



Active hydrogen – the fuel of life (Part 2)

Testimonials with Active H®



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Focus: Allergies, skin & more

1. Allergies, rash, mobility, energy, skin, itching

Jaqueline H., 32 years

I started using Active H® when I was at the beginning of an angina with the treatment of antibiotics. Usually such an illness lasts 10 to 14 days for me and is very intense. This time the disease curve was much flatter and shorter. So I was never really »incapacitated« and the burden of illness lasted only 4 days. Of course, I still had to take it easy for several days.

Due to many allergies (food and animal hair) I had to accept many restrictions until now. However, after about 4 weeks of using Active H®, I noticed that I no longer react allergic to dogs and cats at all. No scratchy throat, no itchy skin, nothing. Four years ago I had a guinea pig, which we had to give to my

parents because I was allergic to it too. I tried it out to see if that allergy had improved as well. I was able to pet my guinea pig for the first time in years! With food, I was particularly allergic to strawberries – I got a rash on my face. There was no longer any reaction due to Active H®. Other benefits I noticed (I'm sure there are many more):

- My skin, which was very brittle, sometimes cracked, especially in the hand area, has become pleasantly soft.
- My mobility has increased.
- I feel more energetic than before, which is not easy with two small children.

Without Active H®, I won't go out of the house at all. I have the feeling that my defenses are

so strengthened that I don't even get a cold anymore. You usually don't realize how well you feel until you haven't taken it for several days.

2. Allergy, hay fever, vision

Stefan F., 28 years

Since I was 14 years old I suffered from hay fever. From summer to summer this developed into an increasingly annoying plague which could only be alleviated temporarily (namely after taking medication). With the regular use of Active H®, my hay fever completely disappeared within 2 weeks!

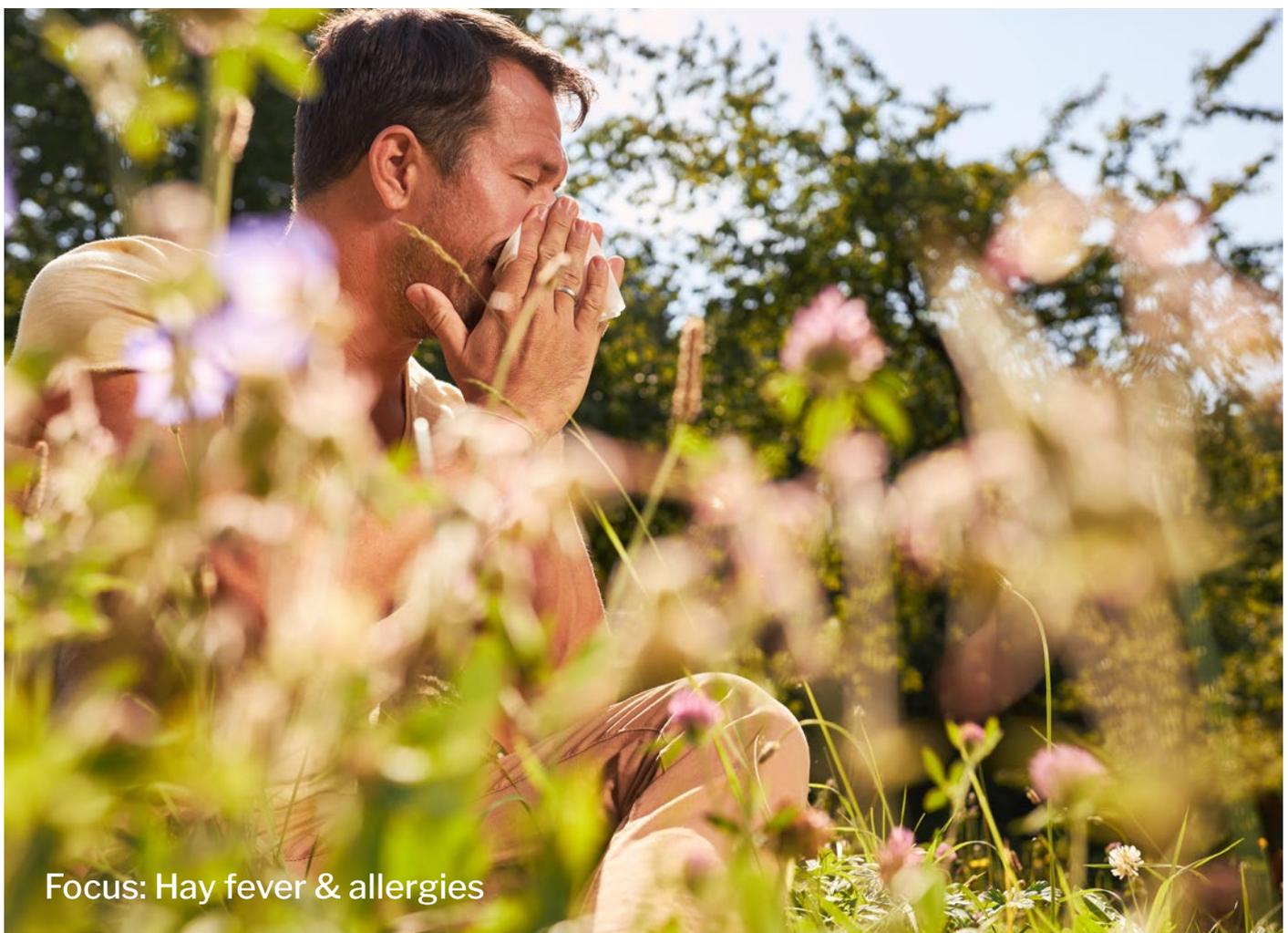
My eyesight has also increased noticeably since then! The process does not seem to be finished yet, but it is clear at this point that my current glasses no longer providing optimal

visual acuity. My previous glasses, however, which I fortunately kept, are about 2 diopters weaker and provide me with the better images at the moment.

3. Vertigo, vomiting, deafness, deacidification, hearing aid, distress, tinnitus

Martha G., 66 years

Due to an extreme distress situation, divorce, loss of my usual atmosphere and much more, I developed major health problems. As a result, I had several sudden hearing loss episodes followed by severe tinnitus. Various ENT doctors said that the auditory cells in the inner ear were broken, that this could no longer be repaired, i.e. day and night a humming, buzzing, whistling and hissing in both ears. In addition, there was

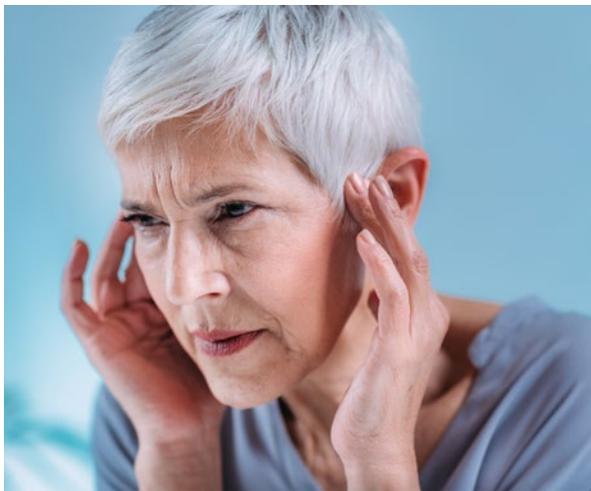


Focus: Hay fever & allergies

massive spinning dizziness with strong vomiting. Several hospitalizations as well as therapy attempts with infusions, tablets and cortisone were not successful. The professor who treated me already certified severe hearing damage and predicted complete deafness. In fact, I suffered from increasingly severe hearing damage. In some cases I could no longer understand my fellow human beings properly (despite hearing aids) or could only hear the sibilants (due to hearing distortion) in the sentences.

By a coincidence, Active H® was recommended to me to take under therapeutic aspects, i.e. a higher dosage than for pure supplementation or precaution. The goal was massive decacidification and detoxification as well as getting my cells back to better function. I figured I had nothing left to lose in the process except money. The first few weeks I didn't notice any improvements, but due to my severe suffering

dizziness with vomiting disappeared completely, and I no longer need the hearing aid either. The previously almost unbearable tinnitus on both sides has become significantly milder.



I decided to hold out. And suddenly, about 3 months after taking regular, very high doses of active hydrogen, I felt something like a »pop« in my ear and I began to hear much better again. I was beside myself with joy, and immediately had one of the treating doctors examine my hearing. The result, which I could literally hear, was phenomenal. The hearing distortion, the

4. Allergy, hair, hay fever, itching, performance, dandruff

Andreas A., 23 years

I am 23 years old and serve as a contract soldier. I have had severe dandruff for several years and also suffer from hay fever. On a training maneuver, I immediately noticed that there was a strong pollen count in the area and my eyes immediately itched and my nose ran without end. Luckily, I thought, I took two allergy tablets with me and took them right away. Unfortunately, it didn't help much and it got worse and worse towards the evening.

Then I remembered my new acquisition that my aunt had given me. I took 2 Active H® capsules at once with lots of healthy structured water and was not disappointed. After just 1 hour I was rid of the itchy eyes and runny nose. I felt fit every day, even late in the evening.

When I came home from the 3-week exercise, I noticed that there wasn't a single dandruff left on my head. I can finally grow a normal hairstyle again.

I was no longer so tired during the day and thus became more active. I felt like doing many things that I had been postponing until then. After ten days I reduced to four capsules per day and after three weeks to two capsules per day. I still feel very comfortable with that to this day.

5. Sprain, contusion, pain

Manuela K., 31 years

While walking down a freshly varnished wooden staircase (in woolen socks) I slipped and fell violently on my buttocks and back and at first I thought I had broken all my bones. Thank God they were only bruises, but the following day they turned out to be extremely painful. My entire spine up to my head was totally sprained, I could hardly move and had a huge bruise on my buttocks. I know well the metabolism-boosting, detoxifying effect of Active H[®] and took 4 capsules at a time a few times in the hours that followed. The next day, miraculously, my pain was gone. I could move normally again. I also observed with enthusiasm that the bruise very quickly became smaller and lighter and finally disappeared completely in the course of a week.

Since I have been supplementing my diet with Active H[®], I have also noticed the following changes:

- My immune system has become stable
- There are no more colds and flu
- I have been able to drastically reduce my medication. I no longer need many of them.
- Stomach and intestines are working normally again
- No more heartburn
- Digestion is unproblematic and bowel movements have normalized
- The acid-base balance is in equilibrium
- The whole organism is strengthened
- I can withstand physical and mental distress better
- My quality of life and well-being has improved all around

6. Infections, digestion, energy

Gerda R., 76 years

I was born in 1936. My diet was certainly always (and still is) balanced. Nevertheless, my immune system was very unstable. As a result, I constantly had to fight colds and flu-like infections. In addition, the many medications that I had to take put a corresponding strain on my gastrointestinal tract and damaged it.

I received a sensational product information from Active H[®] from my friend. So I started to eat three capsules of Active H[®] in the morning and at noon. This for ten days. After only two days I felt better overall and after a week I noticed that

8. Psoriatic arthritis

Ramona K., 38 years

I am 38 years old and have been taking Active H[®] for about six months.

I suffer from psoriatic arthritis, a rheumatic disease that is very painful (unpleasant joint pain). I have tried various treatments, but none of them really helped me (e.g. homeopathic remedies, a complete change of diet to only vegetarian food including fish). I read and heard everywhere that exercise is helpful, so I started

Successful use for sprains, bruises, pain, infections, digestive complaints and psoriatic arthritis



Bruises and sprains



More energy



Psoriatic arthritis

running. Two weeks after I started running, I bought Active H® for the first time and took one capsule the next day before running.

It was unbelievable! I ran much better, longer and much easier. I was very excited and started

taking two capsules a day. Within a very short time, even my severe pain disappeared. When I am tired, one capsule is enough and I feel alert again in a short time, I also have more energy.



Focus: Kids / ENT



Focus: Pets

9. Strength + endurance, medication, skin/hair/nails, optimism

Elisabeth H., 86 years

I struggle with the effects of Parkinson's and heart trouble. My son, after much persuasion, convinced me to take some supplements to give me relief. They are called Active H® (active hydrogen), MyAMINO® (essential amino acids) and EyeCQ (Q10, astaxanthin, fat-soluble vitamin C). After a short time, life became easier for me and I noticed an increase in performance and shorter recovery periods. Since then, it is no longer a problem for me to walk up from the basement directly to the second floor of my house. I now walk almost like a young girl. It's nice to learn that even at this age, an increase in vitality is still possible through high-quality nutrition.

Also the blood pressure lowering medications could (had to!) be reduced now. In addition, I sleep very deeply and well again. Skin, nails and hair are in a very good condition again. Even after a short time, I noticed that my basic mood has changed for the better. In many situations with other people I have become more relaxed, understanding and tolerant.

10. Maximilian with middle ear infection

Ulrike and Gerhard M., parents of Maximilian

Our four-year-old son Maximilian had a otitis media three times in a row and had to take an antibiotic each time. Our ENT doctor said that the next time would require surgery and the insertion of a tube into the ear. When a fourth inflammation with fever and earache announced shortly afterwards, we were accordingly sadde-

ned and at a loss. Just at the right time we met our sister-in-law and told her our story. She told us about Active H®, which she had met shortly before, gave us some capsules for Maximilian and said we should try it before an operation. Somewhat skeptical, we gave Maximilian a half full capsule to swallow and immediately had a huge success: the fever went down the day after eating four half capsules and did not come back afterwards. This time he didn't need any further antibiotics, got well in a very short time and thus saved himself the operation. Since then, he has been eating Active H® regularly and – thankfully – has not developed any more inflammation.

11. An animal report

Albina B. about Chicco

My daughter had great success with Active H® regarding her asthma problem. Since then, I too have been using it as a dietary supplement.

I have a ten year old male shepherd. One Sunday morning I wanted to take him for a walk. But when Chicco did not get up from his basket, I saw that he could not move his hind end. I then dissolved a capsule of Active H® and vitamin C in milk for him. After about an hour, Chicco was able to stand up and demanded to go outside.

For the purpose of testing whether the administration of the vitamin and Active H® were really the trigger for the rapid improvement, I discontinued both supplements. The result was clear, so now I mix one vitamin capsule and one Active H® in Chicco's food every day. Now he walks in front of me again instead of behind me when I go for a walk, and also he can run with my husband when he jogs without coming home powerless and breathless.

12. Hydration*, deacidification, free radicals

Peter M., Engineer, 63 years

It's been about three months now and since then my wife and I have been taking four capsules each of Active H® per day in order to see an effect. The reports about increasing energy proved to be encouragingly accurate, colds were at best subliminally noticeable and passed, and the increase in cellular water volume according to the measurements shows in a pleasant way. The dehydration process, which is quite normal with age, indeed is apparently affected in a retrograde manner.

Measurements of the morning urine in connection with a low-meat diet showed neutral to slightly alkaline values (!), which indicates an acid-base balance that is good for health. The measurement of free radicals in the blood gave me the best result of all measurements I did before, many previous ones were about 50 to 60 percent higher.

Conclusion: If one wants to test an effect personally, a gradual increase in quantity will be useful in order to get a possibility to evaluate his



* Accumulation of water on ions or in the crystal lattice (crystal water).

own results. We said to ourselves, this has to be worth it if we want to know. In the long run, two to three capsules a day seems to be the right thing for me and my wife.

13. Bacterial and fungal infection

Reinhard H., Sales

For fifteen years I had been plagued by the spaces between my toes, which were inflamed with fungal and bacterial infections. The skin of the soles of my feet had also become hard from the use of many different remedies and had gaps here and there that broke open and grew closed again.

During a meditation I set myself the heartfelt desire to finally find something that would make me completely healthy. Two days later I received – how wonderful – an information sheet about Active Hydrogen. After reading in it that this dietary supplement neutralizes free radicals and also helps to optimally water and supply the body's cells, I ordered a can of Active H® and treated myself to the attempt to become healthy.

For me – almost like a miracle – after about two to three weeks of taking four to five Active H® daily, my toes and feet became healthy again. The inflamed areas were simply gone – a great feeling when nothing burns and stings anymore! What else happened: I felt and still feel very well and powerful, also the need for sleep decreased. My performance at work and in sports was and is enormously improved. I don't need to mention that I am very happy about it. I was fascinated by the possibilities of medicine through nutrition and today I know more about it than most doctors.



14. Physical and mental regeneration

Christal H., 55 years

By applying spiritual teachings I have already been able to heal myself from serious illnesses. I am therefore familiar with meditation, insight into inner states and inner clearing work.

My experience with Active H® on the spiritual level: I feel completely harmonious and centered. I am in a natural state of joy. I still perceive disharmonies in the environment, but they no longer disturb my deep sense of connection.

My experience with Active H® on a physical level: After two weeks of taking it, the edema in my legs disappeared and never came back, not even in the greatest summer heat. They only return when I drink too little water (less than one liter per day). My skin recovered noticeably, wrinkles disappeared as if by themselves, the skin was well supplied with blood.

- I also use an aloe gel for the neck and the whole body, the skin is very well moisturized by it and it lasts for a long time. The psoriasis that broke out in me 45 years ago and an allergy to everything dirty and unnatural have now disappeared, except for occasional manifestations.
- I am no longer plagued by mosquitoes.
- My gray hair has been decimated and is fuller again.
- I sleep exceptionally well, wake up refreshed and full of vigor. I'm full of energy and drive, and I get tired less often.
- Spider veins and incipient venous congestion in my legs are getting paler and the nodules have dissolved.

All in all, Active H® has given me more energy and concentration on the things that are important to me in my life.



15. Energy, joint pain

Olga A., 52 years, housewife

A dear friend told me about her great experience with the active hydrogen product Active H®. I have been taking it two to three times a day since then and I am coping with my life much better. That means I have more energy and fewer or no infections.

However, my husband – who is 57 – has responded particularly well to it. He has suffered from spinal and joint pain for 35 years. After taking Active H® capsules for two months and drinking structured water, his pain is gone and he is very happy!

We take these products and recommend them to others, because in our opinion they are the best health care at the moment.

16. Pregnancy, flu

Gertraud B., 33 years

The more I learned about Active Hydrogen, the more fascinated I was with this extraordinary product. So I started taking Active H® when I was just a few weeks pregnant with my son. I took Active H® to strengthen my body and support it in taking the best possible care of the child growing inside me.

However, I had other important experiences: one evening I developed a fever, had headaches and aching limbs, and I was very worried about getting seriously ill, as I did not want to take any medication either. So I put my hopes on the effect of Active H® and took two capsules every three hours. And lo and behold, the next morning I felt much better, I no longer had a fever and the disease never broke out.

I would also like to mention that my pregnancy was accompanied by a very busy period at the office, and despite this, I felt very energetic, powerful and full of vigor most of the time – thanks to my conscious diet and, I think, mainly because of Active H®. I also had no problems that many pregnant women suffer from, such as water retention in the legs or heartburn.

17. Depression, rheumatism

Ulrich F., economist

An event that had struck me in my private life had plunged me into a deep depression, which darkened the sun quite a bit and made the world sink into gray. Fortunately, my daughter realized the situation. She gave me two capsules of Active H® to swallow with plenty of water. Of course, these two capsules did not eliminate the cause of my state of mind, but: the sun shone again and the colors returned to the world, and this within hours. The depression was gone! Just like that! If I had not experienced it on myself, I would not have believed it.

It got even better: after three days of Active H® I was no longer awakened by the annoying rheumatic pulling that had been making itself felt unpleasantly from my right shoulder down to my right foot for months. Today, two months after starting Active H®, I could report further improvements in my health situation...

Of course, I don't believe in miracles, so I immediately got myself supplied with all the information about Active Hydrogen I could get my hands on. Today I already know quite a lot about free radicals and antioxidants, about »Hunza water« and what I can achieve with it. The most reassuring thing about all this is not least the plausibility of all the explanations available to me today, some of which brought

back to me old knowledge from my high school physics lessons – dating back decades. The unbelievable is perfectly and well explainable.

18. Heart complaints & more

Sigrid T. about her husband Erhard T., 60 years

In the hospital my husband was diagnosed with dilated cardiomyopathy, atrial fibrillation with tachyarrhythmia, etc. He was given various medications and had to go to the hospital again and again. By chance we came across the diet of the raw food pioneer *Helmut Wandmaker** and thus switched to fruits and vegetables and also took vitamins in the dosage suggested by the German Society for Nutrition. But my husband began to lose weight rapidly. At a height of 1.83, he weighed only 66 kilos. He was no longer able to perform and was often only able to get on his beloved bike with help.

At my insistence, he went back to the hospital a year later. The diagnosis was: dilated cardiomyopathy with cardiac insufficiency and high grade pulmonary hypertension; absolute arrhythmia with atrial fibrillation; incipient cardiac cachexia, chronic congested liver, arterial hypertension; embolism of the popliteal artery on the left 09/96; 60% stenosis of the carotid artery (arteria carotis communis, right). Doppler sonographic examination of the leg arteries revealed an embolus in the left artery occluding it and most likely of cardiac origin. The discharge report requested the opinion of another colleague for a preliminary examination with regard to combined heart-lung transplantation. However, several competent cardiologists came to the same conclusion: he should be transplanted in about a year. My husband did not want a transplant.

My husband then took high doses of vitamins. Already after about two months there was a small improvement in his general condition.



Focus: Heart complaints

Months later, he started taking the following products: Active H®, Aloe, Vitamin C & E, Living Food, OPC, MSM, Q10 and others. With repeated blood tests, the family doctor could see that his blood values were all improving. Also liver values, kidney values, uric acid etc. are since then (after only one and a quarter years) again in the normal range.

Then Erhard also began to take five MyAMINO® tablets a day and he almost couldn't

believe that his leg muscles, which had become weak due to the thrombus, had completely rebuilt. My husband, who at that time was not even allowed to pick up a pencil in the hospital, is now carrying water boxes, stuffed paper boxes, etc. again. He makes his rounds on the bicycle without any effort. He has energy and power again, without having to take longer rest breaks. Overall an absolute success. His doctor once said to me, »Without you, your husband would no longer be alive.«

***Notes by Dr. Heinz Reinwald about Helmut Wandmaker**

The diet of Wandmaker and other vegan raw food superheroes is fatal – no sufficient protein supply and energy-consuming raw food (one needs a high digestive power, which is why in TCM raw food is avoided, for example, in intestinal diseases, not only because of the higher load of parasites) must inevitably lead, among other things, to myocardial dystrophy and other heart problems, in addition, this diet lacks the fat so important for our human metabolism (see my comments on the fat lie).

With a lack of intestinal function, as often quickly follows a protein deficient diet and a too high raw food load, the following findings are therefore no wonder. Correspondingly, recovery through the consumption of high quality, free crystalline and essential amino acids as in MyAMINO®, i. e. an adequate protein supply, is NOT a miracle.

For many years I have been warning against one-sided, especially vegan, raw or cooked food philosophies. Fortunately, Wandmaker himself noticed that the so-called whole foods with grains are also a catastrophe. That did not deter him from further follies with which he would bring misery to others.

19. Infections, allergies

Karin G., qualified Health- and Nurse Practitioner

I am a mother of two children. Since I had to realize again and again that conventional medicine alone cannot always help, I started looking for alternative methods years ago. Unfortunately, I couldn't spare my son Markus from taking antibiotics at least four times a year. He had either purulent tonsils, otitis media, or both, with fever reaching 40.7 degrees Celsius each time. In October, Markus had otitis media again and did not respond to the antibiotics. I gave him Active H[®]. With the success that the next day the fever was gone! At that time I thought that this could also be a coincidence. Nevertheless, I gave my whole family one capsule of Active H[®] every day from that time on.

In February, my daughter Anita contracted an infection of the medullary canal of the fingertip, i. e. a purulent finger with a nail bed and soft tissue infection. Medicine calls it paronychia. Since I was working in a department at the time where this kind of thing was also treated, I knew that they would open her finger, give her high doses of antibiotics, rinse daily and splint the finger. Not wanting to put a three-year-old through that, I tried Active H[®]. I rinsed her finger daily with chamomile tea and gave her seven capsules of Active H[®] throughout the day and also immobilized the finger. On the third day, I took her to the hospital, where I was only told that the finger was healing.

At that time, my husband did not believe that Active H[®] could achieve such success. But he was soon proven wrong. Since he had been allergic to pollen for years and sneezed up to 200 times a day, I did not dare to drive with him in his car from March to May either. He did not respond very well to the various antihistamines. But last year in March he was very

surprised that he did not get any allergy! It did not come again either. When he really started sneezing under a birch tree in full bloom, I gave him two capsules of Active H[®] dissolved in water and the sneezing stopped.

Only I did not notice any success with myself, which depressed me very much. In the



spring I contracted a flu-like infection that kept me in bed for three weeks. Only in retrospect did I realize that it helped me too. I have been asthmatic since I was twenty. However, I was able to use alternative methods to reduce the medication to such an extent that I only had to resort to cortisone for colds, etc. But since that infection, I think I've gotten over it and finally eliminated the residue, because I haven't needed any medication since then.

One event changed my whole further life! My daughter Anita had a food intolerance to many types of food. In the summer we noticed that she immediately reacted to a secretly eaten chocolate with diarrhea and a rash. I gave her three capsules of Active H[®] a day and suddenly she tolerated chocolate, nuts, sesame seeds and all the other things she could never eat. She needed Active H[®] for a year to be able to eat everything.



Focus: Energy & joy of life

You understand that Active H® is now our universal home and emergency remedy.

20. Energy & good mood

Karin L., 46 years

Because of its effect as a strong antioxidant I started to integrate Active H® daily. The effect became apparent about three weeks later: instead of crawling out of bed groggy in the morning, I was wide awake, top fit and in a noticeably better mood at seven o'clock!

21. Infections, hyperacidity, tinnitus, headaches, rheumatism, skin condition

Carolina B., 44 years

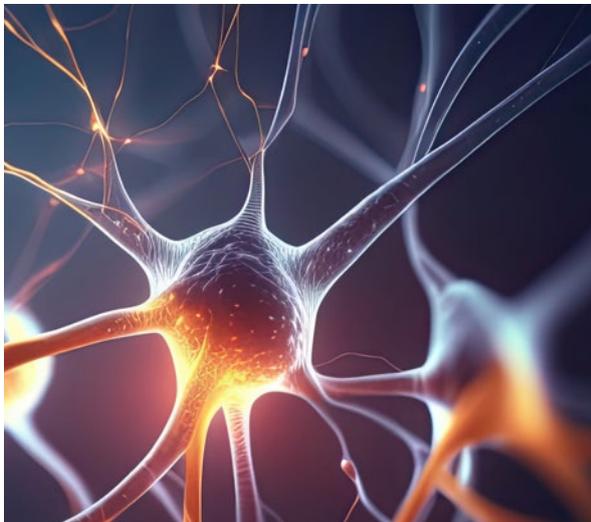
Since I am of the opinion that healthy nutrition alone is no longer sufficient these days, I have

been taking vitamins and minerals as a food supplement for about five years on a daily base, but with these products from dr. reinwald I have really hit the jackpot. I've been taking Active H® daily for almost a year now, drinking structured water, and I'm absolutely thrilled with it.

What has happened to me? For example, overnight I got a very bad cold with all the unpleasant side effects – felt really »done«. What should I do – I thought to myself – I have to be fit in a week because I'm flying abroad. Good: I have Active H® – I thought to myself. That is supposed to help with such acute things. I took ten to twelve capsules of it throughout the day for five days, and of course drank plenty of structured water to go with it. During that time, I noticed that despite having a cold, I had plenty of energy and no annoying »cold accompaniments« like fatigue and headaches. After five days I no longer had a cold and felt completely well.

Another time I suddenly got swollen palms with pain and strong itching, possibly a local hyperacidity or bile secretion. I took twelve Active H® for three days and I could watch the swellings go down. After three days the spook was over and it has not come back.

Another example: After exhausting, stressful days at the trade fair, I regularly have very severe headaches. Then I immediately take four capsules of Active H® and after a very short time the headache is gone.



As a side effect, I have noticed that my tinnitus, which I have had for years, has been reduced to a minimum and sometimes has even disappeared completely. This is a great experience and a relief for me. Likewise, I no longer have rheumatic complaints and my skin condition has improved a lot – I no longer get acne or pimples! I feel ten years younger and my friends confirm this: *»You don't have any wrinkles at all,«* they say (and that at the age of 44)!

22. Joy of life, energy, nutrient supply, hair loss

Bernhard Sch., 48 years

I work full-time in social work and psychotherapy. Most of the time I felt tired, limp and

lacking energy, I needed way too much sleep and was not very active, but I really wanted to change that and started to take an interest in what I might be lacking – in nutrients.

When I ate the very first capsule of Active H®, I was in the middle of my work. Shortly after, deep in my heart, I felt a vitality and natural joie de vivre, actually a great laugh – which I then broke out into! It was amazing and felt completely normal at the same time. Thank goodness we just had something to celebrate and were in a good mood, so that my behavior at least somewhat fit into the frame, and my colleagues were happy to be »infected«. This was the only time I experienced it like that.

In the weeks that followed, I sometimes had cleansing reactions when I ate too much of it. Since then Active H® gives me more and more energy and this happy inner laughter, in a lighter form, is almost always inside me.

I also use the genius MyAMINO®, which greatly improved my thinking and intellectual abilities on the one hand, and my jogging performance on the other. Yes it really is like that, the thoughts come easier, better, clearer, more grippy, it is really wonderful! And while jogging every day with MyAMINO® it goes faster and more persistent or at least easier.

On second thought, I can't help but ascribe credit to the two products, MyAMINO® and Active H®:

- My hair loss has stopped. At first others told me about it, only then did I notice it myself.
- My intermittent cravings in search of important nutrients have been satisfied.
- I am much more efficient and creative in my work.
- I feel more energy and zest for life.
- I need at least two hours less sleep per night

23. Lymph glands

Susanne Sch., 60 years

What makes me write these lines is the incredible improvement of my very bad health condition due to the regular consumption of Active H®, which was recommended to me by a good friend.

At that time, I was having major problems with my lymph glands. Those in my neck, in particular, were constantly very swollen and I often looked as if my head and neck were the same width – like a column that ends at the body. Apart from the appearance, I constantly felt so tired that I had to lie down again in relatively short intervals – completely lacking in energy, unable to do more than the most necessary daily workload. The whole body was just heavy and tired - and the whole thing accompanied by pain in the ears, in the throat, the head dull and foggy. Doctors, even alternative doctors, could not help me. This went on for more than two years; sometimes better, mostly bad. Of course, this condition also had a very negative effect on my mental state and on my professional activity.

Then I heard from a friend about Active H® and its effects. I decided to buy and take it. The small amount initially consumed probably brought about an improvement, but felt not extensive enough. So after a few months I decided to take much more of it and to increase the number of capsules – especially since I knew that even with high doses there are no adverse effects possible, provided you drink enough water with it.

Now – a year later – the swollen lymph glands, pain and bruising are just memories. My body-mind-spirit system is intact again. I feel better and better all around and I enjoy making plans and being active again.



For an optimal supply of my body with vitamins and minerals I currently also take Living Food daily and the fantastic MyAMINO® for protein supply.

And – I feel healthy and active again and at the age of 60 no longer like an 80-year-old!

By the way, my grandchildren also get Active H® when they show signs of impending illness – and after a few hours they are happy and well again. They have not been bedridden for a year now.

24. Stress, blockages, acute pain

Gerhard M., engineer, 42 years

I am 42 years old. Coming back from a business trip, I already noticed during the drive home that I was getting pain in my lower vertebrae. The pain eventually got worse and I almost couldn't bend over to take my shoes off. The rest of the week I had so much to do at work that I couldn't devote any time to this. On Friday

I thought about the fact that the next day the ski vacation started. I still couldn't move any better!

A few colleagues at work gave me the good advice: go to the doctor and get an injection – then the pain will be gone right away. I know a lot about nutrient therapy and see potential in various very good nutritional supplements and thought to myself: So, now I want to know what is really possible!



And so, during my ski vacation, I took twelve capsules of Active H® every day, four capsules of MSM, ten MyAMINO®, and I drank three to four liters of water throughout the day. (I should have done this the week before, but because of stress – it would have been important just then – I didn't think about it).

On the first day the skiing was bad– on the second a little better, but on the third the pain was much less and on the remaining days the skiing was really good. It took about another week un-

til the pain was completely gone – it has never come back since then!

25. Infection

Brigitte U., 39 years

When I first got to know Active H®, I was very skeptical, since there are so many different »miracle cures« out there, and people kept saying to me: »You absolutely have to try this.« It was the same with Active H®. So I said to myself, »Who knows what this is again.« Rather indifferent, I followed what changed in the people who used Active H®. To my amazement, it didn't take very long to determine that there must be something to it.

My own experience was initially very limited – I live relatively healthy, and had no complaints before, and also work on a spiritual path. Only when I once »accidentally« became ill ...

One day I had a severe headache in the morning, aching limbs, lower back pain, my eyes hurt, so I had caught a really nice flu. My partner and my children »fed« me with a total of twelve capsules of Active H® spread throughout the day, two drinks of greens and root vegetables, MyAMINO® and of course lots of structured water. I noticed during the day that on the one hand my temperature was rising more and more to about 39 degrees Celsius by the evening, but on the other hand I was still relatively fit. In the evening, within a few minutes, I thought I could feel each of my cells »burning« (like you normally feel burning in your mouth when you eat food that is too spicy). This lasted for about fifteen minutes and then I went to sleep. The next morning I was completely well again. Only then could I really believe what my friends and acquaintances had told me before. Because I felt it in my own body.

26. Gum problems, tartar, immune status

Gerda P.

I heard about Active H® a year and a half ago. I was surprised by the quick effect in terms of more energy and better health..

At that time I was suffering a lot from the effects of gum disease: dry mouth, bleeding gums and tartar. Since my teeth are sacred to me, I jumped at the chance to test Active H®. For about five days I felt a pulling and pain in the gum area on the tooth that was most severely affected at the time. It did not wobble at that time, but I did not dare to bite properly for quite some time..

From the first day, I developed an increased feeling of thirst and I started to salivate in my mouth again. I was now forced to change my way of speaking so that I did not spit at my counterpart. Today, by brushing my teeth daily and eating Active H®, I have preserved my teeth: They are white again, without tartar, and I can now bite into the apple again without fear. With my sons (school age), I have noticed that they are less tired and hardly prone to illness since they have been taking Active H®.

27. Diffuse complaints

Ursula P., 50 years

My husband developed gallbladder cancer some time ago and died from it. It is terrible to have to watch so helplessly how the person you love is in terrible pain and is getting less and less from day to day.

This has caused me to change my thinking. When my husband became ill, I started to take an interest in the individual and the processes in the body. I wanted to know why certain disea-

ses were becoming more and more common (e.g. cancer, rheumatic diseases, Alzheimer's, skin diseases, allergies, etc.). And I kept coming up always with the same answer: Our bad diet and environmental toxins. Nowadays our body is simply not getting the necessary building blocks to function properly.

I researched a wide variety of products and came across dr. reinwald+vital, which in comparison to other companies has a small but phenomenally selected and convincing offer.

I tried the products myself and already after a few days I could notice a change. I am much more active, not as tired as before, I no longer have circulation problems. My stomach aches that I had from time to time are gone, and my eyes are not as sensitive to light.

Recently the following happened: I had given away all my products to the family, including my own reserve supply, and I was out of Active H®. I had to wait for the delivery. Already on the second day I noticed that my fatigue returned, I became so listless again and my stomach pains started again. I was happy when the delivery arrived and after a few days I felt better again. In any case, now I know that I certainly no longer give out my own supply.

28. Burn-out, energy regeneration, pain, heavy metal detoxification

Astrid R., 46 years

I have always been very resilient. Apart from a susceptibility to colds, I was very healthy. A few years ago, my mother became a nursing case and I cared for her around the clock, in addition to my self-employed job. This led to exhaustion and stress-induced high blood pressure. I was simply worn out.

Successful use for toothache, diffuse complaints, heavy metal removal, energy regeneration and burn-out



I got on high-dose vitamins, which helped me normalize high blood pressure and slowly regenerate after my mother's death. However, I only felt an immediate increase in energy through Active H[®]. At the same time, I improved my drinking water with Active H[®] and increased my daily drinking amount to two to three liters. I almost immediately regained the resilience I last had a few years ago. I was able to cope with stress more easily.

My morning start-up difficulties were blown away. Even after a few hours of sleep, I could get up effortlessly. Even after sleep interrupted several times, I was fit in the morning. I experienced that the morning stiffness of my ankles disappeared within thirty minutes after taking Active H[®]. An incipient cold was overcome after taking several capsules of Active H[®] the next day. A viral infection had a much milder and faster course – after four days it was cured.

Then I bruised two toes in the evening and woke up the next morning with an additional painful shoulder-arm syndrome. I took three capsules of Active H[®] in the morning, two at noon and also two in the evening. The next day all pain conditions were gone.

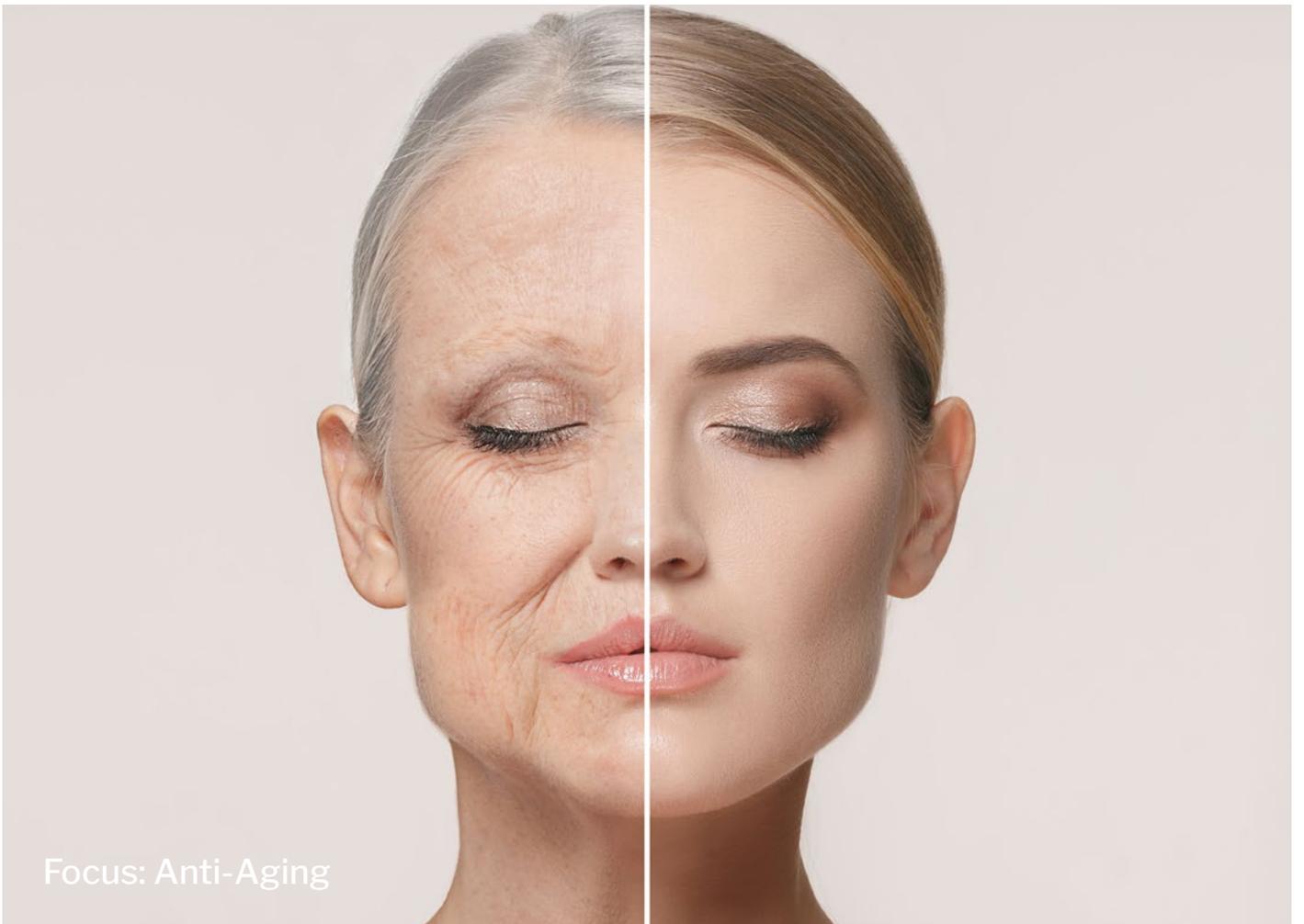
It has been very beneficial to also support heavy metal eliminations with Pekticlean[®] by taking six capsules of Active H[®], MSM and Spirulina daily.

In general, I find it a relief to no longer experience any fatigue after lunch when taking Active H[®] at noon. After a full day at work, I am still able to perform until night.

In summary, I can say that all my metabolic processes and bodily functions are supported by Active H[®], MyAMINO[®] and structured water, as well as other top-class nutritional supplements, and I can help myself in acute situations in a first-



Focus: Pain



Focus: Anti-Aging

classway with them. I no longer want to do without these valuable nutritional supplements, because the newfound vitality is an enrichment of my life.

29. Infections, Fat Digestion

Dr. Peter K.,

After two days of painful flu symptoms – everything ached – I took two capsules of Active H® several times a day: rapid relief, and within a few hours, only mild and manageable symptoms remained.

Sore throat and earache disappeared quickly after just one capsule.

Ate too much – and too fatty: three slices of lard bread at once. One capsule of Active H®, and everything felt fine again.

***Notes by Dr. Heinz Reinwald**

Nonetheless, it's not something to emulate; maintaining a long-term healthy and balanced diet is crucial. However, the issue isn't the fat itself – it's the three slices of bread with too much fat. Too much bread, or more specifically, too much sugar derived from carbohydrates, hinders the proper functioning of fat metabolism.

30. Rejuvenation, heart regeneration, blood phenomena with Active H® in the dark field

Renata B., alternative practitioner

I received a capsule of Active H® from a colleague. 25 minutes after I took it, I felt a light warm movement across my spine and into my brain, after which I felt visibly better than before. It was a real energy boost that I experienced.

I immediately decided to take Active H® all the time. After a few days I noticed that I was no longer so tired, more active, more alert, more concentrated, more resilient and fitter.

Over time, the brown age spots on my hands and arms, as well as on my face, became lighter and have partially disappeared. Beautiful taut skin, wonderfully supplied with blood, appears even more every day. At almost 60 years of age, I feel better and more comfortable than I have in the last ten years, and I am able to work more and to manage and live life better. The aging process seems to be slowing down considerably. I feel younger and more intense in everything I do. The skin on my body is generally tighter and looks better. I also notice that my concentration and eyesight have increased significantly!

In the dark field microscope (I am an alternative practitioner) I have enriched blood pictures with Active H®. The clumping of the red blood cells, which is caused by over-acidification of the blood, dissolved immediately. I could also see that the acid valencies temporarily stored in the vacuoles of the red blood cells could be immediately excreted and disposed of into the blood, since the milieu improvement by Active H® apparently allowed easier disposal and thus buffered the acid waste products.

Four years ago I had a heart attack and had to take cardiac medication. Fourteen days after I started taking Active H®, I no longer needed it, although I was able to improve my performance.

31. Allergies, skin complaints

Axel F., 29 years

For several years I had hay fever and allergy-like skin irritations on various parts of the body. The skin was always reddened and overreacted. After showering, I could not use normal lotions even to care for the skin. Even special lotions

for sensitive skin my skin could not tolerate and reacted allergic every time. The only solution to take care of the skin was, for whatever reason, to use the petroleum-containing (??) milking fat.

After about two months of following a well-founded metabolic diet with colon cleansing, MyAMINO®, the antioxidant Active H® and structured water, I noticed one morning after showering that my skin had improved a lot! The irritations were gone and the skin felt unheard of soft and supple! Then I thought, »My skin feels so healthy – now I can try the regular skin lotion«. Well, this time when I took the lotion, my skin suddenly reacted very positively.

Since then, I've been enjoying my soft skin like never before. Also, during the hay fever season, I haven't had any complaints since then and I am very happy to have noticeable results and a significant improvement in my quality of life with this concept and these products after such a short time.

32. Circulatory disorder (Raynaud'sches syndrome)

Franz W., 45 years

With increasing severity, I noticed numbness in my fingers when shoveling snow, which were completely »white-knuckled« up to the middle joint. By massaging them vigorously, I was able to restore normal blood circulation.

But then also in summer: I took some »frozen pieces« out of the freezer and immediately got »white« fingertips. This experience made me to see my family doctor. I heard a technical term for my symptoms that was completely unknown to me at the time – Raynaud's syndrome - a kind of peripheral circulatory disorder. The therapy suggestion was not very promising: apart from

***Notes by Dr. Heinz Reinwald**

Raynaud's syndrome is often associated with liver metabolism disorders, typically indicating detoxification issues and the presence of parasites, such as liver flukes (e. g., the common liver fluke *Fasciola hepatica*, the lancet liver fluke *Dicrocoelium lanceolatum*, or the Chinese liver fluke *Clonorchis sinensis*). Conventional medical approaches, such as surgical interventions, are symptomatic treatments and do not address the underlying problem. A recommended causal treatment strategy involves a strict ketogenic diet, avoiding sugar, and adhering to a low-carb regimen with minimal dietary protein intake, which can be replaced with MyAMINO®. Additionally, consistent detoxification, liver support, parasite treatment, and gut rehabilitation (enterohepatic circulation) are crucial components of the therapy.

massage and alternating baths, one could not actually do much, because there was no medication, I was told by my family doctor.

Through self-observation, I noticed a connection between stress and circulatory problems. In the following time I tried to avoid »cold« finger contact in stressful situations.

Then: I heard about the generally vitalizing effect of structured water and Active H®, but without making a direct connection to my complaints. Until snow fell in November: during the first shoveling, as always without gloves, my »finger complaints« only occurred to me when I entered the house after the work was done. I could hardly believe it, my fingers were not white anymore. To confirm, I reached into drawer of the freezer and there was no change either.



I took Active H[®] daily and was symptom-free all winter, even when I left the house without gloves. In the meantime I take two capsules daily.

33. Joint pain, general condition

Franz H., 51 years

I suffered the whole winter from joint pain alternately in both knees, in the right elbow, in the left shoulder, and also in the last years I have always had a poor blood results, heartburn, etc.

My wife finally encouraged me to accept Active H[®] and MyAMINO[®], two nutritional products with a fascinating revolutionary scientific background, which I could not resist. My wife hoped that my health condition could only improve. So I started taking these products irregularly, but I still felt that I was getting better – I have had an unimaginable energy since then that I have not known for a long time.

In any case, the joint pain has largely disappeared. If I sometimes (very, very rarely) feel something, it's my own fault. Then I've really gone overboard and possibly not taken Active H[®].

34. Eczema

Luise B., 55 years

For years I suffered from severe eczema on both hands. I tried many things, received medicinal but also alternative treatments, as I need fully functional hands for professional reasons. None of these treatments really helped. The doctors were at a loss and didn't know what to do.

Then I read about Active Hydrogen and the product Active H[®]. At first I only took a few capsules of Active H[®] irregularly. The desired success did not come for the first three months. Only when I decided to take two to four capsules of Active H[®] every day and regularly, there were wonderful results after only a few more weeks. Today I am free of any eczema and can do my job again unhindered. For me, the daily dose of Active Hydrogen has become a matter of course.





Focus: For your daily health

35. Supplement testings

Norbert W., 45 years, therapist

I have been working in the health sector for about twenty years, ten of them as an independent therapist with a focus on energetic-static treatment of the musculoskeletal system, in recent years increasingly supplemented by kinesiology and frequency therapies. Diet has played an important role in this from the very beginning.

I now began to include Active H® in my kinesiological tests and electronic meridian analyses (I-Tronic-System), with amazing results even for me. For example, Active H® was able to favorably influence almost all cases of impaired regulatory capacity (according to Dr. Klinghardt), regardless of whether it was about

toxins, geopathic disturbances, heart events or mental stress. In the electronic meridian analysis, these results were largely confirmed (only by placing a sample of Active H® on the solar plexus).

33. Back and joint pain, thyroid gland

Annemarie G., 51 years

I learned about the positive effects of Active H® from a good friend. I suffered a lot from the »calcifications« in my back; the pain reached into the upper arms. At times I had very, very severe pain. I also felt pain and pulling through my elbows and through all my fingers. My knees were also very painful!

On recommendation I took two capsules of Active H® daily. Now after one year I feel very well and I am happy because all the pain is gone.

By the way, my annual thyroid checkup showed a big surprise: my small goiter was gone! Now I don't need thyroid medication anymore!

36. Various improvements

Anna S., pensioner

I have been using the positive effects of active hydrogen for about 1 year and regularly take Active H® and drink structured water.

Here are my experiences in brief:

- Today I feel better than ever before, I don't feel this constant tiredness anymore.
- Got through the whole winter without flu or other colds.
- The craving for sweets slowly subsided.
- Have lost seven kg without starving or dieting (with little overweight) – weight remains constant.
- I always had trouble with my blood. After five months of using Active H® and structured water, I was able to donate blood again – my blood was perfectly fine.
- Back pain and tension are gone.

- Before, I often had severe migraine attacks. These became lighter and then disappeared completely after taking Active H® for a longer time.
- Always very strong complaints with bile (in the evening a piece of cookie, cake or sweet, pork, etc., always entailed bile complaints all night). Today I can eat sweets or even roast pork in the evening and have no more complaints.
- My age and pigment spots are slowly disappearing.
- After years of my toenails being crooked, they are now growing back nicely.
- My eyesight has also improved again.

Active H[®] is available at:
www.drreinwald.com



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If you have any questions, please feel free to contact me.

www.drreinwald.science