

ADD ANTIOXIDANT ALKALINE WATER TO YOUR DAILY DIET

Balancing our high acid levels with alkaline water is a good start to restore overall health. **AUDRINA GAN** learns that drinking antioxidant alkaline water can help to boost energy levels, reduce allergies and enhance immunity.



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

Name: _____

Sex (M/F): ___ Age: ___

I.C. no: _____

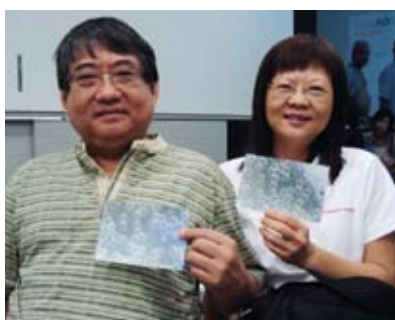
Address: _____

Email: _____

Tel : _____

Closing date: 9 September 2011

Pop the coupon in an envelope and mail to:
Robinson Road Post Office P.O. Box 189 Singapore 900339



Theresa Lien, 57, was sceptical when her sister introduced her to AOX Antioxidant Alkaline Water to help with her frequent joint pain. "I've tried other health improvement products in the past but these had no effect on me," says the homemaker.

Desperate to relieve the pain in her left knee and both wrists, she decided to try out the AOX water. Ten days later, she noticed slight improvement, and after one month, the pain in both her knee and wrists subsided. Apart from consuming AOX Antioxidant Alkaline Water, she integrated wrist exercises into her daily lifestyle and her past ailments were relieved dramatically.

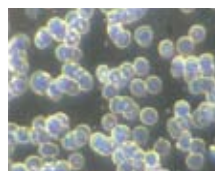
Theresa's problems showed in her blood with blood cells clustered and badly damaged by free radicals before she started on AOX. The second blood test which was taken a month later showed that the blood cells were nicely separated and renewed. When she came in for her third diagnosis a year later, her blood cells were healthy, separated and showed no signs of free radicals.

While acknowledging that AOX has improved her condition, Theresa stresses the importance of drinking sufficient water, sleeping well, exercise and eating right.

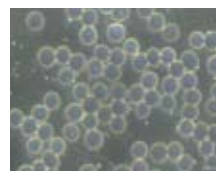
AOX water contains silica, which helps to improve the elasticity of joints thus reducing knee pain. AOX water also helps to increase alkalinity and reduce acid levels in our body. The ideal body pH is 7.4. But many people consume foods and drinks which contain huge amounts of sugar and carbohydrates, thus promoting high levels of yeast and fungi to grow in the body. Traditional high protein foods like omelette, bacon, sausage, meats also lead to higher acid levels in our body.

All food we ingest influences our body. By consuming acid-forming or acidic food, our body is continuously fighting to neutralise the excessive acid. This will result in cardiovascular diseases and calcium loss.

When our body is too acidic, the red blood cells will start to cluster. Healthy blood cells should be rounded, separated and of the same size. Infused with antioxidants, AOX water also helps to fight free radicals, emitted by microwave oven, TV, handphone, computer, and created by stress, radiation etc. Drink AOX to renew cells for better health. Contact JC Living Stream Pte Ltd at **Tel: 6456 4321** or **email sales@AOX.com.sg**



Before Drinking AOX



After Drinking AOX