

LIFEOWN CARE

WATER CHANGES EVERYTHING



A Water Drive for the Indian Community





We believe in a world where
every single person has access
to Ionized Alkaline water



Refresh and Healthy living with Alkaline Water.

Welcome to the World of Alkaline Water, a refreshing and rejuvenating way to quench your thirst

Journey Towards a Healthier Lifestyle

Human Body-Panchtatva

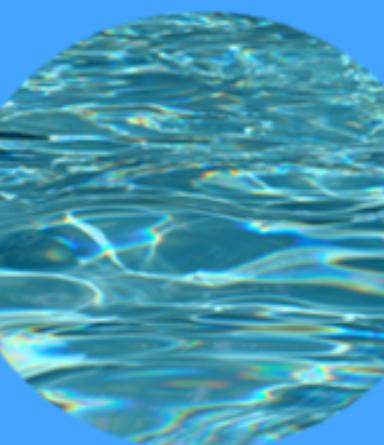
SPACE



EARTH



FIRE



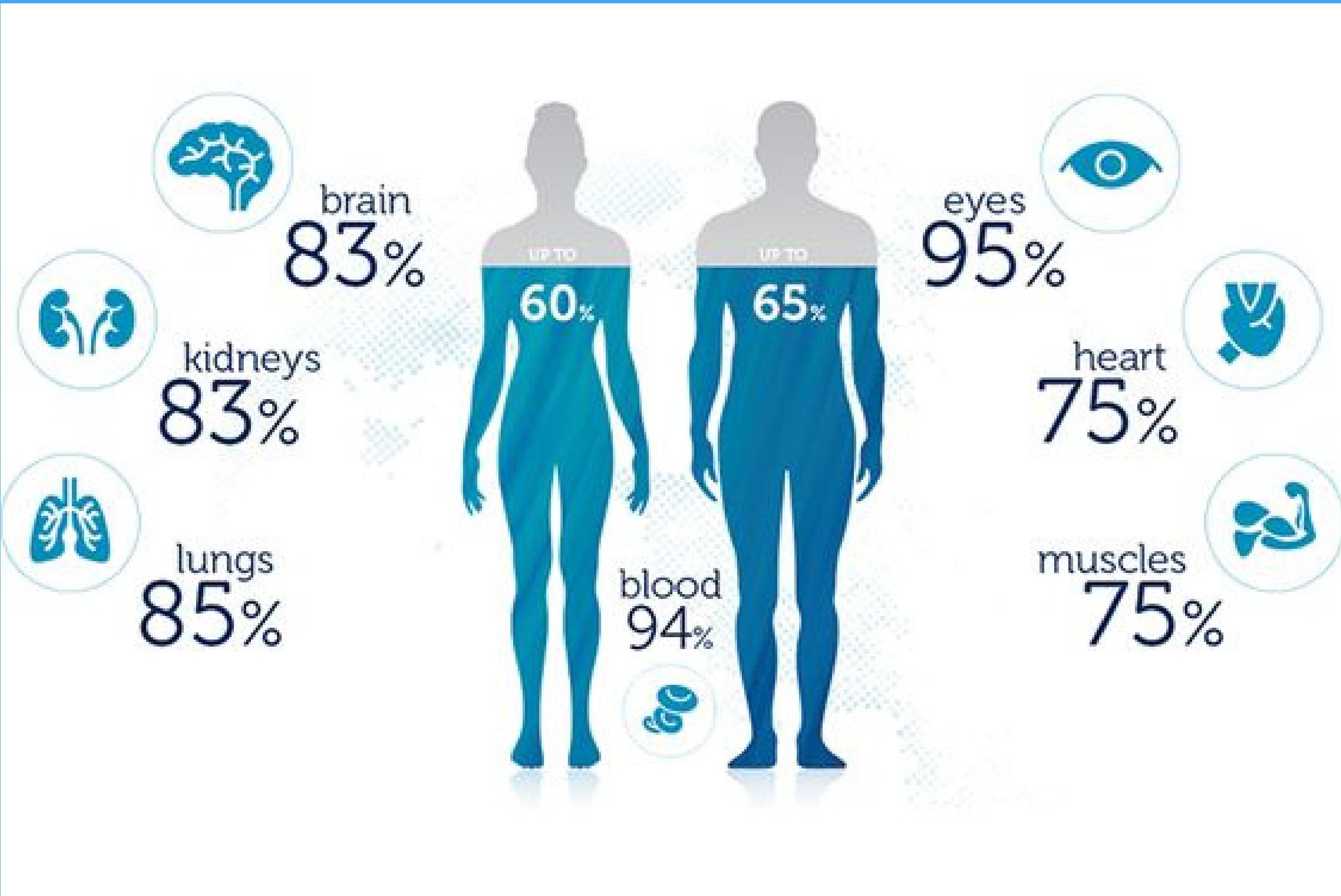
WATER



AIR



WATER IN HUMAN BODY



Human Body is big Collection of Cells

Types of Cells in the Body



Stem Cells



Bone Cells



Blood Cells



Muscle Cells



Fat Cells



Skin Cells



Nerve Cells



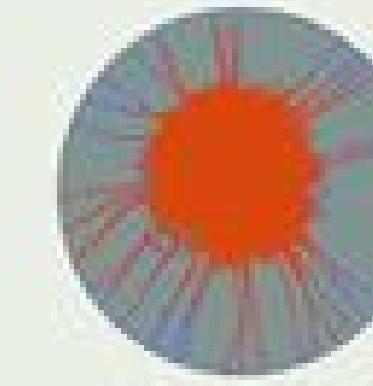
Endothelial Cells



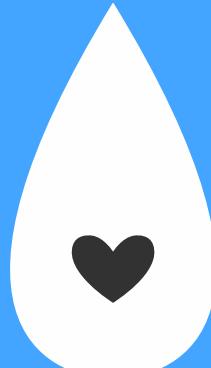
Sex Cells



Pancreatic Cells



Cancer Cells



The pH Scale



Stomach Acid



Vinegar



Coffee



Water



Baking Soda



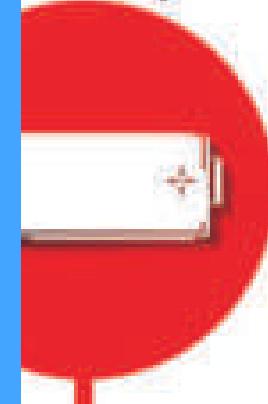
Ammonia Solution



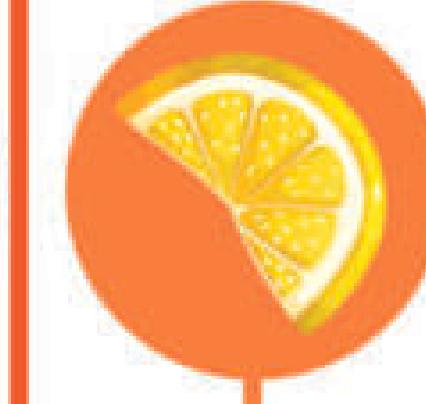
Bleach



Battery



Lemon



Tomato



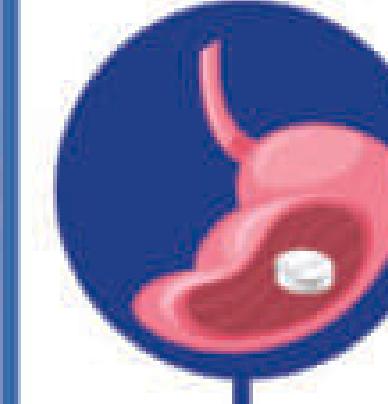
Milk



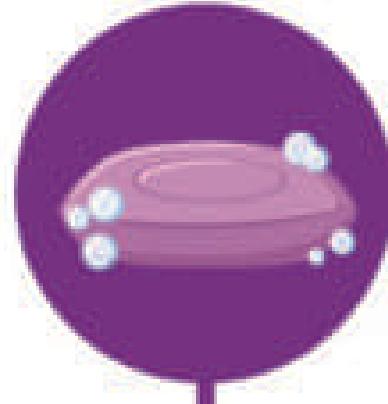
Blood



Stomach Tablets



Soap



Drain Cleaner



0

1

2

3

4

5

6

7

8

9

10

11

12

13

14

Acidic

Neutral

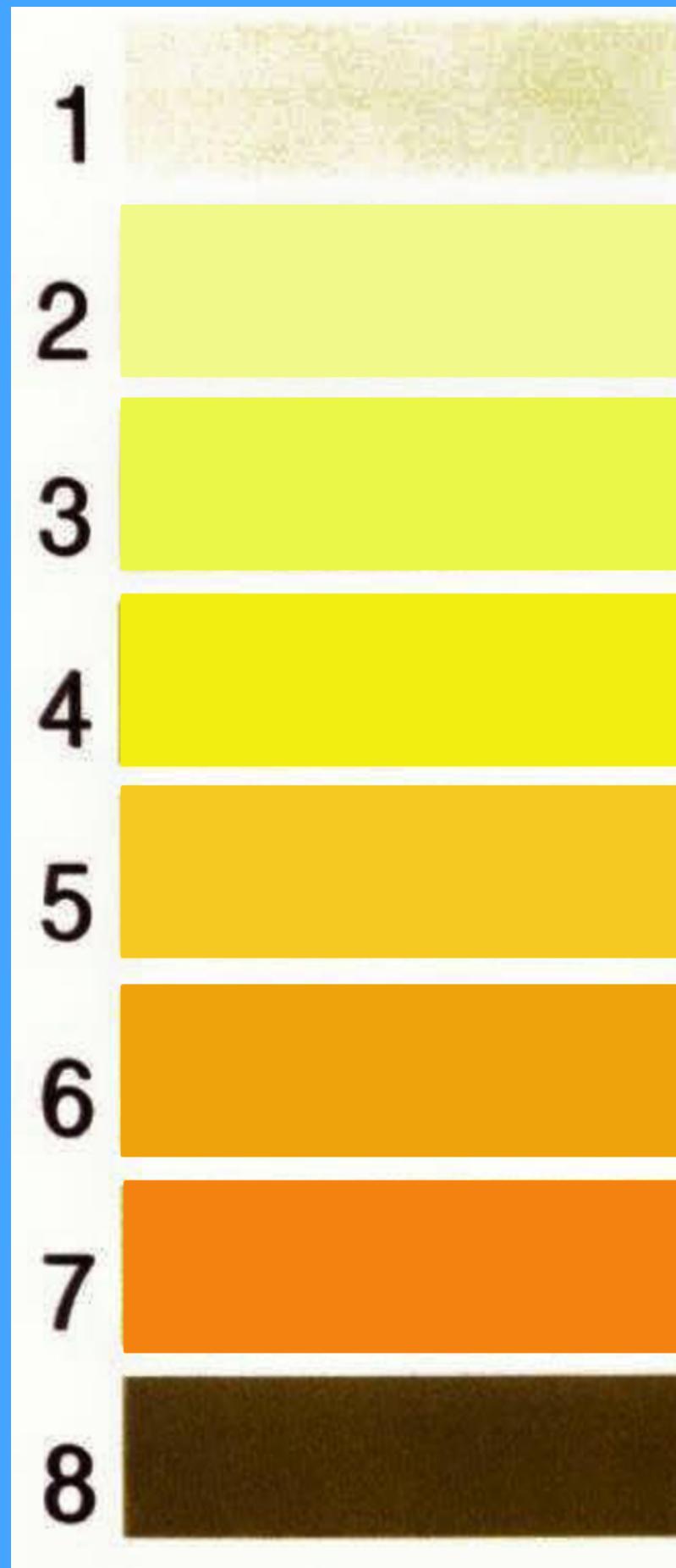
Alkaline

URINE COLOR CHART

1-3- HYDRATED

4-6 DEHYDRATED

7-8 DISEASED



The American Journal of Cellular Science
DOCTOR'S URGENT WARNING:
**"You're Not Old
You're Dehydrated!"**

OLD AND DEHYDRATED

- Heartburn
- Joint pain
- Migraine
- Blurry vision
- Constipation
- High blood pressure
- Blood sugar issues
- High cholesterol
- Mood swings
- Fatigue
- Weight gain
- Sleep problems

YOU'RE PROBABLY DEHYDRATED! So please read on, and discover the new breakthrough that can spare you all this...

YOUNG AND HYDRATED

- Feel better
- Feel younger
- Look younger
- Lose weight
- Have more energy
- End Sore Joints
- Gain a sharper mind
- Clear your vision
- Let your mood soar
- Grow Full Thick Hair
- Grow strong Nails
- Stronger, Whiter Teeth
- Fine lines disappear
- Wrinkles disappear
- Age spots vanish
- Loose skin tightens
- Dry skin hydrates

Spring 2016 Special Edition

USES OF PH LEVELS

5.5

6.0

7.0

8.5

9.0

9.5

10.0

ACIDIC

PURIFIED

ALKALINE



CLEANING

SKINCARE

BABY FORMULA

PRESCRIPTION

CHILDREN

DRINKING

WASH VEGETABLES

COOKING

TYPES OF WATER



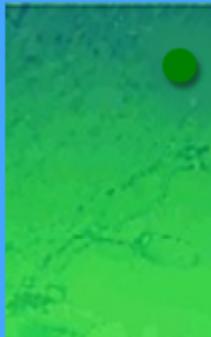
- **Strong Water 10.5 pH**

Emulsifier: Removes agricultural chemicals in your food... & more.



- **Alkaline Water 9.5 pH, 9.0 pH, 8.5 pH**

Health: for drinking and cooking... anti-aging.



- **Clean Water 7.0 pH**

Neutral: for the baby... & while taking the medication.



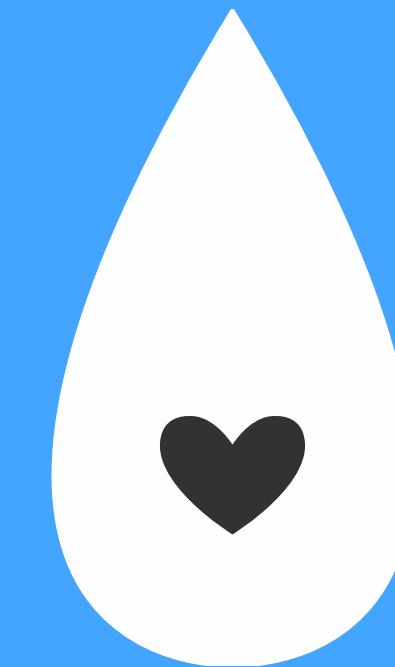
- **Beauty Water 6.0 pH**

Toner: for Skin and hair (4.5, 5.0 & 5.5pH for bathing... also good for plants).



- **Strong Acidic Water 2.5 pH**

Disinfectant: kills virus and bacteria... sterilizing & sanitizing.

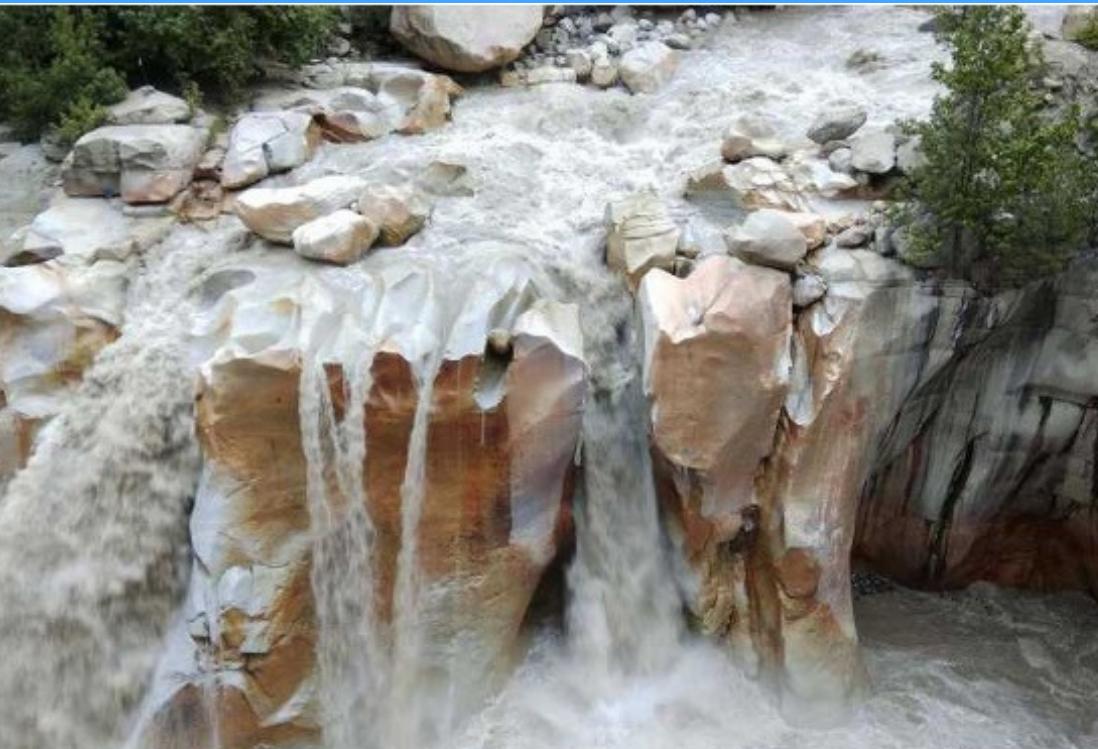


HOLY WATER

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HOLY WATER



GANGOTRI WATER



ZAM ZAM WATER

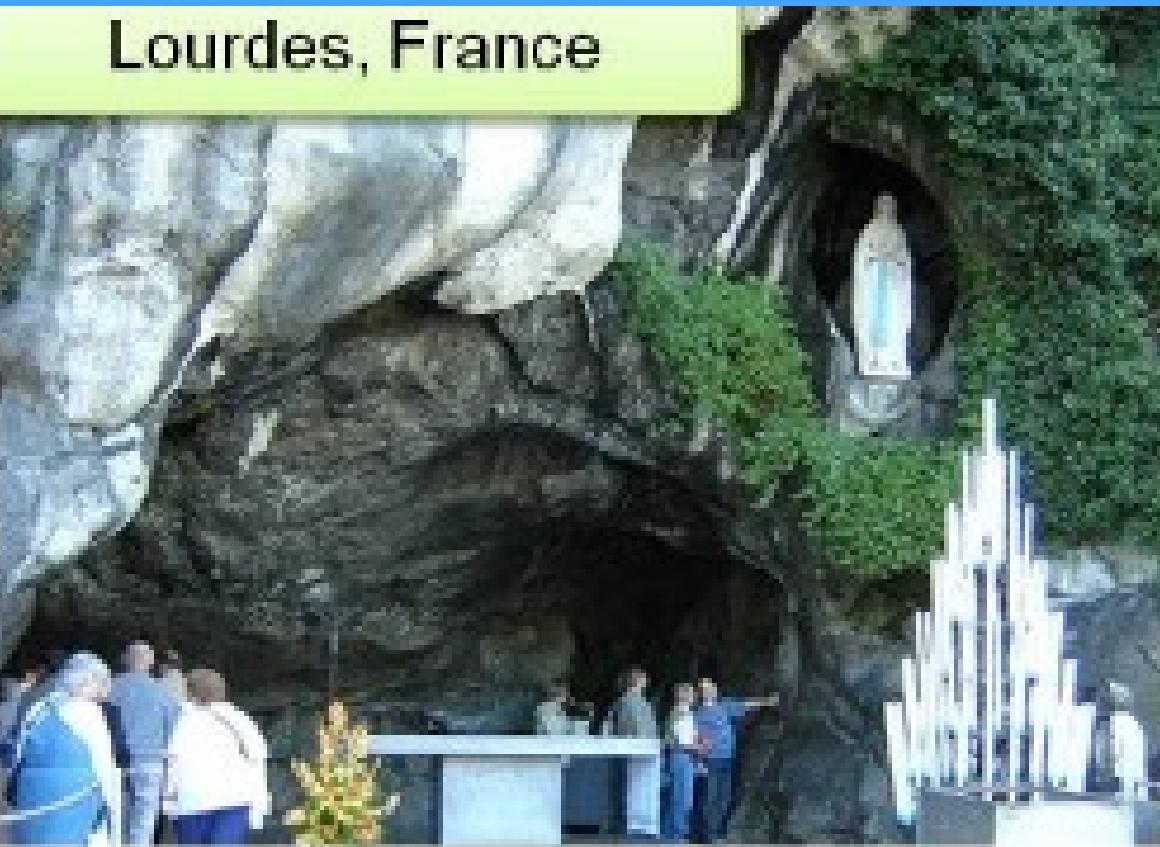


TLACOTE MEXICO

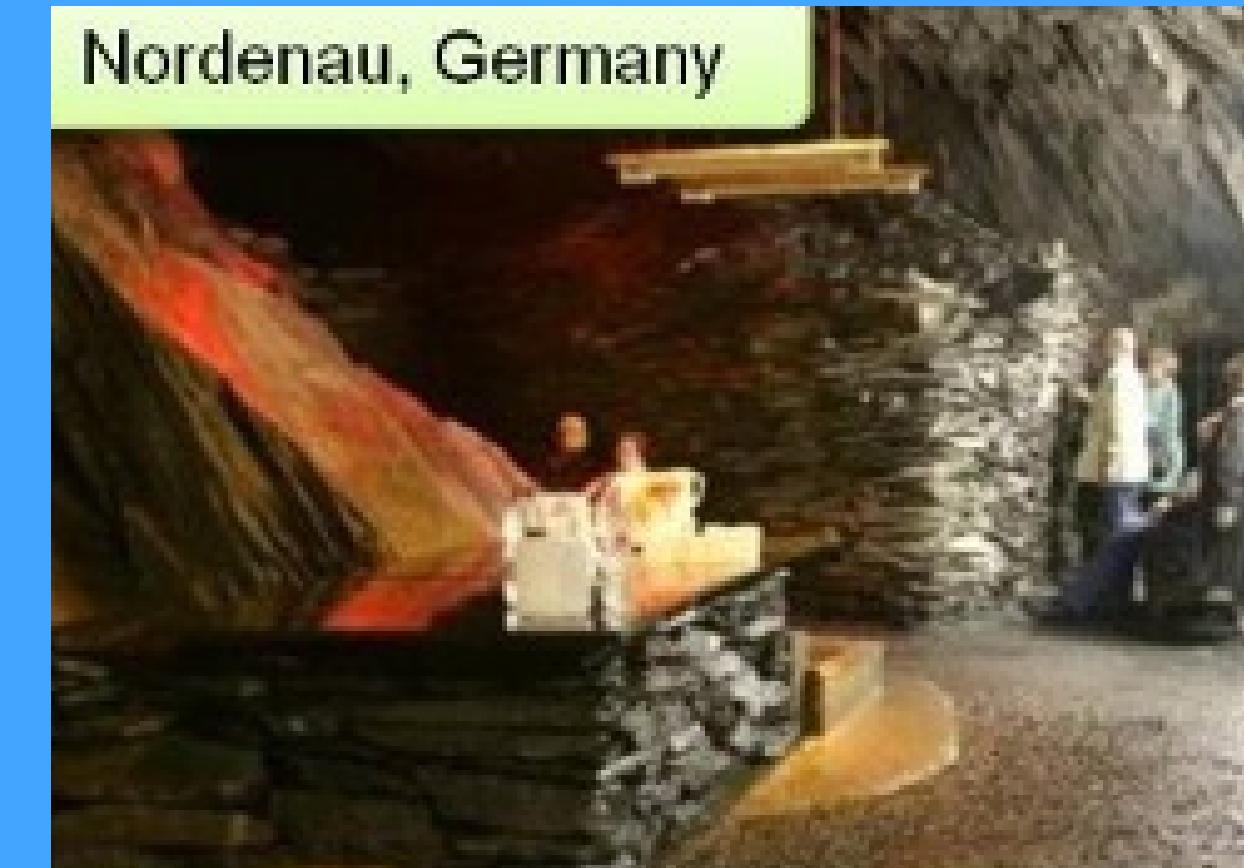
HOLY WATER



Lourdes, France



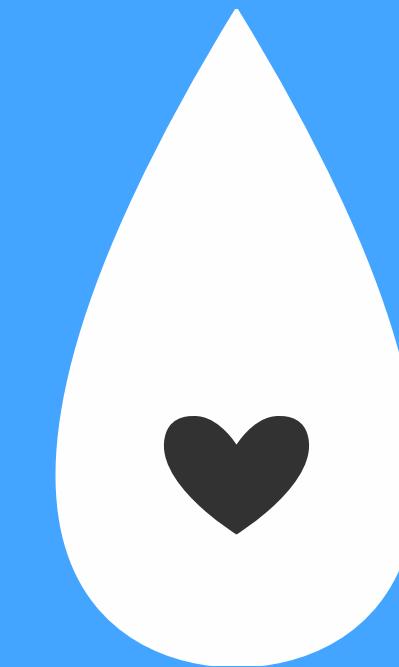
Nordenau, Germany



LOURDES, FRANCE



NORDENAU, GERMANY



ALKALINE WATER

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ALKALINE WATER



Alkaline water refers to water that has a higher pH level than regular tap water. Alkaline water typically has a pH level greater than 7, indicating that it is more alkaline or basic in nature. The higher pH of alkaline water is achieved by increasing the concentration of alkaline minerals such as calcium, magnesium, and potassium. These minerals can be naturally present in the water or added through various methods, including ionization, electrolysis. Alkaline water offers several potential health benefits, such as neutralizing acid in the body, promoting hydration, improving digestion, boosting immune function, and even preventing chronic diseases.

AMAZING BENEFITS OF ALKALINE WATER



Ionized alkaline water is one of the hottest topics in the health and wellness world. It is quickly becoming a staple in many people's daily lives. This article will help those interested in ionized alkaline water to better understand the benefits:

01

Alkaline water has a pH level of 7.0 or higher. The pH level is an indicator of how acidic or basic a substance is. The pH level of tap water is about 7.4, so ionized alkaline water is more acidic than tap water.

The ionization process removes contaminants like chlorine and lead, making the water cleaner and healthier.

02

Alkaline water has many health benefits. It can reduce inflammation, increase energy levels, and provide antioxidant benefits.

03

The minerals in alkaline water can improve digestive health, enhance the body's absorption of nutrients, and reduce risk of chronic diseases like cancer.

04

Here's a list of ways you and your family can benefit from alkaline water!

1



Helps neutralize and release acidic waste, which encourages fat loss

2



Helps neutralize lactic acid, which promotes faster recovery time after exercising

3



Helps boost immune system

4



Increases energy

5



Helps promote strong bones

6



Helps heal minor skin irritations

7



Promotes better, restful sleep

8



Helps skin stay soft and hydrated

9



Has sanitizing properties that can be used in topical skin applications

10



Helps flush out toxins to promote a clear and healthy complexion

11



Fights free radicals that accelerate aging

12



Eliminates the need for many cleaning supplies by sanitizing surfaces with its germ-fighting properties

13



Helps reduce plastic bottle waste because it is eco-friendly

14



Cleans produce effectively by breaking down and washing away oil-based pesticides and insecticides

BENEFITS OF ALKALINE WATER



KITCHEN HACKS USING ALKALINE WATER



Soak Meat in Alkaline Water to Enhance Flavor and Tenderness

1



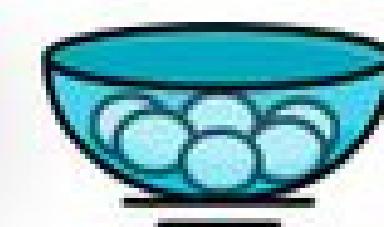
Use Alkaline Water When Making Aromatic Drinks to Improve Fragrance

2



Soak Boiled Eggs in Alkaline Water for Easy Peeling

3



Soak Vegetables in Alkaline Water to Regain and Retain Freshness

4



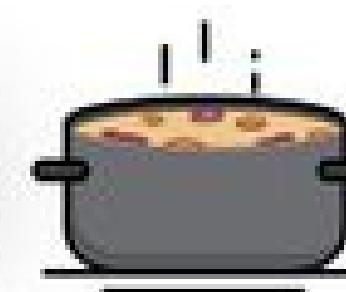
Rinse and Prepare Fruits and Vegetables with Alkaline Water to Balance Out Acidity

5



Switch Tap Water with Alkaline Water When Making Stews, Stocks, and Soups for Improved Nutrient Intake

6



Brew Coffee and Tea with Alkaline Water to Remove Bitterness

7



Make Smoothies Using Alkaline Water to Get Double the Nutrients

8



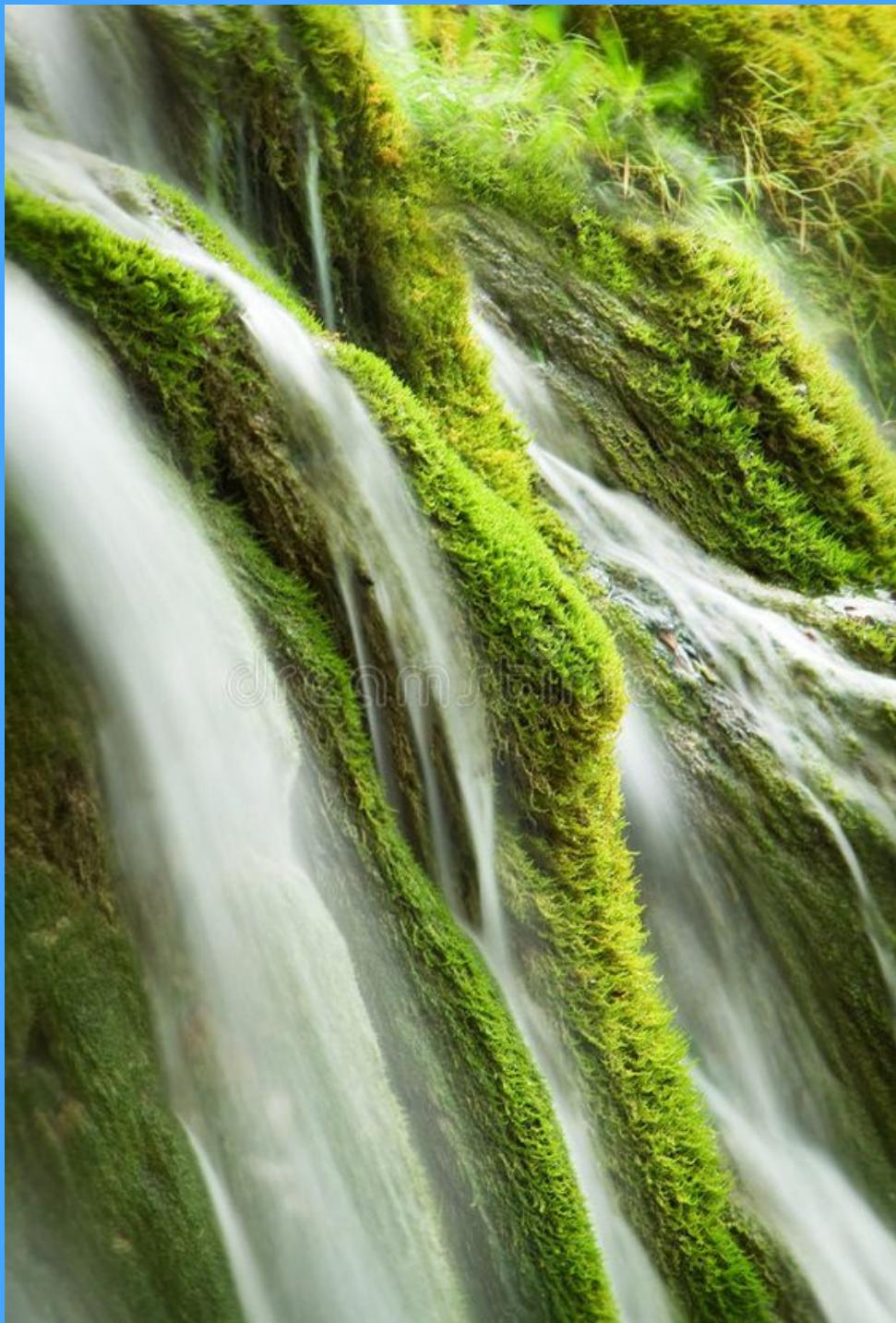


MICRO CLUSTER WATER

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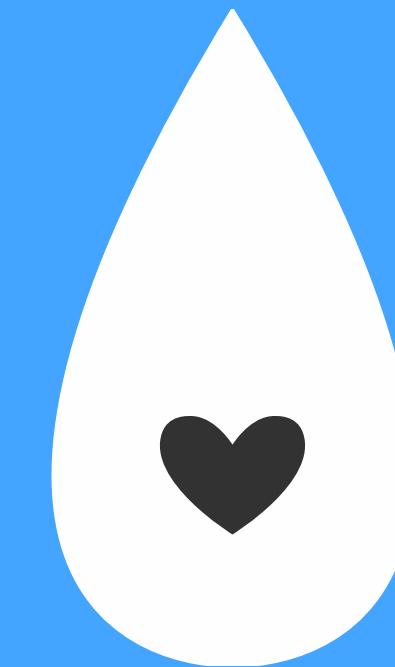
BUILDING HEALTHIER INDIA

ALKALINE – MICRO CLUSTER WATER



Water in nature moves through the water cycle we all learned about at school flowing through the earth, evaporating into the sky, falling back to earth as rain.

These natural processes, the free flowing spiralling movement, cause water to become micro clustered as well as becoming harmonically structured. Typically the water bursts into micro clusters of 3-5 molecules. Water is then absorbed much more readily by the body – it is said to be more bio-available. The smaller, micro clusters can more easily pass through cell membranes. Consequently, it has the ability to hydrate more quickly and efficiently

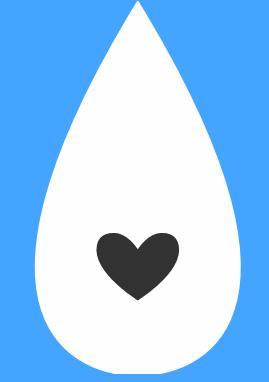


OXIDATION

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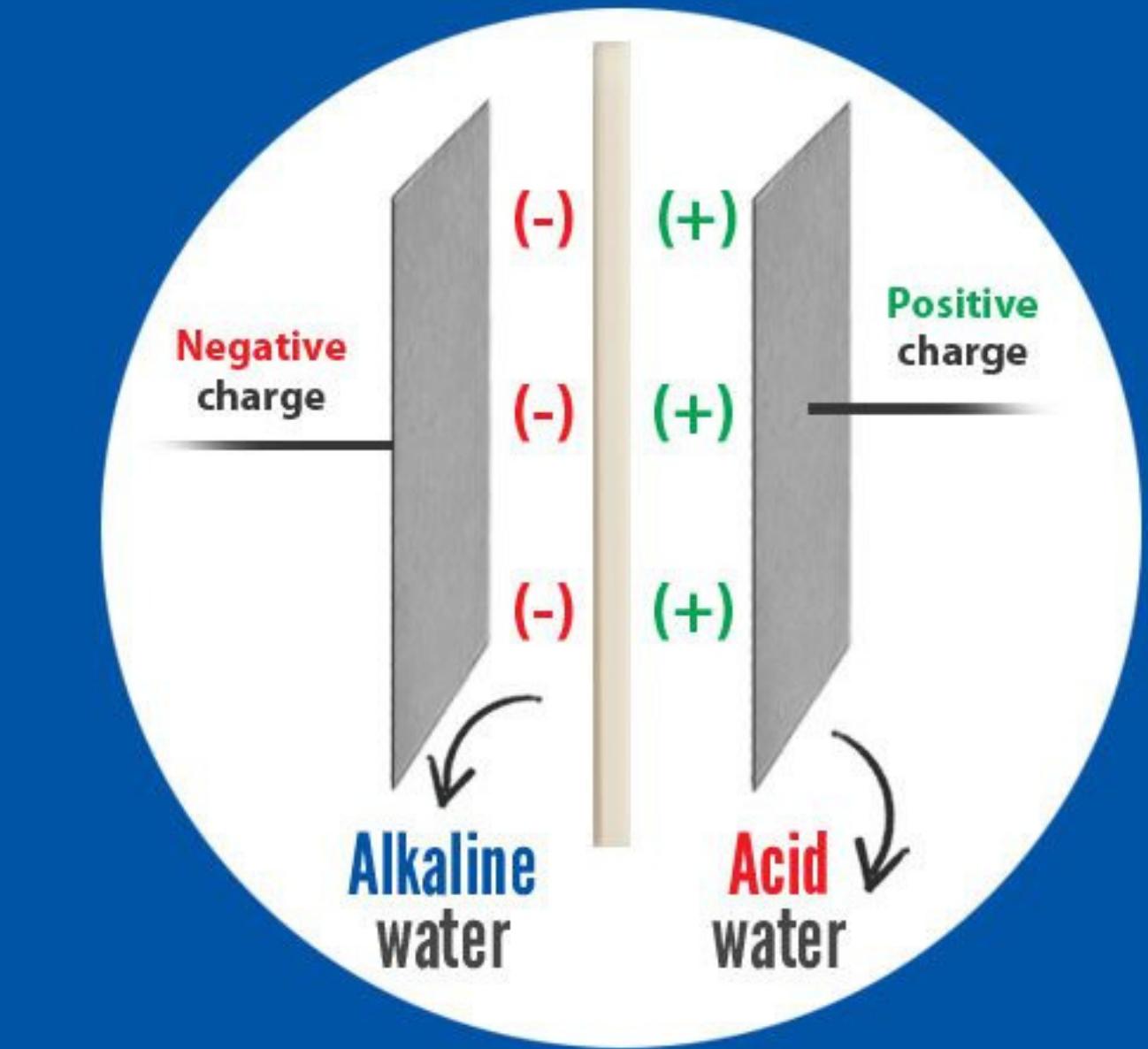
OXIDATION



ALKALINE WATER = ANTI-OXIDANT WATER

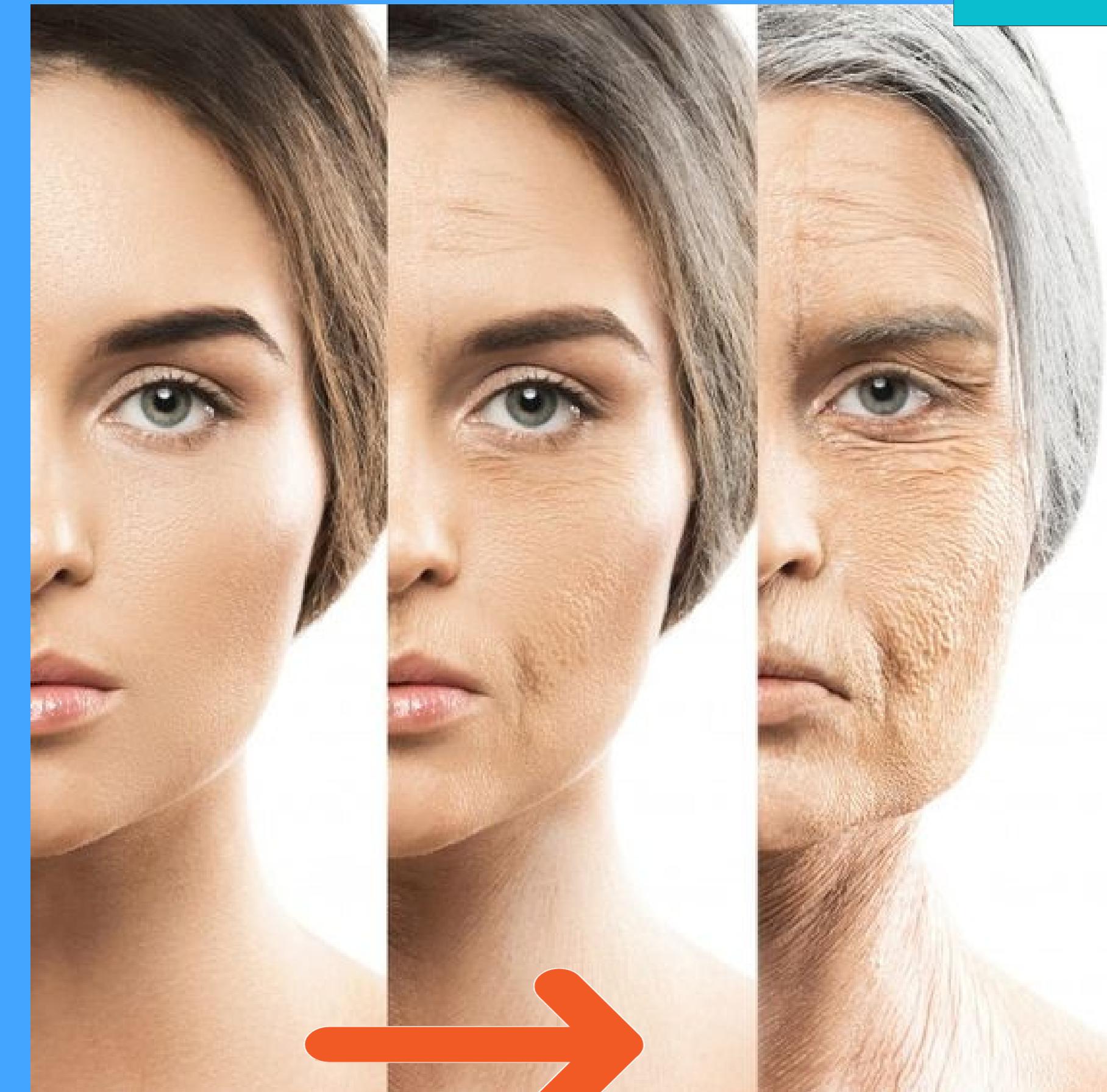


Ionization Chamber

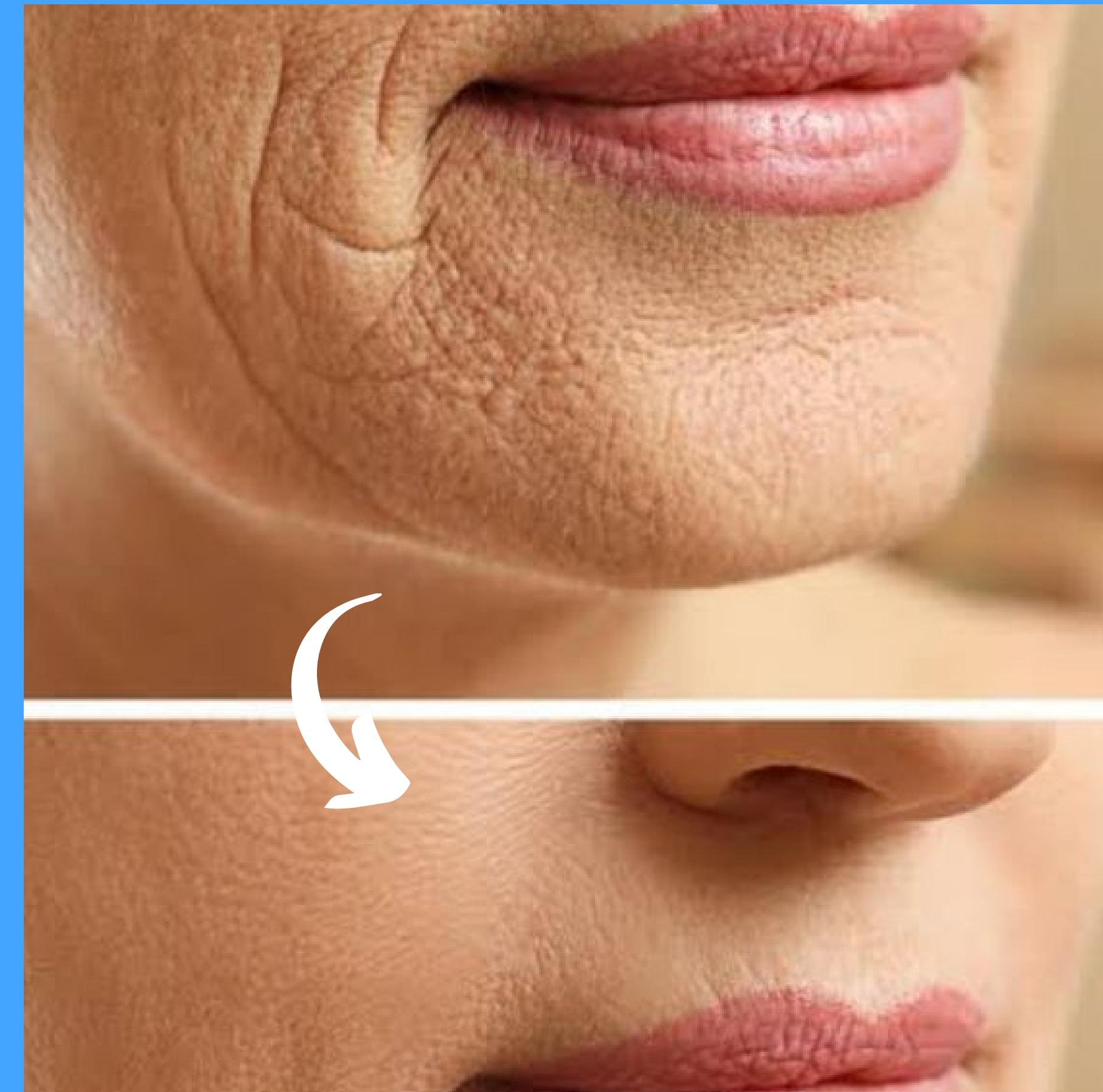
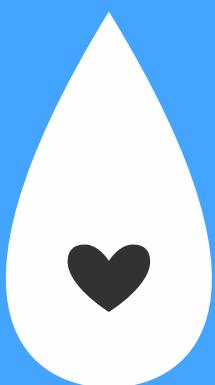


- Water separated by ionizer into *alkaline* and *acid*
- Alkaline minerals drawn to negative charged plate
- Minerals gain negative (antioxidant) charge
- ***MORE POWER = MORE ANTIOXIDANT***

OXIDATION = AGEING = SICKNESS



ALKALINE/ANTIOXIDANT WATER = REVERSE AGEING OF SKIN





**SCIENCE THAT
REPLICATES
NATURE**

ALKALINE - ANTI-OXIDANT WATER

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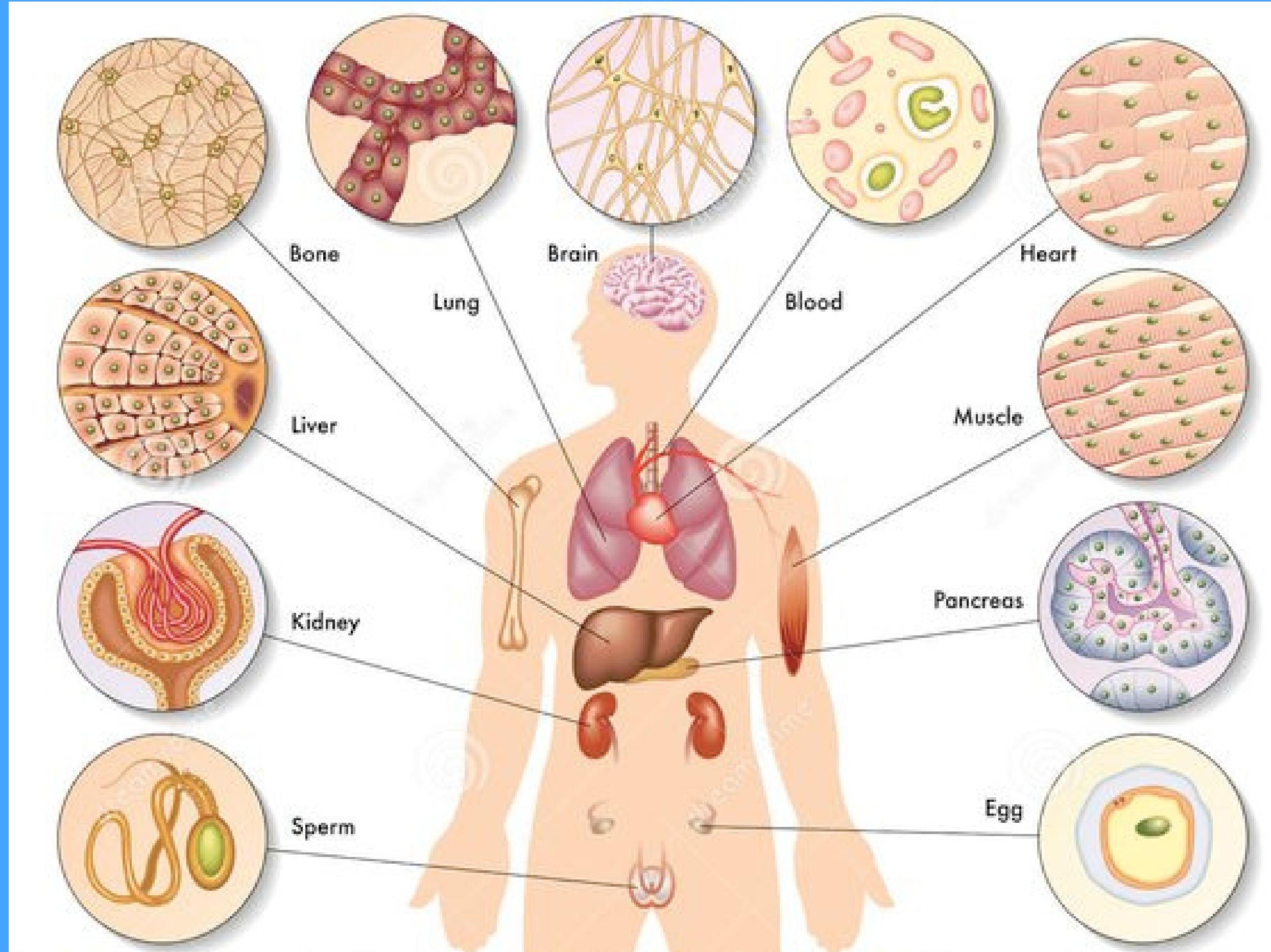


CANCER

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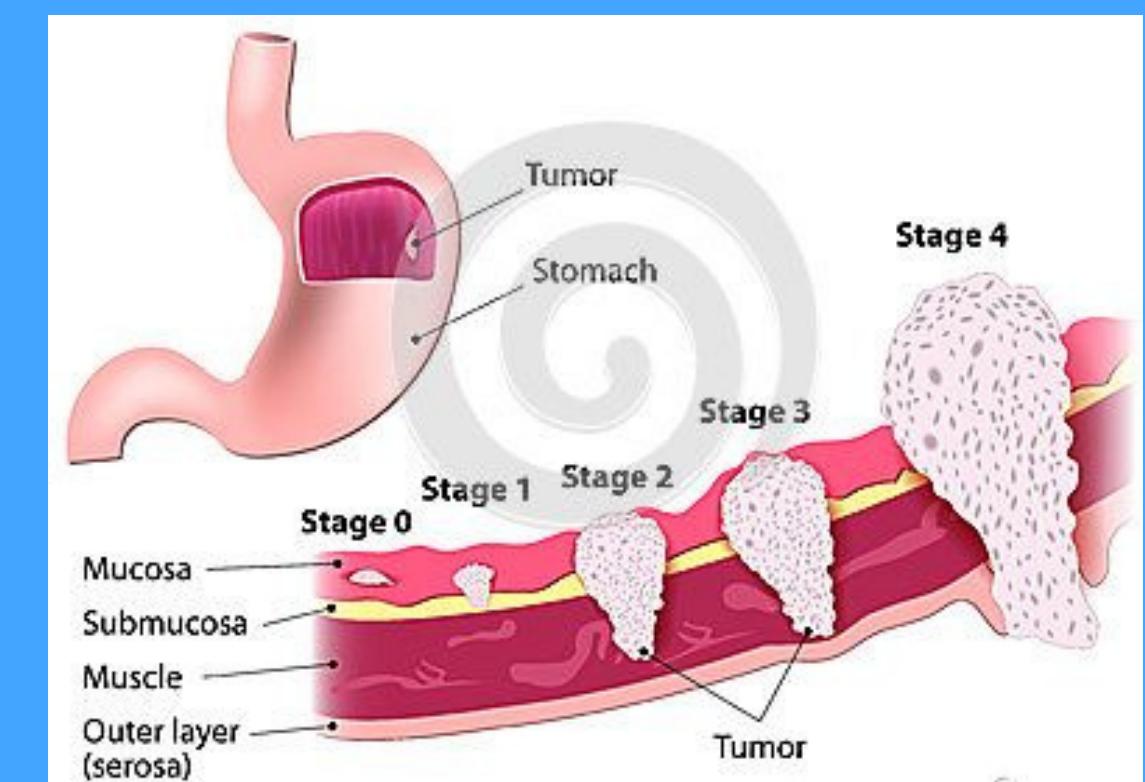
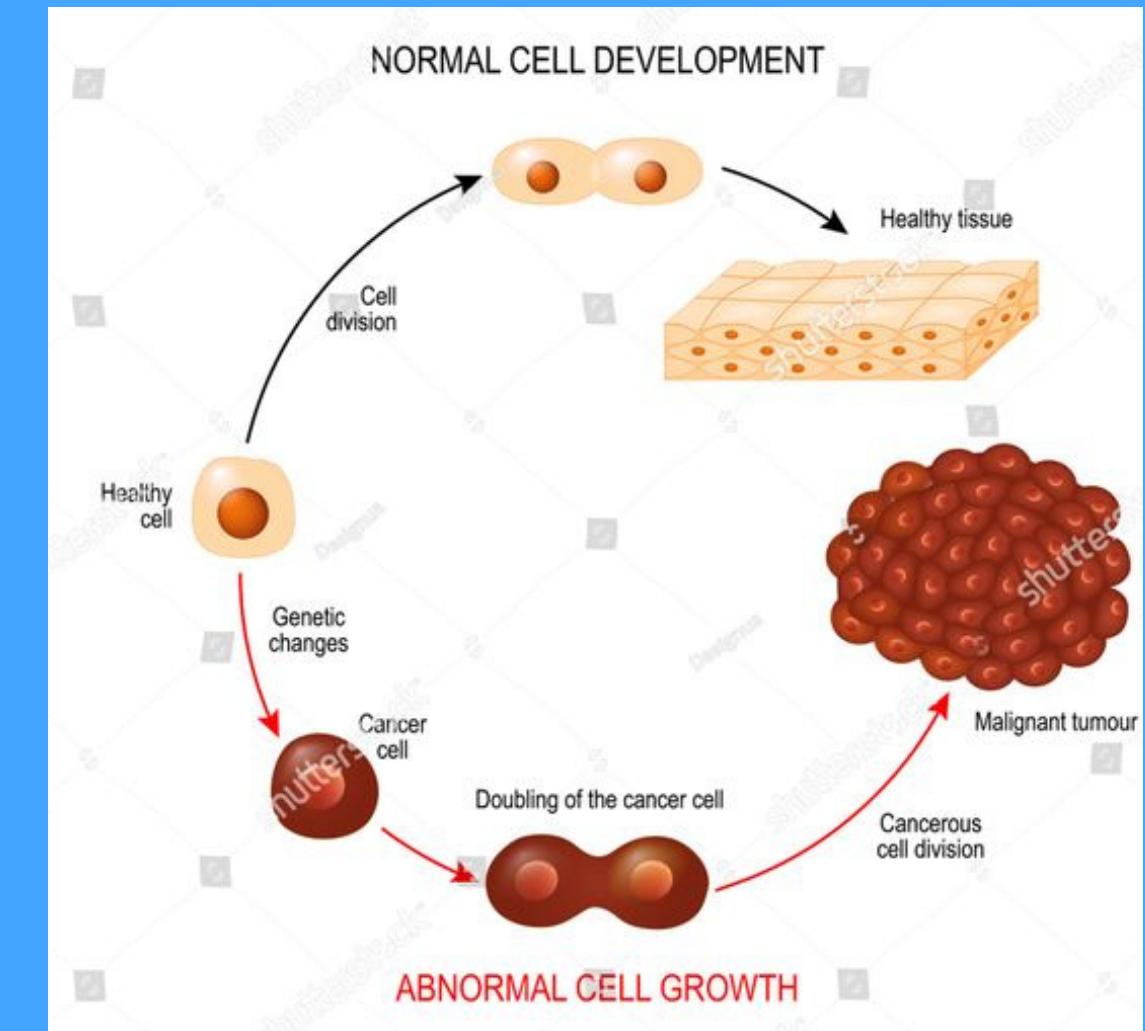
Human Body is big Collection of Cells



CANCER CELLS



CANCEROUS TISSUES - ACIDIC
HEALTHY TISSUES - ALKALINE



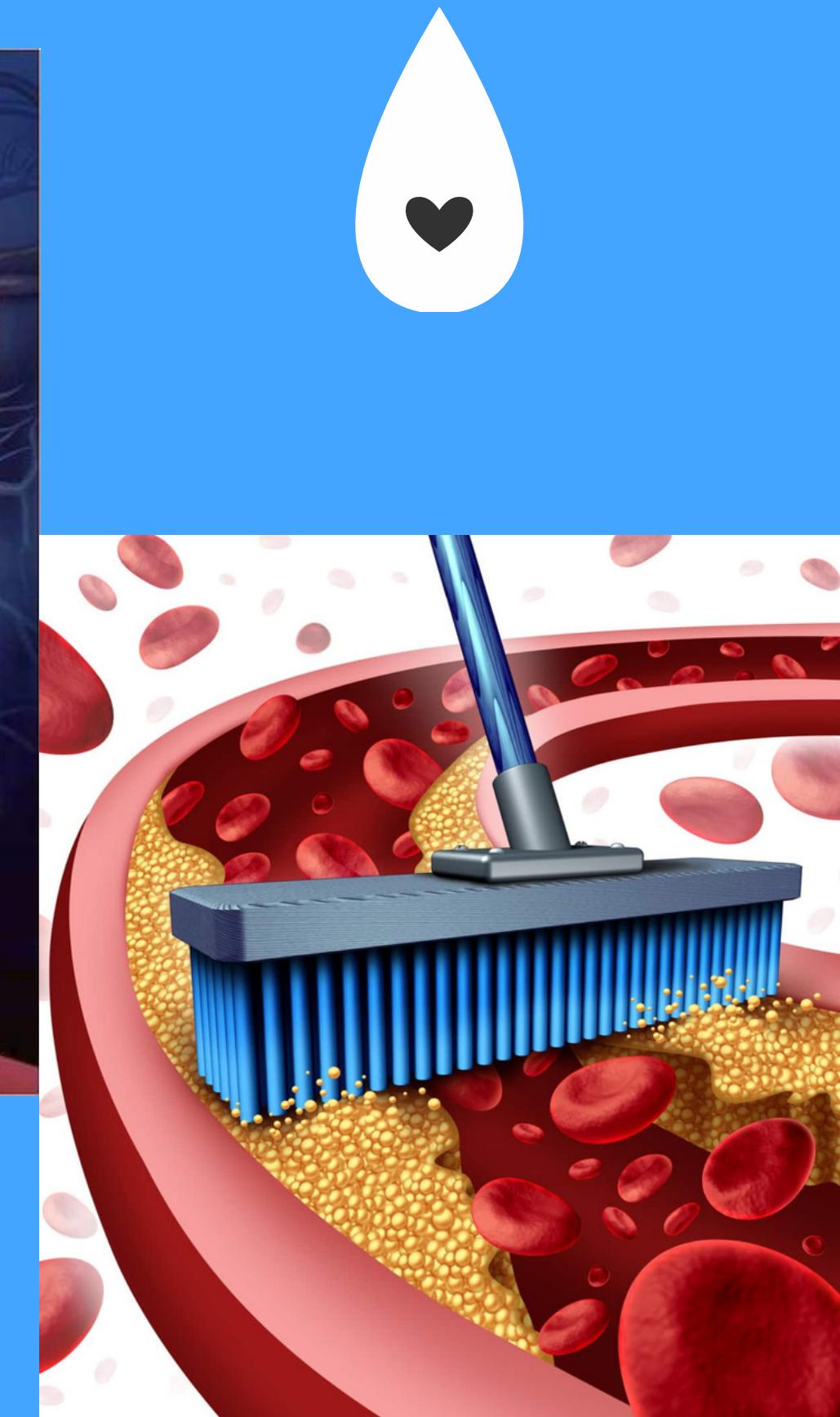


HEART

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ALKALINE WATER HELPS CLEANING THE ARTERIES





ATHLETES

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Athletes Should Drink Alkaline Water



Improves Performance



Helps an Athlete's Diet

Increased Energy

Improved Recovery Time



Reduce Inflammation,
Healthier Immune System,
Assist with regulating weight



HEALTHY LIFESTYLE

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HEALTHY LIFESTYLE



HEALTHY LIFESTYLE



1. Drink plenty of Spring water as soon as you wake up.



3. Take a cup of sea moss drink in the morning.



5. Drink green coconut water in the morning.



7. Exercise first thing in the morning.



9. Eat alkalizing foods for breakfast.



11. Get some sunshine.



12. Avoid sugar and refined carbohydrates.





2. Drink alkaline water with key lime juice on empty stomach.



4. Drink green or herbal tea.



6. Take a probiotic supplement in the morning.



8. Dry brush your skin before showering.



10. Eliminate your intake of animal foods.



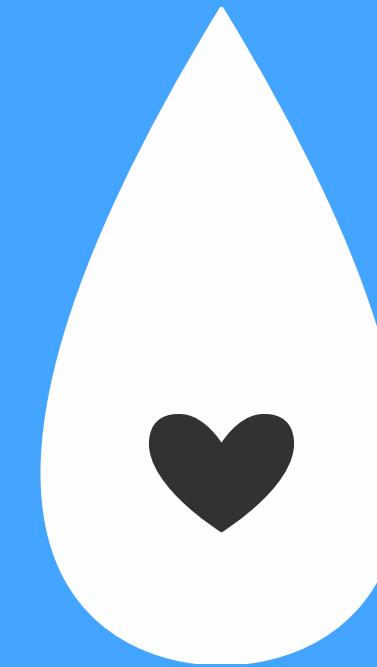
12. Avoid alcohol.



YURIELKAIM

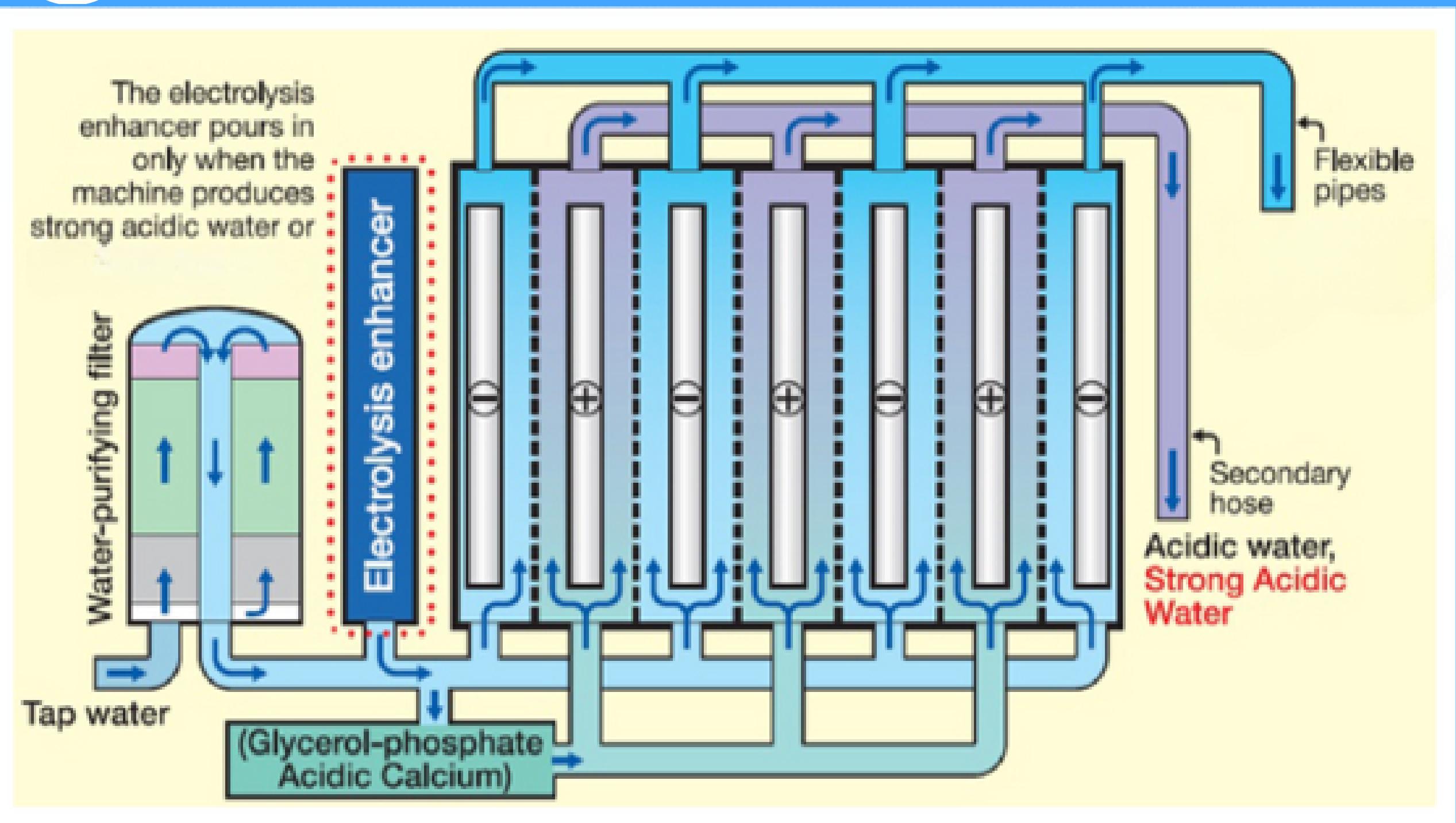
THE ALKALINE ACID FOOD CHART

HIGH ACID	MEDIUM ACID	LOW ACID	FOOD CATEGORY	LOW ALKALINE	MEDIUM ALKALINE	HIGH ALKALINE
canned fruit dried fruit	apple, mango grapefruit orange peach, pear pineapple	green banana plum, date cantaloupe pomegranate watermelon	FRUITS	banana avocado	kiwi, pear blueberry cherry	lemon lime
chocolate	canned vegetables	sweet potato frozen veg cooked veg pickles kidney bean pinto bean	VEGGIES & LEGUMES	okra, squash celery, lettuce beet	carrot, olive tomato, corn cabbage	asparagus spinach broccoli garlic, kale sprouts
roasted nut	cashew peanut	brazil nut flaxseed pecan, walnut	NUTS & SEEDS	chestnut	almond sesame seed poppy seed	hemp heart
white bread flour tortilla refined grain chips, cake pie, cookies	barley oat bran corn tortilla cream wheat rye bread	whole grain bread	GRAINS	quinoa, millet amaranth	wild rice	
bacon, veal sausage canned tuna beef, pork	chicken liver, turkey oyster	venison fish	MEAT			
processed cheese cream cheese	buttermilk goat cheese milk	yogurt, egg	EGGS & DAIRY	whey soy milk/ cheese		
cottonseed palm	sunflower	cod liver grapeseed	OILS	canola	flaxseed coconut	olive
soft drinks grapefruit juice OJ, coffee	wine, beer liquor	green tea soy/rice/ almond milk	BEVERAGES	ginger tea		herbal tea
aspartame sucrose	white/brown sugar molasses	fructose	SWEET-ENERS	raw honey raw sugar	maple syrup stevia	
mustard seed	yellow mustard white pepper	vanilla vinegar	HERBS & SPICES	horseradish nutmeg	garlic powder cayenne fenugreek	turmeric basil cumin coriander



IONIZATION PROCESS

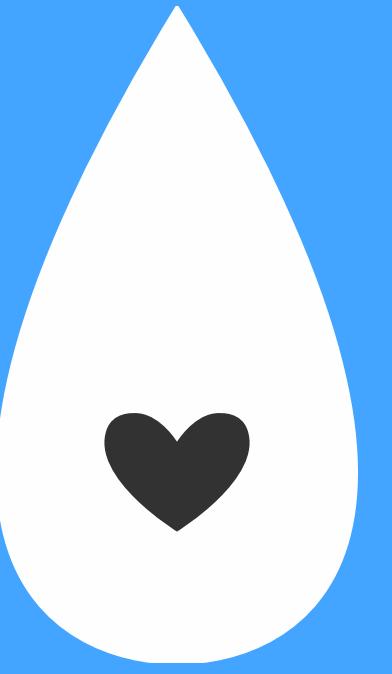
Made From High Quality Medical Grade Titanium Plates Coated with Platinum





Social Commitment

Aqua Aid for All, Healing with Love



ION LIFE



LYFOWN CARE

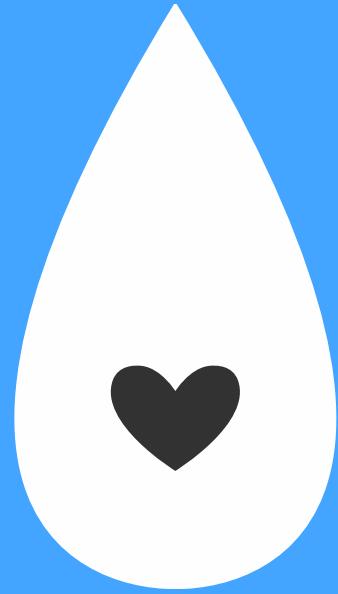
BUILDING HEALTHIER INDIA



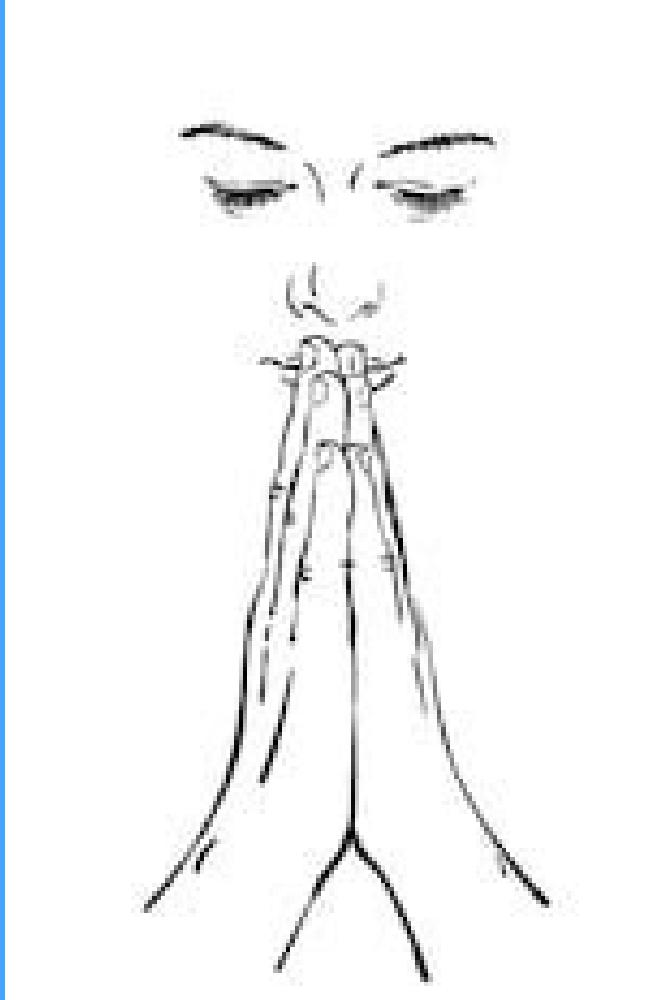
Water for Wellness, Care for All

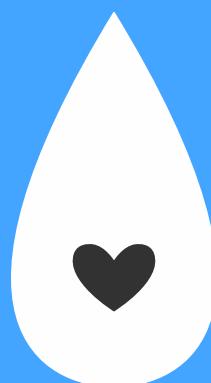


Empowering Health, One Drop at a Time



Our organization is deeply committed to making a positive impact on society, particularly for cancer patients and other patients facing financial constraints. As part of our mission, we are dedicated to providing free alkaline water to these vulnerable groups. We firmly believe that access to clean and healthy drinking water is essential for their well-being and recovery. By offering this service, we hope to alleviate some of the burdens faced by cancer patients and financially weak individuals, ensuring they have access to the necessary resources for their health. Our commitment to supporting the community drives us to make a meaningful difference in the lives of those who need it most.





For inquiries or Free Water, Call

8398-059-274

or visit our website

www.lyfowncare.com



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