

Is Your Water Helping or Hurting Your Health?

Not all water is created equal! Did you know that the type of water you drink can have a profound impact on your health? Most of us assume all water is the same, but the truth is, there are key differences that determine whether your water is "live" or "dead." Live water, like Hydrogen-Rich Water, mirrors the charged, natural qualities of fresh spring water but with an added bonus: molecular hydrogen (H₂)! It's water that energizes and reduces oxidation on the cell walls. Not only does it hydrate, but it reduces inflammation at a cellular level. By contrast, dead water lacks the vitality your body craves.

Many types of commonly consumed water may actually do more harm than good:

- **Plastic Bottled Water:** Often contains harmful microplastics and chemicals like BPA, which can disrupt hormones and leach into the water over time. Plus, it's environmentally damaging.
- **Reverse Osmosis Water:** While it removes contaminants, this process also strips away essential minerals, leaving the water "dead" and acidic, which can leach minerals from your body.
- **Alkaline Water and H₂-Generating Bottle Water Fads:** Be cautious of manufacturers artificially boosting pH with baking soda or salts. These additives do not provide the same health benefits as naturally ionized water and may not address your body's actual hydration needs. Also, H₂-Generating bottles stop generating H₂ gas within months, rendering the benefits obsolete.

If you're considering a water ionizer to transform your hydration, it's important to understand not all machines are equal either. Choosing the right one can make all the difference. To help you navigate this journey, we've created a handy checklist for evaluating and selecting the best water ionizer for your needs.



LIFETIME WATER



Checklist: How to Choose a Quality Water Ionizer

Solid Medical-Grade Plates

✓ Look for machines with SOLID medical-grade platinum and titanium plates. Avoid machines with inexpensive mesh or slit plates, which can compromise durability and long term effectiveness.

Multiple pH Levels

✓ Ensure the machine offers a variety of pH levels, including especially strong 2.5 (sanitizing) and 11.5 (emulsifying) options. These levels are key for both health and non-toxic household uses.

Comprehensive Warranty

✓ Check for a 5-year warranty that includes both parts and labor. Be wary of warranties that are voided if hard water is used—this is a red flag for poor-quality construction.

Self-Cleaning Capability

✓ Opt for a self-cleaning machine with at least 230 watts of power. Machines that lack this feature may overheat or require frequent manual cleaning, reducing their lifespan and ability to generate the therapeutic H2 gas.

Natural Mineral Use

✓ Avoid machines that add artificial minerals to raise pH levels. The best water ionizers use minerals found naturally in water for safe, effective hydration.

Industry Certifications

✓ Look for certifications such as ISO, WSA, CSA, and NSF/ANSI. These indicate rigorous testing and compliance with industry standards.

The Benefits of Hydrogen-Rich Water

Hydrogen-Rich-Water replicates the natural qualities of spring water by adding molecular hydrogen, a powerful antioxidant. It can help:

- Combat oxidative stress
- Improve cellular hydration
- Boost energy levels
- Reduce inflammation
- Support overall wellness
- There are over 170+ therapeutic benefits to molecular hydrogen (H2) with no side effects.

Take the Next Step Toward Vibrant Living!

Ready to transform your hydration and take charge of your health?

Contact Robin Colvey at Lifetime Water for water testing, more information, and personalized machine options:

Website: www.lifetimewatersb.com

Email: rocolvey@gmail.com

Start your journey to vibrant health with the trusted benefits of Hydrogen-Rich-Water.

P.S. Tune into to the WellLIFE podcast episode featuring Robin Colvey for more insights on the power of Hydrogen-Rich-Water and other transformative health practices.



Along with being a Certified Functional Nutrition Counselor, Robin is also an official supplier of Ionized hydration, offering trusted Hydrogen-Rich-Water solutions that support vibrant health and wellness. Visit her website to learn more about how this water can transform your hydration and your life.

LIFETIME WATER



“You don’t have to settle for less when vibrant living is within reach.” - Robin Colvey



BEST WATER IONIZER



CHECK LIST

- Made with SOLID medical grade** platinum and titanium plates vs inexpensive mesh or slit plates
- Machine which makes 7 different pH levels especially **strong 2.5 and 11.5**
- A 5-year warranty, including parts/labor vs warranty that says “voided” if hard water is used!
- Self-Cleaning** and 230 watts of power vs over heating switch off mode.
- No minerals added** to artificially UP the pH. Uses minerals from nature.
- Industry Certifications:** ISO, WSA CSA, NSF/ANSI, Registered Medical Grade Device in Japan vs. ZERO certifications.

More Information, water testing and Machine options:

**www.lifetimewatersb.com
email: rocolvey@gmail.com**