

# Cerra Water User Guide

## INITIAL ACTIVATION PRIOR TO FIRST USE

When you first activate each cartridge, please double the soaking instructions on the wrapper, eg. it says to soak the cartridge for 15 minutes. We recommend 30 minutes. It says to run water through the system twice. We recommend doing this 4 times, and of course, throw this water out, don't drink it. After following these instructions, you are ready to begin a new relationship with water!

## SHOULD I DRINK HIGHLY ALKALINE WATER RIGHT AWAY?

If you are not already used to this highly alkaline water (9 - 9.5), please go slowly, or you could get a bit light-headed. Take a half a glass of your normal drinking water and top it up with the Cerra Water. Please remember how incredibly activating and pH-shifting this water is, so don't be surprised if it is 'powerful'. After a few days to a week of diluting this water, you are ready for full-strength. Enjoy! It can shift your body to a healthier, more vital place!

## NOT FOR USE WITH MEDS

Cerra Water is 'super-hydrating' as the water's molecular clusters have been rendered smaller for greater hydration. This is a very important benefit, as 90% of us in North America are chronically dehydrated. HOWEVER....it also means that one cannot take prescribed meds with this water as they will be absorbed 6 x more into our cells. This could be counter-productive to a doctor's recommended dosage. So please take your meds with regular drinking water. Wait about half an hour before resuming drinking Cerra Water.

## WATER FLOW SLOWING DOWN

If you find that your water flow seems a bit slow, remove your cartridge and shake it vigorously for a second or two. This will stop the 'channeling' that can happen as the water finds it's way through the thousands of bio-ceramic and crystal beads inside the cartridge.

## RADIATION FALLOUT

Unfortunately, radiation fallout is a daily occurrence, and will be for years to come, according to trusted experts. Low-level radiation accumulation in the body will run havoc with our health, destroying cells and creating massive amounts of FREE RADICALS. Free radicals are a major cause of all disease, inflammation, pain and organ malfunction. GOOD NEWS! Cerra Water is loaded with Anti-Oxidants, which destroy Free Radicals. Also, if you are taking Kelp for radiation due to its iodine content, use water with NO CHLORINE, as chlorine negates the effects of iodine. Cerra Water removes chlorines as well as toxic heavy metals, pesticides, herbicides, etc. with its food-grade carbon filtration system.

## PETS AND PEOPLE

The human body is intended to be slightly alkaline with a blood pH of 7.365. A pH of 7 is neutral, below that is acidic, and it becomes logarithmic, eg. a pH of 4 is 1000 x more acidic than neutral 7. A balanced blood pH is only sustained when we drink highly alkaline water at 8.5 to 9.5 pH to counter balance the majorly acidic lifestyles we have (3 to 6 pH). Basically all foods except raw fruits and vegetables are acidic, as is all cooked food and stress. Stress is as acidic as pop which is the most acidic 'non-food' on the planet at 2.5 - 3.5 pH. This acidity leaches alkaline minerals such as calcium, magnesium and potassium from our bones and tissue. Not good. Drinking highly alkaline water stops this leaching process. Pets are naturally slightly more acidic than people at 5 - 6 pH. When you give your cat or dog alkaline water from the Cerra pitcher, use 50% Cerra Water and 50% of their regular drinking water.

## LONGEVITY

Each cartridge / technology is designed to last a family of 4 approximately 3 - 4 months. So if you are a single person drinking it, you may find a cartridge will last you 9 to 11 months. The Cerra System comes with 2 cartridges. After that you may purchase a package of 3 cartridges for \$129. The date slider on the lid is to remind you of the approximate date when you need to begin monitoring the cartridge for replacement, by testing the water with your pH drops.

## SPECIAL INSTRUCTIONS FOR UNUSUAL WATER SOURCES

Some cities use reclaimed and recycled water from the city's waste management systems. This water has massive amounts of chlorine, which the Cerra filter system is incapable of fully removing. You are better to put bottled water through your Cerra in this case. Well water is usually really hard, full of heavy metals and minerals. The Cerra cartridge will clog up if you don't use a prefilter. Reverse Osmosis water is fine. Generally, any potable (drinkable) water is good.

## pH DROPS

Get yourself some pH drops (\$8). This is the best tool to determine the pH value of any liquid.

## TRAVELING AND SHARING

We now have a great website devoted to the Cerra Water, so if you have friends who might be interested in knowing about this phenomenal yet inexpensive tool, please direct them to [www.AlkalineDiseaseCure.com](http://www.AlkalineDiseaseCure.com). The Cerra pitcher is perfect for traveling. Just use a zip-lock bag for your cartridge and stuff clothes into the 2 jug pieces in your suitcase.

To order contact: Tyhson Banighen Wellness Centre, 1-5404 Sunnybrae Canoe Point Road, Tappen, B.C. V0E 2X1  
[www.tyhsonbanighen.ca](http://www.tyhsonbanighen.ca) (250) 835-8236