

WATER FOR LIFE

BY JOHN JACKSON, M.D., FACP - jare1@sbcglobal.net

First as an analytical chemist and now for more than 20 years as an internal medicine specialist I have long observed the link between health and water. In my experience no environmental factor has greater impact on wellness than water.

Everyone who followed the Martian rovers search for evidence of water learned that scientists consider it a prerequisite for life. At birth our bodies are 90% water or more. Aging is accompanied by a decline in that percentage, a process of desiccation or dehydration. Our most basic bodily functions require the proper aqueous medium. Digestion, absorption and circulation of essential nutrients, as well as the excretion of toxic waste products, would all grind to a halt without water.

The purity and quality of water determine its suitability for consumption by living organisms. Once pristine sources, such as California's Lake Tahoe, are now contaminated by MBTE and other chemicals with potential for cancer causation. Municipal water treatment in this country usually involves the cost effective process of chlorination. Exhaustive studies of long-term chlorinated hydrocarbon exposure are yet lacking, so health concerns remain. For now, one may do well to recall how the protracted debate on the dangers of cigarette usage finally ended.

Personal water filtration seems the obviously sensible precaution. But are all available methods equally desirable? Distilled water, unsuitable for plants, would tend to rinse out substances, such as calcium, important for humans. The pH of bottled water would most often be acid, but the body works hard to maintain an alkaline pH. Cheaper, mass-produced bottles are less inert and left long on shelves or in warm autos may leach unwanted chemicals into the water. Even the clustering of water molecules, according to world-renowned chemist Dr. Mushik Jhon, is different around healthy vs. diseased tissue. Movement in rain storms and splashing in streams aerates water. Sophisticated water treatment systems in the home, like reverse osmosis, can be quite expensive and yet fall far short of recreating unique, life supporting properties found in nature's water.

After 30 plus years experience as a chemist and physician I had occasion to test Nikken's PiMag water system and Optimizer. They provide the highest of quality filtration, add calcium and other important minerals, correct the pH balance, organize the molecules into healthier clusters and enrich the oxygen content. On many occasions I have observed resolution of sleep disorder, remarkable increases in energy and stamina, desired weight loss, reversal of mental confusion, accelerated recovery from surgery and clearing of metastatic cancer while these products were used. Four generations of women in my own family have had remarkable benefits.

Nikken is a Japanese company with its international headquarters in Irvine, California, the world's largest and technologically most advanced, specializing in wellness products. I know of no safer, simpler or more successful strategy for securing wellness than use of Nikken's PiMag water system and Optimizer.

CASE HISTORIES

From the files of Dr. John Jackson in Santa Cruz, California, come the following case histories. All involve recent real life experiences with the use of Nikken's PiMag and Optimized water.

1. Mr. Lee is a 74 year-old Korean American living in Los Angeles. First diagnosed with colon carcinoma 3 years ago, he was initially treated with surgical resection and adjuvant chemotherapy. Unfortunately the cancer recurred locally 8 months ago. Surgical resection was reattempted but proved technically impossible with residual tumor left intra-abdominally. Mr. Lee elected to receive radiotherapy, but no more

chemotherapy. At the same time he was introduced to Nikken technologies, starting with the sleep system and PiMag/Optimized water. Despite the concerns of his surgeon that a second round of chemotherapy was not used, today Mr. Lee received the fantastic news that scans showed no residual tumor whatsoever.

2. My mother is 73 years old and lives in Cupertino, California. Two years ago she was diagnosed with uterine carcinoma. This was treated with surgery alone. In the post-operative period she developed excruciating right-sided sciatica. Despite treatment with physical therapy and multiple medications she experienced worsening pain and loss of function. Spinal stenosis was diagnosed by MRI, nerve and muscle studies. Decompressive surgery was performed one year ago. Unfortunately, she obtained no relief and suffered an ever steepening downhill course. Less than one month ago she was flat on her back in the living room floor where my 79 year-old father tried his best to care for her. Then she was started on Nikken products, including Antioxidant, PiMag/Optimized water and the Palm Mag. Even with marked muscle wasting after 2 years of inactivity, she soon began to crawl, then stood with a walker and now ambulates unassisted.

3. Lydia Olson is a Chinese American in her late 50's, living beside the Monterey Bay. Three years ago she was diagnosed with breast cancer. This was approached with mastectomy and adjuvant chemotherapy. A year and a half ago, she was found with widespread metastases involving spine, ribs and cranium. Chemotherapy was offered with a new regimen, but the first cycle proved quite devastating. Fortunately she was started on PiMag/Optimized water, Long Johns, and the sleep system. Her next cycle went so smoothly that she went dancing and continued to feel well throughout the remainder of the course of chemotherapy. To date, all metastases have disappeared and the tumor marker is normal. She is the sole survivor of cancer patients in her original cohort. Energy levels now exceed that of much younger TaiChi students in the class she teaches.

4. My grandmother, soon to be 95 years of age, resides in San Jose, California. Two years ago a quarter sized ulcer appeared on the side of her right calf. After a year of non-healing she was referred by her primary care doctor to Kaiser's wound care clinic. Despite weekly visits in the clinic and twice daily dressing changes at home, the ulcer persisted. A biopsy showed skin cancer. After wide excision, a skin graft was attempted, but sloughed. At that time, 1 1/2 years after the ulcer first appeared, grandma's daughter-in-law was inspired to soak her dressings twice daily in Optimized water. Within 4 weeks the gaping skin healed completely.

These case histories are amazing to say the least. Nothing in the last 20+ years as an internal medicine specialist compares with what I am seeing in patients who have started using Nikken's PiMag/Optimized water and other technologies. To all my fellow wellness consultants I would say, "Keep on sharing these life changing products." As a team we can impact family members, our community and literally the world!

WELLNESS BEGINS AT HOME

From the desk of Dr. John Jackson, MD:

As a physician treating patients through the local E.R., I encounter many needless health problems in the homeless. Blessed are those of us with a roof over our heads.

Homes should protect us against the hostile elements. An unfriendly environment without can have a disastrous impact. But what about the environment within a home where we spend most of our lives? Could a home's own ecosystem make the difference between sickness and health?

A certified Wellness Home incorporates all of Nikken's breakthrough technologies that bring a perfect environment from nature to where we live. This is the home a health conscious person would care to own.

1) **Oxygen/Air**--The EPA identifies indoor air pollution as #4 in cancer risk out of 13 environmental factors studied. Nikken's Air Wellness Power5 System, with vastly superior filtration to other brands and the option of aromatherapy, cleanly adds the relaxing and invigorating negative ions of forest air. The patented process is unique and produces no toxic ozone.

2) **Water**--Aging and associated degenerative processes involve progressive dehydration. Many fail to drink adequate quantities of the best quality of water for the body to absorb nutrients and excrete wastes. Nikken's PiMag systems and Optimizer provide the cleanest living water, with added minerals, corrected pH, smaller clusters and added oxygen, characteristic of a mountain stream.

3) **Nutrition**--A surprising number of Americans are vitamin deficient with such deficiencies linked to cancer and heart disease. Hungering for missing nutrients, many overeat less than wholesome foods. Authors of a 2002 Journal of the American Medical Association article recommend all adults take vitamins, but synthetics carry the risk of contamination and extracts leave out essential cofactors. Most advanced are Nikken's whole food supplements that are pharmaceutical grade and contain no gluten, lactose or yeast.

4) **Energy**--Many individuals lack energy and do not exercise regularly. Poor circulation and lack of flexibility cause basic health and quality of life to head downhill. Scientific studies now prove Nikken's cutting edge magnetic and far infrared technologies bring relief to previously irreversible conditions. Nikken's exercise shoes are endorsed by the U.S. Walking Federation.

5) **Rest**--More than half of Americans suffer with some type of sleep disturbance. Proper sleep is required for full function of the immune system which guards against infection, tumors and premature aging of the brain. Nikken's sleep systems with magnetic, far infrared and negative ion technologies provide ergonomic support, ventilation for optimum temperature control and passive massage for maximum comfort. The World Federation of Chiropractic has given their exclusive endorsement.

6) **Success**--Stress, including financial, undermines health. Nikken focuses on balance through the 5 Pillars of Health, healthy body, healthy mind, healthy family, healthy society and healthy finances. For those interested in financial wellness, Nikken offers a plan that beats all the competition.

Americans need a home makeover. Often suffering for our own lifestyle, we are caught between a tsunami of rising health care costs and devilishly expensive drugs with scary side effects. Nikken's Wellness Home offers prospective OWNERS the master key - a smart, cost-effective, natural, non-invasive, non-toxic, preventive approach to the health care crisis. This is the best investment you'll ever make and I recommend immediate occupancy!