



AQUA
TRU®

by 
waterandwellness

www.waterandwellness.com

THE MANY USES OF AQUATRU WATER

The AquaTru® cannot be compared to other drinking water appliances using advanced Reverse Osmosis (RO) and activated carbon technology. Its unique portable design and user features put it in a category of its own. The very simplicity and lack of gimmickry (like 7-stage filters!) gives the AquaTru® a significant edge in achieving the single most important reason for using a water purification system – to significantly reduce every possible contaminant.

One of the most exciting things about owning an AquaTru® drinking water appliance is having an abundant, low cost source of very high quality water, not only for its obvious health benefits, but also for seldom thought of applications as you will learn below. AquaTru® water makes a noticeable to dramatic difference in almost everything it is used with.

If you and your family don't consume the daily 6 - 8 glasses of water recommended by the medical profession, it may be because of the taste of tap water. Even the slightest of tastes and odors in water will cause us to seek alternative beverages that are more expensive and far less healthful. Rest assured that when family members discover the fresh, thirst-quenching taste of water from your AquaTru® system, they'll take a new interest in this most important beverage.

INTERNAL BODY CLEANSING: Water is not only vital to every process in the body, it also cleanses the body of toxins that affect our well being provided it is sufficiently pure. Beverages like juice, soda, etc., though mostly water, cannot perform this function. Try 6 - 8 glasses of AquaTru® water each day for a month, and see if you don't experience a noticeable change in some aspect of your health and well being. AquaTru® water should be the foundation of any of the excellent water fasting/cleansing programs recommended by your health advisor.

MINERALIZED AND STRUCTURED DRINKING WATER – INDIVIDUALIZED!: As your family's most healthful daily beverage we advise enhancing the AquaTru® water with the world standard of minerals and trace elements, [QuintEssential 3.3](#). This ocean-derived supplement provides all 84 mineral nutrients which structure pure water into its most super-hydrating form. Simply vary the amount of [QuintEssential 3.3](#) to correspond to ones daily physical and mental activity level*. Here is a simple guideline:

- General everyday use – **One QuintEssential 3.3** vial per AquaTru carafe.
- More active lifestyles – **Two QuintEssential 3.3** vials per AquaTru carafe.
- High physical activity; all sports, exercise – One **QuintEssential 3.3** vial per quart (liter).

*NOTE: The use of QuintEssential 3.3 as an important additive to structure drinking water is not a substitute for the supplemental use of either QuintEssential 0.9 or 3.3 for optimal health, healing and life extension programs.



ADVANCED COUNTERTOP DRINKING WATER APPLIANCE

ANTIOXIDANT DRINKING WATER (NEGATIVE ORP):

One of the most significant recent health developments is the introduction of Hydrogen into drinking water. When special physiological support is required to meet the demands of healing or prolonged physical and mental activity we recommend the addition of [Active H - ULTRA](#). These patent-pending tablets react with AquaTru® water to produce molecular Hydrogen (H₂) which give it powerful antioxidant and health promoting properties.



COOKING: Ordinary tap water with its chemical additives, mineral salts, and organic impurities can interfere with the natural flavor of vegetables, soups, and most anything cooked in or with water. We even recommend cooking food like spaghetti or steaming vegetables in AquaTru® water - something bottled water users find much too costly. One of the unexpected benefits you'll discover is that your AquaTru® water puts an end to the annoying scale build-up on your pots and pans.

JUICES AND MIXES: "Just add water", the label says. Your AquaTru® allows you to add water without the impurities and bad taste. Juice concentrates, particularly, will taste better than ever. Why? Because you'll be replacing the same pure water removed from the fresh juice during processing (often by the RO process!) allowing the full flavor to develop.

COFFEE, TEA AND OTHER BEVERAGES:

Most beverages are over 95 percent water and turn out to be no better than the water from which they are made. Mineral salts and organic tastes and odors interfere with the chemistry of coffee and especially tea making. Your AquaTru® water allows the full essence of your brews to come through.



ICE CUBES: If your ice is cloudy or melts too quickly, you won't believe the difference your AquaTru® water makes! It's the mineral salts in water that make ice cloudy and soft. You can expect clearer, harder ice that melts slowly, won't spoil the flavor of beverages, and leaves no annoying residue in your mixed drinks. Use plastic ice trays.

LOW SODIUM DIETS: Your AquaTru® appliance produces water that is perfect for most low sodium, (salt restricted) diets. Excess processed table salt (sodium chloride) intake has been linked to hypertension and weight gain for some individuals. For those who have a water softener, this too, adds sodium to the water but with an AquaTru®, drinking water sodium levels will be practically eliminated.

WEIGHT LOSS DIETS: Excess mineral salts in tap water and softened water can result in an increase in body fluids and therefore weight. Your AquaTru® water compliments any weight loss program by minimizing this factor. If you've been consuming tap water, try this: Drink at least six glasses of your AquaTru® water throughout the day for one month - without changing anything else in your diet. See if you aren't delighted by the number of pounds you'll shed!

BABY FORMULAS: Babies and infants are especially susceptible to the hazards of water contaminants such as lead from household plumbing, chlorine byproducts, fluoride, toxic chemicals and radioactivity. We can think of no better use for your AquaTru® water with [QuintEssential 3.3](#) minerals and trace elements than preparing their foods, formula and drinking water. Mix one vial of [QuintEssential 3.3](#) per liter of AquaTru® water.





ADVANCED COUNTERTOP DRINKING WATER APPLIANCE

RINSING HAIR: For the absolute softest, shiniest hair, there is nothing like a final rinse with your AquaTru® water. It has none of the dulling chemicals or mineral salts that are left behind by city water when your hair dries. Furthermore, the pH of AquaTru® water is ideal for maintaining optimum hair and skin. Just wash and rinse your hair as usual. Then, pour a container (one quart or liter will do) of your AquaTru® water over the hair. (You might want to warm it a bit on the stove or microwave) Gently towel dry and appreciate the wonderful results.



PLANTS: There's a lot of misunderstanding about the best water to give your house plants. Many people think that the mineral salts in water are important for the growth of their plants. This is generally untrue. Nature intended plant life to have rain water which is void of mineral salts. Plant nutrients are supplied by elements and bacteria in the soil. All of your greenery, including cut flowers, will thrive better and longer on your AquaTru® water. Potted plants won't have to be flushed out regularly to get rid of mineral salt buildup when your AquaTru® water is used. Try it - the difference can be dramatic.

STEAM IRONS: Your AquaTru® water is far superior to tap water for use in steam irons. Mineral salts from tap water build up around the heating elements and waste expensive electricity as well as clog steam vents. Your AquaTru® water reduces mineral salt build-up and will substantially extend the life of your steam iron.

HUMIDIFIERS: Humidifiers evaporate water into the air leaving whatever was in the water behind. The dirt, rust, and mineral salts deposited in the humidifier mechanism can cause it to become inefficient, energy wasting, and finally self-destruct. You will soon observe what a great asset AquaTru® water can be to your humidifier maintenance.

PREPARING CLEANING PRODUCTS: Many households economize and "Go Green" by mixing their own cleaning solutions from concentrates - whether for cleaning counters, floors or windows. Dirt and mineral salts in tap water actually interfere with the effectiveness of cleaners, in addition to leaving a dulling residue of spots and streaks behind. If you really want to make your products "new and improved" try mixing them with your AquaTru® water. The results are very noticeable.

AQUARIUMS: Fish love pure water too! Whether you have fresh water fish or use fresh water to prepare saltwater aquariums, it's best to start with water having as few impurities as possible. The AquaTru® not only effectively removes excess mineral salts, but eliminates both free and combined chlorine (chloramines) which are highly toxic to most fish. For fresh water aquariums, the AquaTru® water should be added as make-up water at first so fish become gradually acclimated to the change of chemistry. Always consult with your aquarium specialist for his recommendation when using AquaTru® water to replace large volumes of aquarium water.



AUTOMOBILE BATTERIES: Even though some battery manufacturers claim that it's okay to use tap water, all car batteries will last far longer on your AquaTru® water. With the mineral salts virtually eliminated, your AquaTru® water will not interfere with the chemistry of your car battery and its lifetime will be maximized.

AUTOMOBILE WINDSHIELD WASHER: How many people do you know who would put bottled water in their car's windshield washer? You should put your AquaTru® water in your washer and see what a difference it makes! The overspray from your washers won't leave such a mess of spots and streaks. This really becomes a favorite to those who try it.



ADVANCED COUNTERTOP DRINKING WATER APPLIANCE

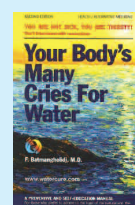
SPOT FREE RINSING OF GLASSES AND CRYSTAL: If you've ever broken your favorite crystal wine glass drying it with a towel, then you'll really appreciate this. After washing as usual, rinse the glassware in AquaTru® water and allow to air dry. The results will dazzle you.

**HEALTH BENEFITS OF
AQUATRU® DRINKING
WATER – WITH
MINERALS & TRACE
ELEMENTS - ULTIMATE
HYDRATION**



THE HEALING POWER OF WATER

Dr. Batmanghelidj



Dr. Batmanghelidj, M.D. has studied water's effect on the human body over many decades and found it to be one of the most effective yet underused therapeutic and preventative support nutrients. He discovered that many adverse health conditions including serious diseases are often linked to states of severe hydration.

RULE #1 DRINK AQUATRU® WATER UPON WAKING (ADULTS) – A HABIT THAT WILL CHANGE YOU!

Commit yourself to a transformational health experience. Upon waking, immediately drink at least $\frac{1}{2}$ to $\frac{3}{4}$ liter (500 to 750 ml) of AquaTru® water each and every morning. Scientific tests have long proven its value for enhancing and optimizing general health and wellbeing. If you feel there is room for significant improvement in your health, drink AquaTru® water without any additives or enhancements for two to four weeks. Overcome any temptation to break this routine. Then begin to incorporate QuintEssential 3.3 into your morning water* at the lowest dosage (1 vial per gallon) for two weeks. Finally, follow the guideline above for the QuintEssential 3.3 dosage that corresponds to your lifestyle and activity level. Remember, you must stick with this to receive its magical benefits.

RULE #2 OUR THIRST PERCEPTION IS NOT RELIABLE!

DO NOT wait until you feel thirsty to have a glass of water! Dr. Batmanghelidj proved that the classic signs of dehydration are not the only indicators. Drink a prescribed amount of water per day according to the following formula:

“Half of your weight in ounces taken in five or six portions throughout the day”

Example: 192 pound person; One-half in ounces = 96 oz; Six portions = 16 oz each

Note: Try to consume each portion in the space of about 6 minutes. Do not sip it over a prolonged time.

RULE #3 DRINK WATER FOR THERAPEUTIC SUPPORT!

Water therapy has been well established over centuries as critical hydration support for some of the most serious health conditions. You can read any one of Dr. Batmanghelidj's famous books. Our favorites are “Your Body's Many Cries for Water” and “The Healing Power of Water”.

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