

- Physical:
159 Goodwood St
Kyalami Estate
1684

- Postal:
PO Box 645
LONEHILL
2062

- Telephone:
011 025-8838
011 026-0107

- Facsimile:
086 687-8300

- Email:
anton@trivortex.co.za

- Website:
www.trivortex.co.za



Maintaining Proper Hydration

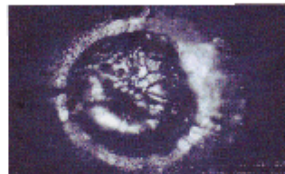
WATER INTAKE

Your body needs: 1.5 litres of water per 50 kg body weight - per day (minimum)

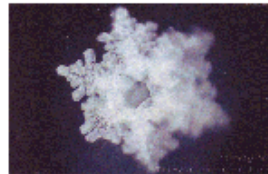
Minimum suggested Adult water intake:

- Drink 2 glasses of water ½ hr before meals (this provides free water for digestion).
- Have very little or no water - during and for 2hrs after meals.
- Drink 2 glasses of water & a pinch of sea salt before going to sleep, and 3 glasses of water upon waking.
- Drink freely between these periods.
- If water intake has been low (normally in the elderly), increase amount slowly until urinary excretion roughly matches intake.
- **Remember to drink water in the winter** as this is when most people become ill.

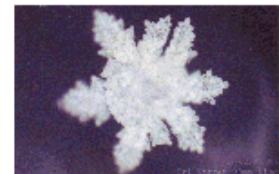
NOTE: Drink the best water available or at least filter the tap water and then treat with a Tri-Vortex water disc:
Refer Dr Emoto's photographs below



Untreated Laboratory
RO Water



Same RO Water
Treated for 30 sec with
a Tri-Vortex Green Laser



Same RO Water
Standing for 3 min
on a Tri-Vortex Disc

SALT INTAKE

Use **¼ teaspoon** of unprocessed sea salt (without additives),
for every litre of water you drink (iodine can be had from seaweed)

- Use this same sea salt for cooking and on food.
- If food already contains salt, reduce salt intake by the amount contained.
- Do not add salt to the drinking water as the taste can be a deterrent from drinking sufficient amounts of water.

Please Note:

If you suffer from hypertension or are being treated for any other disease, consult your physician before starting a rigorous intake of water and salt.