

# THE ENERGY INSTITUTE

*Empowering you to live your life full of joy, energy and vitality*

## WATER: For Health, For Healing, For Life

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### Water seminar with Dr. Sandra Arndt, MD

\* All about water and its impact on your health or disease

\* Learn how much water you need, when and why – and what diseases may be directly linked to unintended dehydration

\* Learn the limitations of drinking even the best bottled, reverse osmosis, filtered, or distilled water available.  
See for yourself as some of the top brands are tested

\* Learn about the importance of an alkaline body, and how to easy and convenient achieve and maintain it

\* Learn the amazing health benefits derived from hydrating and alkalizing your body with some of the most cost effective, highest quality alkaline water (produced in the comfort of your own home)

\* Take home pH strips to measure your own body's pH

**Come and bring a friend! I am looking forward to seeing you.**

***Wishing you optimal health,  
Dr. Sandra,***

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### FREQUENT SEMINARS!

**Please, contact me for the timing and venue of the next talk near you  
Cover charge: 5,-\$\$; free flow of purified, alkaline, oxygenated water + snacks**

***"You are not sick,  
you are thirsty!"***

Dr. Batamanghelidj, MD

***"Just about every  
condition I can  
think of...  
is associated  
with acidity."***

Dr. R. Young, MD