



## What Are Prills?

Prills are small white beads that are made from unique ancient seabed minerals derived from an ancient seabed forty feet below ground. This unique product will enhance any water it comes in contact with by making it thinner and increasing the alkalinity with pure natural minerals.

These natural beads are kiln-dried and will last many years, allowing you to produce a continual supply of Prill Thin Water.

Magnesium Prills change ordinary water into “thin” water, which assimilates easily into the body’s cells. Prill water will enhance your nutrient absorption and toxin elimination, thus improving your health. Treated water makes the water “thinner,” which allows greater penetration in and around the cells of the body. Prill water has an alkalizing potential to raise your body’s pH.

## Uses of Prills

Prill water can be used in so many ways — anywhere and any way common water is used. Prill water can be used for drinking, cooking, watering plants, washing vegetables, as a moisturizing spray, therapeutic bathing, and other uses.

- Put some in a spray bottle, and you could find a hundred uses for it!
- In the kitchen, spray the bottom of a fry pan and/or the top of the food cooking to give added moisture when desired. Spray-wash fruits, veggies, and your hands. Spray the counter and or the dish rag before wiping it clean.
- Spray Prill water in the air to freshen and purify.
- In the bathroom: Use to spray and wipe counters and sink.

Spray hands to clean. Spray in mouth and on tooth brush for brushing teeth. Spray on your face to wash it.

- In the car: Always handy for washing hands before and after snacks. It’s great for cleaning baby’s bottom for diaper changes.
- Placed in a humidifier, Prill water can create a very

## Key Benefits and Features

- AIM whole food concentrates taste better and mix easier.
- Helps make the skin softer by rehydrating the cells with moisture.
- Balances the pH of water
- Enhances your nutrient absorption and toxin elimination

healthy environment. A person with any kind of lung or sinus problems may find it helpful to breath in the Prill water from the humidifier.

Prill beads transform regular water into thin water that rehydrates and rejuvenates your cells. Start slow - drink a glass the first day, two glasses the second day, etc. until your body is able to handle a full two quarts daily, especially if you are ready for detoxification. Some people notice a thirst for a day or so until enough of the body’s water is replaced with this vital, thinner water. It also balances the pH of water to make it more useful for the body.

## Directions

Place 2 ounces of Prills in a small pan of water and bring to a boil for a few minutes. This will sterilize the Prills and remove any contaminants that may be present due to shipping and handling.

After sterilizing the Prills, pour them into a fine wire mesh strainer, and rinse them thoroughly to remove the remaining residue from the Prills.

Next, place the Prills in a one-gallon glass container (a sun tea container works well). Fill this with water. You may use tap water, distilled water, or any other type of water.

Let the Prills and water set in the container for 24 hours to complete the thinning process.

After 24 hours, your Prills Thin Water is ready. You may redistribute this water into other containers (including plastic) or pour it directly from the original container.

**IMPORTANT:** As long as you leave your container at least one-half to one-third full of Prill Thin Water you can simply add more water to fill the jar and the water



will instantly become thin water. This water can then be used immediately.

If you do allow the level of your Prill Thin Water to diminish by more than two-thirds, refill the container with ordinary water and let set for 24 hours.

\*note; The only time re-boiling the Prills is necessary is if you believe your Prills are no longer sterile.

It is recommended that water not be left longer than two weeks. If this happens, simply discard the water and start over with the same prills.

For the ultimate bath soak, place 1 to 2 pounds of Prills in a mesh bag. Fill the tub with hot tap water (most prefer 104 degrees F). You may remove the bag or leave it in the tub. (Let the bag dry; do not store it wet in an air tight container.) For even greater benefits, add 2 ounces of AIM Cell Wellness Restorer™ or AIM Mag-nificence™ crystals to your bath. Soak for 20 to 30 minutes. Drink plenty of Prill water after soaking to hydrate your body.

---

### ***Distributed exclusively by:***

#### **My Health Is Worth It**

**Christine Currie - Member ID #102929**

**E-mail: [christine@myhealthisworthit.com](mailto:christine@myhealthisworthit.com)**

**Ph: 1-573-559-2808**

**[www.myhealthisworthit.com](http://www.myhealthisworthit.com)**

## **Q & A**

### **What amount of Prills should be added to a gallon container?**

AIM suggests placing 2 ounces of Prills into a gallon container. If you have more Prills, you may put more into your container.

### **What is the difference between the Prill Thin Water and Catalyst Altered Water?**

Prill Thin Water is water that has been made thin by using a special combination of natural minerals that change the viscosity of any type of water they come in contact with. Prills makes water thin, thereby allowing the water to penetrate into and rehydrate the cells. This product can be used over and over again continuously. Catalyst Altered Water (CAW) is a special combination of minerals added to purified water, which is then processed through a catalyst system that activates the water. This results in a change in surface tension. One ounce of CAW has to be mixed with each gallon of purified water to activate that gallon of water in order to receive benefits.

### **Do you ever take the Prills out of the glass container to clean the container?**

You can continue to add water to your glass container until you feel it is time to clean your container.

### **I have noticed after making my Prills Thin Water that it has a cloudy substance in it. Why?**

The cloudy substance is simply the powder residue coming from the Prill beads. This powder is not harmful or toxic in any manner. The powdery residue can be removed by thoroughly rinsing the Prills immediately after boiling them.