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Free Report On The Electrolyte Secret:

Dehydration: Why Everyone Is At Risk

There is a common misconception surround dehydration. People often think athletes are the ones at risk for dehydration and that drinking plain water can cure dehydration.

Dehydration Is The Excessive Loss Of Water From The Body

Diseases of the gastrointestinal tract can lead to dehydration. Fluid loss may even be severe enough to become life-threatening.

But some of the causes for dehydrations are: stress, survival situations, blood loss, diarrhea, hyperthermia, shock, vomiting, burns, drinking alcohol, taking stimulants, infectious diseases, diabetes, hyperglycemia, malnutrition, hyponatremia (especially from restricted salt diets), fasting and just **forgetting to drink fluids** during the course of the day!

Dehydration Can Speed Up The Aging Process

Babies are around 80% water when they are born. Adults are around 55% water and seniors can be lower than 50%!

Dehydration Dangers For Seniors

As we age we tend to want to drink less and becoming dehydrated is a real concern, especially for the elderly. Have you ever heard of your grandmother complain about being dizzy? She is probably dehydrated. For adults over age 50, the body's thirst sensation diminishes. Many senior citizens suffer from dehydration. Dehydration along with hyperthermia results in seniors dying during extremely hot weather.

Symptoms of Dehydration

Symptoms of dehydration may be subtle to severe.

Symptoms of deyhdration are: headaches, muscle cramps, dizziness, visual snow, decreased blood pressure, fainting, thirst, constipation, rapid heart rates, loss of appetite, decreased urine volume, fatigue, low endurance, flushing, lethargy, seizures, tiredness, irritability, dry mouth, elevated body temperatures and sleepiness.

The Best Way To Stop Dehydration For Good

There is considerable evidence that more and more people are affected by dehydration and electrolyte imbalances. Their cases range from mild and severe. Just living in excessive heat can cause the body to become dehydrated. **The quickest fix for dehydration is balancing the electrolytes.** Diet, climate, stress, exercise, illness and medications all impact electrolyte levels.

Signs for imbalances are: low and high blood pressure, circulation problems, fatigue, illness and disease!

Give Dehydration and Electrolyte Imbalances The Boot

Unfortunately, drinking plain water only dilutes your electrolyte balance and can cause greater electrolyte imbalances. Mineral water contains a variety of minerals that upsets electrolyte balance. Sports drinks provide carbohydrates, not electrolytes. Any sports drinks that claims to replace electrolytes simply cannot replicate the electrical charge due to sugar content.

Electrolytes: Stopping An Electrolyte Imbalance!

Electrolytes give the body the electrical charge that keeps the heart, muscles and nervous system working properly. Diet, climate, stress, illness, medications and exercise all impact electrolyte levels.

Common Signs Of Electrolyte Imbalances

Common signs of an electrolyte imbalance are: low to high blood pressure, fatigue, disease, circulation problems and illness.

Many People Are Affected By Electrolyte Imbalances

There is considerable evidence that more and more people are affected by electrolyte imbalances. Heat related illnesses and deaths are on the rise. Every year athletes collapse and sometimes die...all resulting from electrolyte imbalances.

Athletes and the elderly aren't the only ones effected by electrolyte imbalances. Millions take prescriptions, such as diuretics, which alter electrolyte levels leading to additional health concerns. Other medications that affect electrolyte balances are: antihistamines, phenothiazines (tranquilizers), tricyclic antidepressants, beta blockers and vasoconstrictors.

General loss of electrolytes occur from: running, gardening, mowing, farming, playing golf, walking, driving and many other activities! So everyone is susceptible to having an electrolyte imbalance.

How Do You Know If You Need Additional Electrolytes?

Electrolytes are lost through the intestinal track, sweat and urination. Diet, drinking habits, medication, activity level, climate, stress and illness all impact electrolyte levels. Electrolyte imbalances show up in blood tests, blood pressure and physical symptoms.

If you...

Go to: <http://www.healthtoheart.com/fluid-electrolytes-drink.htm> to order your Patented Taste Sensitive Charged Electrolyte Fluid or call 1-864-200-2161 Today!

- Suffer from stress-related disorders;
- Suffer from heat-related illnesses;
- Sweat excessively or don't sweat easily;
- Have circulation problems (cold hands and feet);
- Have low or high blood pressure;
- Take medications which affect blood pressure;
- Eat poorly or have poor drinking habits;
- Are susceptible to infections and colds;
- Exercise regularly;
- Have an existing illness or disease;

.....you need to monitor and replace electrolytes now.

How Do You Get Electrolytes?

Various food and fluids contain electrolyte sources. While getting electrolytes through diet is an essential component for good health, it's nearly impossible to get all of the essential electrolytes in the proper ratios. Historically, people replaced electrolytes with bone broths and soups. Today's diet furnishes too little or too much of individual electrolytes. With an electrolyte imbalance causing so many health ailments, the replacement of electrolytes should be a priority for everyone.

Taking Salt Does Not Cure An Electrolyte Imbalance

Elevated levels of sodium create electrolyte imbalances which have been linked to high blood pressure and heart problems. The impact of low sodium receives almost no attention. Low levels of sodium can lead to low blood pressure and create susceptibility to bacteria such as staph and E. coli.

Electrolytes are positive ions of potassium, sodium, calcium, magnesium, and negative ions of chloride, bicarbonate and phosphate.

Electrolytes Cannot Be Replaced With Water or Sports Drinks

The biggest misconception about electrolyte imbalances and treating dehydration is that you can drink lots of water or a sports drink. Plain water will dilute electrolytes, creating a greater electrolyte imbalance. "Sports" drinks are missing several essential electrolytes and none of these drinks are isotonic, which means the same concentration as blood. The sugar in sports drinks also kills the natural electrical charge from a real electrolyte solution. This charge is important for absorption into the cells.

What's The Best Way To Replace Vital Electrolytes and Keep Them Balanced?

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The best way to replace vital electrolytes and keep them balanced is by taking Life Balances Electrolytes. They have the only formula on the market that is completely balanced, isotonic and charged.

"This [electrolyte replacement](#) is made from a proprietary process with a melt-emulsion reaction in a potentized ionic formula with a free floating orbital. "Inversion Vortices" is the process for development of electrolytes in solution which is based on gustatory (taste) pathways. The biochemical individual can determine how much electrolyte fluid replacement is needed at that time."

In laymen's terms this means that [Life Balances Electrolytes](#) are the ONLY real balanced electrolyte drink available. These electrolytes are perfectly balanced and will not upset the body's mineral balance or adding unnecessary carbohydrate calories.

This incredible product was invented by John Kitkoski.

How Smell Vitamins And Taste Sensitive Electrolytes Got Their Start

John Louis Kitkoski created the methodology he named the Life Balances Program in the 1970s. For John, the name Life Balances encompassed the broad vision he had to help people live healthy lives.

.John synthesized his education and experiences to develop the Life Balances Program methodology. He earned over 400 college quarter hour credits studying physical and biological sciences, psychology and education.

At various times in his life he farmed, raised horses, trained dogs, worked with veterinarians and did extensive research on weather. John faced a multitude of personal health problems including lifelong asthma and a broken back that put him in a coma and left him with residual pain for the rest of his life.

When John recognized the impact of diet and lifestyle on health, he determined that supplementing (with vitamins, minerals and electrolytes) was necessary to rebuild and repair the body. He formulated electrolyte solutions, a trace mineral kit of six mineral compounds and a vitamin kit of 20 vitamins to fill nutritional gaps and to increase nutrient transport (circulation) and absorption. The supplements incorporate the individual's senses of taste and smell to help determine what to take. This unique approach allows each person to determine his or her own vitamin and mineral needs.

Nearly four decades he worked to build and refine the methodology, he personally spent countless hours with thousands of people who used his methods and products to improve their health.

The Life Balances Program is not intended to replace standard medical care. The Program does not diagnose or treat specific medical conditions or diseases. It is assumed and expected that clients and customers consult health care professionals for personal health concerns.

A Lasting Legacy On Supplementing Correctly With Vitamins and Minerals

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Sadly, John Kitkoski passed away in 2001. He left a powerful methodology and Program each of us can access to help improve our health. His company continues to manufacture and distribute the products he personally formulated. The company is now owned and operated by John's family who also own and control these original formulas.

For those who never knew John, he was an unforgettable man who was impressive in his insight and knowledge and endearing in his sweetness and humor. As a dear friend wrote for his memorial service...

"If age were calculated not in solar cycles, but in creativity, enthusiasm and drive, then John lived a very long life. Most people live small lives by comparison. But, there is a price to pay for trying to slay dragons and take on all challengers and I think John knew that. He was dedicated to a quest, which centered on helping others, not helping himself."

John Louis Kitkoski was a Spokane Research Scientist who studied over 27 scientific disciplines, earning credits equivalent to six Ph.Ds

- Major in Organic Chemistry
- Chemistry teacher
- Physics
- Biology
- Zoology
- Botany
- Agronomy
- Pharmacology
- Pharmacokinetics
- Biopharmaceutics
- Genetotrophic diseases
- Orthomolecular medicine
- Somatotyping
- Biochemical typology
- Bio vection
- Hematology
- Histochemistry

Human Studies:

- Autism
- Iron Overload
- A.I.D.S.
- Inflammatory Diseases
- Intestinal Diseases
- Blood Pressure
- Body Chemistry
- Olfactory
- Gustatory

- Human fluid balance
- Hypertension
- M.S.
- Downs Syndrome

Developments:

Percent Status Blood Analysis: This zero-based analysis takes the medical stand that any deviation from center is significant and worthy of attention, no matter how small. By contrast, a typical blood test report uses a band determined where only components falling out of that band indicate a problem. When applied to the wealth of medical literature, zero-based Percent Status Blood Analysis allows one to better understand a patient's problem. Beyond the basics it also suggests disease possibilities, which drugs may aggravate causing imbalances in body chemistry and with nutritional support that may help balance the chemistry.

[Taste Sensitive Minerals](#): Minerals in solution with a "Certificate of Analysis" that exceed the requirements of the U.S. Pharmacopeia, National Formulary, and the Food Chemicals Codex. Minerals in solution that follow the ratio's for the human body's biochemical pathways.

[Taste Sensitive Electrolyte Solution](#): Electrolytes in Solution which carries a biochemical reactive charge through a free floating orbital allowing for maximum delivery to the circulatory system of the human body.

[Smell Sensitive Supplements](#)TM: "Spectrum For Dietary Supplement Selection System And Method Following Human Olfactory." This relates to selection of dietary supplements in sealed, olfactory isolating tablets/containers in particular, to a system and method that indicate deficiencies or excesses and/or selection based on olfactory cues.

Listen to what others are saying about our Specially Formulated Electrolytes:

"When I Feel Droopy I Mix Up A Glass And I Immediately Feel Revived. It's Amazing."

I'm not an athlete so I've never thought much about electrolyte replacement. Then my son introduced me to the [Electrolyte Fluid Replacement](#). When I feel droopy I mix up a glass and I immediately feel revived. It's amazing. I wish my doctor had recommended this years ago."

Maude Kruger
Charlotte, North Carolina

"I've Noticed A Huge Difference In My Stamina and Endurance."

"I'm a triathlete and I'm always worried about burning out in the middle of competition. I knew of lots of products that are glucose/carb replacement, but none for electrolytes. I always figured I could eat a few oranges or bananas and drink some gatorade, but now that I've been "schooled" in electrolyte replacement and have been taking your electrolytes before and after training and racing, I've noticed a huge difference in my stamina and endurance. So I guess something really way missing. Thanks for the incredible product."



Marty Fitzgerald- Triathalon/Cyclist
Orlando, Florida

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"My Doctor Said There Was No Cure...And Now Less Than A Week And It's Gone Completely!"

"I'm a very serious track and field athlete. I have a heart beat of 35 beats a minute and normal to low blood pressure. **I had a doctor tell me I had vagal vesey syncope.** It's where you almost faint when you stand up.

I've tried a ton of products to help me cure this...**which my doctor said there was no cure.** Well, he was wrong. I took these electrolytes and **nowless than a week and it's gone away completely!**

What's even more interesting is the way that you can do that electrolyte taste test the that comes with the instructions and I know exactly how much electrolyte drink I need. **There is no other electroyle product like that!**

I've referred this electroylte drink to my mother even though she doesn't sweat quite as much as me! My mom takes the [electrolytes](#) that are for higher blood pressure and loves them."

Perry Louis Fields
Clemson, South Carolina

"I Have Been Involved With A Number Of Nutrition/Health Oriented Programs Over The Years, But Never One As Effective On A Continuing Basis...Is The Ultimate In Scientific Self-Help"

"After I retired I learned more chemistry from Mr. John L. Kitkoski than I did in medical school. I had been a pediatrician for 35 years and had become quite skilled at diagnosing the usual (and not so usual) childhood conditions.

I have been involved with a number of nutrition/health oriented programs over the years, but never one as effective on a continuing basis as Life Balances.

It is accurate. It is based on the immutable laws of chemistry....

I have been witness to the improvement of the blood pressure, pulse and temperature readings in clients who had taken all the drugs but were still suffering.

There is no doubt that this simple method of **following the chemical rules of the body will normalize the physiology and allow the body to control the disease or condition."**



Dr. Lendon H. Smith
Oregon, USA

"I Had No Idea That I Was So Dehydrated."

"I had no idea that I was so [dehydrated](#). I thought my stool was pretty regular. It wasn't until I started taking those electrolytes that a number of beneficial things started to happen.

One, I felt like I could handle the heat better during the summer. Two, I started working out again which I haven't done in years. Three, I started sleeping better. Four, I these tiny little headaches I use to get have gone away.

Thanks again for the great information. I'm sure there are even more things that have changed that I didn't mention here."

Charlie Whitmire
Sumter, South Carolina