

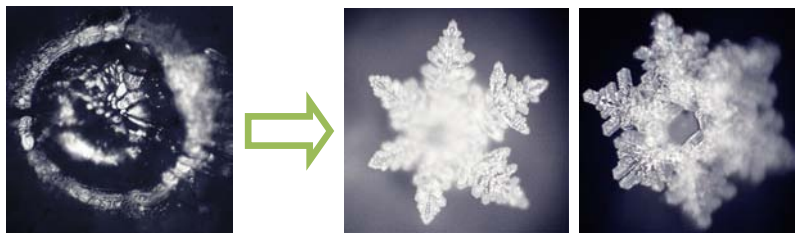
# Maintaining Optimal Hydration



This is a hydration program from a Medical Doctor who dedicated 35 years research on the effects of dehydration. Our joint venture with Dr. Batmanghelidj's company allows you to receive his full hydration program summarized from all of his works. You may know him from his bestseller, 'Your Body's Many Cries For Water'. Follow this program to improve hydration. **Combine this program with Tri-Vortex energy products to improve the quality and energy of your water. Enjoy enhanced vitality and wellness.**

## Water Intake

- Adults – **1.5 litres of water per 50 kg body weight** - per day (minimum)
- Drink the best water available or at least filter the tap water and sit your water on/near a **Tri-Vortex Water Disc which energises and re-structures the water molecules.**



Reverse osmosis water (crystal on left) becomes beautifully, structured water crystals after being placed on a Tri-Vortex™ Disc for up to 3 minutes. The above photos are originals from Dr. Emoto's laboratories in Lichtenstein and Japan during July 2007.

- With Tri-Vortex, you are going to feel more balanced, focused and energetic.
- Drink 2 glasses of water ½ hr before meals (this provides free water for digestion).
- Have very little or none, for 2hrs after meals.
- Drink 2 glasses of water & a pinch of sea salt before going to sleep and 3 glasses of water upon waking.
- Drink freely between these periods.
- If water intake has been low (normally in the elderly), increase amount slowly until urinary excretion roughly matches intake.
- Remember to drink water in the winter as this is when most people become ill.

## Salt Intake

- Use ¼ **teaspoon of unprocessed sea salt** without additives, **per litre of water.** **Tri-Vortex Sea Salt is now available**
- Use this same sea salt for cooking and on food.
- If food already contains salt, reduce this amount accordingly.
- It is best not to add salt to water as the taste can be a deterrent from drinking sufficient amounts of water. Instead, place the salt on your tongue for immediate benefit and wash down with water.



## Exercise

- **Walk for 30 minutes** in the morning and evening every day.

**IF YOU SUFFER FROM HYPERTENSION OR ARE BEING TREATED FOR ANY OTHER DISEASE, CONSULT YOUR PHYSICIAN BEFORE STARTING A RIGOROUS INTAKE OF WATER AND SALT. THIS INFORMATION IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

# Tri-Vortex Really Works: Try For Yourself



*These are some simple tests you can conduct to gain a direct experience of how Tri-Vortex improves the physical structure of all living things – bringing you balance, energy and an abundant lifestyle.*

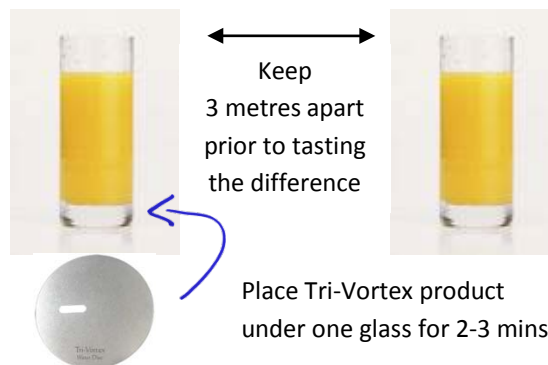
## Taste Test

1. Pour two 1/4 glasses of orange juice, water or red wine.
2. Place one of the glasses on your Tri-Vortex product and move the other glass at least three metres away.
3. Wait for 2-3 minutes, take a glass in each hand and compare the two drinks by first comparing the smell, then the taste and texture. You will experience the increase in oxygen and the lowering of acidity and surface tension.

**The following will be observed:**

The treated drink will have an improved aroma, the acidic taste or tartness will be noticeably reduced and have a smooth, silky taste. Those with sensitive taste buds will record a large improvement in all liquids.

**Please Note:** Some people, including most smokers and coffee drinkers have a reduced sense of smell and taste, therefore the differences may not be as distinct.



## Stretch Test

Stretch tests can also be conducted after you receive any kind of Tri-Vortex product. Everyone, no matter if you are a couch potato or a yoga instructor, has a tight 'catch point' in the lower back, hamstrings or knees when you lock your knees straight and attempt to touch your toes. The Tri-Vortex Technology significantly relieves this catch point, allowing you to have more flexibility and reach further when touching your toes... all in just minutes.

*For this test, use a person that has never had exposure to Tri-Vortex energy products, or use a person who has not used or been near Tri-Vortex products for at least 24 hours.*

1. Stand upright, locking knees straight
2. Raise hands above the head
3. Slowly bend over and attempt to touch toes
4. Reach to maximum stretch point
5. Hold maximum stretch point for 2-3 seconds
6. Lift hands above head again
7. Identify 'catch point' on body
8. Tri-Vortex product is placed on each 'catch point' for 2 minutes
9. Steps 2 thru 8 are repeated

After step 9, the 'catch point' will have significantly loosened or disappeared, allowing even more flexibility. You can also use this test on other parts of the body.

## EMF Test

Anyone that can do a muscle test can witness the energy and protection of Tri-Vortex. *For this test, use someone that is not wearing Tri-Vortex products and has an indicator muscle that is fully operational.*

1. Hold a mobile phone (or any electrical appliance) to the person's upper torso and test resistance of the person's arm. The person's arm will not stay strong and drop down.
2. Place a Tri-Vortex product on the battery of the phone, repeat the above step by holding the phone to the person's upper torso and test resistance of the person's arm. The person's arm will remain firm and strong and will not move.

## Relief Test

For specific relief of various conditions, place your Tri-Vortex product as close to the problem area as possible. You will feel a difference within 2-20 minutes. Some conditions will require more extensive measures. Please contact us for more information.

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