



The CONNECTION



♥♥ Happy ♥♥
VALENTINE'S
♥♥ Day! ♥♥



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



***Our newest addition to the SinglesLine, "SoulPower"..
is surpassing our wildest expectations..***

As we work with our people we are surprised (and pleased) to see how many *chronic health issues* are addressed. **SoulPower** is allowing them to **manifest wellness** while watching chronic health issues fade away. Just imagine the thrill of *manifesting a shift in wellness* with SoulPower. For most of you we suggest 10 half-droppers (intuit 3 to 7 days).

For animals too — *excellent results*. Use 5 half-droppers (2x daily) for 3 to 7 days.

However, there are a few SENSITIVES (we call them ZOHARS) among us who have struggled with multiple chronic health issues for which there haven't been answers, until now.

SoulPower has provided us with the last piece of this wellness puzzle. More about the "how" and "why" later. Email or call us if you think you may need **SoulPower**.

"WellFuture" upgrade for *AltWaters™* System 2016... Another new formula? But we thought we were finished! We recently got the word that the *AltWaters™* System (9-week) needed a new power formula so we're sending **Memories** back to the SinglesLine and adding the new **"WellFuture... now and forever" to the kit.**

In the position of final formula in the System, its power will be in putting together all the future features we've collected over this past year from future toxins (including drugs not yet discovered, as well as neuro and excitotoxins, planetary EMR's, and lots more.)

Once all the acidic negatives are finally neutralized, the now alkaline pH will prohibit the growth of microbial infections that thrive in an acid terrain.

Use it or Lose it

Got the flu? Or maybe it's something else... "Flu Season" has been announced on a big billboard I see on my way to the Center every day. And every year I wonder how the flu only shows up once a year — and at the same time? So I did my little **intuition check** while wonder why I never thought to do this in past years.

Just ask a question and your intuition will kick in:

Q: Is "flu" a bacterial infection?

A: No

Q: Is "flu" a viral infection?

A: No

Q: Is "flu" a toxic reaction?

A: Yes

Q: Is the "flu" a *natural toxin* like allergy/hay fever/seasonal problems?

A: No

Q: Is the "flu" a *man-made toxin*?

A: Yes

Q: How is this "toxin" being spread?

A: By inhalation

Q: Is TAMIFLU (a pharmaceutical) safe to take?

A: NO — see below

TAMIFLU (-1000), is "advertised" as an "antiviral medication" that "attacks the flu at its source", and "fights the flu virus in the body". **By prescription only as a flu preventive.**

WHAT NOT TO GET:



Hmmmmmm. The value of intuition is an underestimated and yet extremely important activity to include as part of our daily living, continually giving us answers that have previously been difficult to discern.

To stay well — or to use if you feel under the weather:

Suggest: Preventive Maintenance formula **VitalityPlus:** 10 half-droppers for 3 to 7 days.

It's baaaaack! The 2016 **Intuited QuickScan** form has been made available on our website again. It is also constructed to be filled in online by following this link: www.altwaterstech.com/content/PDF/AW-IntuitedQuickScan-Form.pdf.

The **QuickScan** is being made available for those of you who want to know about yours or someone else's health issues, without needing a consultation. And it's only **\$25**. But, best of all, we've designed it to be faster and easier to understand! It's also much less expensive and less time-consuming than a medical visit, which really helps when one is not feeling well to begin with.



If you want a "second (or third) opinion", let our **QuickScan** head you in the right direction with insight from a Master Energy Intuitive (in western medicine known as a *medical intuitive*.)



Amazing, miraculous, real OLIVE OIL... It was the feature story on "60 Minutes", aired on January 3rd, 2016 (CBS). It revealed the mind-boggling highlights of a billion-dollar industry organized, protected, and maintained by the *Agromafia* in Italy. The product is a synthetic, fraudulent, phony, olive oil. We've been duped!

For us right now, we are focusing on the very important fact that *real olive oil (non-adulterated)*, can support the human body like no other food oil can — including the completion of the **cellular regeneration process**.

1. **Nerves** which include the lack of regenerating insulation on nerve lining (myelin sheath), causing symptoms of *neuropathy* (burning, itching, tremors, stabbing, aching types of pain, and much more); nerves involved with *vision* and *hearing*.
2. **Mucous membranes** including sinuses, receding gums, irritation of the linings of the throat, inside of mouth, and esophagus, and the linings of the entire digestive and respiratory systems, and all other organs.
3. **Brain function** including learning challenges, disabilities related to memory, and even Restless Leg Syndrome.
4. **Muscle function**
5. **Healthy hair/skin**

We have a problem: where can we purchase *real unadulterated* olive oil at a reasonable price? Olive oil has never been the least expensive item on our grocery list. We didn't find one at regular supermarkets or natural food markets.

- "Tuscany" (10⁵⁺)—1 Liter for \$10.98 (Costco Kierland label)... a real bargain.
- "Queen Creek Olive Mill" (10¹⁰⁺)—500ml for \$17.95 (Arizona Olive orchard 480-888-9290)

Did you know you can test for an authentic olive oil? It's not through the taste buds as one might think. If, after swallowing a small amount, the after effect gives you a "buzz" feeling at the back of your throat, it's authentic!





- Ramp up top performance/**focus/eliminates “scatter factor”**
- Heightened anticipatory response
- Effortless synchronization/integration
- Heightens unconscious *awareness*
- Extraordinary perception for “mindless” activity
- Enhances teaching/**learning skills**
- Normalizes/**rebalances brain function**
- Neutralizes chaos/anti-coherency patterns
- Restores “lost information”/**memory issues**
- Being in the “now”/*quantum time*
- Balances **body/mind/spirit energies**
- Improves overall sense of **wellbeing**
- Improves **motivation/judgment**
- **Clears low-level chaotic electric**
- **Repairs damage to Brain’s Auric Shield (BAS)**
(results in anger, low self-esteem, actions out-of-character, anxiety, etc.)
- **Protects BAS from outside forces**



InTheZone (2 fl. oz.)
...life in sync

Scattered? Finding it hard to focus on finishing things? Meeting deadlines? Feeling like you're not getting anything accomplished when you want to?? Carolyn uses **InTheZone** when she's too tired to think — 5 half-droppers in her mouth and in 15 minutes or less, she feels totally revived! "It's a miracle at how well and fast it works", she says.



Paw Prints on the Heart!



Smokey – was abandoned but now he is thriving...

"Smokey, we think, is about 10 years old now. He is a beautiful, Neubleung cat with a very gentle soul. I'm so lucky to have found him 7 years ago. He had been abandoned, for at least a week, and exposed to severe thunderstorms. He had already been declawed so he couldn't defend himself in the wild. During these past 7 years, with a lot of love and Reiki, I think he resolved much of his trauma. *He has always been very healthy with no health issues.*

My concern at the time I found him was that he only weighed 6 lbs. He reached 12 lbs. in a very short time and has held that weight. This past year however, he slowly began losing weight. He now weighs 9.8 lbs."

TESTIMONIAL:

"When he started to lose weight, he also developed a thyroid problem due to the stress of our family relocation. I had taken him to a veterinarian because by state law, he needed to be vaccinated to be groomed. However, the Vet insisted he would need medication for his thyroid in addition to the vaccination.

Between the vaccinating and a medication for thyroid, we came close to losing him. He was *over-medicated* and developed water around his heart due to the ER Vet *pumping him with so many meds.*

Carol and the healing waters of **WellPet** saved his life! Carol told me exactly what to do. Within minutes, Smokey responded, as he always does to his healing waters. Smokey, instantly responds to his weekly maintenance of Healing Waters. His whole personality has changed since he completed his first week of **WellPet**. And he loves getting the droppers of it! Carol said he needed round the clock care (5 half-droppers every 4 hours) with the **WellPet**, and reassured us that he would be fine by the next morning.



Carol, bless her soul, was right! She saved my Smokey! I've included a current picture of him, happy, and very spoiled; he's gained his weight back and *is off the meds!*

My family is healthy on Carol's program and we are doing great, including Smokey. I urge all who are reading this and who have precious pets, to please make sure the **WellPet** is included in their life!

Bless you Carol, and please know our soul-felt gratitude for saving Smokey's life!
With love, meows and licks, Smokey"

Laura O. — Merrimack, NH

Did you know.... the Editor of our *AltWaters™* online newsletter, *The Connection*, is Joniann (Johnny-Ann)?

She has been working with us, behind the scenes, either fulltime or part-time for about eight years. From her perfectly organized office comes our online newsletter, **The Connection** — Carol writes and Joniann makes it all look beautiful.

She was the administrator for The Energy Medicine Foundation at one time, and has always acted as my personal assistant handling my correspondence, email, proofreading, editing, etc.



You might be interested to know that Joniann had a variety of interesting life-experiences before coming to us. Because of her gypsy spirit when she left home at 17, she lived in 7 states before and after becoming a mother at age 29. During those travels she became a scuba diver, rock hound, was an airline stewardess and ticket agent, travel agent, florist, manicurist, legal assistant, bartender, casino switchboard operator, medical transcriptionist, and a couple odds-and-ends. She has 2 daughters, 2 sons-in-law, 3 grandsons, and 3 step grandsons! She's had a pet squirrel, a variety of dogs, parakeets, finches, lovebirds, and cockatiels, in-between many years of feline rescue. She will be downsizing (moving) soon and will (hopefully) be able to keep her 2 oldest cats she has had for over 10 years.



My dream job for Joniann here at AltWaters™ is to first organize my office, and then edit my book, *High on Wellness*.

Thank you Joniann — we couldn't get along without you!



What's Cookin'?

With resident "Chef-ess", Terry

"Valentine's Day" Raw Freezer Fudge

2 Cups Organic Raw Almond Butter (or Nut Butter of choice)
1/3 Cup Organic Extra Virgin Coconut Oil

Combine Nut Butter and Coconut Oil in a medium bowl
Mix together until smooooth...works much better when they're both at room temp!

Add:

1/4 Cup Organic Raw Cocoa Powder (unprocessed)
1/4 Cup Pure Maple Syrup
1/2 tsp BioSalt or Himalayan Pink Salt
1 tsp Pure Vanilla Extract

Directions:

Add remaining ingredients stirring until all smooooth and creamy

Scoop the Fudge mixture into a dish lined with plastic wrap making removal easier

Put Fudge dish into the freezer to set for minimum 2 hours.

As soon as it freezes, take it out of the dish by lifting the plastic wrap, lay it on a cutting board, and then cut the whole thing into squares



Next, wrap squares in parchment paper, then put into a Ziploc freezer bag or foil, and return to the freezer

I like to eat it right from the freezer. But, I LOVE it at room temp which doesn't even take 5 minutes because I like it gooey-ooey-gooey....yumm-m-m-m...Enjoy!

Terry's Notes: This is one of my favorites! Depending on my mood, I use either Chunky or Creamy Almond Butter. I only use Raw Cocoa unprocessed powder. You can use Cocoa Powder

instead, but the nutrient benefit won't be the same. I also use less Pure Maple Syrup because that is MY taste — so adjust accordingly for yours.

Source: *Raw Food World Book* (with changes to my taste!)

Questions? Concerns? Stories of Wellness?

“Hi Carol, It is now one year since I started on your program. These waters are magical! I feel so much better on so many levels. We, as a family, are doing well on these water formulas.

My son has a very demanding job and feels so much less stress. He used to have digestive issues as a result, which are now gone.

I suffered from a nasal drip for years; it's gone!

I used **Emergency** when I thought I was coming down with a fever; next morning I was fine. I used **Emergency** when I had a cut on the bottom of my foot. The next morning, no redness and I felt fine.

I am a 911 survivor, and this past September was my first full year of being on the formulas. I know so much has healed, more than ever before.

Also, I just started using **StressLess** for both myself and my son during our relocation to another state. The formulas helped immeasurably!”

Laura and Chris O.
Merrimack, NH

Carol's Comments:

Laura, there's still one little piece of your wellness journey to be completed to take you to +360, your “Circle of Life”. Today I'm picking up a +359 for your General Health. With the new formula **SoulPower** (10 half-droppers for just 3 days), you'll find those unresolved health issues will be vanishing. Try it, and as always, we'll want to hear about your experience with this amazing new formula that, *at last, allows the body to manifest wellness.*



Words of Wisdom



**"Our prime purpose in this life is to help others.
And if you can't help them, at least don't hurt them."**

His Holiness the 14th Dalai Lama: 1935-present

**"Everyone thinks of changing the world,
but no one thinks of changing himself."**

**Leo Tolstoy: 1828-1910
Very famous Russian author**

**"If you judge people
you have no time to love them."**

**Mother Teresa: 1910-1997
Albanian Roman Catholic religious Sister and Missionary**

**"Society is obsessed with finding cures
without trying to learn about the cause."**

**Collective Evolution
James Murphy, [Twitter.com@JamesMurphy](https://twitter.com/JamesMurphy):**

**"I've learned that you shouldn't go through life
with a Catcher's Mitt on both hands;
You need to be able to throw something back."**

**"I've learned that people will forget what you said,
People will forget what you did,
But, people will never forget how you made them feel."**

**Maya Angelou: 1928-2014
Author, poet, actor, director, producer, civil rights activist**