

Hydrate, Mineralize, and Revitalize with X2O

Water means the difference between good health and disease. Consider some of the benefits.

Cuts the Risk of Disease

Research studies show that good hydration cuts the risk of breast cancer by 79%, reduces the risk of colon cancer by 45% and slashes the risk of bladder cancer by 50%.

Enhances Mental Clarity

A drop of just 2% in body water causes short term memory problems and significant difficulties with concentration. Good hydration helps you become mentally alert throughout the day.

Improves Digestion

A digestive system without sufficient fluid is constipated. Fluid is essential for nutrients to pass through the delicate membranes of the intestines. If the body is adequately hydrated sufficient fluid is present in the digestive track to distribute nutrients throughout the body.

Softens Skin Texture

Adequate hydration makes it possible for water to move through all the membranes of your body so that the largest organ in the body, the skin, is adequately hydrated.

Skin texture softens. The natural aging process is slowed. Wrinkles vanish. Bagging skin tightens.

Why bother to go through the pain of a face lift when giving your body water is a safe, natural and effective alternative with no complications?

Slows the Aging Process

The reason for poor hydration as we age is the gradual decline of the thirst mechanism in the brain. When we are young and get thirsty there is no stopping us when we are thirsty.

A different story emerges as we age. The thirst signal becomes distorted because we ignore it and because we drink dehydrating drinks such as coffee or alcohol.

Good hydration lowers the surface tension of the water that is ingested and reduces the cluster size of its molecules. Wetting capacity is increased, making water more readily available for transport to each and every cell of the body.

Relieves Back and Joint Pain

A little known fact is that adequate hydration has been shown to relieve back and joint pain for as many as 80% of sufferers.

Helps Control Body Weight

For many people the thirst mechanism in the body is so weak that it is mistaken for hunger in one third of Americans. Instead of drinking water we eat.

Adequate hydration resets the thirst mechanism in the brain so that hunger is not confused with thirst. The obvious benefit is a subsequent loss of excess weight that is caused by eating too much food.

In summary, what are the mind-boggling benefits of good hydration?

- * We look and feel younger.
- * Mental clarity gets a welcome boost.
- * Our digestive system sends nutrients to each cell
- * Weight control is restored.
- * Ability to handle stress is enhanced.
- * Pain from aching joints is reduced.
- * Overall flexibility is restored.

Revitalize: Alkalinity = good health. X2O transforms your water into a powerful alkaline beverage, which fights against the physical stress caused by today's fast-paced lifestyles.

Contact CMC Healthy Living Centers to take your water to an all new level: mineralize your water, adding 74 electrolytes, and make your water bio-available to your body.