

Water—how important is it to our health

Carol Rose Keppler, M.EI

Master Energy Intuitive

Good question. Simple answer. Bottom line—your body requires water, “free” water (no flavoring), for cell-repair.

Those who drink at least one quart of pure water daily (or half their body weight in ounces of water) are providing the raw materials for cell repair.

1. The body is about 80% water. Even the bones are 22% water!
2. The brain is 85% water.
3. We need 1 pint of water each day just to make the saliva for eating and digesting our food!
4. Without sufficient water the cells are not able to amp the hydro-electric energy they need to self-repair!
5. The AltWaters™ System has been designed with this in mind. Water is the carrier for the resonant frequencies of the formulas, over 11,000 of them. These frequencies are used to instantly neutralize negatives at the cellular level and beyond. Fast. Easy.