

# What's in Your Water?

Did you know that Ohio is listed as one of the top 10 states with the most toxic tap water? Our municipal water sources are chock-full of chemicals that are harmful to our health. Depending on the severity, long term exposure to these toxins can lead to damaging health effects such as cellular dehydration, neurological and reproduction disorders, cancer and disease.

Additionally, even if you're drinking clean, filtered or spring water, it's probably not hydrating you like you think! Let us explain.

## Symptoms Linked to Chronic Dehydration..



Headaches



Brain Fog



Degeneration



Premature Aging



Fatigue



Cognitive Decline

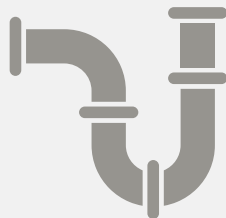
## Common toxins found in water:



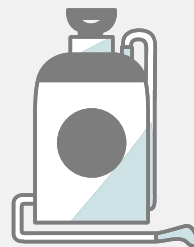
Chemicals: ie-  
Chlorine & Flouride



Plastics



Heavy Metals:  
ie- lead



Herbacides &  
Pesticides



Pharmaceutical  
drugs

# ENHANCING WATER

## 1 FILTER

Install a high-quality filter at your home that can remove heavy metals, pharmaceuticals, industrial and agricultural pollutants, especially fluoride!

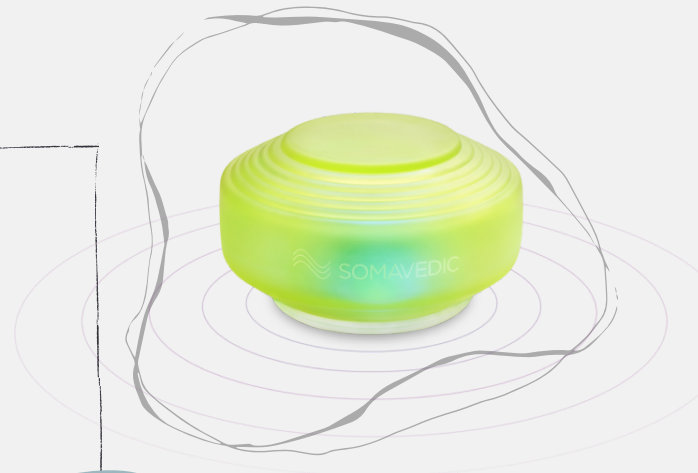


## 2 STRUCTURE

Exposing the water to a continuous swirling motion and/or harmonizing frequencies will cause it to become structured, allowing it to absorb more oxygen,

## 3 REMINERALIZE

In order for water to be



Movement is a great way to stay hydrated. Our fascia acts as a hydraulic system, pumping water through our fascial system- hydrating our cells! Try adding stretching or exercise to your daily routine

Add naturally derived electrolytes back into your water for increased hydration. Check our shelf for options!

Avoid drinking water out of plastic, especially when it has been sitting in the sun or a hot car!