



# Toni Hatton Productions

*Developing Vision, Correcting Perception, and Utilizing Natural Alternatives for Your Wellness Goals*



## **How To Increase Your Energy So That Your Day Runs Out Before You Do!**

Hello Attractive Thinkers!

My passion is to demolish systems that keep Americans sick! I'm honored that you joined my mailing list and my goal is to keep you armed and informed with natural alternatives for health solutions! As you begin to receive The Attractive Thinker Vision and Wellness emails, newsletters, and tips, you'll notice that I get straight to the point. As a writer, I could write lengthy articles and send emails with a lot of fluff, but that is not my style. I don't play games when it comes down to this awesome body we've been privileged to live in! I don't know how to write fluff, filler-buster, or drag and lead you on. So, I'll get straight to the point:

Always remember, there is a reason why the body experiences health and vitality or sickness and disease. There is a reason! It's not that you're getting old, or that's just a part of life. I truly believe that if we give the body what it needs, it can heal itself even as it ages, and assist us with living an energetic, prosperous life. One thing I know for sure is when you don't feel good, it's almost impossible to be



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productive, enjoy your family, reach your goals, and help others as we are all called to do! As a mother, when I don't feel good (...and trust me, it's been a long time since I've been sick), it's as if the whole house stops. As a business owner, employee, supervisor, or manager, how can you maximize your potential when you don't feel good and lack the energy necessary to carry out the many responsibilities that you have, in the course of a day? Do you ever feel like taking a nap around 1 or 2pm? Do you wake up tired? Do you come home and fall asleep while trying to spend time with your family?

Well, there is an answer! I was so relieved when I found Water Divine's angstrom-sized minerals. The very same week that I started taking them, I was able to rise at 5am and stay up all day until my desired bedtime at 10pm! Now, I was the Nap Queen and my children knew that around 1 or 2pm I was going down for my daily nap. They even noticed the difference when I started using Water Divine's vitamin and mineral supplements.

You might say, "What do minerals have to do with anything?" If the soil is sick, being depleted of vital nutrients, that explains why we have sick humans, sick animals, and sick plants! Many, many years ago, our food was grown in rich soil. In 1992, a scientist reported that the soil was 85% depleted of the necessary nutrients for our optimal health! This is why we must supplement our diets in order to stay balanced.

Water Divine's minerals are angstrom-sized. This is a very important distinction from store-bought minerals. Store-bought minerals tend to have some form of manipulation. This means that they are not in their natural form and that they are not readily absorbable by the body. It is



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a known fact that store-bought vitamin supplements have passed straight through our bodies and have turned up in sewer systems, whole, and sometimes with the manufacturers name still on them! How can a person take a vitamin and pass it whole with the name of the vitamin still intact? The vitamin was not properly absorbed.

There is a difference between dirt and dust-sized particles. Water Divine's angstrom-sized minerals are 10,000 times smaller in particle size than store-bought versions! This means that they are in a form that is readily absorbable by the body. Remember, minerals do not have last names. Remember the periodic table of elements when we were in school? Calcium was just calcium. If you look on the nutrition labels of some brands of Calcium, you'll see Calcium Carbon"ate". "Ate" indicates some form of manipulation. Some examples include sodium nitrate, calcium carbonate, magnesium stearate, etc. These last names indicate some form of manipulation and leave deposits in the body because what the brain cannot process, it stores! Toxins are stored in the fatty parts of our bodies, the breasts for a woman, and the prostate for a man. I hope this is starting to make sense. For more information, visit [www.waterdivine.com](http://www.waterdivine.com). Feel free to call the number on the website with your wellness questions. The information on this website, was very instrumental in my daughters' speedy recovery. Log on to [www.tonihatton.com](http://www.tonihatton.com) to read my daughter's story.



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## To increase your energy:

**Complete Body Foundation Kit** – 13 essential minerals that balance the body with nutrition.

**Complete Cleanse Kit** – We live in a toxic, fast-paced society.

Our bodies use a lot of energy to fight through toxins.

It's easy to spend years eating the wrong types of foods and accumulating toxins that the body cannot process!

The Complete Cleanse Kit has information on how to eliminate toxins, boost the immune system, remove heavy metals, and cleanse the liver, colon, gallbladder, and the heart/arterial valve.

**Platinum** – a mineral supplement that increases energy on a cellular level. Platinum addresses lack of mental alertness, chronic fatigue, poor concentration, gland dysfunction, neuralgia, headaches, nerve damage, and PMS.



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**Chromium** – a mineral supplement that stimulates metabolism and harvests sugar from your fat cells. It is also good for blood sugar wellness issues, obesity, depression, hyperactivity, ADD, and hyperglycemia.

**Vanadium**- a mineral supplement that imitates insulin!

**Indium** - a mineral supplement that's good for depression, anxiety, fears, low energy, imbalanced hormones, thyroid issues, anemia, neurological problems, and weight loss.

**Cobalt** – a mineral supplement that combats fatigue, slow growth, nerve damage, and poor circulation.

**Vitamin B6** - (buffered version 100 mg as much as 3 times/day) and **B12** - (1,000 mcg as much as 3 times/day) – take early in the day

**Raw Organic Apple Cider Vinegar** – speeds metabolism, flushes out toxins, balances blood pressure and cholesterol, and cleans the cells so that they can receive the nutrition coming in (I pour the vinegar in a bottle of water and drink it in the morning. You can sweeten it with Stevia and also use it as a marinade for veggies.)



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**Vitamin C** - with acerola cherries, bioflavonoids (tightens capillaries), and rose hips

**Lemon Juice** - helps with digestion and increases metabolism

**Exercise** – increases energy while fighting fatigue (Something as simple as walking during your lunch break can increase your energy levels and blood circulation!)

**Water** – keeps the body fully hydrated when you drink ½ your body weight in ounces, each day!

**For females:**

**Please include all of the above as well as:**

**Copper** – for anemia (has a host of other benefits as well)

**Iron** – anemia, energy loss, fatigue, lack of hemoglobin, dizziness, depression, anorexia, headaches, and slow growth

For 10% off nutritional products at [www.waterdivine.com](http://www.waterdivine.com), call 410-298-2121!

Tune in every 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Tuesday night at 9pm for The Attractive Thinker

**Vision and Wellness Conference Call:**

**Conference Number: 1-570-533-0220**

**Passcode: 151821#**

Think Attractively!

Toni Hatton, The Attractive Thinker<sup>©</sup>

CEO/Founder Toni Hatton Productions

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