

Healthy Living Drink AOX



The Benefits of Natural Water vs Artificial Alkaline Water

Most of us would agree that natural beats artificial almost every time. It certainly applies to alkaline water. Here's why.

WATER IONISERS, THE AVERAGE AND THE AOX

Conventional water ionisers create artificially alkaline water that causes side effects. They also emit harmful radiation and create waste water.

AOX natural water alkalisers, on the other hand, allow you to enjoy the health and healing benefits of 100% natural alkaline water without the side effects. Furthermore, they emit no radiation and create no waste water.

THE UNNATURAL CHOICE

Water ionisers split water molecules with electricity to artificially create alkaline water.

The resulting water is considered artificial because all water found in nature has a pH that perfectly corresponds to the minerals in the water. When you drink alkaline water, the body assumes it is receiving alkaline minerals, like calcium and magnesium.

The problem with ionised water is the gap between the pH and the minerals in the water.

THE ARGUMENT FOR ALKALINE

Increased stress and poor dietary choices create excessively acidic conditions in the body. While a healthy body can maintain its own pH balance by using its reserve of alkaline minerals to buffer acid, our modern lifestyle has depleted these mineral reserves.

The condition of having an acidic body is known as acidosis. It is a precursor to numerous diseases.

While drinking artificially alkaline water neutralises acid in the gut, it does not provide the minerals the body needs. Even worse, the body often becomes too alkaline in the gut and digestive tract while acidosis still exists elsewhere in the body. In this case, the body will leech the calcium from its own bones to neutralise the acid elsewhere.

When ingesting artificial alkaline water, the body is continually stressed by the gap between the pH and the actual minerals present in the water.

DRINK NATURAL ALKALINE WATER DAILY

For good health, you should drink at least two litres of natural alkaline water daily in order to provide your body with the alkaline minerals it needs to buffer acid.

Since the alkalinity is a result of naturally alkaline minerals like calcium and magnesium, the body is capable of using the minerals it needs and storing or discarding any excess. You cannot become overly alkaline by drinking naturally alkaline water.

Make AOX Antioxidant Alkaline Water System your natural choice.

- AOX is certified by Health Sciences Authority to contain calcium, magnesium, potassium, sodium and silica.
- It uses no electricity, wastes no water, and emits no harmful radiation.
- No side effects when use with supplements and medicine.
- No risk of becoming too alkaline or developing side effects.



The Flow-on Effect

How Michael Sng and his Family Benefited from AOX Water

One happy and satisfied customer, Michael Sng, recommended AOX water to his relatives after experiencing the 'miracles' of its beneficial effects.



GOODBYE TO CATARACTS AND CYSTS

Michael Sng's father-in-law discovered he had cataracts after a routine visit to an optometrist to check on his glasses. When the optometrist told him that the cause of his blurred vision was not the power of his lenses, but cataracts, he was shocked.

Instinctively, Michael's father-in-law was strongly opposed to surgery. Meanwhile, his son-in-law Michael invested in an AOX water dispenser and encouraged his father-in-law to bathe his eyes every morning with AOX natural alkaline water.

Remarkably, after a few months, the sticky deposits that Michael's father-in-law used to find in his eyes every morning gradually dissipated. After about two months, his cataracts disappeared and the need for surgery was averted.

In addition to his father-in-law's vanishing cataracts, Michael himself experienced a positive change after regularly consuming AOX water. A troublesome lump on his wrist, known as a ganglion cyst, literally disappeared after 10 days of drinking AOX. The area where it once was is now completely flat.

Another positive change that Michael believes was catalysed by drinking AOX water was a reduction in his cravings for sugary and salty food and drinks. By his own admission, he used to fill his fridge with cans of Coke. Now he doesn't even buy it. Likewise, the potato chips he used to regularly munch on sit languishing in the cupboard, exceeding their expiry date.

"I've lost the craving," he declared.

SISTER-IN-LAW LOSES HEADACHES, DITCHES PAINKILLERS

Buoyed up by his personal health triumphs, Michael shared his experiences with AOX water with his family members.

His sister-in-law, Nancy, had been on kidney dialysis for around ten years. During that time, she was constantly afflicted by headaches, and regularly took painkillers. Once, she was hospitalised after an accidental overdose.

Just four days after drinking AOX water, Nancy's headaches disappeared and she no longer required painkillers. She was ecstatic!

MUM REGAINS MOBILITY IN HER HANDS

Michael's elderly mother had suffered from stiffness in her fingers and numbness in her hands for many years. Every two months or so, Michael would dutifully take her for acupuncture or medication. But soon after treatment, the stiffness invariably returned.

After drinking AOX water daily, after a few months Michael's mother noticed that the numbness and stiffness in her hands had improved greatly. In fact, she could bend her fingers almost normally.

"This water really is a miracle worker," she said.

SPREAD THE NEWS

As it is often said, good news travels fast. If you have an uplifting story about how AOX water improved your health, please share it with us at testimony@aox.com.sg

Managing Eczema, Naturally

Founder and CEO of AOX, Jeffrey Tan, is akin to a doctor who takes his one medicine. Jeffrey shares his recent experience with an outbreak of eczema and AOX water.



INSTANT RELIEF

Jeffrey has long suffered from sporadic outbreaks of eczema, which he believes are stress-related. He recently found that the simple application of a towel soaked in AOX water had an instantly soothing effect on patches of broken skin.

"I believe that simply applying any wet towel would have a soothing effect. But AOX water seemed to promote the healing process," said Jeffrey.

"The itching seemed to subside even after removing the AOX-soaked towel. This gave the broken skin a chance to heal," he explained.

WHAT IS ECZEMA?

Eczema is a skin condition that causes itchy, red and swollen patches of skin. The most common type is called atopic dermatitis. Cigarette smoke, pollen, and even your clothes can cause eczema to flare up. Identifying and avoiding your personal eczema triggers is key to a successful eczema treatment plan.

7 PREVENTIVE MEASURES

- 1 Turn Down the Heat**
If heat and humidity trigger your eczema, stay inside air conditioned rooms as much as possible.
- 2 Clear the Dust**
Some studies have shown that dust mites can cause eczema, especially in children.
- 3 Sideline Stress**
If stress triggers your eczema, avoid it!
- 4 Watch Your Diet**
Food allergies can cause eczema symptoms. If you suspect this applies to you, talk to your doctor.
- 5 Stay Out of Hot Water**
Hot water can cause eczema to flare up. Be gentle on your skin – don't scrub or rub too hard. Pat skin dry with a towel.
- 6 Use Gentle Soaps**
Stay away from harsh detergents and soaps.
- 7 Sponge with AOX**
Use AOX water to sponge the affected area and moisten the skin regularly.

New Life for an Old Dog

Satisfied AOX customer, Serena, put more life into her 16-year-old cocker spaniel's years – and possibly added years to her life – with AOX water.

AGE HAD TAKEN ITS TOLL

Serena recounted how her dog, named Belle, had suffered from poor eyesight and hearing. Her faculties had deteriorated over the years to the point that she moved around gingerly, guided only by her sense of smell. She would often bump into walls and furniture.

Due to deafness and perhaps depression, Belle would often fail to respond to her owner's voice.

MANY SMALL IMPROVEMENTS

When Serena purchased the AOX machine, she instructed her helper to fill Belle's bowl with AOX water. After a few days, Serena noticed that Belle had become more attentive.

Careful not to hope too much, Serena considered the possibility that Belle's improvement could have been mere coincidence, unrelated to AOX water. However, upon her return from overseas, Serena's sister remarked on the dramatic visible improvements in Belle's appearance and behaviour.

In particular, Serena's sister commented that Belle looked slimmer, her coat looked more lustrous, and she appeared to be far more responsive than before.

A BETTER QUALITY OF LIFE

Serena is now convinced that the improvements in Belle's condition are directly related to consuming AOX water.

"I want Belle to enjoy her remaining days with me. AOX water is helping her get more out of the life she has left," said Serena, with a smile.



Foodies Favour AOX Water

Kimberley Song, Editor and Publisher of two food-related publications, BBC Good Food (Asian Edition) and Xin Flavours, shares her refreshing experiences with AOX water.

A FRIENDLY GESTURE

Kimberley came to know of AOX water through a colleague whose blood test showed a very healthy result. The colleague was convinced that her regular consumption of AOX water had contributed to good outcome, and shared her experience with Kimberley.

Kimberley took the advice of her friend and tried AOX for herself. Today, she too is convinced that AOX is not just 'normal water' but health-giving 'good water'.

THE NEW WAVE OF WATER

Kimberley shares the popular belief that people need to continuously consume water for cleansing and hydrating their bodies. She had also proactively done her own research about the kinds of water available in the market, and noted the growing trend towards alkaline water.

AOX ABOVE ALL

Kimberley was particularly attracted to AOX water because of its convenience. "Unlike bottled water, AOX water is free-flow," said Kimberley.

SHARING GOOD NEWS

A firm believer that 'health is wealth' and that good things should be shared, Kimberley actively promotes AOX water to her readers and advises the chefs who contribute to her magazines to use AOX in their cooking and in their classes. Not only does it provide health-giving benefits, but Kimberley claims that it simply tastes better.

IMPROVING LIVES

Kimberley attributes the success of AOX water to the fact that people are not only discerning but demanding.

"People are smart nowadays. They want healthy minerals in their body but it has to be at their



convenience. And that's exactly what AOX provides," said Kimberley.

Kimberley expressed regret that she hadn't signed up for AOX water earlier. Since consuming it daily, she has noticed that she has been visiting the bathroom more frequently. She feels generally better, and is reassured by the knowledge that her body is cleansing itself regularly.

EVERY DAY, IN EVERY WAY

Kimberley believes that as long as she drinks AOX water every day, she will remain in good health.

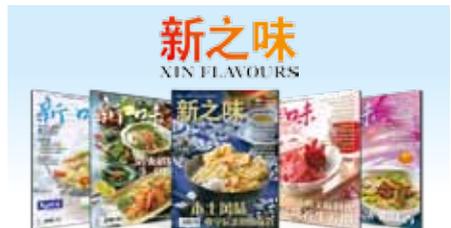
"Food is medicine but to me, water is my cure," said Kimberley, reciting her personal motto.

Aside from drinking, Kimberley also recommends AOX water for watering plants, making ice cubes, using in face and foot masks, and for washing vegetables and cooking.

INVEST IN GOOD HEALTH

When we asked Kimberley for some parting advice for our reads, she was happy to oblige.

"AOX water is a worthwhile investment in good health. It is certified, convenient and life-changing," said Kimberley, a very passionate convert to AOX water.



新马最畅销美食双月刊
现已在各大书店和油站出售

Parkinson Society

Enjoys the Convenience of AOX Water

Since May 2014, AOX water has been available at Parkinson Society Singapore. We spoke to Ms Elise Ho, the Manager of Parkinson Centre, about the benefits of having AOX water on the premises.

A KIND GESTURE

Elise explained that a visit from a member of the AOX sales team resulted in the Society switching from their previous water vendor to AOX.

"There were no advertising or selling efforts whatsoever. Out of kindness, they offered us free leasing for a certain period of time," recalled Elise.

A PRACTICAL CHOICE

Elise and fellow users of the premises have commented on the convenience of having

free-flowing natural alkaline water that never requires the replacement and reordering of cumbersome water bottles.

"What attracted us to the AOX machine is the fact that we do not need to physically change the bottles, as water runs through the tap continuously. There will always be water for everyone," explained Elise.

A DAILY HABIT

Elise makes it a habit to drink AOX water daily, mostly as straight drinking water. She also uses AOX water to prepare hot beverages, and notices the positive difference it makes to the taste.

As the Parkinson Society discovered, AOX water is a great choice for public buildings. No more heavy lifting of water bottles – just heavy drinking of free-flowing AOX water, around the clock.



Muscular Dystrophy Association

Embraces AOX Water

Since July 2014, AOX water has been available at the Muscular Dystrophy Association of Singapore. We spoke to the Executive Director, Sherena Loh, about the new initiative.

A HEALTH-GIVING FACILITY FOR ALL

Sherena explained that her organisation was approached by Jeffrey Tan of AOX. After his clear explanation, she was soon convinced of the benefits of natural alkaline water.

ACCOMMODATING SPECIAL NEEDS

When Sherena pointed out her organisation's specific requirement of making the water

dispenser accessible to wheelchair users, brand owner Jeffrey Tan designed a cabinet at a lower than normal height.

"With the customised cabinet, our wheelchair-bound clients can serve themselves independently," said Sherena.

Since the AOX machine was installed, visitors have given positive feedback. Sherena cited the example of a 9-year-old boy who now brings an empty water bottle and routinely fills it with AOX water.

DRINK MORE WATER, LESS TEA

Sherena herself enjoys drinking AOX water daily. Because the water is tasty, she has reduced her consumption of other beverages, especially tea.

As you can see, an investment in AOX water pays off in many ways, by giving not only health but also pleasure!



More Than an Air Purifier

An AOX Negative Ion Air Revitalisor is so much more than an air purifier. It's also an insect catcher, a night light, a humidifier and a source of invigorating negative ions.

THE AIR THAT YOU BREATHE

The importance of clean air cannot be overstated. Though invisible, pollutants such as dust, mould, smoke and other chemicals build up in the air in our homes, degrading indoor air quality and harming our health. When inhaled, they can exacerbate existing symptoms and induce lethargy, headaches and all sorts of minor and immediate symptoms.

Long-term exposure and inhalation of microscopic pollutants can cause even more serious and sometimes permanent health conditions.

DON'T JUST CLEAN, REVITALISE!

Unlike conventional air purifiers that simply filter out microscopic particles through fine mesh filters, an AOX air revitalisor also works as an ioniser by converting positive ions into negative ones.

"Negative ions increase the flow of oxygen to her brain; resulting in higher alertness, decreased drowsiness, and more mental energy," said Pierce J. Howard, PhD, author of *The Owner's Manual for the Brain: Everyday Applications from Mind Brain Research* and Director of Research at the Center for Applied Cognitive Sciences in Charlotte.

HOW IT WORKS

The AOX Negative Ion Air Revitalisor uses water-wash technology. Basically, air is drawn into



the unit, mixed with water, then discharged as a rainforest-like mist brimming with negative ions.

If you wish, a natural botanical scent can be added to the AOX water inside the unit, diffusing an uplifting fragrance into your home.

After undergoing testing by an independent laboratory, the unit has been proven to eliminate floating microorganisms such as bacteria, mould and yeast in a 700 sq ft environment.

BONUSES AND BENEFITS

An AOX Negative Ion Air Revitalisor...

- generates abundant negative ions and antioxidants which are discharged into the air
- enhances the immune system
- increases alertness
- increases work productivity and concentration
- reduces susceptibility to colds and flu
- relieves sinus, migraine headaches, allergies and hay fever
- reduces the severity of asthma attacks
- eliminates small flying insects
- humidifies the air
- serves as a night light

START BREATHING EASIER

Invest in an AOX Negative Ion Air Revitalisor today, and start enjoying a whole wealth of health benefits.

AOX Corporate Office Rental from \$85

 <p>AOX2000 UV-LIGHT Size (cm) L28 x B13 x H42</p>	 <p>AOX3300 OXYGENATOR Size (cm) L26 x B53 x H51</p>	 <p>AOX4000 HOT/COLD Size (cm) L30 x B33 x H104</p>
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100% SAFE, SGS LAB, AVA, WHO, FDA & KFDA TESTED

EXCLUSIVE OFFER FOR AOX USERS!

\$33 OFF

AOX Negative Ion Air Revitalisor
NOW \$55
(U.P. \$88)

Call
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to find out
more!

Limited to 3 sets per coupon



AOX is Forever

A Truly Lifetime Warranty

Here's some good news for all AOX users. Now you can enjoy a lifetime warranty on your AOX alkaline water purifier and dispenser with a comprehensive warranty plan.

PARTS AND SERVICE COVERED

The annual warranty charges on the full range of AOX models are as follows:

AOX-2000: \$180	AOX-3000: \$200
AOX-3300: \$250	AOX-4000: \$200
AOX-6600: \$270	

This plan covers both parts and service. With this comprehensive package, you will get a similar

value replacement in the event that yours is beyond repair.

INTERESTED?

Please call your sales consultant to find out more. And here's a little sweetener. Sign up before 31 December 2014 and get a FREE AOX-30 Travel Kit!



Good News Should Be Shared

... And Good News Shared Should Be Rewarded!



REWARDS FOR REFERRALS

At AOX, we believe that the greatest testament that we can receive is your referral.

To thank you for recommending our company, and to encourage you to send business our way, we have introduced a referral reward program.

For every friend you refer, you will receive one \$100 AOX Gift Voucher for every successful contract. You can use 3 x \$100 AOX vouchers to redeem your \$350 yearly filter change or use 4 x \$100 AOX vouchers to exchange for \$400 NTUC Vouchers.

So, if you like what AOX water has done for the well-being of you and your family, please pass it on. Good will certainly come of it!

Surprise! You've Won...

See yourself here? That means you have won an AOX-100 portable Antioxidant Alkaliser worth \$99. Please collect your gift from AOX office before 15 November 2014.



Winner 1



Winner 2



Winner 3



Winner 4



Winner 5



Winner 6



Winner 7



Winner 8



Winner 9



Winner 10

Just Arrived! AOX Water Bottles

BPA-free AOX Water Bottles are designed to maximise durability, functionality and beauty.

FEATURES

Each attractive AOX Water Bottle is...

- made of Eastman Tritan™ copolyester
- BPA-free
- dishwasher-safe
- impact-resistant
- suitable for hot and cold beverages
- resistant to taste and smell retention
- topped with an innovative flip-top lid for easy drinking
- fitted with a large clip for carrying or attaching to a backpack strap

Get into the healthy habit of taking your own AOX water supply with you whenever you leave home. You'll save dollars on bottled water, never go thirsty, and drink in healthful benefits every time you lift it to your lips.



Buy 1 Get 1
FREE
* \$12 each

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World Food Fair 2014

11 – 14 Sep 2014
11am to 10pm daily
Singapore Expo, Hall 5
Booth Number : F9
FREE ADMISSION



Ladies Expo 2014

25 - 28 Sep 2014
12pm to 9pm daily
Marina Bay Sands,
Level 1, Hall B
Booth Number: 227
FREE ADMISSION



Baby Fair 2014

2 – 5 Oct 2014
11am to 10pm daily
Singapore Expo, Hall 4
Booth Number: G16
FREE ADMISSION

