



About 75% - 80% of total body weight is water. The engine of the body, the brain, is 75% water. In the time it takes you to read this brochure, you will have used water to exhale, and blink your eyes. The effects of dehydration impacts you having your best energy to compete. With as little as a 1 - 2% drop in optimum water levels, you could start to feel the effects.

We are constantly pushing to do more, see more, to out compete, and we have grown accustomed to not feeling optimum. How do you fuel your within for energy? Make the decision today to feel the difference of proper hydration, accompanied with exercise and good nutrition, to add to your overall health status.



# By the Numbers 90%

A healthy person's urine is about 90% water and 5% acid and other stuff, so rehydrating is vital.

See benefits of Water by Awakening to help fuel your within™. Head to [waterbyawakening.com](http://waterbyawakening.com) to watch!

## FIND US ONLINE



[contact@waterbyawakening.com](mailto:contact@waterbyawakening.com)

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# FUEL YOUR WITHIN™ TO COMPETE

Feeling energy

or Focus

comes from the inside.

**Read facts about dehydration, and the benefits of being hydrated.**





## Dehydration and Proactive Hydration

Dehydration is a type of low-grade state of being with body fluids that do not reach the ideal levels needed for optimum body functioning. The body compensates by doing more with less. Dehydration occurs before you feel thirsty. Proactive hydration will help to prevent this situation.

### A Few Benefits of Being Well-Hydrated:

- Improved focus
- Beautiful skin
- Increased energy
- Better cardiovascular health
- Improved digestive health
- Better oxygen and nutrient absorption
- Improved toxic waste elimination



## Energy, Antioxidants, and Hydration

Thousands of processes occur simultaneously in the body. Oxidation (removing electrons) and reduction (gaining electrons) are crucial in the body's production of energy. This biological function leads to what are called oxidation products or free radicals. The level of free radicals in the body must be maintained within a narrow range for optimal health to be maintained. Water by Awakening is a plentiful source of antioxidants, which help to avoid a chain reaction of free radical damage. Antioxidants are essential to fight disease.

## Nature gives us water, but science makes it better™ in Water by Awakening.



# Experience Water by Awakening

With high-quality, unparalleled vending, commercial grade equipment transforms tap water on the spot to alkaline ionized water to provide:



- Hydration for improved joint lubrication
- Mineral source to support brain and muscle function
- Hydration for sports and exercise recovery
- Hydration to support pH balance
- Antioxidants
- Boosts energy
- Plus, no one time use water bottles

### Find One of Our Machines

Directions and a complete listing of locations are at [waterbyawakening.com/retail locator](http://waterbyawakening.com/retail locator)

or call

# 844.492.8372