O, yes water!**

Take a look further on in the guide for all the miraculous benefits in our molecular hydrogen factsheet!

Solution: We will show you how to create drinking water full of molecular hydrogen, which is truly "alive" and promotes your health and longevity.



Is What You Are Drinking Fueling or Draining You?

Everything you drink is either adding to your health and energy, or taking away. The most important factors to consider are:

- **Cleansing:** Is it pure or full of contaminants? It is either cleansing or poisoning.
- **Energy:** Low pH makes your body work hard to keep in balance. High pH gives you energy!
- **Anti-Aging:** Measured as ORP in liquids. LOW is anti aging, HIGH is AGING!
- **Molecular Hydrogen:** The presence of hydrogen has been proven to help with every organ in the body, fuel the cells, reduce inflammation and neutralise free radicals.

	Cleanses No of Contaminants	Energy Boost pH	Anti Aging ORP	Molecular Hydrogen
Super Water	✓ 0	✓ 9-10	✓ -300 to -500	✓
Tap Water	✗ 300+	✗ 6-7	✗ +300 to +500	✗
Bottled Water	✗ 24000+	✗ 5-6	✗ +295	✗
Coffee	✗ 320+	✗ 2-3	✗ +175	✗
Cola/Soda	✗ 350+	✗ 2-3	✗ +410	✗
Orange Juice	✗ 5+	✗ 3-4	✗ +200	✗
Sports Drink	✗ 320+	✗ 3-4	✗ +438	✗

The Different Methods

How to get Super Water at home...

So far, we have already explained the benefits of being properly hydrated and the effect on our body.

It is critical for **energy, vitality, health, your immune system, skin, digestive health and every cell** in your body!

It is also the quickest and easiest way to transform your health. There is very little discipline involved and not much to do compared to other health changes like diet and exercise.

So its a great place to start and give yourself an instant boost!

However, not any water will do!

We have learned that we can create **Super Water** which makes a profound difference to our health.

Our findings on tap and bottled water clearly show that these are not an option.

So in this section we are looking for the **four key factors** that make Super Water:

Rich in **Hydrogen**, filtered to be totally **pure**, high **antioxidant** content and **alkaline**.

Over the next few pages we will take you on a guided tour of every method for making alkaline water at home.

All have been tested. Some we love and recommend, others are not our favourites.



We are going to give you all the facts, laid out straight so you can make the decision that is right for you.

Method #1

Ultrastream

The Lowdown

From our extensive research across the globe, we have found the Ultrastream Water System ticks every box



How does it work?

Extreme Filtration through 8 filters, Infuses with Alkaline Minerals, produces Antioxidant Water & infuses Molecular Hydrogen




In Summary

In our opinion, the Ultrastream is the ideal solution to alkaline, hydrogen rich, antioxidant, pure water on tap.

Pros

-  **Extreme, World's Best Filtration**
Removes heavy metals, toxins, bacteria, chlorine, chloramides, pesticides, chemicals, hormones & flouride. Tested for lifetime.
-  **Advanced Alkalisng**
Alkaline minerals added into water for perfect pH. Not dependent on input water and has 13 EU Certified health benefits.
-  **Antioxidant**
Produces antioxidant water better than electric ionizer costing thousands more.
-  **Hydrogen Enriching**
Infuses molecular hydrogen into the water which has over 500 peer reviewed scientific studies validating health benefits.
-  **Tastes Amazing**
With impurities removed and nutrients added, the water taste is optimised with gemstones and magnets.
-  **No Maintenance:** Nothing can go wrong, no electrics, no moving parts.
-  **Cost Effective:** Costing only a few hundred pounds.
-  **Future Proof:** The filter change replaces the whole unit, so you have continual high performance.

Cons

-  Requires a filter change once per year but still miles cheaper than the next best alternative.

Method #2

Pros

Electric Ionizer

The Lowdown

Until recently, ionizers provided the best solution, but they are now quickly becoming obsolete.



How does it work?

Ionizers use an electrolysis chamber which separates the water into acid and alkaline





In Summary


Due to all of these points, we do not recommend electric ionizers.


 **Basic Filtration and Alkalinity on Tap**


Cons


 **Basic Filtration**
The filters in ionizers are very basic. About the same size and quality as a small jug filter.

 **No Alkalisng**
Doesn't alkalise water, it concentrates minerals already in water, so it's dependent on input water.

 **Performance Drops**
Minerals in water concentrated and clogs up inside of machine. Quickly loses it's ability to create hydrogen and alkaline water.

 **High Maintenance:**
Electric and complicated - a lot can go wrong. Require frequent cleaning to maintain hydrogen production. Need to be sent back to manufacturer each year for deep clean, at your cost of course.

 **Very Expensive:**
Ionizers are very expensive, ranging from £1000-£3000 per unit!

 **Wasteful**
Because the ionizer splits the water into acid and alkaline, it wastes a lot of water. Bad for your water bill and the environment.

Method #3

pH Drops

The Lowdown

Infuses water with alkaline minerals to raise the alkalinity of the water.



How does it work?



pH Drops work by infusing the water with alkaline minerals, which raise the alkalinity of the water.







In Summary

Great for travel or when you are out of the home, as they are super convenient. However due to the ongoing cost, we recommend investing in a solution for a similar yearly cost that gives all the other benefits. Handy to have for travel and emergencies though.

Pros

-  **Convenient:**
A really convenient way of raising the pH of the water to around 9.5pH, depending on the source water.
-  **Handy/Portable:**
They are ideal for travelling, on the go, or if you just want to start experiencing the benefits of alkaline water, without the filtration or hydrogen.

Cons

-  **No Filtration**
The drops are added to your own water so you would need to find a way of filtering it.
-  **No Antioxidants**
Only raises the pH, so does not have antioxidant benefits.
-  **Ongoing Expense**
You do have an ongoing expense to keep replacing the drops.
-  **Does not create molecular hydrogen**
No molecular hydrogen is produced by pH drops so you don't get any of the extra benefits.

Method #4

I Love H2

The Lowdown

Tablets dissolve in water to create molecular hydrogen.



How does it work?




Simply drop the tablet into a sealed bottle of water. The tablets react and create hydrogen gas which is infused into the water.






In Summary

Fantastic for travel, to take to the office etc. Also amazing for boosting the hydrogen in any water to super high levels. Really maximises the benefits of molecular hydrogen.

Pros

-  **Convenient:**
A really convenient way of infusing hydrogen into any water.
-  **Handy/Portable:**
They are ideal for travelling, on the go, or if you just want to start experiencing the benefits of hydrogen without the filtration or alkaline water.
-  **Hydrogen Boost:**
Can make any water super high in molecular hydrogen.

Cons

-  **No Filtration**
The tablets are added to your own water so you would need to find a way of filtering it.
-  **No Alkalinity**
Only raises adds hydrogen so doesn't alkalise the water.
-  **Ongoing Expense**
You do have an ongoing expense to keep replacing the tablets.

Method #5

Lemon/Lime Juice

The Lowdown

Increases the alkalising EFFECT of the water once consumed and costs very little.



How does it work?

Lemons & Limes are acidic right? While the answer is yes (citric acid) - the important distinction is that they are **ALKALINE** to the body once consumed.

They have such high levels of alkaline minerals and low levels of sugar that they actually have an alkalizing effect on the body once consumed.



In Summary

It will alkalise, boost your metabolism and provide you with a great start to the day. This is not a replacement for the Ultrastream or pH Drops, as it does not offer the high pH effect, hydrogen, filtration or anti-oxidant content.

It is, however, a cheap, tasty and easy way to start your day positively!

Pros

 **Very cheap, available and easy**

Cons

 **No Filtration**

 **Very Low Antioxidants**

 **Shouldn't drink all day**

 **No molecular hydrogen**

Why Lemon Water?

Lemon water is made by simply squeezing half a lemon into 1 litre of water.

Drink first thing in the morning (before anything else) in warm (not hot) water.

It will alkalise your system, ignite your metabolism, boost your liver and kidney and wake up your digestive system.

Method #6

Alkaline Water Jug

The Lowdown

A great method for on-the-go pH and good filtration.



How does it work?

It firstly removes toxins with a good filter (better than a standard table top filter).





It then passes the water through a mineral chamber, where the water washes over ceramic coated mineral balls which raises the pH up to around 9.






In Summary

Great to have as a portable solution for taking to the office, travel and backup. Can be combined with "I Love H2" tablets to create hydrogen water.

Pros

-  **Good Quality Filtration**
-  **Raises Alkalinity of Water**
-  **Cost Effective**
-  **Portable**

Cons

-  **Filtration Can Be Better**
-  **Very Low Antioxidants**
-  **No molecular hydrogen**

Method #7

Reverse Osmosis

The Lowdown

Included as a **WARNING**: Does not make alkaline water!




How does it work?






A large filtration system that sits under the sink, filtering everything out of the water, good and bad.



Pros

-  **Very Strong Filtration:** Removes literally everything from the water.

Cons

-  **Leaves Water Acid Forming & Oxidising**
-  **Wastes a huge amount of water**
-  **Expensive to install and maintain**
-  **Tastes bad**
-  **Bad For Health:** World Health report conclusively showed that pure water has a negative effect on functions in the body that control water and mineral metabolism.

This imbalance increases urine output, this leads to loss of calcium, magnesium, potassium and chloride ions (alkaline). It changes the minerals/water inside and outside cell membranes, and it affects the hormones that are key to the managing of body water balance.



In Summary

We highly advise against reverse osmosis systems due the reasons listed above.

Comparison

	Alkalises Water	Water Filtration	Anti-Oxidant	Creates Hydrogen	Far Infrared Magnetic	Cost Effective
Ultrastream	✓	✓ EXTREME	✓	✓	✓	✓
Electric Ionizers	✓	✗	✓	✗	✗	✗
pH Drops	✓	✗	✗	✗	✗	✓
I Love H2	✗	✗	✓	✓	✗	✓
Lemon Water	✓ <small>Very Mildly</small>	✗	✗	✗	✗	✓
Alkaline Jug	✓	✓	✗	✗	✗	✓
Reverse Osmosis	✗	✓	✗	✗	✗	✗



Summary

We understand that this is a lot to take in at once, but apart from Reverse Osmosis the other methods have their merits, time and place. Please keep this for your reference and give the options a try.


We personally recommend the Ultrastream and we would highly recommend purchasing one. You will then have a lifetime of free alkaline, antioxidant rich, extreme filtered, ultra hydrating water, on tap, as you require it! It tastes great and the benefits appear to be almost endless.

How Much Water Should You Drink Each Day?



Most health professionals agree that the average human requires 2 litres of water (8 glasses) a day.

However, we have found from our extensive research into high performance the following formula is recommended:

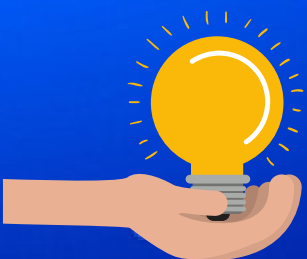
 1 litre of water per 40lbs/18kg/2.85 stone) of body weight

Using this formula, for most people this works out to be between 3 and 4 litres per day.

I know this sounds a lot, but this is what we have found produces the best results.

If you stick to this every day we promise that there will be a **massive increase in your health, energy, mental clarity and vitality!**

There are some handy tips on the next page to help you to remember to drink enough.



How to Remember to

Drink Enough Each Day!

The #1 Reason For Dehydration is Just Forgetting to Drink Enough Water Each Day

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Tip #1

Carry a bottle everywhere!

Having water on you at all times is the best way to stay hydrated. Have a bottle at all times and sip from it all day.



Tip #2

Set a Reminder

To get yourself into a good habit, a reminder can be really helpful. Just set a recurring alarm on your phone each hour to prompt you. It's amazing how quickly time can go when you are busy!



Tip #3

Link to Existing Habits

Link drinking water into existing habits. For example, upon waking, after cleaning your teeth, as you prepare dinner, before bed.



Tip #4

Substitute

Every other time you have a drink, be it tea, coffee or juice - substitute water.



Tip #5

Always keep water at your desk

Just by keeping water on your desk all the time means that when you do remember, you can just take a glug. Otherwise we put it off and never get around to it!



You will be amazed at how good it makes you feel and how you can feel good about yourself.

This leads to more and more positive reinforcement!

FACTSHEET

What is it?

Molecular Hydrogen is the smallest molecule in the universe. It is a tasteless gas that can penetrate all cells in the human body.

How does it work?

It is created by combining certain minerals to create the gas in water, or within the body. The gas then penetrates all cells in the body, neutralising free radicals and helping the body send messages better. The results of this are all the benefits below.

Is this proven?

Yes, it is scientifically backed up by over 500 prestigious peer reviewed medical journals from around the world. It is the a hugely exciting breakthrough in medical science.

Some of the medically proven benefits of molecular hydrogen...

- | | | | |
|--|---|---|--|
|  | Prevents Brain Damage
Improves Mood Disorders |  | Increases pH of Blood |
|  | Improves Hearth Health |  | Lowers Muscle Fatigue |
|  | Helps In Weight Loss |  | Combats Allergies |
|  | Stimulates Energy Production |  | Boosts Skin Health |
|  | Protects Liver, Lung,
Bladder, Eyes, Kidneys, Gut, |  | Helps body make it's
own antioxidants |

NINJA PATH

5 Areas To Transform Your Life

We guide you step by step,
to create a life of vibrant abundant energy.



✓ Increase Sex Drive ✓ Lose Weight ✓ Boost Focus & Energy ✓ Look Amazing