

# VITAL WATER

## good energy for a mother and her child

If a mother drinks high-quality water with a healthy molecular structure and positive information, these will be transported to the child's body during pregnancy and breastfeeding. For the benefit of the mother and her child: Cheers!



### What are the benefits of drinking water during and after pregnancy?

A high fluid intake is vital at all times. However, during pregnancy and breastfeeding a woman's body undergoes certain changes, and requires an even greater water intake. So consuming adequate water is essential for the well-being of a mother and her child. By drinking vitalized water – that is water with a natural molecular structure and energy, you will provide what's best for yourself and your child.

### Water helps with pregnancy problems

Water is one of the most elemental fluids and does not burden the body with sugar and calories, which is why it is often recommended for pregnant women to drink more than their usual volume of water. Vitalized Water can be the answer to many pregnancy problems.

For instance: by drinking vitalized water you can prevent water retention in the body. The more water you consume, the less water your body will retain. Water also prevents or eases numerous other typical pregnancy-associated problems, such as constipation, hemorrhoids, headaches, nausea and weakness. By drinking more vitalized water you can also avoid bladder infection, which is common among pregnant women. It has also been discovered that by drinking large quantities of water the possibility of developing stretch marks can be reduced.

### The quantity of water to be consumed during the pregnancy

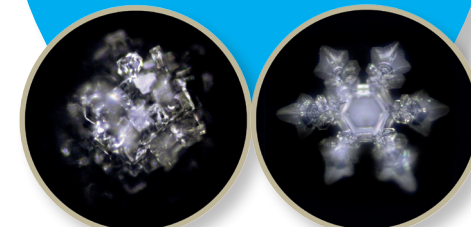
The human body is daily supplied with approximately one liter of fluid from the ingestion of food and normal metabolic functioning. Pregnant women are often recommended to drink a minimum of eight 2.5dl glasses of water daily, which amounts to about 2 liters of fluid. The fluid loss by perspiration during an hour of moderate physical activity also needs to be replaced by drinking an extra glass of water. In the Summer the quantity of water intake also needs to be raised (up to 4 or 5 litres daily), since large amounts of fluids are lost with perspiration. Dehydration is particularly dangerous in the last trimester of pregnancy, since it can cause contractions and lead to premature labor.

### Water quality

If we take into consideration the fact that the mother's body is composed mainly of water and that the fetus' body is also composed mainly of water, and that it lives in an environment which is also mainly composed of water, and that the water is transported between

## REVITALIZING TAP WATER

By following the method pioneered by Japanese scientist Masaru Emoto, Ph.D, a Switzerland-based company Nature's Design discovered a correlation between water vitality and the shape of the glasses we use to drink from. We can identify living water through the variety of crystal structures it forms when under various influences: music, thoughts, words, etc. Various hexagonal crystals are formed when water is under positive influences; whereas, shapeless or distorted crystals are formed when the water is under negative influences.



them via the blood stream, high-quality water is essential for the mother and the developing child. The quality of water is measured not only by the absence of harmful substances, but also by the presence of the water's natural and vital energy. Water of the highest quality is water that is alive. This is water that can be found in pristine natural springs; whereas, most tap water has lost its vitality due to the numerous processes it has been through in the the water distribution system.

### Water stores information

If you are aware of water's memory function, you can transfer positive messages to your child via live water, which can contribute to your child's well-being. The fact that water has a memory function has been common knowledge for over 15 years. By testing water, a Japanese scientist, Masaru Emoto, PhD, discovered that water has the ability to receive, maintain and transfer information

from conscious intention and from the surrounding area. We can identify live water through the variety of crystal structures it forms when under various influences: music, thoughts, words, etc. Hexagonal crystals are formed when water is under positive influences; whereas, shapeless or distorted crystals are formed when the water is under negative influences.

### Pregnant women can use water to influence their fetuses, and breastfeeding mothers their children

Water constitutes approximately 70% of a pregnant woman's body and more than 84% of the blood providing nourishment to the fetus. You can therefore transfer your thoughts and emotions to the fetus via water. By drinking vitalized water you can provide benefits for your child even after birth, since more than 87% of a mother's milk consists of water. Vitalized water has beneficial effects for the mother and because of that also for the child.



Glass or ceramic carafes and glasses involve much more than just a beautiful design. Their unique shape re-vitalizes processed water and restores its life force. The water structure is restored to its natural state, improving its taste and making the water softer. Please, refer to [www.natures-design.com](http://www.natures-design.com) for more information.