



NEW

The Original
IonPod®
*Alkalizing & Energizing
Water Bottle!*

**Use IonPod®
& Watch
Those Acid
Levels Drop!**



**Water –
The Origin Of
Life, Essential
For Health**

- *Creates Alkaline Antioxidant Water!*
- *Alkalizes pH By Up To 2000%!*
- *Increases Hydration!*
- *Creates Silky Smooth, Fresh Tasting Water In Minutes!*
- *Contains Silver & Anti-bacterial Ceramic Spheres!*



Why use the IonPod®?

“Since 1976, I have been preaching “It’s the water; It’s the water!” Most people do not drink enough daily water for their body weight; they drink the wrong type of water for their body chemistry; they drink water that is too acid (low pH); they drink water that has a positive ORP, which is oxidizing and causes premature aging. I have seen this in thousands of clinical cases. Today, acidity abounds due to improper eating and drinking habits. This acidity sets the stage for almost every illness you can name.”

Gary A. Martin, DSc, PhD
Research Director



The Original IonPod®

- Increases Hydration
- Improves Acid/Alkaline Balance
- Provides Abundant Negative Ions
- Provides Natural Far-infrared Ionization
- Supplies Active Hydrogen Ions
- Increases pH By Approximately 2000%
- Contains Silver & Anti-bacterial Ceramic
- Uses Only Non-toxic Materials
- Converts Water In Just A Few Minutes
- Easy Cleaning
- Reduces Molecular Cluster Size For Better Absorption
- Generates Negative Orp For Powerful Antioxidant Water

The IonPod® Also Uses Ionizing Minerals, Including:

- Tourmaline – Helps Reduce Surface Tension, Provides Fir, Ionization
- Zeolite – Absorbs And Retains Heavy Metals And Toxins
- Maifanshi – Absorbs Toxins And Supplies Trace Minerals
- Additional Minerals Clean, Mineralize And Ionize The Water
- Mineral Insert Should Be Replaced In 6-12 Months Depending Upon Use

2 CALL TOLL FREE 800.604.6766

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Acidity & Toxicity May Negatively Affect:

- Skin
- Mood
- Breath
- Digestion
- Heart
- Immunity
- Kidneys
- Liver
- Metabolism
- Inflammation
- Pain
- Weight Loss
- Cellular Health
- Energy Levels
- Sugar Levels

Is Acid Ravaging Your Body?

Want to see how acidity is affecting you? Order some pH tape from Healthy Habits® today. Test your urine pH (pee on the tape) and use another strip to test your saliva pH (stick it in your mouth).



pH Rules:

- Your urine pH should be between 6.0 & 6.5
- Your saliva pH should be between 6.5 & 6.8 (nothing previously in mouth for 30 minutes)
- Your saliva pH should NOT be lower than your urine pH
- The total of your urine pH & saliva pH should be close to 12.8



“If your pH test violates any of the above rules, you need to take action before disease ravages your body. I encourage you to contact me at your earliest convenience.”

If your pH test violates any of the above rules, you are going to greatly benefit by drinking the water that you make using your Healthy Habits® IonPod®.





Ionpod To The Rescue!

Because of my pioneering efforts regarding educating the public regarding water, in 1994, I was responsible for the importing of the idea of “MicroWater” into the USA. Ionized, structured, high pH, low ORP water was a new concept for Americans but an old, proven idea in Japan. We were very successful, but the machines were expensive and just didn’t produce the kind of long-term results for which we were looking. There seemed to be a difference between the phenomenal results gained from use of MicroWater in Japan, versus what we were able to do here in the USA. We now know that the difference was the water generator that was created for the USA mass market. It just couldn’t perform like the medically licensed, commercial units used in Japan hospitals. That problem is now solved with the introduction of the Enagic LeveLuk SD-501 which produces Kangen® water. The problem is that it costs \$4000. I have the Enagic unit

mentioned and I can truly say it produces miraculous water. You can watch the movie regarding the Enagic SD-501 here: www.HealthyHabitsWeb.com

The problem is, what if you don’t have \$4000 to make miraculous water? Answer – start by using the Healthy Habits® IonPod® for only \$49.95.

Water Rules For Healthy Longevity:

- **The pH of your water should be 8.5+.**
- **The ORP of your water should be –50 or lower.**

The pH of your water is very important. Most tap water has a pH of 7.0+ due to the pH adjusting chemicals that are added by municipal water plants, not because of the beneficial minerals in the water. The Healthy Habits® IonPod® will naturally adjust the pH of the water placed into it in minutes. The longer the water remains in the Healthy Habits® IonPod® the higher the pH will travel. See a great water pH demonstration at pHdemo.HealthyHabitsWeb.com. The water they are testing is the \$4000 Kangen water but you can get similar results by using water from the Healthy Habits® IonPod® and save yourself \$3950.

“Chlorine in tap water is mandated, but it is a premature aging problem. Chlorine has a very positive ORP which means it is oxidizing and prematurely aging you every time you drink it.”

The ORP (oxidation-reduction potential) is a little-known quality of water that is very important. The higher on the ORP scale, the more oxidizing, premature-aging is the water. Most tap water tests +200 or higher. Bleach is approximately +500. Even bottled waters have a terrible +200 ORP or higher. Before the invention of the Healthy Habits® IonPod® the only way to easily get negative (-) ORP water was through an electrolysis method such as the Enagic \$4000 unit. Now, with the Healthy Habits® IonPod®, you can get a (-) ORP in just a few minutes. Amazing! See

a great water OPR demo at orpdemo.HealthyHabitsWeb.com. The water they are testing is the \$4000 Kangen water but you can get similar results by using water from the Healthy Habits® IonPod® and save yourself \$3950.

Chlorine in tap water is mandated, but it is a premature aging problem. Chlorine has a very positive ORP which means it is oxidizing and prematurely aging you every time you drink it. The Healthy Habits® IonPod® removes chlorine. See a great water Chlorine demo at chlorine.HealthyHabitsWeb.com. The water they are testing is the \$4000 Kangen water but you can get similar results by using water from the Healthy Habits® IonPod® and save yourself \$3950.



Water – The Origin Of Life, Essential For Health

*Water is involved in all biochemical reactions and living functions of human body.
Quality wholesome water is the essence of well-being and longevity!*

In order to maintain health of living body, we must drink quality wholesome water. Yet what kind of water is considered quality wholesome water? Based on extensive research, the WHO (World Health Organization) specialists have discovered that quality wholesome water must be weak alkaline by nature, micro cluster in composition, have negative potential and high level of oxygen, etc..



The Healthy Habits® IonPod® can transform ordinary water to alkaline water without electrification at anywhere any time desired by utilizing new materials and technologies.

“Specialists have discovered that quality wholesome water must be weak alkaline and high level of oxygen.”

The core component of the IonPod® is a state-of-the-art material designed for optimal water treatment. Formed under high temperature by melting and conjugating effective ingredients from high-energy biochemical ceramics and pumice mineral stone with potent rare earth, the IonPod® is highly catalysis-sensitive and capable of rapidly ionizing and alkalizing water.

You can use either hot or cold water.

Tips on Water Drinking

An average adult body in a sedentary condition is designed to take around 64 oz water per day or one can follow the formula of 1 oz water per 2 lb body weight. Those with health issues may gradually increase the volume to more than 3 qt daily.

Best times to drink water:

- After morning awakening on empty stomach
- 10 AM
- 3 PM
- 1 hour before sleep
- Do not wait until you feel thirsty. Drink whenever you can
- Drinking small amounts often is more efficient for the body

Your personal water formula:

- Divide your weight by 2 (i.e., $120/2=60$).
- Your water requirement is 60 oz daily.
- Divide your weight by 40 (i.e., $120/40=3$).
- Your water dose is 3 oz.
- Your daily water requirement is to drink 60 oz daily, preferably no more than 3 oz at one time.

Healthy Habits® No-Rush Guarantee

All of our products come with a 90-day money back guarantee! If for any reason you are not completely satisfied, call **800-604-6766** for your no-hassle return authorization.



About Us:

“Healthy Habits® is a family-owned company. We oversee the manufacturing of our products right here in the good ol’ USA. We have been formulating exceptional products since 1976. The reason why our formulas produce results is because I operated a Wellness Clinic for almost 20 years. Our concern was to find products that WORKED. When we found that most products were garbage and produced little or no clinical change, we started making our own formulas. Our products became so popular that we eventually closed the clinic and took these effective products direct to YOU, the consumer.”



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