

Living Water - building strength

August 15, 2010

Those of you who know me know that I am NOT the bodybuilder type. I have always been, and probably always will be, a runt! However, I do own a gym membership. I went to the gym fairly regularly for about 2 weeks. Then I got busy, and that ended. That was about 8 months ago. I have not done ANY weight training since then. I have been taking my Vollara supplements (including Re:Fuel, Re:Plenish, Pe:Place, Re:Charge, Re:Mind, and Re:Claim). I have also been drinking Living Water almost exclusively.

Well, the other night, after putting the kids to bed, I decided (after some prodding from Samantha) to go to the gym. Well, I started on the nautilus machines. I did a circuit of about 5 different chest/upper body machines three times. All the while, I was drinking Living Water from the bottle I took with me. During the workout, I drank about 24 ozs. The strangest thing happened--I kept having to increase the weight I was lifting because I didn't feel like I was lifting enough weight. By the end of my workout, I was lifting between 30-50% more weight on each and every exercise than I had ever lifted before. I didn't think a whole lot about it at the time, but it was just so much easier to workout than it had ever been. After the weight machines, I did some cardio on a treadmill, then went home, read a book, went to bed, and forgot all about the workout.

The next day, I was driving around, running some errands when I suddenly remembered my workout. I felt my arms and chest and almost drove the car in a ditch! My muscles were HUGE, at least compared to what I was used to! Furthermore, there was absolutely no soreness. Ordinarily, I would be sore for several days after a workout like that. In fact, after a leg workout, I have had difficulty standing up the day after. But this time there was absolutely no soreness. None! The only thing I can contribute this to is Living Water.

Before this experience, I honestly did not have a testimonial on the Living Water. I drank it because I believed with my head that it was good for me. But now I know it with my heart.

Thank you Vollara for making products that make my life better!

Dr. Steve Beaty
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