



# CONNECTION

January 4<sup>th</sup>, 2016

...informative and educational updates from Carol,  
please share with family and friends... they'll be glad you did!



**A new year**...beginning with new pieces to the puzzle of wellness. This amazing complex organism we call our "body", once *truly* cleansed, knows exactly how to do its job of recreating (regenerating) itself. Our job here at *Altr Waters™* for the past 35 years has been to find the root cause of all our client's ills, so...

## A BIG THANK YOU!

for presenting us with so much personal material for research and discovery.

Accomplished in 2015 was the uncovering of many "future" diseases meaning no cures for at least 10 years to treat them (i.e. MRSA, C-Diff, CRE, and many others). My personal opinion is the drugs will kill us before it kills the new microbes.

We are so fortunate to have the ability to look ahead knowing these are waiting for us, and the knowledge and expertise to know how to add the treatment for these to our formulas, specifically **VitalityPlus™** for our people. And **your Preventive Maintenance** will keep you at *Peak-Performance for a LIFETIME*.

## Here's a wonderful way to start the brand New Year 2016...

Start with a big empty jar.

Throughout the year fill it with notes of good things that happened.  
New Year's Eve, empty the jar and read about the amazing year you had!



## ***Intuition — use it or lose it!***

Yes, the holidays are finally over and there were parties galore. So, how did you do — let's take a look at the cocktails. Interestingly enough, the Arizona Republic Wine Competition with 220 entries just posted the winners for 2015, so let's start there: We'll use the simple scale of **-10 to +10**.

### **For Quality:**

"Off the Charts"	Growers Cup Red (top 3 winners)
+10	most Red Wines ("food quality")
-1	White Wines (from green <u>seedless</u> grapes)
-10	Champagne (surprised?)
-100	Bourbon
-100	Scotch Whiskey
-1000	Vodka*

**For Toxicity:** from -1 to a whopping **"-1000"**!

Clean up with **VitalityPlus™**: 10 half-droppers for 3 days. Always "think before you drink", please!



**Hurting? — Question: Is my system in *breakdown or rebuilding mode*?** It's easy to check intuitively, but let me first remind you of the miraculous workings of our body's 75 trillion cells that keep us alive with their ability to self-repair. Keep them cleansed and give them at least one quart of pure water daily plus proper nutrition (i.e. real food). If you forget these simple rules, cells will break down before you realize it.

### Body breakdown

Cell malfunction brings with it **pain** to let us know something is wrong — happily most everything is fixable if we get on it right away! If you have finished your *AltWaters™* System:

- Use your **VitalityPlus™** now — 10 half-droppers for 3-7 days in 1 quart pure water.
- **NoPain/NoItch™** — use 5 half-droppers every 4 hours by mouth, and/or rub into painful area to lessen pain during cellular repair. It's your harmonic electric frequencies telling you there is damage, thus the pain.

### Body rebuild

After cell **repairs** are made (subatomic, atomic, molecular, and lastly, cellular) they must go through the same levels again for the **regeneration** process for the cells beyond repair. Your beautiful Stem cells get to work, differentiating into *any type of cell the body needs* at that time.

### Pain?

Yes, but not as severe as the sharp, stabbing, slicing, digging, burning, of breakdown. More **aching/soreness**. Again, it's your harmonic electric system, a very subtle electrical system, at work regenerating damaged cells. (**NoPain/NoItch™** again — it helps)



Note: **Intuition, muscle-testing**, using a **pendulum** (or your medallion), to check your answers especially when fear moves in against your better judgement. Yes, drugs are always available *to mask the symptoms but need to be cleaned up afterwards*.



## Lessons Learned (part 4 of 4)

After Warren's relatively short hospital and rehab experience, 20 days in all, we learned a lifetime of tips we'll never forget: the importance of.....

1. Keeping ourselves truly healthy through deep cellular cleansing.
2. Not falling into the trap of taking a drug, even one considered *safe*, like an aspirin (or 2 Tylenol\*) that was given to Warren on day one at the hospital — poison to an alkaline system (The Connection, September 14<sup>th</sup>, 2015 — part 1).
3. Unless seriously damaged, opt for home care rather than hospital.
4. Have your end-of-life wishes, power of attorney/trust papers drawn up now (if needed).
5. Say **NO**, very loud and clearly to anything and anyone violating your wishes — they need to hear your voice.
6. Consider donating your organs (includes eyes and tissue) — yours will be healthy and therefore surely needed. Here are a couple links to research:  
<https://register.donatelifeeaz.org/register/ref/mvd-link>  
<http://www.organdonor.gov/index.html>
7. Read what Dr. Ken Murray says about "How Doctors Really Do Die Differently", at link:  
<http://www.hemlocksocietysandiego.org/doctordie.pdf>
8. Start a **Bucket List** today, and plan to spend your last days, months, years looking forward to fulfilling life-long dreams. Not in a hospital or rehab center, with tubes hooked up to breathe for you, feed you, and drug you. Go for it — enjoy the rest of your life with family and friends doing all the impossible things you've always wanted to do. Your body may even decide to live longer!



**We lost one of our own...** Shay was a vibrant man in his 60's, and one of our Resellers — an all-natural foodie who kept his body in great physical shape using his daily quart of pure water with his Preventive Maintenance.

Living in his RV, he found himself reflecting and remembering his life and the different paths he had taken, and where he was at that time.

He began experiencing deep emotional pain and overpowering grief. This pain became physical, so he resorted to Ibuprofen that did nothing to help him deal with that kind of pain. Shay ended up in the hospital and then in rehab for a very short time, where he died this Fall.

PS: Two of our people, also men, had accidents and refused hospital care. With their daily *Altwaters*<sup>™</sup> Preventive Maintenance, we are very happy to report they are alive and thriving after using **Emergency**<sup>™</sup> and extra days of **VitalityPlus**<sup>™</sup>.

**Our Superman....** *AltWaters™* honorary Staff-Member, Lonnie King, pictured here in his well-earned Superman Cape! (next time we'll find a cape to fit an over 6-foot tall person!)

What does one do without an all-knowing, always-proficient, and willing-to-help-at-a-moment's-notice "IT Guy"? He rescued our business by finding our lost website and saving everything we thought disappeared forever from our computer when it crashed! This happened two years ago and he's still saving and retrieving the "scrambled" information he finds in "cyberspace"!

This year Lonnie has given us a standing appointment every week to do training sessions, assistance with document challenges, website projects and updating, repairing and installing (and un-installing!) various electronics and equipment, including our filtered water dispenser in the kitchen! Special mention: He always returns our frantic phone calls/texts, no matter what day or time.

Lonnie is truly an amazing human being: a Sensitive, an Indigo, and an Authentic Angel...



*AltWaters™ Technology*  
is Presenting a NEW Formula!  
*SoulFamily*

*It's what the world needs now  
for the healing of the Planet...  
Transmuting all that is negative to positive!*

**Here it is "IN THE SPOTLIGHT" ....**

**SoulFamily: \$40 per Bottle (70 half-droppers)  
Everyday Special: Buy 2 Bottles get 1 FREE**



*AltWaters™* **SoulFamily** (2 fl. oz.)

***...healing past, present, future***

We here on Planet Earth are receiving vibrational frequencies that are able to bring about the peace, love, joy and fulfillment we need to complete the healing process. If ever we need this, it is now.

- Drawing together our Soul Family
- Family relationships healed: past present/future
- Empowerment to bring about Envisioned change on the Planet
- Mutual respect for all peoples, animals, plants
- A life-worth-living for all people
- Love of self drawing others who are like-minded
- Restoration of health and wholeness
- Remembering our heart for the weak and helpless
- Manifesting our abundance/prosperity
- Knowing the Higher Power working in each of us for evermore

**Note:** We welcome your comments.

## **DIRECTIONS**

*Any of the SinglesLine formulas may be used together in the same quart of pure water and are safe for anyone at any level of health.*

**Directions:** Use 10 half-droppers of **SoulFamily** in a quart of pure water, not distilled or tap. Drink over an 8 hour period for 3 to 7 days.

**Maintenance:** Use 1 half-dropper in a quart of pure water a day or as desired.

## It's in the News

### "Amount of ethanol in gas supply gets boost from EPA" (*Associated Press, 12-2-15*)

The Obama administration is boosting the amount of corn-based ethanol... despite sustained opposition by an unusual alliance of oil companies, environmentalists, and some GOP presidential candidates, limits whose critics say are already too high!



Carol:

Just discovered the interesting fact that *ethanol toxicity, breathed in at the pump or in traffic, has been causing systemic poisoning, and malfunction* in multiple areas of the human body including neurological/brain circuitry issues. Ethanol is a corn product — how could it become so toxic through processing (actually -1000)? Interesting fact: Karo Syrup/corn syrup is -100, and in the '40s and '50s was used to make baby formula when added to evaporated milk; we were poisoning our babies without knowing it.

Could all this, along with the immunization toxicity our children get so early in life, have anything to do with the fact that the children who are coming into this country are tops in their classes — science, math, even the spelling of a strange language? Could this be the foundation for the fast rise in dementia/Alzheimer's in America?

## Questions? Concerns? Stories of Wellness?

### *How AltWaters™ saved my life...*

"We are remodeling our kitchen and due to the stress of hiring the wrong contractor, I had what I believe was a nervous breakdown. My heart was racing, I was short of breath, and muscles throughout my whole body were in complete spasm. In the midst of this, I somehow remembered that Carol Keppler had recommended two *AltWaters™* formulas for their calming effects, **Emergency**, and **In The Zone**."



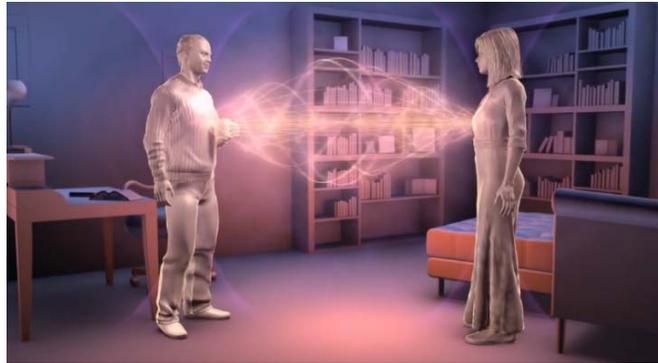
"In the midst of my stress, I was too shaky to use the dropper as suggested, so I literally guzzled half a bottle of each! I quickly forgot that I had taken them, but within 20 minutes, the spasms stopped, my breathing returned to normal, and I felt a sense of peace. It was truly amazing. Thank you, Carol, for your incredible ability to create these healing waters! They are a blessing in my life!"

Carol Lee M.  
Mill Valley, CA

# Words of Wisdom

**"Turn the power of praise upon whatever you wish to increase.  
Give thanks that it is now fulfilling your ideal."**

**Charles S. Fillmore: 1854 - 1954**  
Founded Unity, a church within the New Thought movement;  
known for his Spiritualist interpretations of Biblical Scripture;  
author of more than a dozen books.



**Did you know that the heart emits electromagnetic fields  
which can change according to your emotions?  
Did you know that the human heart has a magnetic field  
that can be measured up to several feet away from the human body?  
Did you know that positive emotions create  
physiological benefits in your body?  
Did you know that you can boost your immune system  
by conjuring up positive emotions?  
Did you know that negative emotions can create nervous system chaos,  
and that positive emotions do the complete opposite?**

**Research from, The Institute of HeartMath 2014  
Reported by Arjun Walia, CE-Collective Evolution**

**"Humans live on one-quarter of what they eat;  
on the other three-quarters lives their doctor."  
Egyptian pyramid inscription - 3800 B.C.**



**I am not what happened to me, I am what I CHOOSE to become**

**Carl Jung: 1875 – 1961**  
Swiss Psychiatrist and Psychotherapist who founded Analytical Psychology

**The only thing worse than being blind is having sight and no vision.**

**Helen Keller: 1880 – 1968**  
Deaf and Blind due to childhood illness, became world renowned Humanity