

Aqua Hydration Formulas

Product Information



Why is Hydration vital to health and wellbeing?

Water is the key to life on this planet and health in the human body. Hydration is one of the corner-stones of good health. Along with nutrition, exercise and emotional wellbeing, hydration is essential for the creation of good health and longevity. Hydration is your body's ability to absorb water down to the cellular level.

Drinking purified water is a useful first step in supporting good health. Yet in our current stressful environment drinking pure water is not enough on its own. We need to ensure that the water absorption and water metabolism are functioning efficiently in our bodies.

The American newsletter Health Alert reported quite some time ago....."when it comes to diseases like heart, kidney or stomach disease, allergies, asthma, arthritis and skin diseases, your state of hydration (water balance) may be the single most important factor in your recovery or even your survival".

What is Special about the Aquas?

The Aqua Hydration Formulas have been on the market since the early 1990's. We have received positive feedback from people all over the globe over that time. The New & Improved Aquas have been reviewed during this COVID time in 2020 to ensure that they continue to address the needs of our time.

*They still contain the core ingredients that achieved a novel patent more than 20 years ago, however they have been simplified and streamlined in order to meet the needs of an ever complex environment.

*The "New & Improved" Aquas are still gender specific to address the known differences in men and women.

*They now include native Australian flower essences to enhance vibrational balance in our bioenergetic field and support emotional stress.

*Terpenes enhance their overall performance

*The "New & Improved" Aquas act in a subtle and gentle way so that they are safe for everyone to use, and cause no undue stress on our systems.

*The "New & Improved" Aquas are complimentary to other therapies.

*There are no known contra-indications and this fact has been borne out by the Aquas being used in the global marketplace for the last 25 years.

*Based on the recommended dosage of 7-10 drops taken twice daily, each 25mL bottle will last approx. one month.

Dosage information for General Use.

The Aqua Hydration Formulas are best added to a mixture of water and non-citrus fruit juice.

Use filtered or spring water.

On Rising

Add 7-10 drops (1/2 - 2/3mL) of Aqua Formula to a glass of filtered water with a little sub-acidic juice added. (eg apple or pear juice)

In the late afternoon or late evening:

Add 7-10 drops (1/2-2/3mL) of Aqua Formula to a glass of filtered water with a little sub-acidic juice added. (eg apple or pear juice).

Experience with the Aqua Hydration Formulas has shown that people obtain the most benefit following the recommended routine 5-6 days per week and then resting the body for 1-2 days per week.

Individuals with long term chronic conditions or high degrees of toxicity may benefit from starting with a lower dose initially and incremental increases over a few weeks. Please consult with your local health care practitioner.

Commonly Asked Questions

1 What is Hydration?

Hydration is your body's ability to absorb and manage water down to the cellular level.

It involves uptake, not just intake.

2 I drink plenty of water.

Why do I need the Aqua Formulas?

It is not only how much water you drink but how well you absorb and metabolise the water that counts.

Every biochemical process in your body depends on hydration.

3 How long should I take the Aquas for?

Hydration, nutrition, exercise and emotional wellbeing are the corner stones of good health. We need to attend to hydration as part of our ongoing routine. This has never been more important given the nature of the degraded environment, increasing stress levels.

4 Will the Aquas interfere with my current health regimen?

No. Because the Aqua's address the fundamentals of hydration they are complementary, as is good nutrition, to other health routines.

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