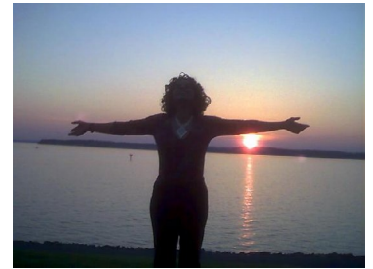


# Thank you for the purchase of the Miracle Water

Here are some basic information & instruction on how to use your miracle water.

1. Until you register for the workshop I need you to make a commitment to stay away from sodas and other soft drinks for at least a week or while drinking the miracle water. Perhaps you can have a Vitamin Water once or the most twice a day to break up the monotony.
2. Understand that because the miracle water works, that it's not a license to eat 3 Big Macs for lunch but this is an excellent start to a new lifestyle. Nothing wrong with a hamburger on occasion but be conscious of what you are eating the next few weeks.
3. Register for the workshop (100.00 value now only 60.00 with this flyer)  
When you find out all of the information that I've spent the last 4 to 5 years researching and actually experiencing myself given to you in a mere 2 hour session; your life will change and so will the lives of your friends and loved ones. **I call mothers, the "Head of the Health & Wellness Department of their home" So ladies your families are depending on you to get the information that will keep them healthy, slender and free for the rest of their lives as well as their families.**



## What Do I Do With The Water:

**Drink at least 4 to 5 8 oz. cups of miracle water a day.** And at least one of those before bed time. (If you drink more it's okay) Try not to eat too close to bedtime so that the body doesn't have to work so hard to digest your food but can concentrate on releasing stored up fat with the miracle water.

Try not to run out of the water, especially if you haven't taken the workshop you can put the weight back on if you don't know the information of how you kept the weight on from the beginning. Each Gallon should last 3 days so be sure to order enough to carry you at least one full week. 4 is the suggested minimum. Visit our online Paypal Verified Store for your convenience. Credit Cards are accepted over the phone as well.

In the workshop you'll find out why it's a hazard to drink any fluids during your meals, and so much more...

Pass the information on. I am here to spread the good news that you don't have to be sick and overweight anymore. Your prayers have finally been answered.

This is an excellent addition to any Commercial Weight Management System or Fitness Training  
Let your trainer know about the workshop

**Divas Weight-Loss & Health, Plus**

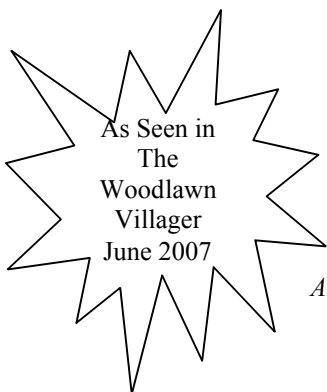
Alicia Fieldings, President

\*AAAI-ASMI Certified Weight Management Consultant

*American Aerobics Association International – American Sports Medicine International*

[www.divasweightloss.com](http://www.divasweightloss.com)

[info@divasweightloss.com](mailto:info@divasweightloss.com)



# Very Important Instructions for Water Treatment System:

**Please read and understand the following before getting started on your Weight-loss journey.**

When treating your water it is important to understand the terminology for the treatments.

When the instructions refers to **DROPPERS FULL** – It means you are first using Step 1 only (The Large Bottle) A full Dropper is about 1/3 of the size of the dropper itself; in which case the bulb actually is what fills up. *(The dropper is long to be able to reach the bottom of the bottle.)*

When the instructions refer to **DROPS** – You may be using the large or small droppers, so you will need to focus and be sure to use the right bottle. This will simple be like drops the size of a tear drop which needs to counted carefully.

When treating your water, be sure you have a space in time so that you can count. Counting out aloud helps a lot. When counting 40 Drops counting in 10 makes it easy. *(Use what works for you)*

If your water has a very strong taste it is possible you may have mixed up the following combinations and the water should be discarded immediately as opposed to fixed. Being over alkaline can cause an imbalance in the body when abused over time or symptoms of diarrhea may occur; so be careful not to abuse the product but follow instructions as given. Never use this treated water for Hot Beverages Such as: Tea or Coffee as it will affect the structure and effectiveness of your water. So, keeping the label in place is important, for unsuspecting individuals and children in your home. Water does not have to be refrigerated so you may want to keep by your bedside or at your workplace. For your convenience you can pour from your gallon container into 16 oz. bottles and using 2 ½ bottles would give your 4 to 5 cups for the day.

The small bottle may be finished sooner than the larger; when that happens use step 1 alone until it is finished and you'll still enjoy healthier mineral rich water. This mineral rich water also has a pH of over 8.5 is will be effective. Drinking 8 – 8 oz. cups of water a day is recommended for optimal health and wellness; so you may drink plain purified water in-between your 4 to 5 cups of Miracle Water. For the very best results exchange all sodas (including diet and sugar free) and other soft drinks for your miracle water. I do recommend The Vitamin Water brand which offers various flavors. But remember you can never replace even vitamin water with pure clean purified/drinking water.

When used properly you will enjoy better tasting water and the excitement of **LOSING POUND AFTER POUND AFTER POUND AFTER POUND** You understand what I mean. 😊 As you begin to lose weight please email your testimony to [mytestimony@divasweightloss.com](mailto:mytestimony@divasweightloss.com)

**Congratulations on your start to "The New You"**

**Treating 1 Gallon** 8 DROPPERS FULL of Step I (Large Bottle) (A full Dropper is about 1/3 of the size of the dropper itself)

(Before treating you may shake the Large bottle-As minerals do settle) 40 DROPS of step 2 (Small Bottle)

**Treating 16 oz. Bottles** 1 Dropper full of Step 1 (Large Bottle)

5 DROPS of Step 2 (Small Bottle)

**Treating 1 Liter** 2 DROPPERSFULL of step 1 (Large Bottle)

10 DROPS of Step 2 (Small Bottle)

**IF YOU HAVE CONCERNS PLEASE CALL OR EMAIL BEFORE YOU DISCONTINUE**

**This awesome product has a colon cleansing and A detoxifying effect on the body. So any of the Following may be safe and normal feelings you Could experience:**

**Light diarrhea, a light headache, some nausea. If you feel anything els It could be safe effects but feel free to call me anytime.**

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, or prevent any disease. Please consult a physician or medical practitioner before taking any dietary supplement, especially if pregnant or nursing.

# Divas Weight-Loss & Health, Plus

*Presents*

## The Miracle Weight-Loss Water

### It Works – It Works – It Works !!!

Lose Weight just by drinking water – who knew!!!!

Only 40.00 for the special water treatment

Or get a gallon for only **\$5.00**

Workshops are every Monday from 6:00 – 8:00 You must confirm your attendance at least 2 days prior to ensure your FREE 75 page workbook is available

TO FIND OUT HOW THE WATER WORKS CALL THIS 24 HOUR TOLL FREE NUMBER

**1 866 244 8833**

It's not just another weight-loss program  
It's not just for ladies, but for the whole family  
It's the truth about what we are eating  
It's the education you've always needed  
It may be the last weight-loss & health resource you'll ever want!  
Have a "For Divas Only Party" with friends and find out how....

~Did you know that **FAT is saving your life**  
~Did you know that **cholesterol and high blood pressure is also saving your life**  
~Get help for **Hot Flashes, Menopause, PMS, Migraines and more**  
FIND OUT HOW AT THIS GREAT WORKSHOP – BE THE ONE TO DISCONTINUE THE FAMILY HISTORY OF OBESITY AND DISEASE



CALL TODAY  
**410 496 8455**

### Divas Weight-Loss & Health, Plus

Lady Alicia Fieldings, President of Divas Weight-Loss

\*AAAI-ASMI Certified Weight Management Consultant

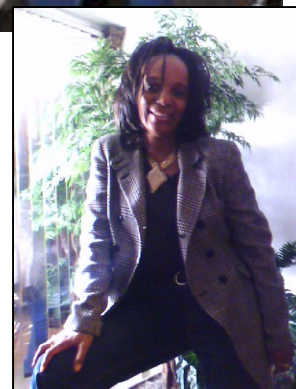
\*American Aerobics Association International

American Sports Medicine International

[ladyalicia@divasweightloss.com](mailto:ladyalicia@divasweightloss.com)

[www.divasweightloss.com](http://www.divasweightloss.com)

PRE & POST WEIGHT-LOSS SURGERY  
CONSULTING AVAILABLE  
PLEASE SEE ME BEFORE, IF NOT  
AFTER YOU TAKE THE SURGERY –  
WHAT YOU DON'T KNOW MAY HURT  
YOU ! FOR GASTRIC, LAPBAND OR ANY  
OTHER SURGERY – CALL TODAY



Workshop Location  
**The Psalms of David School of Music Studio**  
By Appt  
3517A Langrehr Rd.  
Windsor Mill MD 21244  
Cell 202 294 5846  
Off of Liberty near Rolling Rd. behind  
Cleaner Max  
Rear Entrance

# Make An Investment In Fitness Training

We design custom workouts that you can do in as little as 30 minutes and as long as 60 minutes. You don't have to spend countless hours in the gym to get the results you're after.

Your Investment Prices:  
60 Minute Training Sessions  
(9 sessions or less = \$540 or \$60 each.)



Save \$10 per session on the packages listed below!

10 – One Hour Session Program (2 x a week) -----  
\$500 ... Two session per week with your trainer will have you well on  
your way to a new healthier you!

**Plus 3 days per week of cardio training.**

20 – One Hour Session Program (2 - 3 x a week) -----  
\$1000 ... Two to Three sessions a week with your trainer will not only  
get you started and up to speed faster, but you'll also see better results  
and faster!

**Plus 3 Days per week of cardio training.**

30 – One Hour Session Program (3 - 4 x a week) ----- \$1500 ... This program is only  
intended for people who are serious about achieving their fitness goals and wanted to be there yesterday.  
Three weekly sessions with your personal trainer will deliver the best results in the shortest amount of time  
... you'll also learn far more with this program and be more likely to maintain your fitness level on your own  
afterwards. **Plus 3 days per week of cardio training.**

**The 1/2 Hour Power Workout Is Half Price, That's Only \$25 Per Session!**

Call Now... 410-922-2858

Why Pay A Gym Or Health Club Every Month Whether You Go Or Not ... When  
You Can Get Guaranteed Results With Just 1-3 Short Workouts a week...

In-Home Fitness Training Prices  
\$75 Per Session.  
Minimum Sessions Required  
(20) = \$1500

With "Fit For Life Personal Training" you only pay for the sessions in the package  
of your choice. AND we guarantee your success ... ask your health club or gym if  
they do the same. We are your best choice when looking for a personal trainer in  
the Baltimore area.

**"NO LONG TERM CONTRACTS!"**

If you're tired of struggling to achieve your weight loss and fitness goals, then you  
need to Call me Now! 410-922-2858

## CALL FOR FREE WORKOUT SESSION!



# Alkaline / Acid Food List

The Rule is to eat 80% Alkaline Foods and 20% Acidic. Just because a food is acidic doesn't necessarily mean it's bad for you; we just need to find a good balance of alkaline foods and the better acidic foods. Most fast foods may be acidic, and are not on this list. The list is for your review to make you aware of alkaline and acid forming foods. You may or may not realize that you're eating more acid foods and that also may contribute to any challenges you may have regarding weight or health.

This list is not exhaustive but gives an excellent overview of common foods. I do have a six page Alkaline/Acid Food list for just \$2.00.

FOOD CATEGORY	High Alkaline	Alkaline	Low Alkaline	Low Acid	Acid	High Acid
<b>BEANS, VEGETABLES, LEGUMES</b>	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Barley Grass	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Cauliflower, Turnip, Beetroot, Potato Skins, Olives,	Cooked Spinach, Kidney Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	
<b>FRUIT</b>	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb, Canned Fruit	Blueberries, Cranberries, Prunes, Sweetened Fruit Juice
<b>GRAINS, CEREALS</b>			Amaranth, Millet, Lentils, Sweetcorn, Wild Rice, Quinoa	Rye Bread, Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Bread, Pastries, Biscuits, Pasta
<b>MEAT</b>				Liver, Oysters, Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish

<b>EGGS &amp; DAIRY</b>		Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese, Cream	Raw Milk	Cheese, Homogenized Milk, Ice Cream, Custard
		Almonds	Chestnuts, Brazils, Hazelnuts, Coconut	Pumpkin, Sesame, Sunflower Seeds	Pecans, Cashews, Pistachios	Peanuts, Walnuts
<b>OILS</b>	Olive Oil	Flax Seed Oil	Canola Oil	Corn Oil, Sunflower Oil, Margarine, Lard		
<b>BEVERAGES</b>	Herb Teas, Lemon Water	Green Tea	Ginger Tea	Tea, Cocoa	Coffee, Wine	Beer, Liquor, Sodas, Soft Drinks
<b>SWEETENERS, CONDIMENTS</b>	Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	Processed Honey	White Sugar, Brown Sugar, Molasses, Jam, Ketchup, Mayonnaise, Mustard, Vinegar	Artificial Sweeteners, Chocolate

Don't forget to register the awesome  
**“Extreme Weight-Loss & Health Workshop”**

Held every Monday by appointment at:

The Psalms of David School of Music Studio located at:  
 3517A Langrehr Rd., Windsor Mill MD 21244  
 Off of Liberty  
 (Rear Entrance)

## 5 Simple Steps To Maximize Health And Achieve Victory Over Sickness

- **DETOXIFY** your body to remove normal acidic waste products accumulated daily, plus remove toxins accumulated in your body from your environment, prescription drugs, unnatural foods and from the "normal" process of aging. Detoxifying removes the stress from having to deal with toxins and lets your body focus on rebuilding health.
- **HYDRATE** your body; this is basic to maintain or regain optimum health.
- **OXYGENATE** your body; since cancer and most other illnesses cannot survive in an oxygenated environment.
- **ALKALIZE YOUR BODY PH** from acidic to alkaline pH, because **cancer and many other illnesses cannot live in alkaline conditions**. Alkaline is the "normal" state of healthy persons.
- **ENHANCE YOUR IMMUNE SYSTEM** to maximize your body's ability to fight off disease and heal itself.

## Peak performance benefits of drinking alkaline water

- Causes weight-loss
- May increase Physical vitality and stamina
- May enhance mental clarity and acuity
- May increase ability to get on with other people.
- May increase optimism and vision.
- May give faster recovery from illness, injury, and exertion (incl. colds, flu, sinusitis, bronchitis, pneumonia, allergies, traumatic injury and surgery)
- May give increased resistance to illness (colds, flu, sinusitis, bronchitis, pneumonia)

### **Health benefits**

- May reduce incidence of digestive problems such as heartburn, irritable colon, Crohn's disease and colitis.
- May reduces risk of and increases relief from urinary tract conditions such as bacterial cystitis, interstitial cystitis, and uric-acid kidney stones.
- May reduce risk of gout.
- May reduces risk of and helps in treatment of rheumatoid arthritis and other autoimmune diseases.
- May lower risk of osteoporosis and promotes bone and teeth growth.
- May aid in prevention and treatment of diabetes.
- May reduce hypertension.
- May also reduce the risk of cancer.

*(please note this is for education purposes only and is not intended to diagnose or treat. Consult a qualified medical practitioner when considering and health regimen modification.*

# Effects of Dehydration

The effects of dehydration begin with thirst and progress to more alarming symptoms as the need for water becomes more intense. The initial effects of mild dehydration in adults appear when the body has lost about 2% of its total fluid. These mild dehydration effects are often (but not limited to):

- Thirst
- Loss of appetite
- Dry skin
- Flushing
- Dark colored urine
- Dry mouth / Cotton mouth
- Fatigue / Weakness
- Chills
- Head rushes

If the dehydration is allowed to continue, when the body experiences fluid loss of 5% the following more severe effects are normally experienced:

- Increased heart rate
- Increased respiration
- Decreased sweating
- Decreased urination
- Increased body temperature
- Extreme fatigue
- Muscle cramps
- Headaches
- Nausea
- Tingling of the limbs

When the body reaches 10% fluid loss emergency help is needed IMMEDIATELY! This level of fluid loss is often fatal! The effects of severe dehydration include:

- Muscle spasms
- Vomiting
- Racing pulse
- Shriveled skin
- Dim vision
- Painful urination
- Confusion
- Difficulty breathing
- Seizures
- Chest and Abdominal pain
- Unconsciousness

Be aware that these are not the only effects caused by dehydration, these are simply the most common. Effects of dehydration will differ from person to person because the body is a complex network of systems and everyone is unique. When these systems are disturbed due to loss of fluids there will be several common effects shared by most bodies, but there may also be unusual or unexpected responses depending on the particular person in question. Age also plays a part in the type of effects experienced due to dehydration. Effects of dehydration in a child will not be the same as those experienced by a teenager, adult or in the elderly. Dehydration prevention is the best treatment for every age group.

## **LOCAL MOM OFFERS HEALTH AND WELLNESS WORKSHOPS WHICH PROVIDE REAL ANSWERS TO OBESITY AND OTHER ILLNESSES**

For Immediate Release: August 16, 2007  
Contact: Alicia Fieldings, 410-496-8455

RANDALLSTOWN, MD: -- With obesity, diabetes and other illnesses on the rise throughout the nation, Alicia Fieldings is a compelling and compassionate voice explaining both the reasons and the solutions for this health epidemic. As president of D.I.V.A.S. (which is the acronym for Determined Individuals Viewing Alternative Solutions) Weight Loss Health Plus, her passion has driven her to research the content of the foods and beverages we consume. The result is a thorough understanding of simple steps to living healthier lives. "I give you the information to make better choices," says Fieldings. "There are many products that are packaged as healthy but are doing more harm than good."

As a Certified Weight Management Consultant, Fieldings holds workshops to help people learn. These 2 hour sessions are truly life changing because one has a chance to learn valuable information such as 75 ways on how sugar can damage your health; get ideas for healthy snacks especially for children and learn about new ways to eat so as to achieve better health. "I invite everyone to come to a workshop to find out which foods are killing us slowly." Alicia Fieldings was also recently a guest on the "Shawn Mason Spence" show, a locally produced online radio talk show. The show can be heard on [www.talkshoe.com](http://www.talkshoe.com)

Alicia refers to mothers as the "Head of the Health and Wellness Department" in their homes and challenges them to learn more about what could make their children healthier. To that end, she provides a variety of products which have greatly improved her own health and the health of her family. "My customers are from the unborn to the elderly." She also has an amazing personal weight-loss story to share which was possible by using one of her products – "The Miracle Weight-Loss Water." (Call 1-866-244-8833 to hear how the water works).

Alicia Fieldings is married to David Fieldings and they reside in Randallstown with their five children. Please visit her website at [www.divasweightloss.com](http://www.divasweightloss.com).

###

AlkaLive pH Booster is tested to be safe and non-toxic according to standards and test procedures established by the FDA.

## Alkalive™ pH Booster for Structured Alkaline Water

### Step 1: Structuring Agent (8 oz. Bottle)



This unique formula of 72 activated ionic minerals helps to structure and cluster the water molecules. Structured water or water clusters are molecules that are held together in small groups of rings. Structured water contains the properties necessary to help it flow easily through the cell membranes, delivering vital elements back and forth to each cell. The water inside the cells of our body makes it possible to create energy and movement, transport nutrients and eliminate toxins.

**Ingredients:** Ionic Magnesium 50 mgs 12%, Ionic Calcium 12 mgs <2%, Elemental Potassium as hydroxide 1 mg,

Plus the following ionic trace minerals in naturally occurring trace amounts and deionized water: Lithium, potassium, Sodium, Boron, Bromine, Chloride, Cerium, Iron, Copper, Sulfur, Gallium, Indium, Praseodymium, Neodymium, Fluoride, Scandium, Molybdenum, Selenium, Ytterbium, carbon, Phosphorus, Tungsten, Bismuth, Samarium, Niobium, Ruthenium, Thorium, Lanthanum, Titanium, Yttrium, Zinc, Zirconium, Iodine, Thulium, Terbium, Rhodium, Dysprosium, Chromium, Silicon, Europium, Erbium, Cobalt, Vanadium, Beryllium, Cesium, Gadolinium, Gold, Hafnium, Holmium, Indium, Lutetium, Osmium, Palladium, Platinum, Rhenium, Rubidium, Silver, Tellurium, Thallium.

### Step 2: Alkalizing Agent (1.2 oz. Bottle)



When you add pH Booster to water, the alkaline pH of the formula will boost the pH of the water to an optimal pH of about 9.5. This alkaline water contains energetic dissolved oxygen to be immediately absorbed into the bloodstream. Use pH Booster to boost the pH of any beverage.

**Ingredients:** Elemental Potassium as Hydroxide 18mg

### Structured Water, Alkaline Water



The uniquely activated elements in AlkaLive pH Booster are charged with subtle energy patterns (through a ground breaking vibrational process) resulting in uniform, tightly formed clustered patterns. Because of their natural magnetization, these clusters are more organized and move in an orderly pattern throughout the body. This increases the stability of the molecules, and in turn, also helps to keep the cells themselves more stable. The result is higher conductivity within your entire body, leading to stronger cellular healing and assimilation. Over 99% of all chemical reactions in the cells are facilitated by water. After adding pH Booster to your distilled or spring water there will be higher molecular energy, faster vibration frequencies and more intensive vibration waves. This facilitates optimal cell-to-cell communication in the body.

AlkaLive pH Booster is tested to be safe and non-toxic according to standards and test procedures established by the FDA.



## **You Don't Deserve Brain Cancer - You Deserve The Facts**

Recent studies confirm that cell and cordless phone microwave can:

- \* Damage nerves in the scalp
  - \* Cause blood cells to leak hemoglobin
  - \* Cause memory loss and mental confusion
  - \* Cause headaches and induce extreme fatigue
  - \* Create joint pain, muscle spasms and tremors
  - \* Create burning sensation and rash on the skin
  - \* Alter the brain's electrical activity during sleep
  - \* Induce ringing ! in the ears, impair sense of smell
  - \* Precipitate cataracts, retina damage and eye cancer
  - \* Open the blood-brain barrier to viruses and toxins
  - \* Reduce the number and efficiency of white blood cells
  - \* Stimulate asthma by producing histamine in mast cells
  - \* Cause digestive problems and raise bad cholesterol levels
- Stress the endocrine system, especially pancreas, thyroid, ovaries, testes

Brain cancer rates in USA have increased by 25% since 1975. In 2001, 185,000 Americans were diagnosed with some form of brain cancer. A grade four brain tumor can grow from the size of a grape to tennis ball size in just 4 months.

Brain tumors are almost always fatal and most people die within 6-12 months after diagnosis. On April 7, 2002 , Sixty Minutes aired a fascinating report on brain cancer, explaining that scientists are unsure why incidence of the disease is growing so exponentially

Get protected today! Call 410 496 8455  
 Order you BioPro Cell Chip Today for only 40.00  
**Divas Weight-loss & Health, Plus**  
 Giving you information to make better choices

# *Divas Weight-Loss & Health, Plus*

## Miracle Weight-Loss Water & Workshop Order Form

Name	Address
How did you hear about Divas?	City, State, Zip
Special Note:	Telephone Cell Phone Home Work
Will Attend Workshop  Date  Note:  Email:	Payment Method  <input type="checkbox"/> Cash _____ <input type="checkbox"/> Check _____ <input type="checkbox"/> Credit/Debit Card Credit Card Number _____  Exp. Date _____ Signature Code _____ <small>(3 digit code on the signature panel on the back of the card)</small> Zip code on this account _____  Signature X _____
Todays Date	Date Ordered

Item	Size	Price
Conjugated Linuaic Acid <b>(Helps with Belly Fat)</b>	60 Capsules	10.00
Kyo Green <b>(No more colds or Flus – Cleans the blood)</b>	5.3 oz	30.55
Alkalive pH Booster <b>(Alkaline Water System)</b>	120z/8oz	40.00
Unrefined Sea Salt <b>(Especially For High Blood Pressure, Diabetes overall excellent health)</b>	7.05 .oz	15.00
Unrefined Coconut Oil <b>(Best oil to cook with)</b>	16fl oz.	13.00
Workshop	100.00	
<b>Water Treat Kit</b>		40.00
<b>Single Gallon Treatments</b>	5.00 ea	
	Total Paid	

\_\_\_ I'm interested in The Miracle Weight-Loss Water Resellers program

\_\_\_ I'm interested in Personal Training

\_\_\_ I am interested in the Workshop other than Monday evening

\_\_\_ I have relatives that need this in another State, I need to know how they can get the product or workshop