

10 SECRET

WEIGHT LOSS STEPS

You may have never heard



WATER FOR WELLNESS



What's the secret combination to **weight loss?**

Here are 10 secret steps that you may have never heard about, plus details on how drinking alkaline Tyent Water™ can help you on your weight loss journey.

Drinking enough pure, healthy water is the miracle solution for weight loss. Ionized alkaline water, or Tyent Water from a Tyent Water Ionizer, is gaining a reputation among experts as the key to long-term body fat reduction and weight loss.

Here's How:

1 **Detoxify and release stored fat**

Many people do not realize that unhealthy, acidic toxins are stored within fat cells in the body. Tyent Water supports detoxification in the body and helps allow cells to release stored fat. Plus, Tyent Water helps the body maintain its calcium, magnesium and potassium reserves by providing ionic minerals and hydrogen to buffer excess acids.

Tyent Water is full of antioxidants, which help to neutralize toxins. Toxins stored in fat cells, tissues, organs and lymphatic fluids can be neutralized and released, which may result in fat loss.



“Too much acidity in the body is like having too little oil in the car. It just grinds to a halt on a lazy Sunday afternoon. There you are—stuck. The body does the same thing.”

- **Dr. Theodore Barody**
Author of *Alkalize or Die*

2 **Exercise the healthy way (there is a difference)**

Tyent Water has many beneficial features that are relevant to exercise. In particular, Tyent Water is alkaline, hydrogen-abundant and antioxidant-rich, all features that help to increase energy levels during exercise and allow you to exercise longer with faster recovery time. Keep in mind that during intense exercise, the pH level of muscles will decrease and become acidic.

This acidity wreaks havoc on muscle fibers by decreasing their ability to contract normally. So it is extremely important to combat acidity during exercise. A fast way to help reduce lactic acid buildup and acidity in the muscles is to drink Tyent Water.

In addition to adding Tyent Water to your weight loss regimen, remember that while it is important to keep your workout challenging, you must also know your limits. For example, lifting weights that are too heavy for you or jumping up and down on bad knees is a recipe for disaster. It is much better to lift a bit less for safety reasons that to severely strain or pull a muscle or even hurt your back, which can keep you out of the gym for weeks or months.

3 Stay hydrated



Check out what professional and Olympic athletes say about **Tyent Water** on pages 12 and 13

Don't skimp on Tyent Water, which is pure antioxidant water. Drinking acidic bottled water or other sugary drinks can sabotage the hard work you put into losing weight. Doctors and experts have recognized the benefits of ionized alkaline water for years.

"Ionized alkaline water is used for the purpose of supplementing electrolytes and water lost by perspiration during exercise and for preserving health, because alkaline water is easily absorbed by the body and is excellent at regulating osmotic pressure in vivo (the body)."

- Drs T. Watanabe and Y. Kishikawa

So, how much do you need to drink?

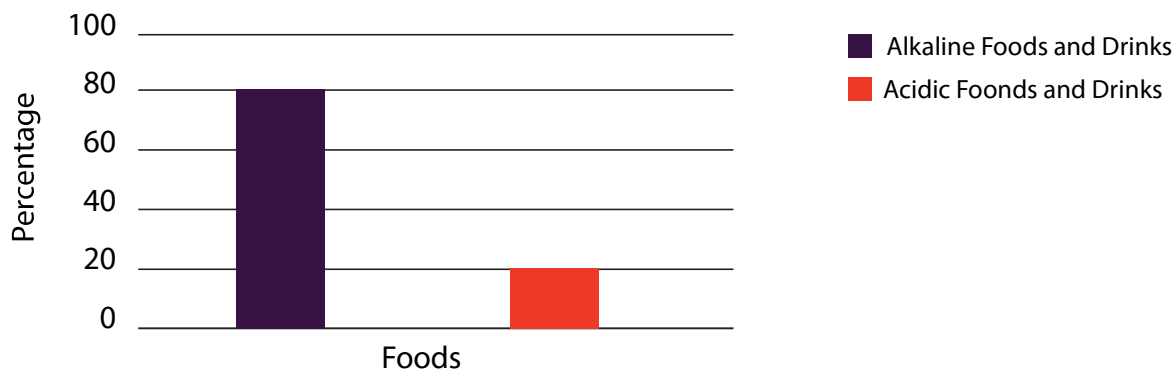
If varies, but a good rule of thumb is to drink at least a half an ounce of water per pound of body weight per day.

Better hydration is one of the reasons Tyent Water has become known for its impact on weight loss. In Tyent Water, hydrogen gas molecules are infused throughout the water, and they carry a negative electrical charge. These hydrogen molecules are the tiniest elements of the periodic table, allowing them to easily enter the cell wall through the narrow "water pipes" and hydrate the body at a molecular level. Your muscles' are your calorie-burning engine. When you are not well hydrated, your muscles' ability to burn fuel (calories) and generate energy is severely inhibited Plus, your body is unable to utilize fat as fuel when you are dehydrated.

Did you know that Tyent Water has these benefits?

- Energy-boosting antioxidants
- Electrolytes
- Ionic minerals
- No artificial sweeteners or sugars like sports drinks
- Zero calories
- Super hydrating properties

4 Follow the **80/20** rule



Your diet should be healthy and balanced, so following the **80/20** rule, which is consuming 80% alkaline foods and beverages and only 20% acidic foods and beverages, is very important. Before alkaline Tyent Water existed, these ratios were difficult for many to maintain due to the large quantities of raw foods required for such a balance. Since our body is about 75% water, introducing Tyent Water to your diet as your alkaline beverage of choice will make maintaining a slightly alkaline pH within the body much easier.

5 Help minimize hunger



Researchers found that people consumed fewer calories and lost more weight when they drank two glasses of water before they ate. Many people think they are hungry when they are actually thirsty. A study at the University of Washington showed that hunger pangs can be relieved by drinking one glass of water in 98% of the dieters surveyed. So, if you give your body the hydration it needs, you might be more responsive to the signals that you've had enough to eat. **Try it! Also, keep in mind that energy-charged Tyent Water works best.** It primes your digestive system to absorb and utilize nutrients better along with reducing the hunger pangs.

6 **Cut out those "good for you" beverages"**

Most of us already know that soft drinks are loaded with sugar. Experts warn that these sugar-laden drinks contribute to weight gain and interfere with weight loss. What many people don't realize is that so-called "good for you" beverages can be to blame for their weight struggles as well. If sports drinks are your go-to drink at the gym, be advised that many have just as much sugar as soft drinks, and all sports drinks are highly acidic. So, don't sabotage your healthy lifestyle! Choose wisely and drink Tyent Water instead.



Tyent Water

will give you all the benefits of a sports drink, such as hydration and electrolytes, but the big bonus is that it has no calories, contains no sugar and is packed with **healthy antioxidants**

Plus, check labels carefully on protein shakes and fruit juices because many are high in sugars and carbohydrates that can disrupt your weight loss. In addition, be aware that those happy hour or weekend alcoholic beverages are acidic and can really pack on the calories if you are not careful.

Bottled water is healthy, right? **Wrong!**

Most bottled waters are very acidic, let alone expensive. Therefore, bottled water and any other acidic waters from various sources need to be cut out immediately. How do you know whether your bottled water is acidic? Test it with pH drops, which can be purchased online. Your best source of hydration while on the go is to carry a GoodLife™ bottle full of Tyent Water. GoodLife bottles are designed to maintain the healthy properties of ionized water.

For more information:

go to www.GoodLifeBottles.com

If sugary beverages are all that is difficult for you to cut out, then here are some tips. When you are thirsty, start with glass or two of Tyent Water. If you find that craving is still there, try taking just a sip or two of your sugary beverage for the taste and see whether it helps satisfy your craving. Many find that the craving tends to cease after a few small sips of their favorite drink. Apply the same rule with unhealthy foods: when a craving hits hard, try reaching for healthy snacks or, if the time is right, eat a healthy meal first. Or, as covered in step 5, you may just be thirsty and not really hungry, and a glass of Tyent Water may be all you need. Remember, it takes about 20 minutes before your brain tells your stomach that you are full, so if you still feel hungry after eating, try to wait it out to help that extra weight disappear.



Even "**good for you**" diet soda can sabotage weight loss. The brain thinks it's getting fuel like glucose and then none arrives, which makes you crave carbohydrates. New research shows that the artificial sweetener aspartame raises blood sugar ... not a good thing when you're trying to burn fat. The result? Diet soda drinkers have a **70% larger** waistline according to scientists!

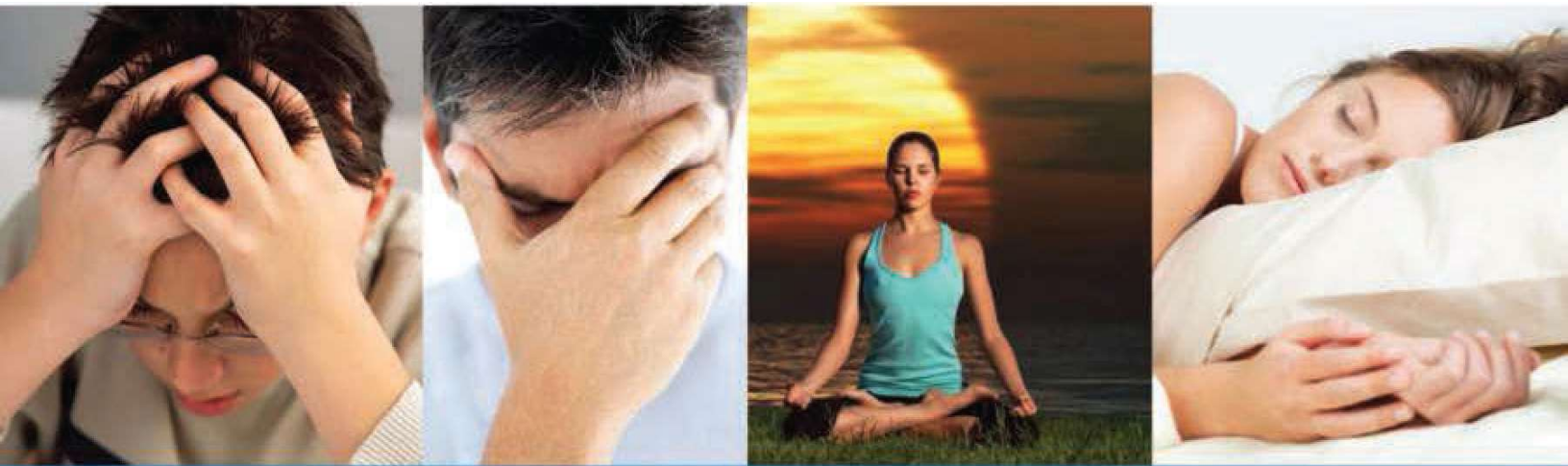
7 Avoid or minimize highly acidic foods

Acidic foods such as red meat, sugary snacks, processed foods and cheeses should be avoided or minimized because too many acidic foods will lead to acidic toxins in your body. These toxins become stored in fat cells and are difficult to flush from the body. Over time, these toxins can cause weight gain and many other health issues as well.



Stick to the 80/20 rule as best you can. In addition, by following step 5 and drinking Tyent Water before meals or when hunger pangs first kick in, you should find it easier to make healthier food choices. By temporarily squelching those hunger pangs, you are allowing yourself extra time to prepare healthy meals and make smarter decisions. Instead of reaching for that quick fix during a rage of hunger, reach for a glass of Tyent Water. Drinking Tyent Water throughout the day will help you avoid those dangerous, impulsive desires to hit the drive-thru for fast food or dial your local pizza place. For increased willpower, combine step 5 with this tip: prepare healthy snacks to have on hand throughout the day to eat between meals. Healthy snacking will actually keep your metabolism working at its best while helping to keep those hunger pangs at bay.

8 Find peace and avoid stress



Minimizing stress in our busy lives is easier said than done. However, if people knew that negative emotions can actually be the cause of many autoimmune disorders, then they might learn to lighten up. Negative emotions such as stress, fear, anger and jealousy are very acid-forming in the body. Many health professionals believe that acid in the body is the root cause of many degenerative diseases. Although Tyent Water helps combat acidity, it is still vitally important to control negative emotions. So, do whatever it takes to find inner **peace and harmony**.

Here are some stress-reducing tips. Try doing some deep breathing exercises, listening to calming music or thinking of something funny. Plus, be sure to get enough sleep. Getting a minimum of seven to nine hours is a good rule of thumb. If stress or anxiety is a chronic condition, then consult a physician for help.

A middle-aged man with grey hair, wearing a blue t-shirt, is performing a plank exercise in a gym. He is smiling and looking directly at the camera. The background shows gym equipment like treadmills and a wooden ladder.

9

Improve muscle tone

Many of us focus on losing pounds while trying to get slimmer. However, since lean muscle mass helps burn fat and calories, it's important not to lose lean muscle mass while dieting. In fact, sometimes gaining a pound or two during a new exercise program will actually help you lose inches.

Here's how:

Just adding one more pound of lean muscle mass can help burn up to 100 extra calories per day, even when you are resting. So don't focus on losing pounds: focus on losing fat and building muscle. Many of us know that intense cardio and weight training help improve muscle tone, but did you know that water improves muscle tone as well? It's true. Muscles contract more easily when hydrated, making exercise more effective. Plus, Tyent Water flushes out lactic acid and helps prevent muscle soreness. In addition, Tyent Water greatly improves hydration levels because it is full of hydrogen gas molecules that are easily transported across the cell wall.

So get those muscles hydrated with
Tyent Water to reap the
most rewards from your
workouts.



10

Make Healthy foods taste better



Many dieters believe that healthy foods have to taste bad, which is simply not true. By making healthy foods taste good, you will be more likely to choose them. So cook wisely, and you can be eating healthy foods that taste great. Here are some examples to get started. Over the years, Tyent customers have told us that their foods taste better when Tyent Water is used for cooking or preparing them. Since delicious food helps satisfy cravings, using ionized alkaline water for food preparation is a wise choice. Using strong alkaline water washes off oil-based herbicides and pesticides that would be otherwise ingested if "cleaned" with regular tap water. Regular tap water does not have the ability to remove oil-based residues or coatings. You will be amazed at the difference in the taste of your produce.



In addition to cleaning foods, you will find that Tyent Water also helps improve flavor, color and texture in your vegetables when you steam them with ionized, alkaline water instead of regular water. Similarly, if you cook whole grain pastas, beans and rice with mildly acidic Tyent Water, you'll notice the texture and consistency are greatly improved.

While Tyent Water does a lot to "save taste," there are a few other simple changes for adding big flavor. Try using a fat-free broth instead of butter or oil to sear meats or sauté vegetables. It's one simple change that will add big taste without the fat and calories. In addition, there are numerous herbs and spices that add big flavor with little calories. Stay clear of dressing otherwise healthy vegetables with fats like butter, heavy creams, sugars or oils. Remember, not all fats are bad. Healthy fats include olive oil, avocados and nuts, so use these foods or oils sparingly to add big flavor to healthy food choices like low-fat meats with lots of veggies.



Keep in mind that **Tyent Water** plays a **BIG ROLE** in helping you succeed with each of the

10 Secret Weight Loss Steps!

Can **Tyent Water** help you find **SUCCESS** with each step?

	Yes	No
Detoxify and release stored fat	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Exercise the healthy way (there is a difference)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Stay hydrated	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Follow the 80/20 rule	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Help minimize hunger (not what you think)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Cut out those "good for you" beverages	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Avoid or minimize highly acidic foods	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Find peace and avoid stress	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Improve muscle tone	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Make healthy foods taste better	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Bonus Benefits of Tyent Water

Get more from your supplements!

Bonus 1

Using Tyent Water to wash down nutritional supplements helps enhance their absorption levels because ionized alkaline water is infused with tiny hydrogen gas molecules that absorb better into the cells of the body.

Boost your protein absorbability!

Bonus 2

Our customers rave about how their protein drinks have better dissolvability when mixed with Tyent Water. Improved dissolvability occurs for the same reason that supplements absorb better—infused hydrogen gas molecules. Plus, the water makes protein shakes less "heavy" so you don't have that bloated feeling.

More hydration, less bloat!

Bonus 3

Since the hydrogen gas molecules of Tyent Water are so tiny and seep right into the cells, the water provides better hydration without the bloat. So, during exercise, you won't feel weighed down."



Here's what celebrities, customers and professional and Olympic athletes say about Tyent Water.



Yannick Bisson

Canadian Film Actor, Murdoch Mysteries

“ People tell me I never age, and I tell them it's all in my Tyent Water ”



Michael McKenry

Catcher, Pittsburgh Pirates

“ It's just been wonderful to be able to be ahead of the game by drinking Tyent Water compared to other guys who are just drinking regular bottled water. ”



Kaponoh Nahina

Professional Longboard Surfer and Hawaii Long board Champion
North Shore, Hawaii

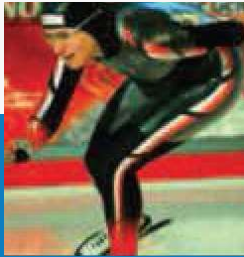
“ I noticed that I have more energy and feel healthier with every day that passes by. Tyent Water has helped me with my surfing by giving me more energy!!! ”



T.J. Ward

Professional Football Player for the Cleveland Browns

“ With Tyent Water, my recovery time is much faster and my energy levels have noticeably increased. ”



Clara Hughes
Five-Time Olympic Medalist

“ After a week of trying Tyent ionized water out, I could not believe the difference I felt after the extreme efforts of training and effort. While preparing for a recent World Cup event in Holland (November 2008), I was introduced to the benefits of ionized water by a therapist. I discovered that many other elite athletes had been drinking the ionized water, and I learned from firsthand experience the benefits it provided in recovery and lactic acid production. ”



Kevin Pinkerman
Satisfied Tyent Customer
Pennsylvania

“ I used to hate to drink plain water and had gotten addicted to drinking colas, leaving me overweight and feeling lethargic. Now i would much rather have a glass of water from our Tyent ionizer, and I am drinking over a gallon of Tyent Water per day, which **leaves me feeling much more energized and healthier, and it has made losing weight much easier.** ”



Connie Cochran
Satisfied Tyent Customer
Florida

“ I have been drinking Tyent Water for about three months, and **the weight loss is remarkable!** I drink three to four quarts of this wonderful Tyent Water every day. I only wish I'd learned about it when I was younger... But then there are some people who never learn about it. **I am grateful this important information came my way and... THANK YOU TYENT USA!** ”



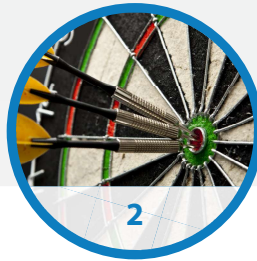
Larisa Weathersby
Satisfied Tyent Customer
Norcross, Georgia

“ My Tyent water system produces good-tasting alkalized water. Tyent Water has helped me maintain clearer skin, maintain my weight and avoid nasty colds. I also use the water from my Tyent water system to cook with. ”

OTHER WEIGHT LOSS TIPS



Keep exercise fun



Set a goal with clear steps for reaching it.



Stay clear of fad diets-consult a nutritionist instead.



Practice maintenance. While it seems great to lose 20 pounds in a month by starving yourself or cutting out all carbs or only eating soup, you will end up packing on more pounds than before when you resume your normal eating habits.



Carefully choose your workout buddy. A friend's low energy level can be very contagious, or a no-show can cramp your workout routine. Either find a dedicated workout buddy or skip the buddy system altogether and depend on yourself.



Excuses, excuses: There will always be a reason to make poor eating choices, like a vacation or a birthday, etc. Start making excuses to eat well, like your health and your desire to add more birthdays to your life.



Don't be fooled by "healthy" food choices. Do you think that Caesar salad is healthy because it has the word "salad" in the title? Many of today's salads have more fat than a loaded bacon cheeseburger! Also, low-fat dressings will not turn them into healthy salads either. Many gourmet salads are loaded with unhealthy fats and toppings including fried noodles, cheeses, high-carb and high-sugar dried fruits, high-fat and high-sodium meats, etc. Don't be fooled. These types of salads are not doing your waistline any favors.

MORE TIPS



8

Choose whole grains over white flour and processed breads and grains. Whole grains have more fiber, which will not only help your digestive system but will also help you feel full longer.



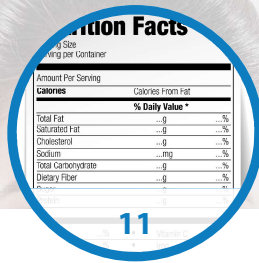
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Make carbs like pasta, rice and beans go further by mixing them with healthy vegetables. Green leafy vegetables are best because many are alkaline and contain nourishing chlorophyll and minerals that help buffer acids.



10

Don't skip healthy meals. Skimping on meals will cause you to overeat later and slow down your metabolism.



11

Check serving sizes. Be sure to read food labels carefully for nutritional information and serving sizes. Also, be sure to have set serving sizes and stick to your goals.



12

Keep healthy snacks on hand. A surefire way to sabotage your diet is to not be prepared when hunger strikes.



13

Keep a Journal to help avoid emotional eating. Write down when you feel hungry to see whether you are really hungry or just feeling sad, angry, bored or stressed. Try to find other outlets besides eating to uplift your mood.



14

Squeeze more activity into your daily routine. Take the stairs, park far from the door, walk your dog or go to the extreme and exchange your office chair and sit on an exercise ball instead. If you are really serious, then consider trading in your couch for a treadmill or stationary bike while you are watching TV.



15

Always carry your Tyent Water with you. The best way to stay hydrated throughout the day is to bring the water in a reusable bottle. Be sure that your travel bottle will maintain the healthful properties of Tyent Water. Goodlife bottles are a great choice!



16

Don't overuse the scale. Remember, healthy muscle mass weighs more than fat. Define your success by how your clothes fit, not what the scale reads.

Many people want to know where to buy alkaline water. However, the best benefits are produced when it is made fresh from your own Tyent Water Ionizer. Talk to the person who supplied you with this booklet to learn more about the ionized alkaline water produced by a Tyent Water Ionizer. Though there are many brands of ionizers, Tyent USA is the best choice with its 75-day trial, lifetime warranty and long list of state-of-the-art features to create the healthiest water on the planet.

Buy Once!

Buy Right!

Buy Tyent!



READY TO LEARN MORE?

Ask your Tyent Authorized Distributor who gave you this booklet for more information

Please contact the person who gave you this booklet for details.