

ALKALINE is better



DRINK TO GOOD HEALTH

Water down acidosis with AOX's alkaline water. Fill the coupon for a chance to win one AOX-2000 water dispenser (worth \$1,899) or one of 50 Free Live Blood Analysis sessions (worth \$120 each).

Lifestyle/AOX GIVEAWAY

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Robinson Road Post Office P.O. Box 189 Singapore 900339

No, we're not talking about battery water here. You might have heard that excess acidity in the body is detrimental to our health. SYLVY SOH discovers how it happens and why we should do something about it.

I am a great water drinker: I can chug 2-3 liters of it effortlessly, daily. It's also a cleansing ritual I feel is necessary to flush out all the toxins and other nasties that I don't want in my body. But water is water is water; how special can it be, I asked Living Stream's manager, Jeffrey Tan. He tells me that alkaline water is exactly what my body needs to be rid of excess acidity. I am of course skeptical.

The watery facts

Excess acidity is known as acidosis. **A healthy body should have a pH level of about 7.4, leaning more towards alkalinity.** High acidity is caused by pollution, processed food, lack of sleep and smoking. This translates into fatigue, lethargy, headaches, and an increased disposition towards illness. On a more serious note, acidosis also paves the way for cancer, because the acidification of extra cellular fluids leads to cancerous cells. Cancerous cells have an acidic pH and are oxygen depleted, whereas healthy cells have an alkaline pH and high oxygen content.

Did I have healthy blood cells? The only way to find out was with a blood test.

It's all in the blood

So here's a lowdown on my health: I am slightly overweight, but I exercise regularly. I include plenty of vegetables and fruit in my diet. But I suffer stiff neck and shoulders (so common of desk-bound corporate slaves), lethargy and fatigue. With all this in mind, I was wondering what my blood would tell me about my current state of health.

A sample of my blood was examined via the Dark Field Microscopy method. This gives a detailed examination of one's red blood cells, and is able to detect the

presence of free radicals and other harmful toxins.


My blood cells were clustered thickly, like fat caterpillars and moving as sluggishly. Those with ragged edges indicated damage. The presence of free radicals, and spider web-like protein threads that are known as fibrin were also detected. An excess of fibrin, as was my case, could potentially lead to thrombosis, forming damaging blood clots, putting me at risk of brain damage, stroke and heart attack.

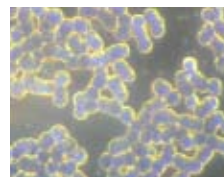
By this time, I had a lump in my throat. Were all the good habits I was trying to incorporate in my lifestyle, simply not enough? Was I really as fragile as my blood revealed me to be?

Drinking for life, literally

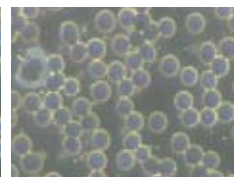
I was given a big bottle of AOX alkaline water to drink, and waited 20 minutes before doing a second blood test. I couldn't believe my eyes. My blood cells had separated themselves. They were round, the ragged edges smoothed out and they looked quite lively. The best part of all - the fibrin had vanished completely!

And all it took was for AOX water to make a difference.

While alkaline water is no fountain of youth, it is rich in antioxidants, minerals (magnesium, calcium, potassium and sodium) and oxygen. Alkalinized water is certainly good for the body. Check out www.aox.com.sg and you'll find a wealth of information on the benefits of alkaline water that include scientific and medically-based reports. 



Before Drinking



After Drinking AOX