

# Read Our Mail – Green Technology Products

(These are a few of the more than 10,000 testimonies about our products)

***As you read these testimonies, we are not claiming that any product is some super cure for anything. These are honest testimonies from people who have had personal experiences using these products. Basically what we are saying when we share these testimonies is that the body has the God given ability to take care of itself if we provide it with pure air, healthy drinking water, and the right nutrition that it requires daily. This is what our products will do for you. We are all different; therefore you may or may not experience the results that others have shared in their testimonies. Don't settle for Partial Health, strive for Uncompromising Health by making an intentional decision to breathe healthy air with FreshAir, drink alkaline water with LivingWater, wash your clothes in toxic detergent free water with LaundryPure, and make sure you and your family are getting the nutrition they need each and every day by taking Vollara's leading edge Food Supplements. Your health is your greatest wealth. Read and enjoy!***

## LaundryPure

With a household full of 3 young kids, we certainly have our share of dirty clothes! And with 2 of those kids being a 5 year old and a 2 year old boy, it is amazing how dirty our clothes get. Not long after our youngest was born we decided to install a LaundryPure device on our washing machine. I knew the ultimate test would be Nate's dirty cloth diapers! Well, they came out as clean, if not cleaner than with detergent, and I felt so good knowing that his delicate skin was not exposed to the chemicals used in detergents.

One of my favorite things about the LaundryPure is that I can use my washing machine as a clothes hamper and when it gets full, I just run all the dirty clothes together. No sorting or separating. It all gets washed in cold water!

One day last summer, my husband and I were riding bikes and his back started itching severely. We realized that the shirt had been in storage, so it had been washed with detergent and was irritating his skin. He had to change his shirt it was irritating his skin so much. I'd say that the Laundrypure is definitely the way to wash clothes, especially if you want to protect your family against exposure to unnecessary chemicals! The money saved from not buying detergent or using hot water in your washer is a bonus!!

Samantha B, Fulton, M

My husband and I purchased the [LaundryPure](#) and LivingWater systems about two months ago. The [LivingWater](#) has already shown many positive health benefits including total hydration and increased bowel movements. I am currently 8 months pregnant and the water system has been a Godsend in combating numerous unwanted pregnancy symptoms.

LaundryPure is also an amazing system. No detergent or hot water and our clothes come out extremely soft (especially the towels) and smell great. My husband had suffered with breakouts on his chest and back for years. The breakouts worsen during the summer due to the heat; however, I've noticed since using both the [LivingWater](#) and [LaundryPure](#) he is no longer having redness or consistent breakouts. This is a considerable change as we live in the Southern California desert where temperatures can reach triple digits.

Both systems are amazing. The [LaundryPure](#) will end up paying for itself by the end of the year in the money we will be saving in electricity and detergent. With the baby on the way we no longer have to worry about washing his clothes in harsh chemicals or any potential allergic reaction.

For me, knowing I am doing something healthy for myself and my family has given me peace of mind. I am extremely pleased.

Alisha Ceja; Indio, CA

Papaw, just wanted to give you my thoughts on LaundryPure so far. I REALLY love it. No doubt:

1. Clothes are MUCH softer – particularly notice this in the boy's jeans.
2. Towels are fluffier – have difficulty fitting all the towels in cabinet where they formerly fit just fine.
3. Definitely saving on detergent!! I'll calculate savings this month for you. It is exciting to know that I will never have to buy laundry detergent or fabric softener ever again.
4. I DO have to pre-treat stains, (Blaire's bibs, boy's football pants, etc.). BUT I just spray on a pre-treater. Haven't needed to "scrub" items. For example, I just sprayed mud/dirt stains, let set for 10 minutes and threw football pants in. They came out looking great. Last game, before LaundryPure, IT TOOK ME 3 TRIES, spraying, scrubbing and using hot water with detergent and a bit of bleach to get the same results.
5. With white towels, I did include a little bleach (much, much less than normal!!), probably out of habit more than anything. I am happy with the brightness, cleanliness and fluffiness of towels.
6. Clothes seem less wrinkled due to softness and jeans are definitely less wrinkled.

I AM THRILLED WITH THE RESULTS!! I am washing all sheets in the house now so I will be able to

Give an opinion about different type of sheets and thread counts.

THANK YOU SO MUCH for our LaundryPure!! I'm loving it. Love, Bethany

Bill,

**HOME RUN!!!! This is the best thing. Got my new LaundryPure in yesterday...couldn't wait for my husband to come home and mount it...It only took a few minutes...Had an old shirt that I used to love to wear..But it had a stain on it that I could not get out , so I only wore it around the house...Last night while I was washing I decided to pre spray the stain on the shirt (I always pre sprayed the stain before, but it never worked) and dropped it in the washer...STAIN GONE...WOW..I am so impressed ...Once again...HOME RUN...Thanks again...VOLLARA....Amy**

J.K.,

Since we have the Laundry Pure, I have experienced a new smell in our bedroom. I take the clothes upstairs and put them on the bed to hang or fold. Yesterday, I did the sheets and 3 other loads. I didn't realize it at first but I wondered where the fresh smell was coming from. Late last night, I realized it was my laundry. I can still smell the fresh smell today.

This one lady tonight said she was excited about getting the Laundry Pure. It took her 3 weeks to go out on a limb and mix her clothes. She was so relieved when she found her whites - white and her colored a bright color. Now she throws everything in together.

Another lady was skeptical on the Laundry Pure. Her nephew plays football and his

uniform is covered in mud and grass stains. She ask his mom if she could wash his uniform and she was shocked when it came out clean and even smelled good.

Melba McWhirter

Vollara,

*I went swimming last week and rolled my bathing suit inside my towel, was in a rush to go to lunch with friends when I got home and just through my bag in the garage. Needless to say I forgot about it for about a week. When I found it of course it was dry...But no smell amazing. No smell. yea*

*LaundryPure.*

*Also my old shirt that was 3 years old and had lots of old stains I could not get out. Not only are the stains gone, but the shirt is looking almost like new again...gets newer looking every time I wash it...Once again Yea LaundryPure.*

*Amy Fiscus*

Vollara,

We are so thrilled with our new LaundryPure! I love how well it cleans all of our laundry. It was hard for me to believe I'd really be able to eliminate detergent and bleach and still have the laundry come out as clean, but it actually is BETTER than with those detergents. The colors are brighter and everything smells cleaner. I still use a pre-spotter on the really bad stains, but not any more than when I was using detergents. I LOVE that all I have to do is drop the clothes in the washing machine and push start. I also LOVE how fresh and wonderful everything smells...even my house whenever the washer is running. But I think my favorite bonus is I no longer have to battle "static cling" when I take the clothes out of the dryer. LaundryPure eliminates that too!

Ed loves our LaundryPure too (even though he no longer has any excuses for not doing laundry!) He especially loves all the money we are saving by not having to heat the water and not having to purchase detergents and bleach (sorry Tide), and he's still bragging how he installed our LaundryPure in less than ten minutes. And he loves how "cool" it looks (the blue light) whenever the washing machine is running.

Thank you Vollara for this unbelievable product!

Carlene and Ed Hutchins

Vollara,

Currently I am living with my parents, so I bought the LaundryPure for all of us. We definitely loved how the clothes smelled after washing them with the LaundryPure and noticed a difference in brighter colors. However, one of the most obvious things that happened was when my mom had to wash the head of a mop. It's a mop she uses for our hardwood floors and when she bought it, it was bright yellow. After a while using it, even washing the mop head with regular detergent (before LaundryPure) it still had kind of a dirty tinge to it -- you could tell it had been used. After using it one day and getting it completely black, she tossed it in the washer after we had the LaundryPure installed. When it came out that mop head was BRIGHT yellow; it looked brand new. No detergent, no pre-soaking -- it was bright yellow, soft and looked great. That was true confirmation for my family that the LaundryPure REALLY does clean and get dirt and contaminants out! I am also a 'health nut' and am pretty particular about what I put in my body as far as eating and drinking. I don't even wear perfume because of the chemicals, so I love the fact that my clothes no longer have a chemical residue on them from laundry detergent. To me, that is worth its weight in gold.

Jennifer Musser

Vollara,

I was very skeptical about washing with no soap in cold water, but I believed in the company. I thought I would try it out. If I got sold on it, then I would be able to encourage others to try it. I really wanted it to work and the idea sounded great. At first, it seemed way too simple. Just put the clothes in, start the machine. I didn't really see much of a difference in the clothes; they seemed to come out as clean as before, until I washed a mildewed bed sheet that had been left outside. It took most of the mildew right out.

The other big “wow” was when we had to leave for a week and left my teenage boys in the house. I came back and was starting to do the wash. I lifted the lid to the washer and found wet clothes inside. When I asked my son how long they’d been in there, he had no idea. He’d forgotten about them. We figured it was at least 3 or 4 days. Normally, I would’ve had to rewash them several times. But these clothes smelled fresh, so I just hung them out on the line and they were great. No mildew, no sour smell, just fresh, clean clothes. That was amazing. I was sold.

Colleen Simpson

Vollara,

It’s a pleasure to have the LaundryPure in our home. Doing laundry has been a chore that required a number of steps -- detergents, bleach and fabric softener -- not to mention water temperature and whatever else went into the process! Now, my wife has a new helper (me), who after one load is an expert! This is a great product.

Thanks Vollara!

Jim McGarvey

## FreshAir Surround (air purifier)

### To whom it may concern,

My name is Jennifer Franklin and I have been a teacher at Covenant Classical School for four years. I personally suffer from allergic rhinitis, and other allergies and sicknesses throughout the year. Our school recently purchased a FreshAir Surround, and I was fairly skeptical of its ability to truly sterilize the air and objects in the room. It was quickly proven to me that these machines do as they are promised to do. For about a week I came and went from work not really thinking about the new air purifier in my classroom, until I noticed that many of the children who had perpetual runny noses had cleared up. I then realized that my own stuffiness had disappeared. I went home so happy that my sinus pressure and runny nose had gone away. I could finally breathe! I went to bed that night and by the next morning my allergies had returned. I came in to work feeling miserable, but after an hour or so had passed my symptoms were magically gone again. I know that the FreshAir Surround is the reason I can breathe effortlessly at work. I am now considering buying one for my home. I believe that FreshAir is a great investment for anyone. Not to mention in our specific situation, we have much happier parents due to the fact that their children are not constantly sick anymore. These purifiers are worth every penny spent!

Sincerely,

Jennifer Franklin

### To whom it may concern:

I recently placed an FreshAir Surround air purifier in my 5<sup>th</sup> grade classroom. During the H1N1 outbreak at our school, my classroom had the lowest amount of sickness in our school. There was a 2-3 week period where classes were missing anywhere from 4-18 students. The most students I had absent during that time period was 1-3. There were a few days where my classroom was the only one in the whole school that had no one absent. The combination of constant hand washing, sanitizing of germ-filled surfaces, and the cleaning of the air from the air purifier caused my class to be least effected by the H1N1 and a few other contagious viruses that have spread throughout our school this year. I’m happy with my air purifier placement in my classroom.

Sincerely, Rebecca Schpero

# SteadyPower

October 12, 2010

## **Here is my testimony on installing our SteadyPower in our home.**

We had an exciting day last Friday when our SteadyPower was finally installed. One of my distributors is an electrician and has sold and installed 7 or 8 SteadyPower with great success and happy customers. My husband and I watched him install it and it was very simple. It installs right beside the breaker box. He had us turn on everything in the house and recorded the present amp usage and then connected the SteadyPower. One side on breaker box was 65 amps and went down to 58 amps (11% decrease) and the other side was 73 amps and went down to 62 amps (16% decrease). WOW!

I understand from our installer that he has found that people here in CA with a pool, air conditioning and lots of electronics are the ones that have the biggest savings on their electric bill. We don't live an area with many storms and power-outages so most likely won't have to use the \$25,000, 10-year warranty Vollara gives. We are happy just to know that our electronics will now run smoother and cooler since the electricity is harmonized in our entire house and I'm sure we will realize some savings on our electric bill.

Debbie & Jim Atkinson, Costa Mesa, CA

April 28, 2010

## **Dear Mr. Howse,**

My name is Glen Williams and I have been an Electrical/HVAC contractor for over 34 years. Recently I was contracted by the city of Fultondale Gas Board concerning problems with power servicing approximately 10 CPU units that are used for billing their 8000 customers. The Office Manager had called the computer repair company numerous times because many of the CPU's were shutting down. Every time the technician from the computer repair company would diagnose the problem as a low voltage situation that would shut every CPU down for safety. I was called to check out the problem. Using a digital meter I quickly saw the low voltage situation that would occur several times throughout the day. That is when I contacted you about The Clean Power System (Steady Power) that your company sells. I really like the way the system operates to maintain a constant voltage and cycles situation in addition to the surge protection we have as well. It has been one year and 4 months since I installed The Clean Power System (SteadyPower) and I have not had one service call from Fultondale Gas Board about a CPU shutting down. The Clean Power System (SteadyPower) solved all the problems we had in addition to all the motors and light transformers operating in their building powered out of the same panel the Clean Power System (SteadyPower) was installed on.

I would like to talk to you about another system for a 100 amp panel located in the City of Fultondale computer mainframe and telephone dialing system room for the City Hall. Thanks so much for your help with solving our electrical problems by supplying the Clean Power System (Steady Power).

Sincerely, Glen A. Williams, Al. State Cert. # 92211

# LivingWater

## Was Vollara LivingWater worth buying?

### My Life in 2009

|  | Vehicle expense | Cost after insurance |
|--|-----------------|----------------------|
| 1. Left side clavicle surgery.           |                 | \$180                |
| 8 trips                                  | \$192           |                      |
| 2. Personal extended Care/Dr. visits.    |                 | 120                  |
| 4 trips                                  | 96              |                      |
| 3. Lortab/oxycodone - \$20 every 10 days |                 | 740                  |
| 38 trips                                 | 912             |                      |
| 4. Spinal tap –                          |                 | 226                  |
| 2 trips                                  | 48              |                      |
| 5. Physical therapy – 2 visits weekly    |                 | 3,120                |
| 104 trips                                | 2,496           |                      |
| 6. Misc. Dr. visits – 3 visits           |                 | <u>90</u>            |
| 3 trips                                  | <u>72</u>       |                      |
|  | \$3,816         | \$4,476              |
| <b>TOTAL \$8,292</b>                     |                 |                      |

PLUS: Immobilizing pain, numbed senses, sleepless nights, depression, living in a fog, unknown kidney and liver damage.

### YES IT WAS!!!

### My life in 2010

I purchased my LivingWater in April of 2010. Prior to LivingWater I drank about a gallon or more of tap and bottled water everyday for the last 25 years. I started drinking 8.5 LivingWater, about 160 oz. per day in April, 2010. I started telling a difference within 3 days (that's what blew my mind – thinking this was probably snake oil). After 10 days I stopped taking Lortab/oxycodone. Moved to 9.0 LivingWater, then moved to 9.5 LivingWater within 2 weeks. I now drink 176 oz. per day which is about 90% of my weight (194 lbs) in ounces of LivingWater. Here are the results:

1. I don't take Lortab/oxycodone anymore.
2. No more physical therapy.
3. No more Spinal taps.
4. Walk, run, sleep and live without pain.
5. Get up once a night to go to the bathroom versus 7 or 8 times before LivingWater.
6. Lost 12 pounds by drinking 176 oz. of LivingWater daily.

7. I can now run up a flight of stairs.
8. Mow my own yard.
9. Use my left hand and arm without using my right arm to help move it.
10. Eat hot peppers again. I missed them so bad.
11. I don't have dry eyes anymore, no more liquid tears.
12. Have a steady heartbeat, no more arrhythmia.
13. I can now hold my wife and granddaughter (priceless).
14. Canceled left shoulder replacement.
15. My brother saw me walking with a cane in Dec. 2009. Then he saw me again in May 2010, thinking I would be in a wheelchair, and was blown away to see me running and playing with my 3 year old granddaughter.
16. My physical therapist is now drinking LivingWater.

Mike Wiygul, Birmingham, AL

## Hot Flashes/night sweats – High Blood Pressure

I drank diet coke and unsweet tea ONLY for 30+ years. I never drank water - didn't like it. When we got our LivingWater unit I made a commitment to drink LivingWater and nothing else. I started out drinking about one gallon a day for the first six months. I had had hot flashes for about 12 years. I was having LOTS of them as well as night sweats. After drinking LivingWater the hot flashes have completely gone. I may have one slight one a month. Also, my blood pressure had gone up. I had never had blood pressure problems before, and it has gone down. I continue to drink about 100 ounces a day. I love it and I'm so thankful for the LivingWater from Vollara. Becky Baker

J.K.

I have a testimony for the Living Water Essentials, concerning my dog (Captain). I got really excited when I listened to the water call last week and there were several testimonies about peoples' pets and the Living Water, similar to what I have also experienced. I am definitely a believer in this alkaline water unit.

My testimony is below. Sorry if it is long, but I felt you needed to know all of it. Our pets are like our children and I know with Captain being as old as he is, eventually his time is going to run out, but if I can do something to keep him around a little bit longer, then it is definitely worth it. If it works this well for our pets, in a matter of weeks, just think what it could do for us humans, if we continue to be persistent. Maybe my testimony will help someone else that is experiencing problems with their older pets. Thanks for the opportunity to tell you about it. The vet told me that hot spots occur a lot in old pets.

We came back from a week long trip and our 17 year old, Great Perinese (Captain), seemed very depressed. We had someone staying at the house taking care of the pets, but Captain went downhill within a couple of days of our returning home. Captain is so large, he was having a horrible time getting up from lying down or sitting position and he could not even walk across our kitchen floor, because it was slick and his back legs could not hold him. He would fall down and then could not get up until someone helped pick up his hind legs and help him walk out to the carpeted area. I even had to leave the back door open to our sun room, because he could not get through the dog door, due to his instability. He also had developed a huge hot spot on his belly and leg that he had been messing with so much, he had licked his leg to the bone and the one on his belly had been licked and bit at so much, he created a hole in it about the size of a dime. We were spraying a bidder spray and anti itch spray on the wounds and putting Cortizone cream all over it, but he would not leave them alone and they were all becoming infected and nasty looking. The vet said we were doing everything right, but

nothing was working, he continually bit at them and licked them. I even bought one of those shields that go around their head and he was so disoriented by it, he walked into walls and furniture and seemed to be very humiliated by wearing it.

About 3 weeks ago Captain became very lethargic and would not eat or drink anything. I tried to feed him some broth and put food in front of him and he just lay there and would not touch it. I was so upset and we were sure he was not going to make it through the night. I set up a cot right next to him and I slept outside with him all night because I was afraid with him being outside, the coyotes would come into the yard and get him. I had just received my Living Water Essentials, so in a desperate attempt, I filled his water bowl with 8.5 alkaline water and set it right in front of his face and then I took a cloth and soaked it in acidic water and laid it on his hot spots, hoping to alleviate some of his discomfort. The next morning, I woke up to him licking me in the face. The alkaline water in his dish was completely empty. I immediately started filling the pets' water dishes with alkaline water, not knowing for sure if it was the water that had helped and I continued to soak Captain's hot spots with the acidic water. After just two weeks of drinking the alkaline water, Captain is like a new dog and so is our other dog (Thor, who is 12 years old) and our two cats, who are about 11 & 15 years old. The cats have both become very active and playful (like kittens) and they look very healthy. Captain now goes outside, through the dog door, and runs around without any problems. He can easily get up from lying down or sitting and he is able to walk through the kitchen, and even eat his supper in the kitchen, without falling down. As for the hot spots, they are starting to heal up nicely and he does not bother them. I am continuing to soak them nightly with the acidic water. We have not done anything different, other than changing their water and soaking his hot spots with acidic water. I was going to change their food, but it does not look like that needs to happen now. I LOVE THIS WATER!!

*P.S. It has also helped my mom with lowering her blood pressure and her diabetes counts have dropped to where she is taking half the medication she was taking. She is a believer in our products and drinks the alkaline water faithfully, drinks the juice twice a day and takes our nutritional supplements regularly. Her doctor is skeptical about our products, but we will make a believer out of him yet. Allison Marshall*

## **Type 2 diabetes**

My husband has a great testimony that is based on drinking 8.5 - 9.5 pH water for one month. He is a Type 2 diabetic (since 1985), 61 years old, and takes 6 injections a day. In his words, "I've taken over 30 units of Lantus for a year, and now I'm down to 25 units after 3 weeks of drinking LivingWater. Since Feb 2007 I've also taken 4 injections of Novalog 4 times a day (before meals and at bedtime). Now I only take 3 injections and roughly about 1/2 the number of units per injection. I started leaving off the bedtime injection and my morning sugars have been in the normal range. I definitely went through adjustments as I went from 8.5 pH to 9.0 pH to 9.5 pH ... and they were all good adjustments." He gets blood work done every 6 months. From his last blood work until 1/20/10 his A1-C (normal is 4.0 - 6.0) went from 7.2 to 6.8. Total cholesterol went from 177 to 147. BUN was 21 (normal is 7-22), and it went to 14.

I've also been drinking LivingWater for one month and the main thing I notice is that my dry, hard, tearing cuticles are now hydrated and very nice. They are 100% different. Also my digestion and overall "inside feeling" is much better. We both now drink the 9.5 pH daily and use it with our cooking as well.

Debbie Johnson Atkinson

## **Leg Problems & Migraine Headaches**

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 asporin 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

## Degenerative Disk Disease

**7-minute clip** from a Houston TV channel. Dr. James Lee talks about degenerative disk disease and the use of alkaline water. Not tied to a particular brand of ionizer. Click on or go to link below.  
[http://www.khou.com/great-day/gdh\\_090910\\_seg4-102538904.html](http://www.khou.com/great-day/gdh_090910_seg4-102538904.html)

## Quote from the book, "Clean Plates NYC" by Jared Koch & Alex Van Buren.

Statement is on page 34, last paragraph: *"In addition, these do-it-all veggies possess a characteristic that many people don't know to look for but that's important for good health: They're alkalizing. In contrast, most foods in the standard American diet - especially meats, sugar and white flour - are acid-forming. Without getting into the nitty-gritty science of it, I'd like to point out that most disease states within the body occur in an acidic environment. Foods that create alkalinity are healthier."*

Neither Vollara nor anybody sharing their health testimony is claiming everyone will get these results. It is basic scientific knowledge that if you provide your body with the nutrition it needs a lot of health issues subside.

## Mayo Clinic

The Mayo Clinic website reports alkaline water neutralizes acid in blood, boosts energy levels and metabolism and helps the body absorb nutrients more effectively.

## Bone Health

Alkaline water in combination with adequate [calcium](#) intake showed reduced bone resorption in women. Bone resorption is a natural process the body undergoes as it ages. This process tends to reduce bone density as bone replacement becomes slower. Reduced bone resorption means greater bone density and lower risk of osteoporosis. This was the conclusion of a 2009 study published in the journal, "Bone." The study compared alkaline water to calcium-rich acidic water. The decreased bone resorption that results from drinking the alkaline water increased bone density and bone strength.

## Gastroesophageal Reflux Disease (GERD)

Alkaline water neutralizes the effects of a highly acidic [diet](#) and reduces the symptoms associated with acid reflux. Medical News Today states that new products like bottled alkaline water, higher in pH, can help reduce discomfort in those who suffer from acid reflux by neutralizing stomach acid.

## Hydration

In the September 2010 issue of "The Journal of the International Society of [Sports Medicine](#)," an American study by DP Heil out of Montana State University showed an improved acid-base balance and hydration status of individuals who drank alkaline water as compared to regular tap water. The article concluded that habitual alkaline water consumption may be a valuable nutritional vector for influencing both acid-base balance and hydration status in healthy adults.

## Autism

Dear Joan,

**We have 3 beautiful children Melody(8), Matthew(4), Micah(2.5). The boys are both autistic and have many developmental/ physical delays. They both have texture eating disorders that make them very picky eaters. Along with the picky eating follows a very poor diet high in carbohydrates and sugars.**

**These things all have caused significant gastrointestinal problems for the both of them. Both the boys had moderate to severe constipation due to their diet sometimes going a week in between bowel movements. This caused extreme pain and discomfort along with many emergency room visits and many different medications. On top of that both of us have not gotten a good night's sleep for years due to these issues causing them to scream uncontrollably through the night. Once we started them on LivingWater within 24 hours they had cleaned themselves out and have been regular since.**

**Not only did we experience relieved children, we are now having quiet nights. If that wasn't enough within a week our youngest son Micah started making developmental gains in leaps and bounds. Matthew has also seen significant improvement. To the amazement of many professional special needs teachers and therapists, we literally have different children now. We are excited for our children and thanks to LivingWater our family is doing great.**

**Matt & Brittney Talicuran; San Diego, CA**

## Back Pain

Thank You Vollara,

Because of your new Living Water alkaline/ionized water technology, I am getting relief from back pain I have had since a back surgery over 10 years ago! I am so grateful for this technology. I can't begin to put in to words what it is like to be able to ride in a car for more than 2 hours without severe pain, or how it feels to get up in the morning and not have to work out the stiffness. I am telling everyone I can that has a history of back, muscle, or joint pain: You have to start drinking Living Water from Vollara! Your new Living Water unit is absolutely a breakthrough in healthy living technology so let me again say thank you for a better quality of life and health!

Paul Hancock, Deatsville, AL

## Crohn's Disease

Kara is 38 yrs. old and developed her illness at age 2. Early diagnosis was ulcerative colitis, then colon cancer. In her early thirties, Mayo clinic called it Crohn's Disease and removed all but 8 inches of her colon. Stools were pretty much blood and water.....of which 30 a day was average. "It didn't matter if I ate soup or baby food for a meal. I never knew if it would be a good day or a bad day." The day after she began drinking the alkaline/ionized water, she called very excited to report that she had a formed stool....which she had never experienced in her memory.

Fever, bleeding gums and tongue were common with many hospital visits over the years. Every orifice of the body along with any area of the body with a mucous lining would become inflamed and as Kara described it, "would feel like you scraped your knee and poured alcohol on it." Within a few days of consuming alkaline/ionized water, all this disappeared.

For 15 years Kara had been going to her chiropractor twice a week to help manage her disease. In fact, he'd been treating her regularly with acupuncture for pain that originated in one finger of a hand and radiated up the arm and to her chest. Yet the pain and swelling remained in spite of the treatments. Within a few days, the pain was relieved, the swelling went down and the hand healed.

Frequently, large ulcerated sores developed on the inside of the intestines as well as on the outside of her body. Externally, they were always in the same places.....the most uncomfortable areas you could imagine. An emergency room Dr. would lance them and pack them to allow them to heal from the inside out. These appeared so many times over the years, significant scarring remains. Upon hearing this, her distributor, Maury Wilhoite, suggested she make compresses with the *acid water* to treat these sores. (*Alkaline water* on the inside, *acid water* on the outside.) Much to Kara's amazement, within 36 hrs. of using the compresses and consuming large amounts of *alkaline water*, the sores opened up and started draining which led to healing!

Kara had been drinking the alkaline/ionized water with much success. Then her distributor that was providing her with the water went on vacation for a month. All the symptoms returned. Out of desperation she tried bottled alkaline water from the health food store along with drops that are intended to alkalize the water.....with no results.

As soon as Kara was able to get back on the alkaline/ionized water, the symptoms started to subside greatly within 24 hrs. Today Kara has her own Living Water system in her home for not only herself, but for her husband and daughter to enjoy. Kara says "it's wonderful to me not to have the pain. The water has made a magnificent difference."

An added note.....Kara's chiropractor is extremely impressed!