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### Reflexology: Relax, Relieve, Renew

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if you have autism in your family, you may want to read the letter I am cutting and pasting. This came to me via my work in Vollara as a distributor of their air and water purification products.

If you want more info, please PM me. Yes this is first person reporting and is not "professional research" but if you have ever wanted to find health and healing for your family member and have spent time and money on products, medications, therapy, doctors etc., it is at least worth your time to read this and perhaps schedule a presentation? or try out the machine for a week? maybe....you just never know!  
"To whom it may concern....

Since the world we live in today has changed over time from the people and technologies created, there are many things that affect us daily in our environment. Not only are we all different and wonderfully made but our health is impacted by the air, water, and environment we live in. The way we are made up and the genetics we have are not by choice but we can rest assure knowing that there is one thing we can do for ourselves and that is gain the knowledge needed and make choices that can potentially change the course of our future. Our experiences have opened our eyes and made us more aware of how we can impact the environment and people's lives. So we have decided that it's time for us to share our story.

Six years ago we received news that we would be relocating to Japan for three years. At the time, we had found out that we were expecting a baby boy. Having to completely prepare for our lives to be changed not only from having another child but also living outside of the U.S. was not something we had expected.

Shortly after we arrived in Japan we were blessed with our first son Matthew. We grew from a family of three to four overnight. Not long after we had Matthew we were blessed with another little baby boy Micah. Our Japan tour was not only life changing because we were in a completely different country but now we were a family of five. During this time we were full of both joy and daily challenges. We had been sleep deprived since Matthew had arrived and it became 'normal' to us.

Our time was up before we knew it and we moved back state side to sunny San Diego. By this time Matthew was almost 3 years old. Three months after we had settled in we received news that changed our lives forever. Matthew was diagnosed with autism. We knew he was different, particular, and needed routines. He had sensory issues and struggled with socialization. About six months later we had found out that Micah was also autistic. Our world had been turned upside down. The typical milestones and expectations that we had were completely unrealistic. We had to completely change 'us'. Our ideas and parenting methods were no longer relevant.

We began researching and educating ourselves with as much as we could. Our new life altering news led us down a path we had never anticipated. But we knew in order to give our kids the best life possible we had to fight for them. After all, knowledge is power. We went through many tests and evaluations.

One of the hardest parts of this road we were on was that we were sleep deprived. Our boys woke up every single night screaming at the top of their lungs. We had made several visits to the ER and primary Doctor. They had prescribed medications for our boys that did not help. We knew that they had issues with constipation and had tried to eliminate that with cutting certain foods out but it was still the same regardless.

Due to both of them having sensory issues and especially with food, we could NOT get them to eat a balanced diet know matter how hard we tried. They will only eat bland foods and foods that are crunchy – high in carbohydrates. Most anyone would have constipation issues in this situation

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because in order to have a healthy pH our bodies need vegetables, protein, and then the 'right' carbohydrates. If we do not put the right fuel into the tank our bodies have to work hard to maintain balance. This was the very situation happening with Matthew and Micah because of the carbohydrates our boys were living in discomfort.

Nothing had really helped at this point. To top it off our youngest was non-verbal. He didn't say anything but screamed all the time. We had a therapist for each child in our home Monday – Friday. We were worn out and over done at this point. Our own sanity was withering away with each day.

We were surprised one day to get a call from my best friend letting us know that her parents were going to be in San Diego for a few days. They were always super sweet and full of joy. So we looked forward to our fellowship with them. They had invited us to hang out with them for a little while during one of the days that they had a business event going on. We had no idea what they did but we were just happy to see them. What was about to happen we also had not been prepared for – our lives were about to change yet again.

Visiting JK and Becky during their event impacted our lives in a way we would have never dreamed. They were putting on a demonstration at an event inside a hotel. They are a part of a green technology and wellness company called Vollara.

After visiting with them we decided to take home the Living Water unit that they had on display and give it a try. We typically spent about \$80-\$100 per month on bottled water and only three of us drank it. Our boys refused to drink water. We were not really sure what to expect

Since the Living Water unit came with a bottle of pH drops we thought we would test the different waters we had been consuming. We decided to test our bottled water, tap water, and then the Living Water. When we dropped a couple of the pH drops into the tap water it turned a green color which meant it was neutral. As we began testing the different waters we recalled the information we had learned early that day. We kept in mind that by federal standards drinking water is supposed to be neutral but they get it there by adding chemicals to kill off bacteria and viruses. The main two ways of doing that is adding lye and chlorine.

Next, we tested the bottled water which to our surprise was coming out the color yellow-orange which meant it was acidic. I was so mad. Finding out that we were paying money for water that was acidic was like looking at a pile of money burn. We then put the drops into our cup of Living Water which was alkaline water and it turned purple. We quickly filled up sippy cups of alkaline water and gave them to the boys. They chugged several sippy cups throughout the rest of the day. By the end of the day they had gone to the bathroom several times.

By the end of the day they had gone to the bathroom several times. My boys had gone more in that afternoon than ever before in one day. It was a miracle for us. We were so full of joy that they were drinking water and going to the bathroom. As we were still letting what had just happen sink in, we were surprised yet again when Micah came in and said, "Mommy this is good." Our son who was non-verbal began talking!!!! The tears streamed down our faces because the child we once knew as only communicating through screaming and moaning was looking at us and talking.

As night approached, we settled into bed and fell asleep. It was around 3 or 4 in the morning when I popped out of bed freaked out because I had not been startled all night by screaming children. I quickly ran to their room to check on them because I was worried that something was wrong. They were sleeping peacefully and that was their first night of not waking up screaming at the top of their lungs in nearly 3 years. The next few nights I repeated the same response but we soon adjusted back into what most people get – a nice 6-8 hours of sleep. Who knew that something as simple as the 'right' water could change your lives forever."

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