



Healing Waters: The Powerful Health Benefits of Ionized H₂O

Ben Johnson

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Water is essential to every bodily function, but not all water is equal. Given all the hype, it's hard to choose from among the staggering array of bottled beverages, yet beyond all the advertising is a clear liquid that can restore your health. In *Healing Waters*, Dr. Ben Johnson guides you to oxygen-rich ionized water--a substance that has been proven to maximize well-being.

Healing Waters begins by explaining why water is crucial to good health. It then explores the importance of the body's acid-alkaline balance and examines why problems with this balance are responsible for many chronic diseases. Finally, the author presents everything you need to know about ionized water, including what it is, why it is necessary to wellness, and how you can produce it. While the Fountain of Youth may be just another legend, with *Healing Waters*, you will understand that a good source of health and longevity may be no farther than your own home.

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