

Obesity, a condition where excess body fat has occurred to the point of lowering life expectancy, is the second leading cause of preventable death. The UK's obesity problem has reached epidemic proportions. Therefore, it is essential to build and maintain a healthy lifestyle in order to help avoid this condition altogether.

People who are severely obese find more often than not, that diets and medications fail as long term solutions to their weight loss problems. Maintaining a healthy weight requires maintaining a healthy diet and healthy lifestyle.

## YOUR DIET SHOULD BE BASED ON THE 80/20 RULE WHICH CONSISTS OF A BALANCED DIET OF 80% ALKALINE FOODS AN 20% ACIDIC FOODS.

In the past, many people have found that this type of balanced diet is difficult to maintain due to the large quantities of raw foods required for such a balance. However, with the introduction of Tyent Water™, many people have found it much easier to maintain a slightly alkaline pH within the body. A few of the everyday foods and drinks that we ingest which cause a toxic acidic environment are fizzy drinks, most bottled waters, coffee, tea, red meat, alcoholic beverages, and dairy products.

Our body protects its vital organs from an acidic environment by storing fat around them. This fat will continue to protect the organs until the environment becomes alkaline. When the pH of the body becomes alkaline, the extra fat around the vital organs is no longer needed. This stored fat can then be released and removed from the body.

Alkaline Tyent Water™ aids in this detoxifying process. Tyent Water™ is particularly successful in weight management. The positively charged, acidic fat cells are eliminated by the negative charge of the alkaline water.

Tyent Water™ is essential for helping to aid in properly functioning organs, allowing toxic waste to pass out of the body.

Many doctors in the UK and around the world agree that detoxifying the body and organs with ionized water may help correct the body's alkaline/acid balance. Drinking Tyent Water™ has been found to be an effective way to help you to achieve a balanced long term health solution.

Prevention is the key! Most people don't fully appreciate their health until they lose it. As said by Dr. Alvin Stein MD, FACS, "Acidosis is the only true disease and everything that makes us sick is simply a by-product of acidosis."

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If you are healthy now, then drink alkaline Tyent Water to help you stay healthy through prevention.

However if your health is currently less than perfect, then take one of the shortest paths to recovery by drinking alkaline Tyent Water.

It's a pretty simple decision. Save thousands of pounds on bottled water; reduce plastics going into landfills and improve your health all at the same time.

Drinking alkaline Tyent Water is the single most productive thing you can do for your health.

Yes, there is a better road to achieve the benefits that you need for a healthier lifestyle.

Call Tyent UK today and get on the road to better health now

Freephone  
**0800 0025 497**