

Health Benefits of Water

Energy

- When you are dehydrated by only 5%, you will experience a 25% loss of energy.
- Drinking Real Water will fully hydrate all the cells in your body, reversing fatigue, restoring and enhancing energy levels.

Weight Loss

- Our brain literally does not distinguish between the sensations of thirst and hunger.
- Both are derived from the same place. Drinking Real Water will stop “incorrect hunger signals” making you lose weight.

Clear Skin

- When dehydrated, your body cuts off water to non-vital organs such as your skin resulting in dry skin acne, pimples, eczema and psoriasis.
- Drinking Real Water will flush out toxins, giving you clear healthy skin.

Alkalinity & pH Balance

- Our modern lifestyle and diet results in an acidic blood pH, causing fatigue and sickness.
- Drinking Real Water assists your blood and cells to become alkaline, creating a healthy immune system.

Anti-Ageing

- Aging occurs when our cells do not dispose of internally generated waste and toxins.
- Drinking Real Water hydrates all cells in your body, flushing out toxins and wastes effortlessly.
- Combats Constipation
- Combats Fatigue that leads to Stress
- Assists with bio-electrical impulses
- Assists with the digestive function
- Assists with the eliminating of toxins
- Hydrates all cells in your body
- Regulates body temperature
- Regulates blood pressure
- Chemical conduit & energy booster

Expectant Mothers

- Assists women during pregnancy
- Produces extra blood for the birth process
- Promotes healthy amniotic fluid
- Prevent dehydration during morning sickness
- Prevent demineralization during pregnancy
- Prevents muscle cramps
- Assists in reducing fatigue
- Assists women when breastfeeding
- Increased milk production

Children

- Children Increased learning capability
- Researchers at the institute of Psychiatry in London and the MRC and Brain Sciences Unit in Cambridge found that teenager's brain work less efficiently when they become dehydrated, making tasks such as problem solving far harder.
- Drinking Vida Mineral Water assists in the prevention of child obesity.
- Assist in the development of bone structure and maintain the calcium and magnesium levels in the body.

Athletes

- Prevent injuries
- Promotes elasticity in muscle tissue.
- Promote endurance
- Prevent dehydration during exercise
- Keeps calcium and magnesium levels constant for training
- Promote good bone structure
- Assist in cholesterol control due to chronic dehydration.
- Assist in kidney functions.

Diabetics

- Assist in stabilizing blood sugar levels. People with diabetes have an increased risk of dehydration as high blood glucose levels leads to decreased hydration in the body.

Prevent back pain

- The disc is shock absorbers that keep your bones from rubbing together but the discs are UNABLE to do its job unless they fully hydrated. The cushioning ability of discs is based on their water content.
- If your discs are not fully hydrated they are no longer soft and spongy, they shrink, become hard and may even slip out of the mouth of the vertebra.
- Your bones become pinched and painful and nerve on bone pain becomes a chronic condition.

Fertility

- Drinking water that is contaminated with birth control hormones and acid mine drainage increases risk for infertility in men and women.
- Drinking Real Water is completely free from all hormones and Acid Mine Drainage.