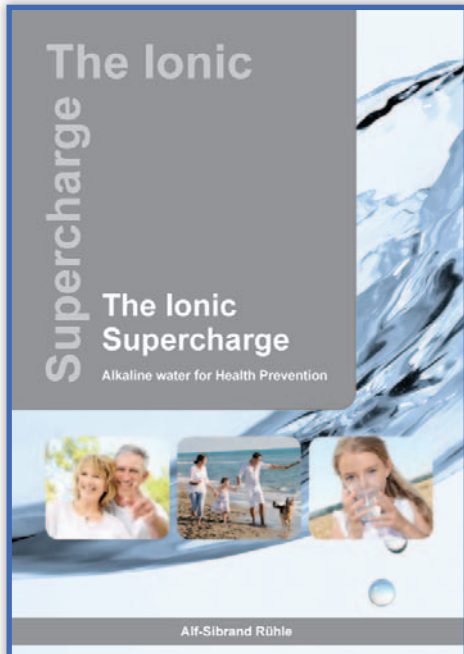


Water Tuning



Optimisation of Drinking Water through Ionization

It seems to be too good to be true to treat tap water in your own household just at the push of a button and prepare a delicious and healthy drink. Consequently author Alf Sibrand-Rühle was quite sceptical when he heard about water ionizers for the first time. He suspected behind an occult, largely esoteric issue which seemed to be a mere matter of faith.

But the more he got to the bottom of it, analysed facts with renowned medical experts and technicians, collected international experience reports, the more it became evident that water ionization did not only work, but that its effects are also measurable and provable. It gradually became clear: There are hidden potentials and opportunities to achieve a great deal for health and well-being with little expenses and efforts.

Water is our most important food

But in everyday life we hardly realise its importance for the body. At first it sounds amazing that the kind of water we drink has a substantial impact and supports the metabolism and consequently numerous vital functions. Anyway, reading this book you will discover more about yourselves. It explains the functioning of the metabolism in a generally comprehensible way and explains the importance of the acid-base-balance and the risks to which the body is exposed for example through free radicals or mineral deficiency. Also the relations of the biological ageing process play a role. Step by step the fascinating effects of ionized water in these connections become evident.

Which are the functional principles of a water ionizer and what does its interior look like? Which are the indispensable functions of a good appliance and what do you have to look for when buying? All questions regarding the choice and the effective use of the appliance are explained in detail, numerous practical tips provide precious additional information. Info boxes remind you of lost basic chemical and physical knowledge from your schooldays. Furthermore, many simple experiments, which can be easily reproduced at home, show the characteristics and features of ionized water.

Reading this book helps you to understand your body better and you will be surprised how easy it is to provide for a greater sense of well-being by simply drinking healthy water. All you need to do is to be able to open the water tap.



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