



X TREME LIQUID FOR X TREME HEALTH

By Dr. Michael A. Triglia, Doctor of Chiropractic/Wellness Educator

WATER! Do you **REALLY** know as much as you think you know? When I ask my patients how much water they drink, the response I hear most is “a lot”! When I ask them how much water they should be drinking most people don’t know.

FACT: You will **NEVER** have optimal **HEALTH** without proper hydration! This is a bold statement, but it’s true. By the time you experience symptoms, chances are your body’s internal systems are already in chronic dehydration. We have approximately 70 to 100 trillion cells in the body and they all need water! **Not** coffee, tea, soda, etc.

HEALTH is not merely the absence of disease or infirmity but the 100% function of all body tissue.

One of the most common causes of illness is that the body is too acidic. Most people with illnesses have a body pH which is too acidic. When this happens, the body is stealing vital nutrients from the cells, tissue and bone to maintain a healthy pH. As a point of reference you need an average of 32-8 ounce glasses of **WATER to NEUTRALIZE** the affects of each soda that you drink. **WOW!** (Soda is one of the most acidic beverages you can drink.)

Are you ready to start on your road to Health? Fill in the blanks:

I acknowledge the following is the appropriate amount of water I should be drinking per day to help maintain minimum water health. (If you have any illness or pathology, please check with your physician first)

<input type="text"/>	(YOUR WEIGHT)	1. Take your body weight (Example: 200 lbs / 90.72 kg)
<input type="text"/>	(1/2 YOUR WEIGHT)	2. Cut that number in half (Example: 100 lbs / 45.36 kg)
<input type="text"/>	(DAILY INTAKE)	3. US - Replace the pounds for ounces (Example: 100 OZ / 2.9 L) 4. International - multiply half of weight (45.36 kg) by 65 (Example: 45.36 x 65 = 2948.4 ml or 2.9 L)

WOW! Get up off the floor! I know what you’re probably saying “I can’t drink that much water. I’ll be in the bathroom all day, I’ve never drank that much water, etc...”

Ask yourself this question-DO you like Early Aging? Feeling Bad? Indigestion? Pre-mature Death? If you need a few more reasons to drink more water then get the book “**Water - You’re Not Sick. You Are Thirsty**” by F. Batmandhelidj, M.D. and turn to Chapter 3, page 23 for the reasons why your body needs water everyday!

SUPERCHARGE YOUR WATER!

If you want to get healthy then maximize your potential. Drink “Xtreme water” by adding Xooma’s Xtreme X20 **daily!** Hydrate, Mineralize and Revitalize your body with this revolutionary product and you’ll notice a difference in 30 days or less.

A Path to Your GOOD Health

I recommend **Three**-X20 “power packs” (sachets) per day. One in the morning, one at midday and another in the evening. For the best results, remove the old “power pack” at midday and evening and add a new power pack each time. Remember, taking a new idea and turning it into an automatic action (habit) takes 7-21 days. Do not get frustrated. To prepare your body for the detoxification process, I have developed this Plan of Action (POA) to assist your body’s transition to optimal hydration.

Suggested PLAN OF ACTION (POA)

Using the Example of a 200lb / 90.72 kg person

Based on normal activities for daily living. Increased activity (i.e., exercise) will increase your body’s need for water.

WEEK 1 (25 oz / .75 L Per Day)

(OZ)	10	AM	.30	(L)
(OZ)	10	MIDDAY	.30	(L)
(OZ)	5	PM	.15	(L)
			OZ/L - AM	
(YOUR OZ/L)			OZ/L - Midday	
			OZ/L - PM	

Use only 1 X20 Power Pack/day
Keep Power Pack in all refills

WEEK 2 (50 oz / 1.48 L Per Day)

(OZ)	20	AM	.59	(L)
(OZ)	20	MIDDAY	.59	(L)
(OZ)	10	PM	.30	(L)
			OZ/L - AM	
(YOUR OZ/L)			OZ/L - Midday	
			OZ/L - PM	

Use 2 X20 Power Packs/day
Keep Power Pack in evening refill

WEEK 3 (75 oz / 2.22 L Per Day)

(OZ)	35	AM	1.04	(L)
(OZ)	20	MIDDAY	.59	(L)
(OZ)	20	PM	.59	(L)
			OZ/L - AM	
(YOUR OZ/L)			OZ/L - Midday	
			OZ/L - PM	

Use 3 X20 Power Packs/day
Remove old Power Pack each time

WEEK 4 (100 oz / 2.95 L Per Day)

(OZ)	40	AM	1.18	(L)
(OZ)	40	MIDDAY	1.18	(L)
(OZ)	20	PM	.59	(L)
			OZ/L - AM	
(YOUR OZ/L)			OZ/L - Midday	
			OZ/L - PM	

Use 3 X20 Power Packs/day
Remove old Power Pack each time

Month 2 and Beyond- You should continue the same usage level as week 4. **NOTE:** Some people notice detox symptoms over the first week. This is normal. It is much like being a little sore after light exercise. It’s often a sign of how much you need the benefits of this program. Think of it as “soap and water” for the inside of your body.

Dr. Michael A. Triglia is a leader in the new Trillion Dollar Wellness Revolution and one of Xooma Worldwide’s top product experts. He has positioned himself to help people look better, feel better and live longer while helping them improve their financial future in *Xtreme* time.

FOR EDUCATIONAL PURPOSES ONLY

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.