



Discover the  
**5 things** you must do  
to live a  
**longer, healthier life**



helping you live  
a longer, healthier life

# The 5 things you must do to live a longer, healthier life

## 1. HYDRATE

### with Alkaline Mineral Water for Peak Cellular Performance

Drinking filtered alkaline mineral water is foundational for longevity & wellbeing as it:

- Enables cellular hydration
- Restores the pH balance to the body
- Creates cellular energy flow & vitality
- Assists with elimination of acids & toxins
- Allows the absorption of nutrients into cells
- Assists in the prevention of disease
- Improves performance & focus
- Allows better quality sleep



Your body is 75% water & your brain 91%  
"The simple truth is that dehydration can cause disease."

F. Batmanghelidj M.D.,  
Author of 'Your Body's Many Cries for Water'

#### A mere 2% drop in body water can trigger

- Fuzzy, short term memory loss
- Trouble with basic math
- Constipation
- Aches & pains not related to injury
- Difficulty focusing
- Fatigue, yawning
- Erratic moody behavior
- Cravings for sugar and caffeine



## 2. EAT

### 80% Alkalising 20% Acid Forming Foods

- Green coloured vegetables, raw and juiced
- Sprouts & fermented foods for a healthy gut and nutrient absorption
- Good fats which include coconut oil, avocado, butter and for salads use olive oil
- Eat organic foods to reduce toxins and enjoy a higher level of nutrients
- Reduce gluten and processed foods in your diet
- Flossing daily extends your life expectancy by 6.4 years
- Fast intermittently to boost your HGH by 1300%!!

(\*HGH is Human Growth Hormone which boosts fat loss, increases core strength and reduces insulin sensitivity. It is also important in maintaining homeostasis.)

## 3. MOVE High Intensity Training

- Short burst high intensity sessions releases HGH\* – 60 seconds full out 3 times per week!
- Releases toxins and reduces stress
- Helps to clear the mind
- Increases strength, vitality and body tone!
- Don't forget brain fitness - exercise your gray matter!



## Create an Alkaline Body, Mind & Spirit

## 4. BREATHE, Be Still & Rest

- Walk barefoot on the earth each day to ground yourself
- Enjoy 10 mins in the sunshine each day for a boost of Vitamin D!
- Reduce chemicals in your home using natural cleaners
- Use a shower filter that reduces 99% of chlorine which is toxic when heated
- Meditate for at least 10 mins each day
- Get good quality, deep sleep each night



## 5. FEEL Happy & Be Grateful

- Find the Positives in situations
- Live with Passion
- Choose to Feel Happy
- Change your "State" so that it supports health and happiness
- Spend quality time with loved ones, family & friends
- Laugh and Smile for no reason!
- Keep a Daily Gratitude Journal

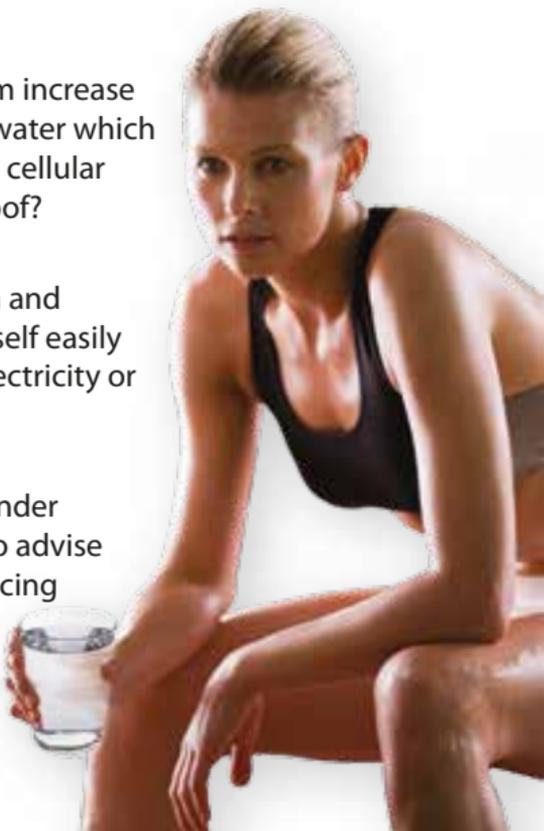


# How to choose a Water System for Peak Cellular Performance?

Ask these key questions:

Yes No

- 1. Is your water system designed by an Australian company for local water supplies and has it been tested in Australia on Australian drinking water?
- 2. Are you creating alkaline water due to the water system providing a balanced range of ionized minerals and electrolytes naturally?
- 3. Does your water system increase the bio-availability of water which is key to hydrating at a cellular level? Do you have proof?
- 4. Can I install the system and replacement parts myself easily without it requiring electricity or wasting any water?
- 5. Do you run a free reminder service to customers to advise when parts need replacing so I can be assured of the quality of the water my family is drinking?



## Scientific Water Research & Facts

A World Health Organisation Study in 2005 shows systemic health issues in communities that drink Reverse Osmosis water.

Freedom of Information data from SA Water shows the state's tap water breached the Australian Drinking Water Guidelines or World Health Organisation guidelines 9298 times between January 2000 and July 2012.



Want to know more about the modern body being too acidic (acidosis) or too alkaline (alkalosis)? Both are indications of dehydration! Visit our blog at [www.zazen.com.au](http://www.zazen.com.au)

# zazen Alkaline Water Healthy & Delicious

State-of-the-Art 10 Stage Process  
Emulates Mother Nature's water cycle

Designed by zazen Australia for local water conditions in conjunction with the world's leading water scientists.

- Stage 1 Ceramic Pre-filter to 0.2 micron
- Stage 2 Silver Activated Carbon Layer
- Stage 3 Fluoride Reduction Layer
- Stage 4 Activated Zeolite Layer
- Stage 5, 6, 7 Bio-Ceramic Pi & FIR Energy Balls & Silica Sand
- Stage 8 Natural Alkaline Mineral Stones
- Stage 9 Anti-Bacterial Silver Stones
- Stage 10 Magnetic Energy 1200 Gauss Tap



For complete details on the above 10 advanced stages of filtration and how we alkalise your water naturally with a balanced range of minerals and electrolytes see our web site at [www.zazen.com.au](http://www.zazen.com.au).

*"Not only do we love the taste and how it makes us feel, we are saving over \$1000 per year switching from bottled water!"* John, Geologist and zazen Customer, NSW

Enjoy zazen Water in your home, office or clinic today

# 5<sup>only</sup> 5C /litre!

**Courtesy Customer Reminder Service**  
zazen Water will remind you when it is time to change your filters so you don't need to remember!!

## zazen Wheat Seed Growth Experiment

zazen Water compared to tap & bottled water



zazen Water has a range of Shower Filters which reduce chlorine by 99% - see our web site!



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1300 78 24 25  
[zazen.com.au](http://zazen.com.au)

# Assurance of Quality

zazen Water is tested independently by SAS Laboratories (a certified Australian Government Water Testing Laboratory).

zazen Water Sub-Micro Filtration	
Alkalinity pH	7.4 to 8.5
Chlorine Reduction	99.99%
Fluoride Reduction ppm	Up to 90%
Cyst Reduction (Cryptosporidium/Giardia)	>99.99%
Harmful Bacteria (E.coli, Salmonella)	>99.99%
Copper, Lead, Mercury, Arsenic Reduction mg/l	99.99%
Conductivity (ORP/bio-availability) at 25 <sup>o</sup>	580

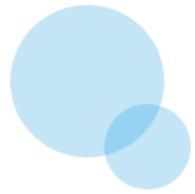


For a complete independently tested filtration summary, please refer to our web site.



The zazen Water Crystal  
Taken by the offices of Dr Emoto  
Japan

## More Electrolytes than Sports Drinks!



Electrolyte/ Alkaline Minerals	zazen Water*	Gatorade	Powerade Isotonic	Fiji Water
Magnesium	28	0	0	3
Potassium	32	14	22	0
Calcium	40	0	0	17

\*A sample of the minerals found in zazen Water for comparison.  
Typical analysis taken from product labels (ppm).



*“..minerals in drinking water are more easily absorbed than minerals in food”*

Pauline Roberts PhD BSc.  
Scientific Researcher & Naturopath

Visit our web site for a detailed independent review of the zazen Alkaline Water system by Pauline Roberts, PhD.

# The Science of Alkaline Water

Scientists studying the health and longevity of many of the world's oldest and healthiest people discovered the secret lay in the quality of the water they drank everyday. They found that water underwent a transformation in nature as it bubbled and cascaded over mineral rocks in pristine mountain streams after being filtered through the earth's natural layers of rock. The scientists realised this water had the essential properties to enhance quality of life.

## zazen Alkaline Water System recreates Mother Nature's Water Secret

zazen Water set out to find state-of-the-art water technologies that created those same essential water qualities to support living a longer, healthier life.



Today, in collaboration with the world's leading water scientists, zazen have recreated Mother Nature's water secret in the zazen Alkaline Water System, designed specifically for Australian water supplies.

*"I had no idea that the water I was giving my children to drink may actually have been making them sicker. My daughter drank 4 glasses of zazen water and my son drank 1.5 glasses when we visited my local Naturopath, I just couldn't believe it as they never drank water. I always just thought water was water, now I know it is not. Thank you for doing what you are doing."* Lisa Lawson  
Teacher & Mother,  
Quirindi

## Contribute to a Wellness Generation



If you care about the fact that **"this generation of children will be the first to live a shorter lifespan than their parents"** like we do, then you will be comforted to know that by buying zazen Water products you will be supporting our **zazen Water Ambassador School Program**.

This program, operating since 2008, gifts free zazen Alkaline Water Systems to primary schools in Australia so children have access as well as education through a series of fun

school lessons on the impact of hydration on the way they feel, behave and perform. *To read about our Program, visit our web site.*