

STRUCTURED MINERAL WATER 
HIDRO
HEALTH
WATER WELLNESS



DESCRIPTION HEALTH WATER

Pure, Structured, Alkaline, Mineral Water with **Increased Minerals**

- **Expecting Mothers and Siblings**
- **Cognitive Activity of Leaners**
- **Skin Beauty and Slimming**
- **Recovery from Illnesses**

Your liver and kidneys collect unwanted toxins during the night and need flushing-out in the morning. This could be accomplished by drinking at least 500ml HEALTH WATER first thing in the morning when you wake-up and then to wait 40 minutes before drinking coffee or eating. Drink STRUCTURED MINERAL WATER for the rest of the day.

USAGE & APPLICATIONS

- **Expecting and Breast Feeding Mothers**
- **All Learners** (ages 6 – 60)
- **Skin Beauty and Slimming Queens**
- People Recovering from **Illness** and during illness; and any person suffering from **Fatigue, High Blood Pressure, Iron Deficiency and Diabetes.**

REFERENCE

Please refer to a testimonial from a nursery school with 300 pre-school kids who have been weaned from drinking sugar-loaded soft drinks and who now only drink our good tasting structured mineral water for the past 2 years. (www.hidroplus.co/aboutus/testimonials).

Drinking enough Structured Alkaline Mineral HEALTH WATER daily:

- Promotes healthy amniotic fluid during **pregnancy** while her body needs the minerals for cell production. The mother's blood volume increases by 40%, therefore requiring more water. Dehydration risk during pregnancy is often compounded by the fact that the feeling of nausea reduces the desire to drink more.
- Promotes milk production for **breast feeding**.
- Promotes **cognitive processes of the developing brain of leaners**.
- Minerals and trace elements, forming electrolytes required for electro-chemical impulses between brain neurons – it therefore **improves concentration ability**.
- Even mild levels of **dehydration** in children can impact school performance. Dehydration can account to 2% body weight loss by the time thirst is felt, by then 10% cognitive decline has already occurred in the brain. Researchers at the Institute of Psychiatry in London and the MRC Cognition and Brain Sciences Unit in Cambridge, found that teenagers' brains work less efficiently when they become dehydrated. Previous studies have shown that in adults, dehydration causes the brain to shrink in volume.
- Enhances **anti-aging**, resulting in a **moisturised silky skin** sought after by any woman. Water clusters penetrate skin cells for proper hydration, thereby promoting skin beauty.
- Promotes digestion and **weight loss**, combatting obesity by enhancing your metabolism.
- Promotes healthy red blood cells, repelling each other due to its electrical charge which allows ample carrying capacity of **oxygen and nutrients** to the brain and body for good health and lower blood pressure.
- Replaces essential **electrolytes** that are lost during illness and exercise.