

**ARE YOU ABSORBING YOUR DRINKING WATER?  
DO YOU ACTUALLY ABSORB YOUR FOOD AND SUPPLEMENTS?  
By Dr. Linda Fickes**

**Award-winning chiropractor, clinical nutritionist and the only board certified clinical thermographer in the state of Hawaii.**

Your brain is 80% water. Brain function decreases with only 1 % dehydration! Aging is caused by dehydration. Properly hydrating water is the most important nutrient for your brain and body. But this has been almost impossible to achieve until now. The 2003 Nobel Prize for Chemistry was awarded for the discovery of “aquaporins”, the water channels in the cell membranes that carry water molecules through one at a time. iH2O, intelligent water, is the only technology that structures your drinking water so you have a train of single water molecules that seek out the aquaporins. You can easily absorb water where you need it - even in organs that may have been dehydrated for years!

Many forms of water filtration on the market create large, non-absorbable or unstable molecules of water. iH2O creates small, stable water molecules that are identical to how our body structures water when we are young and hydrated. Another problem with available water systems is the oxygen atoms in the water may be carrying too little energy (distilled water) or too much energy (ionized water) in their electrons. Intelligent water adapts its energy to your needs. When was the last time a glass of water gave you energy?

There are a number of water systems on the market now that create alkalized water. Alkaline water, just like acidic distilled water, can be corrosive to the cells. For a brief usage, alkaline water can calm down the very rare acid stomach (most heart-burn is caused by an overly alkaline stomach). Long term use of alkaline water is dangerous to the kidneys and the lungs and leads to decreased bone density and even Alzheimer’s due to poor nutrient absorption. Intelligent water, because of its structure, not its pH, works with your body to create the best pH for every cell in your body, for example, alkaline for the blood and acid for the digestive tract. The right pH allows optimal absorption of protein, minerals and vitamins and assists kidney and lung function. The wrong pH also increases the size of the water clusters causing decreased absorption and dehydration.

This decreases water and nutrient absorption and blocks toxin release from the cells. Other types of water that causes dehydration are heavily mineralized water, colloidal minerals added to water, oxygenated water, ionized water and magnetized water. Ionization (electrocuted water) in particular, is aggressive and forces superficial changes instead of working with the body’s innate capacity to heal and balance itself like iH2O does.

iH2O is intelligent water that puts the right pH where you need it. This gives you more energy, the right cell membrane polarity and allows you to optimally assimilate not only the water, but the food and supplements you use. iH2O has been tested in hospitals and universities worldwide including Cedars-Sinai. NASA wants it for its astronauts. It is available now for you. Don’t settle for hi-tech, harmful water. You deserve the best.

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