

# Drink to Better Health

Actress Sherry Tan shares how the antioxidant alkaline water has made drastic improvements in the health and wellness of her family.



Did you know that our bodies are made out of 70 per cent water? It should be a no-brainer then that whatever water we consume has impact on our well-being. For the most benefits, go for AOX alkaline water, which contains 100% natural antioxidants. Unlike conventional water ionisers which emit acid water wastage and have harmful radiation—AOX Water supplies essential minerals (like Ca, MG, K, NA and Silica) to the body. Actress Sherry Tan saw first-hand how AOX Water transformed her family's health. She shares her story.

## **A FRESH BURST OF ENERGY**

Just a few days after her first sip, she saw its effects. "I immediately felt more energised. I also had constipation, but it got better," says Sherry. Her daughters also experienced health changes. "Nowadays, they rarely fall sick—there are lesser visits to the doctor," says Sherry.

## **SKIN REVIVAL**

If you have troubled skin, this will benefit you too. "One of my daughters has eczema, and her skin used to flare up often. It got better after she tried AOX Water," says Sherry.

It's also a great zit buster too. "When my elder daughter gets a breakout, I use the AOX Water on the affected area and the pimples heal faster," says Sherry.

## **NATURAL SWEETNESS**

On its own, AOX water tastes pure and sweet. You can also use it to brew beverages. "It makes my morning coffee really fragrant," says Sherry. She also cooks with the alkaline water, and the dishes are more delicious.

If you're constantly on the go, no worries. There's the AOX Portable Antioxidant Alkaliser, a handy device you can just drop into your bottle so you can have access to mineral-filled alkaline water anywhere. "I bring this device to restaurants, and sometimes, overseas too," says Sherry.