



## AdyaWater: Oxygen and Water

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### Oxygen and Water

#### Delivering Oxygen through Water

***Other than breathing, water is the medium which delivers nutrients and oxygen to our cells.***

OXYGEN enhanced water has demonstrated significant improvement in blood and immune system function!

The other incredibly important way to keep the wastes down and give the oxygen access to our body's cells is to drink a LOT of water. But most waters are devoid of ionic minerals so the water does not deliver the oxygen.

#### Why We Need Oxygen

We can live without food for weeks, water for days, but without oxygen, we die within minutes!

Oxygen is the most vital nutrient for our bodies! Without a continuous, proper supply of oxygen our body's internal organs begin to degrade, become diseased and age more rapidly.

Did you know that the brain requires more oxygen than any other organ in the body? If the brain doesn't get enough oxygen the result can be sluggish thinking, negativity, depression, irritability, and even the decline of vision and hearing. Many elderly persons become senile due to lack of oxygen to the brain.



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Lack of oxygen has also been considered to be a major cause of cancer. Studies have shown that when oxygen was withdrawn from cells they could turn into cancer cells. Lack of oxygen is also a major cause of heart disease and strokes.

Think of your body as a fire. A fire needs a fuel source such as wood, but it must have oxygen to keep burning. It must have an "aerobic" environment. Your body too, must have an aerobic environment!. An "aerobic" environment means lots of oxygen around your body's cells. These cells need oxygen to perform metabolic functions. Cells were designed to burn glucose, and they need oxygen to keep the fire burning. This burning process, also called metabolism, produces wastes.

When your cells become surrounded with wastes, the oxygen cannot reach the cells. When this happens cells do not function properly. Once oxygen is no longer able to reach the cells, the environment in the body becomes an "anaerobic" one, and changes start happening. Cells become diseased! Diseased cells prefer to live and multiply in an oxygen poor or "anaerobic" environment, and therefore they increase in quantity in an environment filled with wastes.

Increasing the amount of oxygen in your body can only benefit your body. Exercising, increasing your intake of green, yellow and red vegetables, and deeply colored fruits will increase the amount of oxygen in your body.

### Oxygen Deficiency

**Scientists have discovered that Oxygen was 38 percent of our atmosphere 10,000 years ago, compared to the 21 percent today. Oxygen levels are getting lower and lower due to pollution and industrialization.**

**We are simply NOT getting as much oxygen as our human bodies were designed for!**

Since scientists have discovered that the concentration of oxygen in the air we breathe is being reduced, this means we need to breath even more air to get a sufficient supply of oxygen. The link between insufficient oxygen and disease has also been established. The more oxygen we have in our body, the more energy we produce. Researchers have discovered that **the human body was designed to grow and operate at a 50% stronger concentration of oxygen than what's currently available.** Knowing this, we must get a higher level of concentration of oxygen into our bodies.

Some Medical Symptoms of Oxygen Deficiency			
Stomach Acid	Bacterial Infection	Viral Infection	Parasitic Infection
Bronchial Problems	Chronic Hostility	Poor Circulation	Depression
Dizziness	Fatigue	Irrational Behavior	Irritation
Tumors	Deposit Buildups	Memory Loss	Poor Digestion



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Allergies	Cancerous Cells	Overall Bodily Weakness	Muscle Aches
Inability to Cope	Obesity	Varicose/Spider Veins	Candida
Edema	Anemia	Aches/Stiffness	Sinusitis
Lowered Immunity to Colds, Flu, and Infections			

The above mentioned medical symptoms often begin with a vague feeling of uneasiness. The symptoms progress over time, and become illness and disease. Cells that are partially starved of oxygen will send out tiny panic signals which are often felt as a continuous sensation of uneasiness, dread or disaster. This warning system tends to be ignored or is attributed to other sources.

Ninety percent of our energy is created by oxygen. Our body consumes larger amounts of oxygen to rid human bodies of waste and toxins.

Positive Effects of Adequate Oxygen			
Blood Pressure Regulation	Influences Detoxification	Improves Cell Metabolism	Balance of Stomach Acid
Improvement of Circulation	Anti-viral Effects	Anti-Bacterial Effects	Anti-Fungal Effects
Improvements in Asthma	Improvements in Allergies	Stimulates Immune System	Accelerates Wound Healing

Types of Stress that Deplete Oxygen	
<b>TOXIC STRESS:</b>	Toxic stress comes from drinking polluted water, breathing polluted air, and eating unhealthy foods.. Extra Oxygen is needed to constantly detoxify our bodies..
<b>EMOTIONAL STRESS:</b>	Panic, Fright, Anger, etc...cause the production of adrenaline which uses up our oxygen supply.
<b>PHYSICAL STRESS:</b>	Physical stress reduces circulation. Reduced circulation in turn causes reduces oxygen supplies to cells and tissues in our body.
<b>INFECTIONS:</b>	Use up oxygen to combat bacteria, fungi, and viruses. Drugs used to fight infections will also deplete cellular oxygen since oxygen is required to metabolize them out of the system.

Also, a chronically acidic system causes the body to deplete oxygen reserves. Doctors believe this can lead to a vicious cycle of toxin accumulation and oxygen depletion which eventually results in serious illness and disease.



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**Cancer** has only one prime cause! It is the replacement of normal oxygen respiration of the body's cells by an anaerobic (oxygen-deficient) cell respiration!.

### Activated Oxygen

#### Activated Oxygen with the Adya System

Activated Oxygen is the linking of 3 oxygen molecules otherwise known as  $O_3$ . Oxygen is converted into Activated Oxygen via an electrical charge (*in Adya's case, ionic minerals.*) The Activated Oxygen attacks undesirable molecules (bacteria, molds, aromatic chemicals, organic and inorganic, etc.) leaving only Oxygen ( $O_2$ ) as a by-product.

Adya Ionic Minerals have at least 50 ionic trace minerals such as calcium, magnesium, and manganese. When combined with water these minerals act as catalysts and start the process of changing oxygen in the water into Activated Oxygen, an extremely powerful oxygenizer.

**Activated Oxygen** burns up "invisible" contaminants making them "visible" and "water insoluble". Then, through the process of deposition and agglutination, these contaminants become filterable. Carbon gas made during this oxygenation process is released into air.

#### History behind Activated Oxygen

In 1888, it was discovered that high potential electricity (such as lightening) produces hydrogen peroxide." When there is high potential electricity over oxygen it converts oxygen into ozone ( $O_3$ ), this ozone oxidizes environmental pollutants and cleans the air. **When ultraviolet light from the sun penetrates to the oxygen layer around the earth, it turns  $O_2$  into  $O_3$ .** Ozone is a bluish gas, which is why the sky is blue when the air is clean!

In 1967, a doctor researched the *use of oxygen as a therapy*. A process was developed which was successful in enriching water up to 60mg  $O_2/L$ . Prior to that time, only 10mg  $O_2/L$  had been achieved. The process was using an ion physical linkage of molecular  $O_2$  and  $H_2O$  molecules. This research revealed that the oxygen rich water decreased nitrates, reduced oxidative stress, increased oxygen levels and assisted the body in removal of toxins.

A double blind study revealed that oxygen enhanced water demonstrated significant improvement in blood and immune system function.

It was then discovered that "oral oxygen is absorbed by diffusion and osmosis through the cells in the stomach and intestines and reaches the bodies blood circulation through the portal vein. Oxygen enhanced water can perform all the same functions as the oxygen absorbed through the lungs.