

EkoHealth

ISSUE 10 2016

PAIN? WEIGHT GAIN?

Arthritis • Gout • Reflux
UTI's • Fibromyalgia

You may be acidic!

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- Eko Health Magazine

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instructions inside

The Importance Of Hydration In The Body

Our body is made up of 70% water so we need to drink plenty of water to function properly. Today most people don't drink enough water. Caffeine based drinks including coffee, tea and soft drinks tend to be more dehydrating than hydrating and are also acidic. The more acidic you become the more dehydrated you become leading to compromised health and weight gain.

The kidneys need a lot of water to function properly. If the kidneys aren't hydrated they can't dispose of waste. When this happens the liver comes into play to help out the kidneys. The liver is used to metabolise fats into energy, however, if it has to help out the kidneys it is not able to function as a fat burning organ. By keeping hydrated both liver and kidneys can function properly and do their jobs of flushing waste and fat from the system.

Metabolism can also be greatly affected by dehydration. Everyone's rate of metabolism (calorie burning) is different depending on age, height, weight and muscle mass. Hydration is an important factor in calorie burning. Even a 1% drop in hydration levels can cause up to a 5% decrease in calorie burning which can make a big difference to your metabolism and ability to lose weight.

Alkaline water reduces the cluster size of water molecules which leads to better hydration as water is more easily absorbed into the cells. Eko Crystals contains a large percentage of alkaline minerals which will give you better hydration, better absorption of minerals and other nutrients as well as a reduction in acid levels.

Overall, better hydration through increased consumption of alkalisied and mineralised water is essential for better health and easier weight loss.



Eko Health & Acidic Conditions

Acid & Gout

The most common complaint for gout is that which affects the big toe as the pain can be excruciating. Excess uric acid is unable to be eliminated by the body when gout is present and in order to protect the blood from these high acid levels, uric acid crystals are formed and deposited in the joints, mainly fingers and toes.

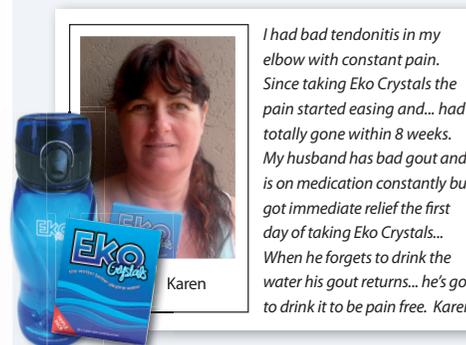
Some gout attacks can last for five or six days and can be managed to some degree with medication. However this does not get to the root cause of it and recurring attacks can ensue. As the cause of gout is excess uric acid, if acid levels are reduced the pain and discomfort of gout attacks will also be reduced and in some cases disappear altogether.

The drinking of mineralised alkaline water can make a big difference to gout and the pain in some cases can be relieved in a matter of a day or two. However, in order to have continued relief and reduce the amount and severity of gout attacks, acid must be reduced daily. Eko Crystals will help to keep acid levels down and therefore help reduce and in many cases eliminate the pain of this most debilitating condition.

Acid & Ageing

Alkalinity seems to be the dominant factor for cultures known for longevity. In comparison the most common thread in western culture is that most people are highly acidic, hence the high incidence of premature aging, disease and in many cases early death. An acid body tends to age prematurely, skin nails and hair also suffer the ravages of an overly acidic lifestyle. Weight is easier to put on and significantly more difficult to shift. Health in general is compromised and will make its mark on the external appearance. The process of ageing which starts from the very beginning of our life is the accumulation of non-disposed waste products. This accumulation of acid waste can only be disposed of through consumption of alkaline forming food and drinks.

Harald Tietze in his book *Youthing* has stated that "By drinking alkaline water, the aging process can be reversed and wastes can be reduced in the long-term to a level of a much younger person." Alkaline water will help to neutralise harmful acids quickly and effectively and allow them to be flushed out by the blood via the skin, kidneys and bowels. Eko Crystals, contains a high percentage of alkaline minerals (calcium and magnesium) as well as many trace minerals which are essential in order to stave off the ravages of time and help us to lead a fully active and youthful life well into old age.



I had bad tendonitis in my elbow with constant pain. Since taking Eko Crystals the pain started easing and... had totally gone within 8 weeks. My husband has bad gout and is on medication constantly but got immediate relief the first day of taking Eko Crystals... When he forgets to drink the water his gout returns... he's got to drink it to be pain free. Karen



I have used Eko Crystals for 12 months, it's a marvellous product. I suffered severely with Polymyalgia and Arthritis and from using Eko Crystals it has gone into remission. When my pH reached 7.2 I stopped using it and my health declined, so I began using it again and my health and blood tests are normal. Thanks for a wonderful product that works. Judith

Eko Health & Acidic Conditions



Acid & Arthritis

Osteoarthritis which is the most common form of arthritis, usually affects elderly patients, however some forms can affect people from all age groups including children.

An acid body pH puts you at risk for developing some form of arthritis at some stage of your life, so it's essential for everyone to reduce acid levels before this painful disease can get a hold on you. If you already have arthritis it is even more imperative for you to reduce acid levels in order to improve quality of life and in some instances get your life back. Increase your intake of alkaline forming food and drinks and notice the difference. The more alkaline you become the more relief you'll get as your body starts to rebalance and function better.

Osteoporosis is also related to high acid levels in the body as the acid eats into bone causing loss of bone mass. Calcium is leached from the bones in order to stabilise blood pH that is becoming more acidic. Calcium leached from the bones can also become calcified and become deposited in joints and bone surfaces leading to Osteoarthritis as well as Osteoporosis.

Reducing acid and becoming more alkaline is the key for arthritis sufferers as it will help reduce pain and in many cases alleviate it all together. Eko Crystals is an easy way to reduce acid as many people have discovered.

Acid & Reflux

Excess acid can contribute to over 200 diseases and the sad fact is that most people don't realise how this excess acid is contributing to their health problems, weight gain and reflux.

Gastroesophageal reflux disease (GORD) or acid reflux, is a common symptom of today's lifestyle which can be very debilitating. The continual intake of mainly acid forming foods, pollution and stress can lead to an imbalance of the pH of the body, which can also lead to many diseases including reflux and other digestive problems. When too many acid forming foods are consumed, the stomach can't digest them fully and turns these undigested foods into acid waste. As the acids build up in the stomach, spasms and gas is formed causing pain and discomfort. This gas can then force the valve between the stomach and oesophagus open allowing acid to be leaked or refluxed back into the oesophagus causing a burning sensation in the chest or throat called heartburn. This acid reflux can sometimes be tasted in the mouth.

A simple change in diet and the type of water you drink can make all the difference to a reflux or digestive problem. By including alkaline water daily into your diet and changing to more alkaline-forming foods, reflux and the pain and discomfort it can cause can be relieved once and for all.

Acid & Urinary Tract Infections

Even though men can get bladder and kidney infections they seem to be more prevalent in women. It is essential that the vaginal area be kept clean and fresh at all times in order to minimize the risk of frequent bladder and kidney infections.

These infections also known as UTIs (urinary tract infections), can be very debilitating due to symptoms such as burning sensation when urinating, pelvic pain, frequent need to urinate with the inability to urinate fully and blood in the urine. It is important to look after both bladder and kidneys and protect them from bacterial infection. If symptoms in either bladder or kidneys persists antibiotics may be needed.

Most women who are prone to frequent bladder and kidney infections recognise the symptoms very quickly. The persistent pain or throbbing in the lower back often accompanied by sweating, is a classic symptom of kidney infection and must be dealt with immediately. Women who are prone to infections will find that these problems can be reduced dramatically and quickly when they start alkalizing their body and drinking plenty of alkaline water. Once symptoms have been recognised, the drinking of alkaline water at half hourly or hourly intervals will go a long way towards stopping the infection in its tracks and alleviating the pain pretty quickly.

Acid & Weight Gain

Excess acid and toxins are absorbed into the fat cells to protect the organs. As more and more acid forming foods are consumed the fat cells enlarge. The introduction of alkalinity to the body means that the stored acids are neutralised (they are now neutral salts) and can be released safely into the bloodstream, without compromising the pH of the blood. As these acids and toxins are released the fat cells start to shrink.

Dr. O. Young has said "fat is not a food issue, it is an acid issue". Unless you take steps to neutralise and eliminate acids you will always have difficulty reducing your weight and body fat. Introduction of alkaline to your body resulting in a decrease of acid levels can reverse the downward spiral into ill health, obesity and aging.

The WaWa Flush the Fat weight loss program developed by Eko Health is based on neutralising acids in the body through a comprehensive alkaline program. It's easy to do and literally helps to flush fat from the system by flushing the cells throughout the day with alkaline minerals. As the acids in the fat cells are neutralised they are released into the bloodstream to be flushed out of the system through the kidneys, bowels, lungs and skin.



I have had Osteoarthritis for 40 years... two back operations... calcification in my feet, hands, and spine... some days the pain is terrible... I started drinking Eko Crystals and I feel better than I have for ten years... I have more energy, plus I lost 6 kilo's and... done nothing but drink water with Eko Crystals... I found my answer to a pain free existence... Karin (RT, Dip of PC, GRM)



Karen



I have been using your wonderful product for 10 weeks. No more acid stomach burps, that troubled me for YEARS! Today I went for my annual check up regarding my kidneys. The doctor wanted to know why the... remarkable improvement. He told me: Whatever you are doing, keep it up. Thank you so much for such a simple yet amazing product. Ton



Ton



I was in agony with bladder infections and inflammation for years. I was always at the doctors, but nothing seemed to work. I stopped taking antibiotics when I started taking Eko Crystals... within 6 weeks the pain had gone... Even my arthritis and tennis elbow has improved and I just feel better with health over-all. Thank God for Eko Crystals... Maureen



Maureen



My doctor said my cholesterol was dangerously high at 7.6... I begged to let me get it down by diet. She gave me 6 weeks... I drank 3 litres of the water a day... I substituted acid foods for alkaline but not to any large extent. I lost just over 3.5 kilos... most importantly my cholesterol is down to 6.2, my doctor said "whatever you're doing keep it up, fantastic!" Michele



Michele

Eko Health & Acidic Conditions

Acid & Fibromyalgia

Fibromyalgia is a painful and debilitating condition which can often lead to depression. Continual pain all over the body leaves the sufferer desperate for relief as even the smallest amount of movement can cause excruciating pain and exhaustion.

There is relief! Fibromyalgia is a build-up of lactic acid in the muscles. This occurs because the mitochondria within the cells (little factories that produce energy) are not functioning properly and are therefore producing energy anaerobically (without oxygen). Athletes know only too well the pain of lactic acid build-up through strenuous exercise, however once they stop exercising the pain goes away very quickly as their energy system returns to aerobic (with oxygen). The fibromyalgia sufferer continually produces lactic acid because they are creating energy through glycolysis which means they use sugar instead of oxygen. This is called anaerobic energy and produces lactic acid.

When we are younger our cells work well and make energy properly. As cell function declines they start producing lactic acid and other inflammatory by-products. This changes the pH (acid/alkaline levels) in the fluid around cells. As fluid around the cells become more acidic energy production is compromised and the mitochondria does not function properly leading to lactic acid build-up and pain. If lactic acid is causing the pain a reduction in acid will reduce pain. Alkaline minerals will neutralise acid. By drinking plenty of water that is alkalisied and mineralised will quickly reduce acid in the body. Once the pain has eased it is important to look at diet because most people today eat too many acid forming foods and not enough alkaline forming foods. Simple lifestyle changes can make a huge difference. As it's difficult to adhere to an alkaline diet, drinking water with Eko Crystals is an easy option and can greatly help reduce acid levels which is very beneficial to the fibromyalgia sufferer and athletes.



Claire

Eko Crystals is the best thing that I have come across to help with Fibro, Osteo-Arthritis, Chronic Fatigue, GORD and MCS... plus my blood pressure has gone down and weight is starting to drop off with NO significant changes to my diet or exercise. This stuff is GREAT! Thank you all so much, Claire



Tanya

I have been using Eko Crystals for 4 weeks and I have so much more energy for my 3 kids. I'm feeling better inside and out - my skin is clear and glowing. I'm sleeping soundly. My mornings were a struggle with back pain but this is starting to ease. I'm so glad my mum told me about this - not only am I benefitting, but my kids are too! Thanks Eko Crystals. Tanya



Annabella

Although it's only two months since using Eko Crystals, I feel a sense of wellness. I suffer Fibromyalgia and am grossly overweight. In two months I have lost 13kg and went from a size 24 to a 20 and my body manages the pains much better. I am simply delighted with the outcome, YES you have a totally devoted customer! Annabella



Experts On Alkalinity & Health

DR ARTHUR C. GUYTON M.D.

"...we must supply the alkalinity from an outside source to keep us from becoming acidic and dying!"

DR. THEODORE A. BAROODY

"The countless names attached to illness do not matter... they all come from...too much tissue acid waste in the body!"

DR. OTTO WARBURG NOBEL PRIZE PHYSIOLOGY 1931

"If your internal environment is changed... to an alkaline environment...viruses, bacteria and fungus cannot live!"

SANG WHANG

AUTHOR: REVERSE AGEING

"...some cells change their formula in order to survive in an acidic environment... this is the beginning of cancer. Cancer cells are acidic while healthy cells are alkaline!"

MARIANA BOZESAN PHD, MS, BS, BA

"Over-acidification of body fluids... opens the door to sickness and disease, as well as extra body fat!"



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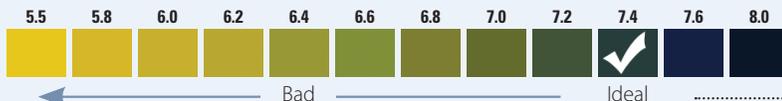
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How to use Eko Litmus



FOR SALIVA TESTING ONLY (test in the morning before food or drink.)
1. Wet strip with saliva. 2. Wait 15 secs. 3. Match colour on chart, record pH.

Your pH Level:



ONLY
\$19.95
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100 STRIPS