

My name is Bob Giddens. I am 68 (Jan 2010) and I started drinking Living Water Essentials water 2 months before writing this report. I have enjoyed excellent health all my life, but I did a diligent trial for 30 days to see what would happen with respect to one special problem. I drank lots of ionized, alkaline water and almost nothing else...hardly a drop of milk, tea, juice or any other beverage. Just water, water, more water. We cooked with Living Water, too. The concepts of improving my hydration, reducing my body's acidity, and eliminating bad beverages made sense, and I wanted to see how effective the ionized water concept could be.

Something amazing happened, but not in those first 30 days.

Without a doubt, I slept better, and my wife had a miraculous benefit when her menstrual cycle migraines disappeared; however, I was looking for something else.

For years I have had leg discomfort when sitting in a meeting, in a car or airplane, on the sofa to watch a movie, or when I lay in bed to sleep. My solution was aspirin, which gave wonderful relief. The relief lasted for 4 hours, almost to the minute. To sleep longer, I had to take another aspirin. I had zero problems when I was active; the low grade pain only started when I sat or lay in one place. When this problem did not clear up during my 30-day trial I was a little disappointed. I thought I could sense an improvement, but not what I wanted.

Three days before writing the first draft of this testimonial I went to bed without taking aspirin. My legs had been fine as I watched a football game and I just didn't think about it. I slept through the night, well beyond my usual 4-hour shift. I knew this was noteworthy when it happened 2 days in a row. Had I tried to go to bed without an aspirin 3 months ago it would have been impossible. I would have been up to get aspirin in 1 minute; then I'd count down 20 minutes as the aspirin worked its way into my system. If I were out of aspirin I'd have to get in the car and buy some or skip a night's sleep. It was that much of a problem.

Yesterday morning I got distracted (early errands) and my routine broke down. For 2 months I have been starting each day with a 6 big glasses of high ORP, alkaline water in the first 4 or 5 hours of the day. That's a lot, but it was a routine I could handle. I didn't want to have to focus on drinking or bathroom stops. This concentration of water in the morning allowed me to drink normally through the rest of the day. I got home from my errands and realized I had skipped my routine. In a moment of curiosity, I decided to skip drinking alkaline water for that day. Wow, what a difference. At 8:00 PM I sat on the sofa to watch a movie. The low grade pain was there within 10 minutes...like a smoldering fire in my legs—not hot but just a smoldering discomfort everywhere throughout the legs and

feet. I rubbed my legs, got up and walked around, and finally took an aspirin. I needed another aspirin just after midnight when I was getting ready for bed.

A week has passed since I wrote the above paragraph. **It's amazing how well this works. This morning I've drunk my 6 glasses (96 ounces), and I know the leg problems won't be there this evening.** It's sad that the public—even health professionals—do not know about this. The technology to make alkaline drinking water (discharging the acidic part—about 40%) has been known for 4 decades, and the impact on the body is wonderful. Acidosis is a medical condition having to do with the pH of the blood. I am not talking about acidosis. I'm talking about having acid wastes build up throughout the body (in tissues and fat). Almost everyone has this problem and it becomes worse with age. Every old person has problems and pains. Stored acid wastes come from bad food choices, from aging, even from metabolism (breaking down food and converting it to energy). My guess is that the acidity of my body was the cause of my discomfort. Gradually, over 7 weeks of using this water, I broke down and eliminated a lot of that acid. Now I don't have to suffer that slow burning feeling. **So simple. So healthful.**

I'm worried about what I will do when I go on a trip. I can take water for the first few days, but what if I go for a week or two? I'll tell you the answer. I'll take my aspirin bottle.

I had heard about alkaline water and clustered water for years but never wanted to listen to the details. I thought it was kooky. Not anymore! If it was a valid thing, I thought, everyone would know about it. I hope my layman story convinces other people to at least check this out.

My wife Mila is 34 (Mar 2010). For more than 10 years she had 3 to 4 days of terrible migraine headaches associated with her menstruation. Do the math: more than 130 consecutive periods. Usually she could not work and just had to suffer. **Two weeks after starting on this water she had her period. Zero headaches. Not even a trace. One cycle later she had a minor headache on one day. One cycle later, no headaches. Is this wonderful, or what?**

We wonder how many benefits are possible. It's basically the same idea as eating a better diet, exercising more, or getting sufficient rest: another good lifestyle change that can, potentially, make a world of difference.

Bob & Mila Giddens