

# Hydration Results & PiMag & Optimized Water

As a Silver Wellness Consultant & Certified Fitness Instructor, I have been keeping statistics on how Nikken's PiMag & Optimized Water effects clients, members and other Wellness Consultants I have tested their hydration levels. (*The body's ability to stay hydrated/retain water, has a profound effect on one's health and wellness*).

- Test approximately 200 member a month for Body Fat, LBM and Water Levels: (Hydration/De-Hydration Levels).
- A correlation was seen between Nikken PiMag / Optimized Water and traditional forms of water.
- A scale was used from 1 to 100:
  - 1 = someone extremely de-hydration
  - 100 = someone optimally hydrated.
- **Findings:** *Of the approximately 5,000 + members/clients tested:*
  - 99 % tested – registered between 50- 69 % of optimal hydration. (Even though they use filtered, bottled, RO or tap water).
  - Upon monthly re-testing still register as de-hydrated.
- Only 50 out 5,000 have had levels equal to 100 – of those 50, five (5) individuals tested higher than 100. They ALL happen to be Nikken Wellness Consultants.
  1. Darrin Sliva “Big D” – 149
  2. Myself “Big Z” – 128
  3. Mike Wilke – 119
  4. Tom Sander – 109
  5. Bill Miller – 103

*(All Consultants are using PiMag and/or Optimized Water)*

❖ **Truly emphasizes just how effective Nikken’s water technologies are toward providing true health and wellness.**

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Web site: #1. <http://www.5pillars.com/bodytemplefitness> - 5 Pillars to Health and Wealth

Newsletter: <http://www.webspawner.com/users/bodytemple/index.html>