

EkoHealth

ISSUE 9 2015

SUFFERING?

Arthritis • Gout • Reflux • UTI's
Fibromyalgia • Weight Gain

You may be acidic!

**Reduce acid with
Eko Crystals**

Eko Crystals contains alkaline minerals which helps to neutralise acid in the body.

**Eko Crystals Special
Only \$89.95**

(+p&h \$9.95)

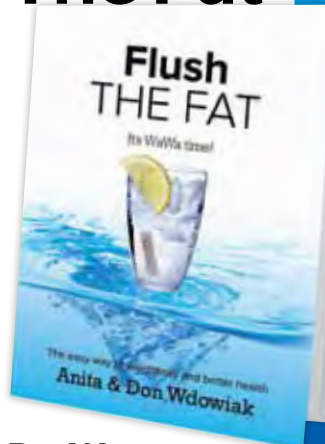


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FREE
pH TEST STRIP
instructions inside

Flush The Fat



Do Wawa...

NEW
Starter Pack
(2 months)

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- No extreme exercise
- Easy for anyone at any age
- Do it at home or at work

ONLY
\$179.95
+24.95 P&H



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Welcome...

I am really happy with our new issue of Eko Health as many of our topics have been requested by our readers.

If you know anyone who has any of these problems just call 0413 088 103 and we will be happy to send them out this latest issue.

We would also love to see any testimonials you might have so please drop us a line at Eko Health, PO Box 393 Seaford, SA 5169.

We are always delighted to hear from you as you come along with us on our journey of discovery into the field of health and wellbeing. Come along with us and enjoy the ride.

Anita Wdowiak

Retailer In Your Area?

If not become a distributor of Eko Health products.
Phone 0448 088 438 and start today.



www.ekohealth.com.au

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The Importance Of Hydration In The Body

Our body is made up of 70% water so we need to drink plenty of water to function properly. Today most people don't drink enough water. Caffeine based drinks including coffee, tea and soft drinks tend to be more dehydrating than hydrating and are also acidic. The more acidic you become the more dehydrated you become leading to compromised health and weight gain.

The kidneys need a lot of water to function properly. If the kidneys aren't hydrated they can't dispose of waste. When this happens the liver comes into play to help out the kidneys. The liver is used to metabolise fats into energy, however, if it has to help out the kidneys it is not able to function as a fat burning organ. By keeping hydrated both liver and kidneys can function properly and do their jobs of flushing waste and fat from the system.

Metabolism can also be greatly affected by dehydration. Everyone's rate of metabolism (calorie burning) is different depending on age, height, weight and muscle mass. Hydration is an important factor in calorie burning. Even a 1% drop in hydration levels can cause up to a 5% decrease in calorie burning which can make a big difference to your metabolism and ability to lose weight.

Alkaline water reduces the cluster size of water molecules which leads to better hydration as water is more easily absorbed into the cells. Eko Crystals contains a large percentage of alkaline minerals which will give you better hydration, better absorption of minerals and other nutrients as well as a reduction in acid levels.

Overall, better hydration through increased consumption of alkalised and mineralised water is essential for better health and easier weight loss.



Symptoms Of Acid Accumulation

According to Dr. Theodore Baroody in his book *Alkalize or Die*.

Beginning Symptoms

Acne, agitation, anxiety, diarrhoea, dilated pupils, extraverted behavior, fatigue in early morning, headaches, hyperactivity, hyper sexuality, insomnia, nervousness, rapid heartbeat, restless legs, shortness of breath, strong appetite, high blood pressure, warm dry hands and feet, muscular pain, cold hands and feet, dizziness, low energy, joint pains that travel, food allergies, chemical sensitivity to odours, panic attacks, pre-menstrual and menstrual cramping, premenstrual anxiety and depression, lack of sex drive, bloating, heartburn, constipation, hot urine, strong smelling urine, irregular heartbeat, white coated tongue, hard to get up in the morning, excess head mucus (stuffiness) and metallic taste in mouth.

Intermediate Symptoms

(Herpes I & II), depression, loss of memory, loss of consciousness, migraine, headaches, insomnia, (disturbances in smell, taste, vision, & hearing), asthma, hay fever, ear aches, hives, swelling, viral infections (colds & flu), bacterial infections (staph, strep), Fungal infections (candidiasis, athletes foot), impotence, urethritis (inflammation in Urethra – the tubes leading to kidneys), Cystitis (inflammation of the kidney), urinary track infections, gastritis, colitis, excessive hair loss, psoriasis, endometriosis, diarrhea, stuttering, numbness & tingling and sinusitis.

Advanced Symptoms

Crohn's disease, schizophrenia, learning disabilities, Hodgkin's disease, systemic lupus erythematosus, multiple sclerosis, osteoporosis, sarcoidosis, rheumatoid and osteo arthritis, myasthenia gravis, scleroderma, leukaemia, tuberculosis and cancer.

How Do I Find Out If I Am Acidic

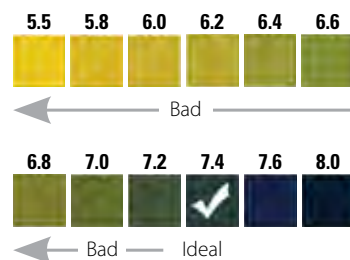
Determine whether your saliva is acidic by having a pH test. Buy Eko litmus and test yourself and family members on a regular basis.



How To Test Your pH

Test yourself first thing in the morning. You get a more accurate reading if you test yourself as soon as you wake up. No eating, drinking or cleaning your teeth.

- Spit on spoon and wet the end of the pH strip with your saliva.
- After 2 or 3 seconds place it on the test chart to find a matching colour.
- If you are 7.0 or lower you need to become more alkaline for better health.
- A 7.4 saliva pH is the ideal reading.



SUFFERING

ARTHRITIS

GOUT

REFLUX

UTI'S

WEIGHT GAIN

YOU MAY BE ACIDIC!

Get rid of acid with
Eko Crystals

EKO CRYSTALS SPECIAL
\$89.95

(+p&h \$9.95) Pack contains 60 sachets
(lasts for 120 days), Eko Litmus
(100 tests), BPA Free Bottle,
Plus FREE magazine.



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PH 1300 887 994



No More Medication

I was in agony with continual bladder infections and inflammation for years and seemed to be on antibiotics all the time. I was always at the doctors and specialists, but nothing seemed to work. I stopped taking the antibiotics when I started taking Eko Crystals and within 6 weeks the pain had gone. I am so happy that I no longer need the antibiotics and that I am pain free. Even my arthritis and tennis elbow has improved and I just feel better with health over-all. Thank God for Eko Crystals I recommend it to everyone.

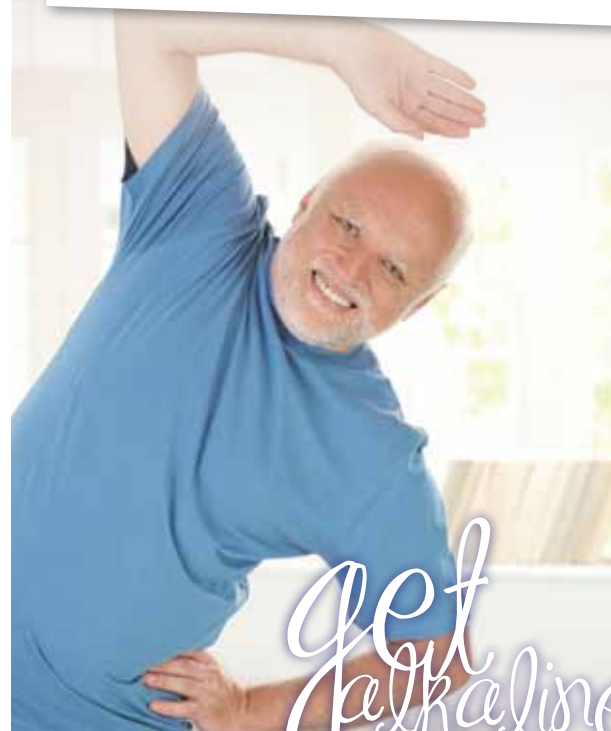
- Maureen

Acid & Gout

The most common complaint for gout is that which affects the big toe as the pain can be excruciating. Excess uric acid is unable to be eliminated by the body when gout is present and in order to protect the blood from these high acid levels, uric acid crystals are formed and deposited in the joints, mainly fingers and toes.

Some gout attacks can last for five or six days and can be managed to some degree with medication. However this does not get to the root cause of it and recurring attacks can ensue. As the cause of gout is excess uric acid, if acid levels are reduced the pain and discomfort of gout attacks will also be reduced and in some cases disappear altogether.

The drinking of mineralised alkaline water can make a big difference to gout and the pain in some cases can be relieved in a matter of a day or two. However, in order to have continued relief and reduce the amount and severity of gout attacks, acid must be reduced daily. Eko Crystals will help to keep acid levels down and therefore help reduce and in many cases eliminate the pain of this most debilitating condition.



get
alkaline

ONLY
\$69.95
+9.95 P&H



Acid & Ageing

Alkalinity seems to be the dominant factor for cultures known for longevity. In comparison the most common thread in western culture is that most people are highly acidic, hence the high incidence of premature aging, disease and in many cases early death. An acid body tends to age prematurely, skin nails and hair also suffer the ravages of an overly acidic lifestyle. Weight is easier to put on and significantly more difficult to shift. Health in general is compromised and will make its mark on the external appearance. The process of ageing which starts from the very beginning of our life is the accumulation of non-disposed waste products. This accumulation of acid waste can only be disposed of through consumption of alkaline forming food and drinks.

Harald Tietze in his book Youthing has stated that "By drinking alkaline water, the aging process can be reversed and wastes can be reduced in the long-term to a level of a much younger person." Alkaline water will help to neutralise harmful acids quickly and effectively and allow them to be flushed out by the blood via the skin, kidneys and bowels. Eko Crystals, contains a high percentage of alkaline minerals (calcium and magnesium) as well as many trace minerals which are essential in order to stave off the ravages of time and help us to lead a fully active and youthful life well into old age.



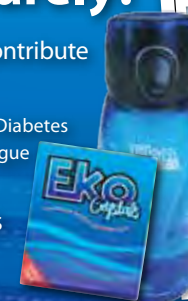
Ageing Prematurely?

Increased acid levels in the body contribute to the many signs of ageing...

Heart conditions • Osteoporosis • Arthritis • Diabetes
Dull skin tone • Dehydration • Wrinkles • Fatigue

Get Rid Of Acid With Eko Crystals

Add Eko Crystals to your drinking water to feel the difference.



Judith, NSW

I have used Eko Crystals for 12 months, it's a marvellous product. I suffered severely with Polymyalgia and Arthritis and from using Eko Crystals it has gone into remission. When my pH reached 7.2 I stopped using it and my health declined, so I began using it again and my health and blood tests are normal. Thanks for a wonderful product that works. Judith

Acid & Reflux

Excess acid can contribute to over 200 diseases and the sad fact is that most people don't realise how this excess acid is contributing to their health problems, weight gain and reflux.

Gastroesophageal reflux disease (GORD) or acid reflux, is a common symptom of today's lifestyle which can be very debilitating. The continual intake of mainly acid forming foods, pollution and stress can lead to an imbalance of the pH of the body, which can also lead to many diseases including reflux and other digestive problems. When too many acid forming foods are consumed, the stomach can't digest them fully and turns these undigested foods into acid waste. As the acids build up in the stomach, spasms and gas is formed causing pain and discomfort. This gas can then force the valve between the stomach and oesophagus open allowing acid to be leaked or refluxed back into the oesophagus causing a burning sensation in the chest or throat called heartburn. This acid reflux can sometimes be tasted in the mouth.

A simple change in diet and the type of water you drink can make all the difference to a reflux or digestive problem. By including alkaline water daily into your diet and changing to more alkaline-forming foods, reflux and the pain and discomfort it can cause can be relieved once and for all.



Pain Free Living

"...I have had Osteoarthritis for 40 years.... two back operations... calcification in my feet, hands, neck and back, my hips and spine are fit for a wheelchair... I still work full time... but some days the pain is terrible... Then I started drinking Eko Crystals and I feel better than I have for ten years. I am a Remedial Therapist... but I was not winning the pain war with my body. I saw a chiropractor in January who refused to touch me... and said my only option might be an orthopedic surgeon. I did not realise how acid impacted the body... I have more energy and I am sleeping better, plus I have lost 6 kilo's and I have done nothing but drink water with Eko Crystals in it. I am sure I have found my answer to agility and a pain free existence..." - Karin (RT, Dip of PC, GRM)



Acid & Fibromyalgia

Fibromyalgia is a painful and debilitating condition which can often lead to depression. Continual pain all over the body leaves the sufferer desperate for relief as even the smallest amount of movement can cause excruciating pain and exhaustion.

There is relief! Fibromyalgia is a build-up of lactic acid in the muscles. This occurs because the mitochondria within the cells (little factories that produce energy) are not functioning properly and are therefore producing energy anaerobically (without oxygen). Athletes know only too well the pain of lactic acid build-up through strenuous exercise, however once they stop exercising the pain goes away very quickly as their energy system returns to aerobic (with oxygen). The fibromyalgia sufferer continually produces lactic acid because they are creating energy through glycolysis which means they use sugar instead of oxygen. This is called anaerobic energy and produces lactic acid.

When we are younger our cells work well and make energy properly. As cell function declines they start producing lactic acid and other inflammatory by-products. This changes the pH (acid/alkaline levels) in the fluid around cells. As fluid around the cells become more acidic energy production is compromised and the mitochondria does not function properly leading to lactic acid build-up and pain. If lactic acid is causing the pain a reduction in acid will reduce pain. Alkaline minerals will neutralise acid. By drinking plenty of water that is alkalised and mineralised will quickly reduce acid in the body. Once the pain has eased it is important to look at diet because most people today eat too many acid forming foods and not enough alkaline forming foods. Simple lifestyle changes can make a huge difference. As it's difficult to adhere to an alkaline diet, drinking water with Eko Crystals is an easy option and can greatly help reduce acid levels which is very beneficial to the fibromyalgia sufferer and athletes.



Are You Acidic?

Acid may contribute to the cause of over 200 diseases.

Get Rid Of Acid With Eko Crystals

Add Eko Crystals to your drinking water to feel the difference. Get your free Eko Health book and pH test.



Claire, Tanunda SA

Eko Crystals is the best thing that I have come across to help with Fibro, Osteo-Arthritis, Chronic Fatigue, GORD and MCS... plus my blood pressure has gone down and weight is starting to drop off with NO significant changes to my diet or exercise. This stuff is GREAT! Thank you all so much, Claire

Acid & UTI's (Urinary Tract Infections)

Even though men can get bladder and kidney infections these types of infections seem to be more prevalent in women.

This is probably due to the physical makeup of a woman's genital area. It is essential that the vaginal area be kept clean and fresh at all times in order to minimize the risk of frequent bladder and kidney infections.

Bladder and kidney infections also known as UTIs (urinary tract infections), can be very debilitating due to symptoms such as burning sensation when urinating, pelvic pain, frequent need to urinate with the inability to urinate fully and blood in the urine is common. It is important to look after both bladder and kidneys and protect them from bacterial infection. If the symptoms of a bacterial infection in either bladder or kidneys persists antibiotics may be needed.

Most women who are prone to frequent bladder and kidney infections recognise the symptoms very quickly. The persistent pain or throbbing in the lower back often accompanied by sweating, is a classic symptom of kidney infection and must be dealt with immediately. Women who are prone to these infections will find that these problems can be reduced dramatically and quickly when they start alkalizing their body and drinking plenty of good quality alkaline water. Once symptoms of a bladder or kidney infection has been recognised, the drinking of alkaline water at regular half hourly or hourly intervals will go a long way towards stopping the infection in its tracks and alleviating the pain pretty quickly.

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4

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MAGIC BULLET **\$119.90**
\$94.95 + \$24.95 (postage & handling)

ALKALINE MINERAL WATER IONIZER **\$523.95**
\$499 + \$24.95 (postage & handling)

ALKALINE FILTER STICK **\$69.90**
\$59.95 + \$9.95 (postage & handling)

EKO HEALTH DRINK BOTTLE **\$28.90**
\$18.95 + \$9.95 (postage & handling)

EKO ORDER FORM

ITEM CODE	ITEM NAME	QTY	ITEM PRICE	POSTAGE	TOTAL

POSTAGE

For orders containing multiple products please call the office for a quote on postage.
Phone 1300 887 994

TOTAL

CUSTOMER DETAILS

Name

Phone

Address

Post Code

DELIVERY DETAILS (if different)

Name

Phone

Address

Post Code

PAYMENT DETAILS

Cheque ☐ Money Order ☐ Credit Card ☐

Cheque or Money Order is enclosed and payable to Eko Health Australia for amount of \$

VISA ☐ MasterCard ☐ No.

Expiry Date

Signature

Eko Health Testimonials

I was diagnosed as a type 2 diabetic in July 2011, and have struggled with diet to reduce my blood sugar levels. I was told about Eko Crystals and have been a user for the past 13 weeks. My HbA1c blood sugar levels have reduced from 8.2 on 9 February 2012 to 6.4 on 18 June 2012. Thank goodness for Eko Crystals

Gayle, QLD

Although its only two months since using Eko Crystals, I feel a sense of wellness. I suffer Fibromyalgia and am grossly overweight. In two months I have lost 13kg and went from a size 24 to a 20 and my body manages the paint much better. I am simply delighted with the outcome, YES you have a totally devoted customer! Thank you,

Annabella, SA

I have been using your wonderful product now for 10 weeks. No more acid stomach burps, that troubled me for years! Today I went for my annual check up regarding my kidneys. The doctor wanted to know why the (in his words) remarkable improvement. He told me: Whatever you are doing, keep it up. Thank you so much for such a simple yet amazing product.

Ton, NSW

Before Eko Crystals I had two hip and knee replacements. After I was still getting pain in my back and shoulders from Arthritis. I started taking Eko Crystals. Within 3 months I was feeling much better. I gradually started doing my weights again and also went back to swimming. I eventually went off my morphine, anti-inflammatory medication, Glucosomine and Zantac. All I use now for my Arthritis is Eko Crystals! I wouldn't be without it!

Don, Queensland

Transform Your Water With Eko Crystals

It is essential that we all make ourselves more alkaline! To do this by diet alone is almost impossible. When it comes to drinks the situation is even more difficult. Most drinks are acidic and distilled water is only neutral with a pH of 7.

Eko Crystals is loaded with alkaline minerals. There is an abundance of calcium and magnesium in Eko Crystals along with more than 70 trace minerals. Minerals are essential for your body to successfully assimilate your vitamins and amino acids. Eko Crystals minerals are ionic, bio-available and bio-absorbable.

Eko Crystals is an excellent water enhancement and purification product. The high content of alkaline minerals in Eko Crystals helps to neutralise excess acids in your system and provide better hydration. Better hydration and mineralisation allows better detoxification and delivery of nutrients at the cellular level.



Alkalise today



Why Do You Need Eko Crystals

You may be too acidic. Over 200 diseases are related to over-acidity of the body. There is a simple solution. Make your body alkaline.

- Eko Crystals is full of alkaline minerals
- Eko Crystals helps to neutralise acid
- Eko Crystals removes chlorine from water
- Eko Crystals contains ionic minerals
- Eko Crystals hydrates
- Eko Crystals purifies

How To Use Eko Crystals

It's easy...

1. Fill bottle with water (approx. 700ml). Use tap or filtered water. Do not use carbonated water.
2. Shake for 15-20 seconds.
3. Allow 5-10 minutes for Eko Crystals to transform your water, then drink.
4. After drinking the first bottle, leave the sachet in and fill the bottle 2 more times. One sachet can be used for 3 bottles of water a day.
5. See page 15 Get Another Day Out Of Your Eko Sachet.

How Many Eko Crystals Sachets To Use

We recommend one to three sachets a day depending on whether you think your acidic condition could be related to any of the beginning, intermediate or advanced symptoms of acidosis. Always start with one.

How Long Do I Use Eko Crystals?

Drink Eko Crystals for at least 4 months. Fill in the 16 week chart and follow any changes in health concerns. Eko Crystals purifying sachets are a simple way of introducing alkalinity and minerals to your body without having to make any drastic changes to your diet.

Eko Crystals 16 Week Chart

List any health concerns. Rate each condition before using Eko Crystals in the Start column with one of the following letters (S) severe, (I) intermediate, (M) mild. Drink Eko Crystals for 4 months and rate yourself after 2, 4, 8, 12 and 16 weeks. If a condition goes away use (G) for gone. Don't forget to record your pH score over the 16 week period.

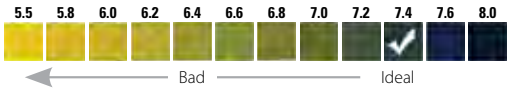
Present Conditions	Start	Week 2	Week 4	Week 8	Week 12	Week 16
Your pH Scores						

Get Another Day Out Of Your Eko Sachet

Each Eko Crystals sachet makes 2 litres of Eko Crystals water. Fill up your Eko Crystals bottle 3 times using the same sachet. Dry out used sachet overnight. The next day place dry sachet on cutting board and tap both sides gently with the smooth side of a mallet, spoon or mortar and pestle. This creates new surface areas of the Eko grains allowing a fresh release of minerals which you can use on the second day. When you have used twice you can tear open the sachet and sprinkle contents around your plants.



Acidosis is related to over 200 diseases.
Are You Acidic?
A pH lower than 7.0 is acidic. You need to be more alkaline.



For Saliva Testing Only

For best results test in the morning before food or drink.

1. Wet test strip with saliva.
2. Wait 15 seconds
3. Place against chart, match colour and record pH level.

Your pH Level:

\$19.95
+P&H
100 STRIPS



Dynamic Eko Crystals

Eko Crystals starts working immediately neutralising acids and detoxing the system.

Healing Crisis

Some people may experience a healing crisis as toxins are released into the bloodstream. This is a good sign. It means that the product is working.

Symptoms of Cleansing

These can range from very mild to quite acute. Depending on how acidic and how sensitive your system is you may experience slight headaches minor aches and pains, cold like symptoms, nausea, slight dizziness, sweating, diarrhoea etc.

Duration of Symptoms

These symptoms usually only last a few days. If the symptoms are acute reduce your consumption of Eko Crystals until your body adjusts. Remember, this is a good sign, you are getting cleansed.

Caution: Eko Crystals has been tested for allergens (shell fish and peanuts) by Queensland health and reported neither allergens were present. However if you are allergic to sea based products, be aware that Eko Crystals is a sea-based product.



Winning The War On Pain

I had very bad tendonitis in my elbow with constant pain. Since taking Eko Crystals the pain started easing and I noticed that the pain had totally gone within 8 weeks. My husband has really bad gout and is on medication constantly but got immediate relief the first day of taking Eko Crystals. The tingling and pain in his feet which he had on getting out of bed every day was instantly gone the day after drinking the first lot of water. When he forgets to drink the water his gout returns and he knows that he's got to drink it to be pain free. - Karen



Acid & Weight Gain

Excess acid and toxins are absorbed into the fat cells to protect the organs. As more and more acid forming foods are consumed the fat cells enlarge. The introduction of alkalinity to the body means that the stored acids are neutralised (they are now neutral salts) and can be released safely into the bloodstream, without compromising the pH of the blood. As these acids and toxins are released the fat cells start to shrink.

Dr. O. Young has said "fat is not a food issue, it is an acid issue". Unless you take steps to neutralise and eliminate acids you will always have difficulty reducing your weight and body fat. Introduction of alkaline to your body resulting in a decrease of acid levels can reverse the downward spiral into ill health, obesity and aging.

The WaWa Flush the Fat weight loss program developed by Eko Health is based on neutralising acids in the body through a comprehensive alkaline program. It's easy to do and literally helps to flush fat from the system by flushing the cells throughout the day with alkaline minerals. As the acids in the fat cells are neutralised they are released into the bloodstream to be flushed out of the system through the kidneys, bowels, lungs and skin.

ONLY
\$299
+24.95 P&H

**4 MONTHS
SUPPLY**



are you Overweight

"Over-acidification... opens the door to sickness and disease, as well as extra body fat."

Mariana Bozesan Ph D, MS, BS, BA

New Silver
Seal Special

ONLY
\$99.95
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Get rid of excess acid
with Eko Crystals and
reduce cravings with
Calorie Killers.

 Michele. SA

I am 67... my doctor told me my cholesterol was dangerously high at 7.6... I begged her to let me get it down by diet. She gave me 6 weeks... I drank 3 litres of the water a day... I substituted acid foods for alkaline but not to any large extent. I lost just over 3.5 kilos... most importantly my cholesterol is down to 6.2 and my doctor said "whatever you are doing keep it up, fantastic!"

www.ekohealth.com.au

Acid & Arthritis

Osteoarthritis which is the most common form of arthritis, usually affects elderly patients, however some forms can affect people from all age groups including children.

An acid body pH puts you at risk for developing some form of arthritis at some stage of your life, so it's essential for everyone to reduce acid levels before this painful disease can get a hold on you. If you already have arthritis it is even more imperative for you to reduce acid levels in order to improve quality of life and in some instances get your life back. Increase your intake of alkaline forming food and drinks and notice the difference. The more alkaline you become the more relief you'll get as your body starts to rebalance and function better.

Osteoporosis is also related to high acid levels in the body as the acid eats into bone causing loss of bone mass. Calcium is leached from the bones in order to stabilise blood pH that is becoming more acidic. Calcium leached from the bones can also become calcified and become deposited in joints and bone surfaces leading to Osteoarthritis as well as Osteoporosis.

Reducing acid and becoming more alkaline is the key for arthritis sufferers as it will help reduce pain and in many cases alleviate it all together. Eko Crystals is an easy way to reduce acid as many people have discovered.



Mother Knows Best

I have been using Eko Crystals now for 4 weeks and I have so much more energy for my 3 kids (6,4 & 2 years) I'm feeling better inside and out, my skin is clear and glowing, I'm sleeping soundly. My mornings were a struggle with back pain but this is starting to ease. I'm so glad my mum told me about this- not only am I benefiting from more energy but my kids are too! Thanks Eko Crystals I have recommended you to lots of friends! Tanya



Quinoa Porridge

Quinoa is an alkaline grain and along with Almond milk and flakes is a great alkaline breakfast to get you going in the morning.

Serves 1

- 1/3 cup Quinoa Flakes
- 1 cup Almond Milk
- Yoghurt
- 1 tbsp Almonds (flaked, slivered or chopped)
- 1 tsp Pepitas (toasted)
- 1 tbsp Berries

- Place a small pot with the Quinoa and the Almond Milk on the stove.
- Bring to the boil and stir occasionally. Cook until it has thickened (3-4 minutes).
- Allow to cool slightly.
- Serve with the yoghurt, nuts and berries.



Curb Your Cravings

Calorie Killers. 30 pieces of mint flavoured gum naturally sweetened with Stevia and Xylitol.

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1.2 LITRE JUG**

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- Filters heavy metals & impurities
- Removes chlorine
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- Lasts up to 6 months
- Economical and transportable

\$99.95
+P&H



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Experts & Doctors On Alkalinity & Health

DR ARTHUR C. GUYTON M.D.

"...we must supply the alkalinity from an outside source to keep us from becoming acidic and dying."

DR. THEODORE A. BAROODY

"The countless names attached to illness do not matter... they all come from...too much tissue acid waste in the body"

DR. OTTO WARBURG

NOBEL PRIZE PHYSIOLOGY 1931

"If your internal environment is changed...to an alkaline environment...viruses, bacteria and fungus cannot live."

SANG WHANG

AUTHOR: REVERSE AGEING

"...some cells change their formula in order to survive in an acidic environment... this is the beginning of cancer. Cancer cells are acidic while healthy cells are alkaline."

MARIANA BOZESAN PHD, MS, BS, BA

"Over-acidification of body fluids... opens the door to sickness and disease, as well as extra body fat."

Get The Magic Bullet and create your own alkaline juices...

in just 10 seconds or less create the fastest, tastiest meals and juices, packed full of natural goodness.

\$94.95
+P&H



Alkaline Water On Tap

Drinking alkaline water means better hydration and better delivery of nutrients at the cellular level which in turn means better health and easier weight loss. This is due to smaller water clusters.

Everyone wants better health for themselves and their family and now they can improve family health by having alkaline water on tap with our new alkaline mineral water ionizer. This ionizer will purify your water by removing bacteria, chlorine, fluoride and other harmful substances. It will also raise the pH level of tap water to 8.5-9.5.

The water from this ionizer also has a low negative ORP (Oxygen Reduction Potential) which means that it has high antioxidant levels for anti-aging benefits. It will also provide an abundance of negative ions and natural far infrared ionization which increases energy levels and reduces fatigue.

Everyone knows water is essential for the very existence of life however today most drinking water is less than desirable due to contamination from industry, farming and other chemicals that are added such as chlorine and fluoride which are all detrimental to health. All these chemicals place a burden on the body which accelerates ageing and ill health. It is imperative that you drink and cook in clean alkaline water.

NEW Alkaline Mineral Water Ionizer

Makes 10,000 litres of alkaline water

ONLY
\$499
+24.95 P&H



- Alkalises
- Energises
- Purifies
- Negative ORP
- Antioxidants
- Removes Chlorine
- Removes Fluoride
- Replaceable Filters

Eko Crystals Special

Are you Acidic?

**Acid has been shown
to contribute to
many diseases.**

- Heart Disease
- Blood Pressure
- Weight Gain
- Skin Disorders
- Reflux
- Fatigue
- Arthritis
- Diabetes
- Gout
- UTIs



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- 1 x BPA Free Bottle
- 1 x Eko Litmus (100 tests)
- 1 x Eko Health Magazine



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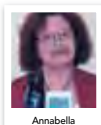
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