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HI THERE ..... "ABOUT-TO-BE-ENERGETIC-AND-SPARKLING-PERSON" !

ISN'T IT TREMENDOUS TO KNOW THAT THERE ARE ALTERNATIVES TO DRUGS, SURGERY + POLLUTION ? AND YOU CERTAINLY **HAVE THE RIGHT TO KNOW ! + A PARADIGM SHIFT !**

[ See also "GOD'S PHARMACY" + SWEET POISON [ CARBONATED DRINKS ] - ALL NATURAL HINTS FOR HEALTHIER LIFESTYLE HABITS. ]

WITH TODAY'S SCARES OF GLOBAL SARZ + "SWINE" FLU - YOU CAN PREVENT + CURE ALL INFECTIONS + DISEASES ... AND INCREASE WELLNESS, VITALITY - ..... AND LOWER STRESS TO BOOT - WITH THE **TRIANGLE HEALTH COMBINATION OF :**

- 1. WATER THERAPY** [ Doc 1= How + When to drink plain water, Oxygenate, Flush, Detox, Rehydrate + Restock ]  
... + in next 2 docs ....
- 2. ZAPPER** [ Doc 2= a tiny little machine that Kills ALL bacteria, viruses, fungi, parasites etc directly - flu to cancer, Sars, Swine, etc + DESTRESSES HUGELY ]
- 3. OZONE THERAPY / O<sub>3</sub> WATER TREATMENTS** [ Doc 3= Combats POLLUTION, Enables body cells to heal rapidly, High O<sub>2</sub> "smothers" disease-causing bacteria, viruses, etc which are anaerobic - even cancer, and detoxes ... joins with toxins for removal - no O<sub>2</sub> and toxins stay put! ] DID YOU KNOW ? IF YOU CANNOT GET SUFFICIENT OXYGEN FROM THE AIR YOU BREATHE - YOU CAN DRINK OZONATED WATER TO GET IT ! [ SUPER-OXYGENATED WATER - + From the highest reaches of the atmosphere to the bottom of the deepest ocean, ozone is a very efficient protector, provider and recycler. ]

**TRIANGLE HEALTH COMBO** = A COMPLETE AND FINAL ATTACK ON POLLUTION, AILMENTS, DISEASES AND PARASITES = *PURE MAGIC* ON YOUR HEALTH AND LIFESTYLE ...AND SAVES ON MEDICAL BILLS. !

MAKE THE CHOICE - FOR LONGEVITY + VITALITY + WELLNESS.

DEFINITELY TRY THE **AMAZING WATER THERAPY** = SIMPLY HOW AND WHEN TO DRINK WATER - REMEMBER, 7 DAYS IS A HABIT, 21 DAYS IS A ROUTINE. By Dr MAHMOUD HASSIN - IBN SINA COMPANY. IT WILL PREVENT AND CURE SICKNESSES, DISEASES - AND IT'S FREE: -

#### **MOTIVATION : ADD YEARS + HEALTH TO YOUR LIFE**

- 1. IT'S A LIFESTYLE** THAT WILL GIVE YOU BOUNDLESS ENERGY AND VITALITY - AND A FEELING OF WELLNESS + INCREDIBLY REFRESHED THE WHOLE DAY.
- 2. GIVE YOUR BODY THE EARLY MORNING OXYGEN + WATER IT NEEDS !**  
**WATER IS H<sub>2</sub>O** [ 2 atoms Hydrogen, 1 of Oxygen ], THIS ALLOWS NATURAL DETOX + REHYDRATION; AIDS, PREVENTS AND CURES MANY SICKNESSES AND DISEASES. QUOTE from: **Ozone is Not Smog - Ozone is Good & Natural!** By Ed McCabe [ Oxygen ] It's also necessary for the removal of every single bit of toxic waste in your body. Every waste product that comes out of you is oxygen combined with hydrogen, nitrogen, sulfur, or carbon. If the **toxins in you don't have any available oxygen to combine with**, they pile up inside you **and they can't leave** and eventually you get sick.  
....I am convinced that what we've been presently experiencing in our society is the rise of the age of **toxins**, diseases, and plagues all corresponding to the fall of our planetary and body oxygen levels. Fuelled by greed and self imposed ignorance, the phenomenon is sad indeed, and unless abated, will drastically change or even eliminate life on this planet.
- 3. CLEAN, DETOXED CELLS + ORGANS** CAN DO THEIR WORK PROPERLY, LEAVING YOUR BLOOD TO DO ITS OWN WORK, INSTEAD OF BOTH JOBS ! YOU FEEL MORE RELAXED AND DE-STRESSED - AND YOU SLEEP BETTER.
- 4. MANY AILMENTS** - GONE ON THE FIRST DAY ! e.g. CONSTIPATION, SPASTIC COLON, MIGRAINES, DIARRHEA, AROMA IN WASTE EXCRETIONS, ETC. OTHERS WILL TAKE A WHILE - AFTER ALL, YOUR BODY IS A HEALING MACHINE !
- 5. SIDE EFFECTS ARE AMAZING :** HAIR + NAIL CONDITION, SKIN TONE, EYE SIGHT, TEMPERATURE CONTROL, SLEEP PATTERNS, MEDICAL BILLS - ALL GREATLY IMPROVED + NO DRY, CHAPPED LIPS + HEELS. MEDICATION WORKS BETTER TOO !
- 6. IT IS NATURAL:** NO HARMFUL CHEMICALS. THEREFORE DO NOT DRINK CHEMICAL, ARTIFICIAL BOTTLED WATER. PROVEN SCIENTIFICALLY TO TRIGGER DIGESTIVE TRACT CANCER.
- 7. BEST OF ALL - IT'S FREE !!** - USE ORDINARY TAP WATER - IT CONTAINS NO HARMFUL PRESERVATIVES, ARTIFICIAL COLOURANTS OR TOXIC SWEETENERS.

**WATER TAKEN SIP-SIP** OFF AND ON DURING THE DAY [ NO MATTER HOW MUCH YOU ARE SIPPING ] MIXES WITH THE UNDIGESTED FOOD IN THE STOMACH MAKING "SOUP" AND IS PROCESSED BY ENZYMES AS FOOD, AND NOT PROCESSED AS WATER. IN FACT, ALL LIQUID BEVERAGES ARE SEEN AS "FOOD" BECAUSE THEY ARE NOT PURE WATER BUT A MIXTURE - EVEN BOTTLED WATER, COFFEE, JUICE AND COOL DRINKS !  
..... AND SIP-SIP SIMPLY CANNOT "FLUSH".

## WATER THERAPY METHOD:

1. ON AN **EMPTY STOMACH**, FIRST THING IN THE MORNING,
2. DRINK **\*6 GLASSES OF TAP WATER\*\*\* = 1.5 litres** AND THEN
3. **WAIT APPROX. 1 HOUR AFTERWARDS** BEFORE EATING OR DRINKING. IF CANNOT MANAGE THE 1 HOUR WAIT – THEN WAIT AS LONG AS YOU CAN TO GIVE THE BODY TIME TO FLUSH, ABSORB THE O<sub>2</sub> + PLAIN WATER + DO IT'S MAGIC. [See tip below ] [ \*6 glasses is average, large persons more, children less. See "Amount Water to drink" ]

\*\*\*[ **EVEN BETTER** IF YOU DRINK SUPER TASTING O<sub>3</sub> WATER [see below] NEVER DRINK BOTTLED WATER WHICH HAS TOO MANY HARMFUL PRESERVATIVES, TOXIC FLAVOURINGS + KILLER ARTIFICIAL SWEETENERS IN IT TO BE GOOD FOR YOU ]

\*\*\*[ **EVEN BETTER** IF YOU DRINK SUPER TASTING O<sub>3</sub> WATER - NOT SO MANY TRIPS TO THE TOILET !!

**NOT EASY** TO START FOR SOME – BUT AWESOME RESULTS FOR ALL ! YOU WILL TROT TO THE TOILET QUITE A FEW TIMES IN THE EARLY MORNING FOR THE FIRST 10 DAYS to 2 WEEKS – THEREAFTER YOU WILL RETURN TO YOUR NORMAL ROUTINE + 1 OF EACH - AND IT IS SO VERY WELL WORTH THE INITIAL EFFORT.

**IF YOU FORGET** THE ODD MORNING – OR NOW AND THEN MANAGE ONLY 4 GLASSES – NOT A PROBLEM - REMEMBER THIS IS A *LIFESTYLE* FOR HUGE IMPROVEMENTS IN GOOD HEALTH, ENERGY, MEMORY, BRAIN ACTIVITY, EYESIGHT, SKIN TONE, IMMUNITY, VITALITY, WEIGHT LOSS, ETC.

**IMMEDIATELY** YOU WILL NOTICE THAT YOUR URINE IS CLEAR-CLEAR, AND STOOLS ARE SOFT – INDICATING NO STORED UP WASTE PRODUCTS IN URINARY + COLON TRACTS – THEREBY ELIMINATING ALL THESE ODOURS AND THOSE IN PERSPIRATION. LESS GAS TOO, THEREFORE LESS BLOATING. INCREASED ENERGY AND FEELING OF DESTRESS + WELLNESS. MAKES SENSE ! CONSTIPATION, SPASTIC COLON, MIGRAINES, MIDDAY WEARINESS ARE ALL GONE !

## WATER THERAPY ACTION :

### 1. REOXYGENATE YOUR CELLS :

**1. - RE-OXYGENATES** YOUR BLOOD FIRST THING IN THE MORNING - WATER IS H<sub>2</sub>O – SO EVERY DROP OF WATER CARRIES 1 PARTICLE OF OXYGEN – KICK STARTS YOUR DAY WITH OXYGEN, FIGHT BACTERIA AT CELLULAR LEVEL, ENABLE NECESSARY NUTRIENT CONVERSIONS + O<sub>2</sub> STICKS TO TOXINS FOR THEIR REMOVAL.

**2. - ENZYMES, HORMONES** ETC, NECESSARY FOR YOUR DAY ARE DEPOSITED IN YOUR SALIVA DURING THE NIGHT. THAT FIRST GLASS OF WATER DISTRIBUTES THEM, AND THEY ARE ABSORBED EXACTLY WHERE NEEDED, WITHOUT YOUR BODY HAVING TO DISENTANGLE THEM FROM "FOOD" e.g. COFFEE, JUICE, BREAKFAST.

### 2. FLUSHES STOMACH, ORGANS, COLON, URINARY TRACT, ETC :

**3. - FLUSHES** EVERY ORGAN EVERY DAY [ ALL ORGANS ARE FILTERING AGENTS ] - UNCLOGGING WASTE PRODUCTS IN ... PANCREAS [AIDS DIABETES GREATLY], ... SPLEEN, GALL BLADDER, KIDNEY [NO STONES], ... LIVER [FLUSHES STORED FATS], ... LYMPH NODES [ FILTERS POISONS], FLUSHES ACIDS + CRYSTALS [ STRESS, GOUT, ARTHRITIS ], SINUSES, TONSILS, APPENDIX, LUNGS, ETC WHICH NOW ALLOWS BETTER FILTRATION OF DAILY INTAKE OF GERMS, POLLUTANTS AND THE LIKE [ LESS FLU, COLDS, ASTHMA, SINUSITIS, ETC]. HENCE, NO AROMA IN GAS, URINE, STOOLS OR PERSPIRATION EITHER ! NO ACIDS IN STOMACH TO CAUSE ULCERS !

**4. - A ½ CLOGGED ORGAN = ONLY ½ AVAILABLE** TO FILTER "GUNK" OUT, ALLOWING BACTERIA TO PASS BY INTO REST OF YOUR SYSTEM TO NEST !

**5. - NO INHERENT BLOOD PRESSURE :** PUMPED BLOOD IS AT PRESSURE THROUGH THE CLOGGED SECTION AND x 10-11 CLOGGED ORGANS, AND CONTINUOUSLY ALL DAY, EVEN WHILE YOU ARE SLEEPING = UNECESSARILY HIGH BLOOD PRESSURE !

**6. - RE-FILTER:** ORGANS FILTER WASTE + RUBBISH WHICH BREAKS DOWN – AND THIS PASSES THROUGH YOUR BODY TO BE RE-FILTERED AGAIN AND AGAIN ..... TIRING OUT YOUR BODY SYSTEMS. NO WONDER YOU ARE EXHAUSTED IN THE MORNING !

**7. - IDEAL HOME:** THIS ROTTING "GUNK" MAKES YOUR ORGANS THE PERFECT NEST FOR BACTERIA + PARASITES – COMPLETE WITH "DUVET AND GROCERY CUPBOARD". MOST DISEASES START IN ORGANS – AND NOW YOU KNOW WHY !

**8. - FLUSH THE ATTRACTIVE HOME OUT !** BACTERIA, PARASITES, ETC WILL NOW HAVE TO TRAVEL ALL OVER YOUR BODY TO FIND A NEST – GIVING YOUR WHITE CORPUSLES TIME + "OPEN GROUND" TO SEARCH + SEIZE, TO **ATTACK AND DESTROY** !

### 3. REHYDRATES ALL BODY CELLS :

**9. - REHYDRATES EVERY CELL** TO IT'S CORRECT 70% = SOFT SKIN, NO DRY LIPS, NO CRACKED HEELS, CORRECT BODY TEMPERATURE CONTROL – GOOD FOR HOT/COLD FLUSHES, MENSTRUATION, LOSING THOSE UNWANTED INCHES, AND MORE.

REMEMBER COFFEE, COCA-COLA AND ALCOHOL ARE ALL **DIURETICS, DEHYDRATING** YOUR BODY CHRONICALLY. CURRENTLY YOUR CELLS ARE LIKE SHRIVELLED UP RAISINS – AND CANNOT OPERATE OPTIMALLY, STRAINING YOUR BODY'S OPERATING SYSTEMS TO THE MAX.

See below "THE **CRISPS YOUR BODY MAKES** FOR WATER". IF, SAY, ONLY 1 CUP PURE WATER HAS TO MOVE FROM ORGAN TO ORGAN IN TURN AS YOUR DAILY FUNCTIONS + ACTIVITIES DEMAND – WATER IS DRAINED FROM OTHER CURRENTLY-NON-WORKING AREAS/ORGANS [ e.g. SPINE = LATER ON = A SLIPPED DISC, e.g. HEART = ANGINA, e.g. SPASTIC COLON + CONSTIPATION ] TO MEET THE DEMANDS YOU MAKE ON YOUR BODY DURING YOUR HECTIC DAY. THIS PUTS THESE ORGANS, ETC UNDER HEAVY STRAIN = RISK FACTORS !

### 4. DETOXES :

**10. - COMPLETE CELL DETOX :** CORRECT HYDRATION **DETOXES ALL WASTE IN EVERY SINGLE CELL** IN YOUR BODY, [ SINUSES, BRAIN, LUNGS, SKIN, EYES, NOSE, TOES, TASTE BUDS, ETC ] INCREASING ENERGY LEVELS + CONCENTRATION DRAMATICALLY. IN YOUR SKIN ALONE YOU HAVE ABOUT 600 MILLION CELLS – WHAT ABOUT YOUR MUSCLES, LUNGS, BRAIN CELLS, BONES, ETC ?? EVERY SINGLE CELL WILL FEEL BETTER – AND SO WILL YOU !

**11. - FLUSH PARASITIC CHEMICAL EXCRETIONS:** REMEMBER GERMS, BACTERIA, VIRUSES, SPORES, MOULDS, FUNGI GIVE YOU A SYMPTOM TO CLUE YOU IN OF THEIR PRESENCE – TRUE PARASITES DO NOT. PARASITES NEED TO FEED OFF YOUR BODY .....

AND EVERYTHING THAT **FEEDS MUST EXCRETE** - THESE CHEMICAL EXCRETIONS ARE WHAT CAUSE IMBALANCES IN YOUR OWN BODY e.g. DIABETES, OBESITY, ALLERGIES, ASTHMA, INSOMNIA, STRESS, ETC. FLUSH THESE UNWANTED, UPSETTING CHEMICALS OUT AND YOU WILL HELP YOUR IMMUNE SYSTEM GREATLY!

## 5. REPLENISH NUTRIENTS +O<sub>2</sub> :

**12. - RESTOCK NUTRIENTS AND OXYGEN** : CLEAN, REHYDRATED + DETOXED CELLS [ MAYBE FOR THE FIRST TIME ? ] CAN NOW TAKE IN :-

1. NUTRIENTS, AND
2. OXYGEN REQUIRED BY EACH CELL TO FUNCTION CORRECTLY
3. AND MORE OXYGEN TO COMBINE WITH TOXINS IN ORDER FOR THEM TO BE REMOVED BY YOUR BODY AS WASTE. [ No Oxygen = toxins **stay put** inside ! ]

- YOU SIMPLY "GOTTA" FEEL ENERGIZED, WELL AND MORE ABLE TO COPE WITH OUR DAILY RAT-RACE, GLOBAL WARMING AND "THE NEWS" - AND, YOUR BRAIN WILL THINK BETTER - IT NOW GOES LIKE A CAR WITH PETROL + A FINE TUNE-UP!

## 6. DE-STRESS :

**13. - DURING THE NIGHT** CLEANING HAPPENS - YOUR BLOOD STRUGGLES TO COLLECT WASTE [ it's "ARMS" are full from first circulation + collection ] AND BATTLES TO DEPOSIT IN THE ALREADY FULL "DUMP GROUNDS" OF YOUR BODY. THIS STRUGGLE CAUSES INEFFICIENCY AND YOUR BLOOD IS CONSTANTLY STRAINING TO DO ITS ALLOTTED JOB THROUGHOUT THE NIGHT - YOUR BODY IS IN A KIND OF "TENSION" ALL NIGHT.

THE **WATER THERAPY** LIFESTYLE MEANS THAT :-

DURING THE **FIRST THIRD** OF THE NIGHT, YOUR BLOOD CAN NOW REMOVE ALL YOUR WASTE PRODUCTS THROUGHOUT THE BODY AND DELIVER EFFICIENTLY TO THE "DUMP GROUNDS" + THEN PROCEED WITH ITS NEXT JOB....

DURING THE **SECOND THIRD** OF THE NIGHT IT IS NOW ABLE TO COLLECT REQUIRED NUTRIENTS FROM "STORAGE FACILITIES" e.g. HIPS, THIGHS, etc AND DELIVER THESE TO EACH AND EVERY CELL IN YOUR BODY [ Brain, Muscles, Nerves, etc ] AND THESE ALL NOW HAVE THE CORRECT "PETROL" FOR A BUSY DAY AHEAD!

THE **THIRD THIRD** OF THE NIGHT - **EVERYONE RESTS!**

## 7. BONUS - LOSE INCHES :

**14. - LOSE INCHES** SAFELY, NATURALLY AND GRADUALLY "OFF YOUR HOT-SPOTS"! ESPECIALLY THE *TOXIC* STOMACH FAT [ THIS IS THE DANGEROUS ONE ]. NOW THAT EVERY CELL, ORGAN AND YOUR **WHOLE** BODY IS WORKING OPTIMALLY, YOUR BLOOD HAS TIME TO REMOVE EXCESS STORED UP WASTE WATER, CAN RECOGNISE EXCESS FATS FOR WHAT THEY ARE + REMOVE THESE - THIS TAKES TIME BUT IS ALL NATURAL WITHOUT CHEMICALS. OF COURSE, EATING A SMALL MEAL AT SUPPER TIME [ WHEN ONE TENDS TO SIT / SLEEP ] AND NO, OR LESS, CARBS AT NIGHT HELPS A LOT! [See ZAPPER for an absolute end to diabetes and obesity! ]

## 8. OTHER RESULTS :

**IT IS LOGICAL** THAT YOU **WILL** WAKE UP WIDE-EYED + BUSHY-TAILED AND HAVE LOADS OF ENERGY TILL LATE IN THE EVENING!

**FACT** : ONE OF THE FIRST THINGS YOU ARE PUT ON WHEN IN HOSPITAL .... IS A **WATER** +GLUCOSE DRIP !!

YOUR NAILS, HAIR CONDITION, EYESIGHT AND HEALTH WILL GREATLY IMPROVE - "FOR FREE" + REDUCES MEDICAL BILLS! ALSO MEDICINES WORK BETTER, FASTER IN THOSE CLEAN CELLS! AND ... IF YOU ARE USING THE **ZAPPER** - REMEMBER ELECTRICITY [ EVEN AT THOSE LOW LEVELS ] IS CONDUCTED BY WATER, SO IT WILL WORK BETTER + FASTER!!!!

**IT IS A CHOICE** : YOUR BODY IS DOING THE BEST IT CAN UNDER THE CIRCUMSTANCES - **HELP IT WORK** PROPERLY FOR YOU. YOU WILL NOT REGRET IT! [ FREDDY - A GUEST, PUT IT PERFECTLY "The **water therapy** that you recommended, is making wonders for me. I am looking as young as a 15 year old." ] ... THANKS FREDDY! I KNOW FROM EXPERIENCE HE IS **FEELING** THE SAME WAY TOO! His latest e-mail: "Please send me the **ZAPPER WATER THERAPY**. People are crazy about it here."

THANKS TO **Dr MAHMOUD HASSIN** - IBS SINA COMPANY WHO ORIGINALLY STARTED US ALL ON THE **AMAZING WATER THERAPY !!**

## 9. TIPS :

1. **STARTING TIP** :

DONE **1 or 2 GLASSES AT A TIME**, ON AN EMPTY STOMACH EARLY IN THE MORNING **INBETWEEN YOUR BATHING + DRESSING** ROUTINE IS MUCH EASIER. E.g. 1 glass as you wake up on your way to early morning toilet, 1 after toilet [ you are going to wash hands in any case ], 1 after undressing, 1 after showering, 1 after drying, 1 after dressing = 6 !! THIS WAY IS THE EASIEST. THE SHORT TIMESPAN AND MOVEMENT INBETWEEN SETTLES THE WATER + DOES THE TRICK TILL YOU GET USED TO IT! LATER ON MOVE TO 3 x 2 GLASSES, ETC, OR 3 +3 GLASSES BEFORE /AFTER EARLY MORNING TOILET ROUTINE, AS YOU GET ACCUSTOMED TO IT!

2. **TIP** : **SMALLER GLASS** - I STARTED WITH 6 **SHERRY** GLASSES FULL EACH MORNING - AND GRADUALLY I INCREASED THE SIZE OF GLASS!

3. **TIP** : **IN THE EARLY MORNING** ON SOME DAYS, IF YOU CANNOT MANAGE THE **WATER THERAPY** - 2<sup>ND</sup> BEST WOULD BE ON YOUR WAY HOME - OR AS YOU ARRIVE - AS LONG AS YOU HAVE **NOT EATEN OR DRANK** ANYTHING FOR AT LEAST 3-4 HOURS BEFOREHAND [ EMPTY STOMACH ]. THIS MAY SUIT YOU BETTER ON THOSE CRAZY DAYS - BUT PLEASE, PLEASE GIVE IT AN EARNEST, DEDICATED 2 WEEK TRY - SO WORTH IT!

4. **TIP** : THIS IS A LIFESTYLE - SO NOW AND THEN, WHEN ONE CANNOT **WAIT ABOUT AN HOUR** BEFORE DRINKING OR EATING - IT IS FINE - IT JUST MEANS THAT LESS FLUSHING, REHYDRATING + REPLENISHING TOOK PLACE TODAY - AND TOMORROW PICK IT UP AGAIN!

5. **TIP** : IF LIABLE TO BE STUCK **IN TRAFFIC** FOR HOURS - CHECK OUT A FEW GAS STATIONS WITH A CLEAN LOO - ONLY FOR 2 WEEKS OR SO - AND IF USING OZONATED WATER, THE TRIPS TO THE LOO ARE REDUCED TO ALMOST ZERO EXTRA!

## 10. TESTIMONIES :

EVER WONDERED WHY **JOGGERS, EARLY GYM-MERS + ATHLETES** HAVE SUCH AMAZING ENERGY, GOOD SKIN TONE, ARE MORE ALERT, VITAL, HEALTHIER AND WAKE UP MORE BRIGHT-EYED THAN THE REST OF US ??

THEY ARE ACTUALLY DOING THE **WATER THERAPY** WITHOUT EVEN REALISING IT! AS NIKE SAYS ... "JUST DO IT".

I HAVE BEEN DOING THE **WATER THERAPY** FOR 3-4 YEARS NOW – AND DESPITE BEING A FEW YEARS OLDER – MY EYESIGHT HAS **IMPROVED**. I HAD JUST THEN GONE UP TO A 3.50 "READER" GLASSES – LOST THEM SOMEWHERE – USED MY OLD 3.25 GLASSES. NO MIGRAINES. LATER MOVED TO 3.00, THEN 2.75 – AND NOW AM HAPPILY ON A 2.50 STRENGTH. *SINCE WHEN* DOES AGE ADVANCE AND EYESIGHT IMPROVE ... WITH ONLY THE WATER AND THE **ZAPPER**! I CAN NOW READ MOST THINGS IN THE SUPERMARKET – EVEN MY OWN SHOPPING LIST ----- AND THE MEDIUM SIZED CREDITS ON TV WITHOUT GLASSES!

.... AND, AS GUESTS CAN TESTIFY, I LOOK HEALTHY + VITAL AND KEEP GOING ALL DAY AND WORK HALF THE NIGHT – AND SLEEP LIKE A BABY.

..... ALSO, I HAVE NOT HAD A SINUS ATTACK OR AN APPENDIX, NOT EVEN A TWINGE, SINCE STARTING!

..... NO MORE MIGRAINES NOR HEADACHES NOR ANGINA ATTACKS!

..... NOW WHEN I GO TO JHB IN MID WINTER [ WITH MY THIN NELSPRUIT BLOOD ] I DO NOT FEEL THE COLD AS I USED TO – SOMETIMES EVEN LESS THAN THE "E-GOLIANS"! SAME IN THE LOWVELD HEAT – MY SCALP IS DEFINITELY PRICKLING MADLY WITH DROPLETS – I DEFINITELY AM "GLOWING" – BUT NO MORE STREAMING PERSPIRATION AND WET PATCHES ON MY CLOTHES IN THE 4PM SUMMER HEAT!

**HAPPY ENERGISING + RE-VITALISING !!**

**SECOND - THE ZAPPER** INFO [ = 2<sup>nd</sup> DOCUMENT ] INCLUDING THE REAL REASON YOU HAVE NEVER HEARD OF THIS TECHNOLOGY BEFORE! [ DISCOVERED BY RESEARCH OR ACCIDENT OVER AND OVER AGAIN SINCE EARLY 1900s – we could have had a disease-free world since then! ]. MOST INFO OBTAINABLE FROM Dr HULDE REGHR CLARK, Ph.D., N.D. [ BOOK PUBLISHED IN 1989 : "THE CURE FOR ALL DISEASES" ]. + From ROYAL RAYMOND RIFE [ 1920 ] and many others. IT IS A MUST IN EVERY HOME!

THIS IS THE SECOND LEG OF THE ALL NATURAL "MIRACLE" HEALTH PARADIGM – A SIMPLE, PAINLESS, COST EFFECTIVE ALTERNATIVE TO EXPENSIVE DRUGS. THEIR DEBILITATING SIDE-EFFECTS AND SURGERY – A LOGICAL, NON-CHEMICAL WAY FOR CURING **ALL** DISEASES ..... **AND "THEY"**

**DO NOT WANT YOU TO KNOW** ..... but again **YOU DO HAVE THE RIGHT TO KNOW!**

THE ZAPPER IS A SMALL MACHINE THAT SAFELY, SIMPLY AND **PAINLESSLY** KILLS ALL, **ALL**, ALL DISEASES + PARASITES. KEEP UP WITH MEDICAL TREATMENTS + PRESCRIPTIONS WHICH ARE LARGELY SYMPTOMATIC RELIEF. [ **ZAPPER** KILLS ROOT CAUSE. ]

1. **SYMPTOMATIC:** GERMS, BACTERIA, VIRUSES, SPORES, MOULDS, FUNGI, ETC GIVE YOU SYMPTOMS, YOU TELL DOCTOR WHO GIVES YOU DRUGS OR SURGERY.

2. **ASYMPTOMATIC:** THE BIG, BIG PROBLEM – THE MICROSCOPIC **PARASITES** HAVE BEEN FEEDING **SECRETLY** OFF YOUR BODY SINCE CHILDHOOD CAUSING ALL SORTS OF CHAIN RE-ACTIONS WITHIN! NO SYMPTOMS = NO TREATMENT! YET THEY CAUSE MANY OF TODAY'S PROBLEMS – FROM INSOMNIA, ECZEMA, DIABETES, OBESITY, ASTHMA, ALLERGIES, ETC.

BUT – THE **ZAPPER**, USING EXTREMELY LOW LEVELS OF ELECTRICITY + SUBSONIC VIBRATIONS, KILLS [ BURSTS ] **ALL** OF THEM [ SYMPTOMATIC + ASYMPTOMATIC ] **ALL** AT THE SAME TIME! LIKE A SINGER HITTING A HIGH NOTE SHATTERS A WINE GLASS.

I USUALLY HAVE MICRO-ZAP-ITS [ WRIST / ANKLE ATTACHMENT ] IN STOCK AT AROUND R 800 / ZAPPER PACK.

**THIRD - OZONE THERAPY** – [ = 3<sup>rd</sup> DOCUMENT ] IS THE THIRD POINT OF THE TRIANGLE. COMBATTING POLLUTANTS, TOXINS, AND DESTROYING PATHOGENS, GERMS, ETC AT CELLULAR LEVEL IN THE MOST NATURAL WAY AS YOUR BODY WAS DESIGNED TO DO IN THE BEGINNING.

OZONE IS SUPER-CHARGED OXYGEN. NATURE SUPPLIES THE EARTH + HUMANS WITH OXYGEN + OZONE – BOTH BASIC NECESSITIES OF ALL LIFE ON EARTH – AND BASIC REQUIREMENTS FOR HEALTH, ALONG WITH WATER, SHELTER AND LOVE.

40 – 50 YEARS AGO WE BREATHED IN AIR THAT CONTAINED 47% **O<sub>2</sub>** [ OXYGEN ]. GRADUALLY, POLLUTION DECREASED THIS TO THE EXTENT THAT EVEN IN NELSPRUIT [ WITH ALL ITS LUSH GARDENS, KILOMETERS OF GREEN FORESTS, GREEN MOUNTAINS AND VALLEYS ] WE ONLY BREATHE IN 24 % [ LATEST FIGURE IS 19% ]! GAUTENG PROVINCE HAS ONLY 12% IN THE AIR [ HOTSPOTS AROUND 8% ]. THAT IS AROUND A QUARTER OF THE REQUIRED AMOUNT! NO WONDER CANCER IS ON THE INCREASE – EVEN WITH OUR ADVANCED MEDICAL SCIENCE! [ CANCER CANNOT LIVE IN HIGH OXYGEN LEVELS – IT IS ANAEROBIC! ]

**O<sub>2</sub> + O<sub>3</sub>**  
HUMAN BEINGS ARE **AEROBIC** – WE ABSOLUTELY NEED OXYGEN TO SURVIVE. WITH POLLUTION AT DANGEROUSLY HIGH LEVELS, OXYGEN + OZONE [ O<sub>2</sub> + O<sub>3</sub> ] ARE AT THEIR LOWEST. THEREFORE, ONLY TINY AMOUNTS OF **O<sub>2</sub>** ARE BEING BREATHED IN, TRANSPORTED VIA BLOOD TO CELLULAR LEVEL WHERE **O<sub>2</sub>** FIGHTS GERMS, BACTERIA, MOULDS [ COLDS, FLU ], SPORES AND PARASITES- WHICH ARE ALL **ANAEROBIC**. THESE PATHOGENS LIVE HAPPILY AND MULTIPLY IN YOUR BODY CELLS WHEN THERE IS INSUFFICIENT DAILY OXYGEN LEVELS.

THE WORLD GOVTS + OUR FELLOW CITIZENS ARE SLOW TO SAVE OUR PLANET FROM THE NEXT ICE AGE [ 45 – 50 Yrs from now ], + CLEAN OUR AIR [ watch Al Gores movie "The Inconvenient Truth" + visit [www.climatecrisis.net](http://www.climatecrisis.net) for individual, simple solutions ]- SO IT IS UP TO US INDIVIDUALS TO PROVIDE OUR OWN CORRECT LEVEL OF **O<sub>2</sub>** AND WE CAN COMPENSATE + SUPER-CHARGE WITH **O<sub>3</sub>** THE WATER WE DRINK, MIX WITH + COOK WITH TO GET OUR MINIMUM REQUIREMENTS OF **O<sub>2</sub>**! WE OWE IT TO OUR HEALTH AND THAT OF OUR CHILDREN. WE CAN BE RESPONSIBLE FOR LIFE.

**PEACEHAVEN LODGE NOW HAS AN OZONE PRODUCING MACHINE** AND CAN :-

1. OFFER OZONE SPA BATH THERAPY TREATMENTS TO ALL OUR GUESTS,
2. PURIFY RECEPTION AND DINING ROOM AIR WITH OZONE,
3. MAKE **O<sub>3</sub>** [ OZONATED ] WATER FOR ALL OUR GUESTS TO DRINK, WE MIX IT WITH OUR JUICES + PUT IT IN ALL OUR KETTLES,
4. GIVE A 5-Litre SUPER-CHARGED OXYGEN WATER BOTTLE TO **EACH BOOKING** TO TAKE HOME WITH THEM. FREE!
5. WE WILL ALSO FILL OUR GUESTS OWN CONTAINERS FREE.
6. ADDITIONAL 5-Litre BOTTLES SUPER-OXYGENATED WATER CAN BE PURCHASED AT NOMINAL R 10-00c EACH.

IT IS THE SAFEST, MOST EFFECTIVE WAY TO PURIFY WATER – SO PURE IT LASTS **7 DAYS AND MORE** AND **TASTES SO VERY, VERY GOOD!** [ PLUS, PLUS ..... NO HARMFUL PRESERVATIVES, NO DEADLY SWEETENERS, + NO ARTIFICIAL FLAVOURINGS. ] AND ALL THAT OXYGEN TO HEAL, PROTECT AND DE-TOX!

THE **COMBINATION OF WATER THERAPY + ZAPPER + OZONE TREATMENTS** = A COMPLETE AND **FINAL** ATTACK ON POLLUTION, AILMENTS, DISEASES AND PARASITES = **PURE MAGIC** ON YOUR HEALTH AND LIFESTYLE ..... DEFINITELY SAVES ON MEDICAL BILLS, + INCREASES GOODWILL TOWARDS MANKIND!  
ALL THREE TOGETHER = **WOW** VI TALI TY + HEALTH !

LOOKING FORWARD TO HEARING FROM YOU HOW ANY OF THESE LIFESTYLE CHANGES HAVE HELPED YOU, YOUR FAMILY AND YOUR COLLEAGUES !

I AM PASSIONATE ABOUT THE WAY I FEEL NOW – AND WOULD LOVE YOU TO FEEL THE SAME WAY.

WARM, HEALTHIER REGARDS,

LYNNE

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PEACEHAVEN LODGE, NELSPRUIT, Mpumalanga, R S A

And now some reasons why you need pure water ....

**AMAZING SECRETS Edited from the book: "Your Body's Many Cries for Water" by F. Batmanghelidj, M.D.**

"Test dehydration level - soak ½ hr in the tub. If finger pads crinkle badly - **YOU ARE DEHYDRATED**. If hardly affected = much improved." Lack of water is the main causative problem in a lot of disorders, especially insufficient circulation, mineral +toxin deposits, +liver, kidney +other organs' general function.

**WATER PREVENTS AND CURES . . . .**

**Cure # 1: HEARTBURN** - is a MAJOR signal of water shortage in the upper part of the gastrointestinal tract.

**Tragedy:** Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications will, in time, produce inflammation of the stomach and duodenum, hiatal hernia, ulceration, and eventually cancers in the gastrointestinal tract, including the liver and pancreas.

**Cure # 2: RHEUMATOID JOINT PAIN - ARTHRITIS** - a signal of water shortage in the joints, affecting young +old. Pain-killers do not cure the problem, but expose you to further damage from pain medications. Intake of water +small amounts of salt will cure this problem.

**Cure # 3: LOW BACK PAIN and ANKYLOSING ARTHRITIS OF THE SPINE** =water shortage in spinal column +discs [water cushions supporting body weight. Increased water intake – very effective.

**Tragedy:** Not recognizing these as dehydration in joint cavities +treating with pain-killers, manipulation, acupuncture, +eventually surgery will, in time, produce osteoarthritis when joint cartilage cells have eventually all died. Produces spine +limb deformity. Pain meds have their own life-threatening complications.

**Cure # 4: HEART PAIN - ANGINA** - is a sign of water shortage in the heart/lung axis. Treat with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent. However, increased water intake is angina's cure.

**Cure # 5: MIGRAINES** - A sign of water desperately needed by the brain and the eyes. It will totally clear up if the body is kept hydrated . The type of dehydration that causes migraine might eventually cause inflammation of the back of the eye and possibly loss of eye sight.

**Cure #6: COLITIS** - Colitis pain is a signal of water shortage in the large gut. It is associated with constipation because the large intestine constricts to squeeze the last drop of water from the excrements - thus the lack of water lubrication.

**Tragedy:** Not recognizing colitis pain as a sign of dehydration will cause persistent constipation. Later in life, it will cause faecal impacting: it can cause diverticulitis, haemorrhoids and polyps, and appreciably increases the possibility of developing cancer of the colon and rectum.

**Cure # 7: ASTHMA** - affects 14 million children +kills several thousand of them every year, +is a dehydration complication. In asthma, free passage of air is obstructed + water does not leave the body as vapour - the winter steam. Increased water + salt intake will prevent asthma attacks. Asthmatics need salt to break the mucus plugs in the lungs that obstruct the free flow of air in and out of the air sacs.

**Tragedy:** Not recognizing asthma as the indicator of dehydration in the body of a growing child not only will sentence many thousands of children to die every year, but will permit irreversible genetic damage.

**Cure # 8: HIGH BLOOD PRESSURE** - Hypertension =body's adaptation to insufficient water to fill all blood vessels that diffuse water into vital cells by reverse osmosis. Water from the blood serum is filtered +injected into important cells through minute holes in their membranes, +extra pressure is needed for the "injection process." Just as we inject I.V. "water" in hospitals, so our body injects water into tens of trillions of cells all at the same time. Water and some salt intake will bring BP back to normal!

**Tragedy:** Not recognizing BP +hypertension as a major dehydration indicators. Treatment with diuretics further dehydrate the body +will, in time, cause blockage by cholesterol of the heart arteries and the arteries that go to the brain - cause heart attacks +small or massive strokes that paralyze. Eventually causes kidney disease +will cause brain damage +neurological disorders, e.g. Alzheimer's disease.

**Cure # 9: DIABETES** Adult-onset diabetes is another adaptive state to severe dehydration. Have adequate water circulating for the brain's priority needs, or insulin release is inhibited preventing insulin from pushing water into all body cells. In diabetes, only some cells get survival water rations. Water +some salt reverses adult-onset diabetes in early stages.

**Tragedy:** Not recognizing adult-onset diabetes as a complication of dehydration will, in time, cause massive damage to the blood vessels all over the body. Cause eventual loss of the toes, feet and legs [gangrene] +causes eye damage, even blindness.

**Cure # 10: HIGH CHOLESTEROL** =early drought management. Cholesterol is a clay-like material poured in the gaps of some cell membranes to safeguard them against losing their vital water content to the osmotically more powerful blood circulating in their vicinity. Cholesterol manufactures nerve cell membranes +hormones +is also used as a "shield" against water taxation of other vital cells that would normally exchange water through their membranes.

**Cure # 11: WATER CURES DEPRESSION, LOSS OF LIBIDO, CHRONIC FATIGUE SYNDROME, LUPUS fv, MULTIPLE SCLEROSIS, MUSCULAR DYSTROPHY** - These conditions are caused by prolonged chronic dehydration. They will clear up once the body becomes well and regularly hydrated. In these conditions, exercising one's muscles should be part of the treatment program.

Bob Butt states, "The MOST critical elements to a powerful **IMMUNE system** are OXYGEN, WATER and then SALT." Do not use large amounts of salt without drinking sufficient water or without consuming ADEQUATE POTASSIUM in the diet.

**AFTER THE WATER THERAPY, ZAPPER AND OXYGEN WATER / TREATMENTS, ALL THAT IS LEFT IS TO REMOVE / LESSEN THE POLLUTANTS + TOXINS THAT WE ARE FORCED TO USE + LIVE WITH !**

WATCH AL GORES MOVIE " THE INCONVENIENT TRUTH ", visit [www.climatecrisis.net](http://www.climatecrisis.net) FOR IMMEDIATE + SIMPLE TIPS TO REDUCE CARBON EMISSIONS [ TO ZERO !! ] AND SAVE OUR PLANET. WE ONLY HAVE ABOUT 5 OF THE 10 YRS LEFT TO MAKE A DIFFERENCE – POWER OF 3 = PICK 3 IMMEDIATE, SIMPLE THINGS TO DO TODAY, 3 THINGS TO DO DURING THE MONTH, AND 3 OVER THE NEXT YEAR.

928 SCIENTISTS ARE ALL IN DATA AGREEMENT. OUR PLANET WILL NOT SURVIVE IN 45- 50 YEARS – AND THAT WAS IN 2004. PREVIOUS TO THAT, THEY HAVE BEEN WARNING US FOR 20 – 30 YEARS ! RISING EARTH TEMPERATURES + POLLUTION WILL BRING THE NEXT ICE AGE WITHIN OUR LIFETIME. LET'S AT LEAST BE FULLY INFORMED – AND LET US EACH BE RESPONSIBLE FOR LIFE ON EARTH.

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