

# how much to drink

the simple calculation to discover exactly how much you need to drink, at a minimum, each and every day is:

**1 litre of water per 40lbs or  
18kg or 2.85stone of body  
weight**

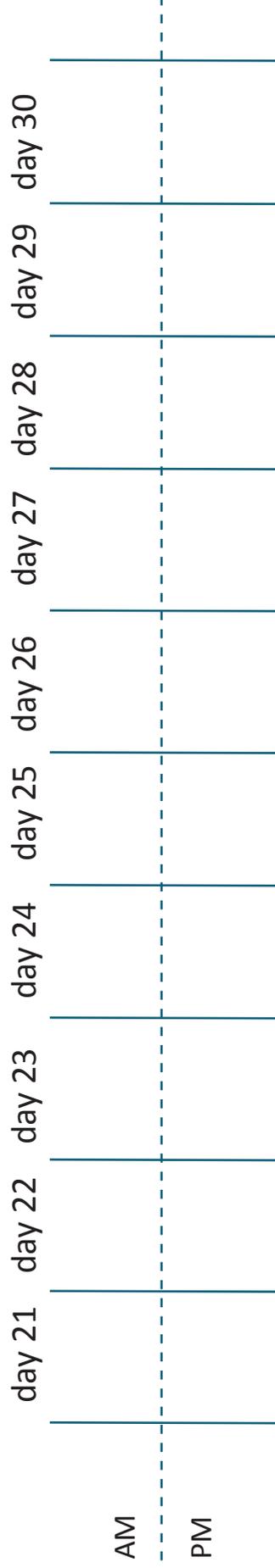
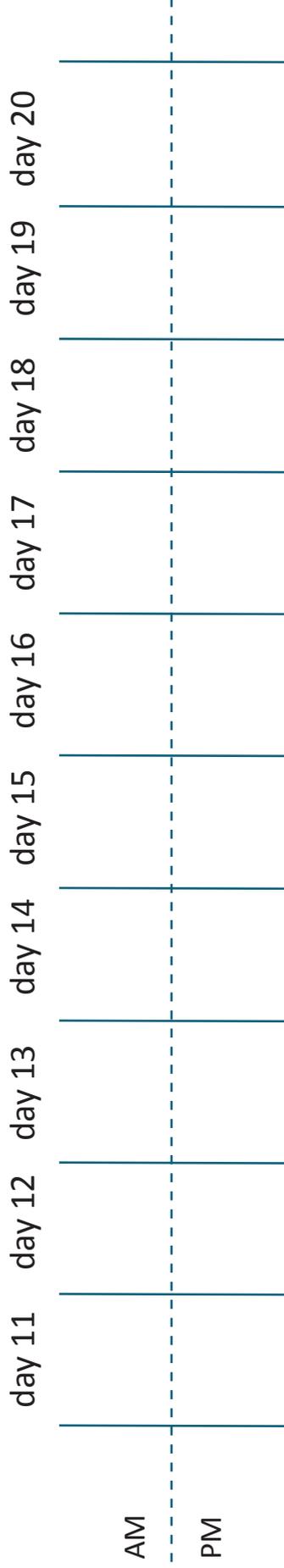
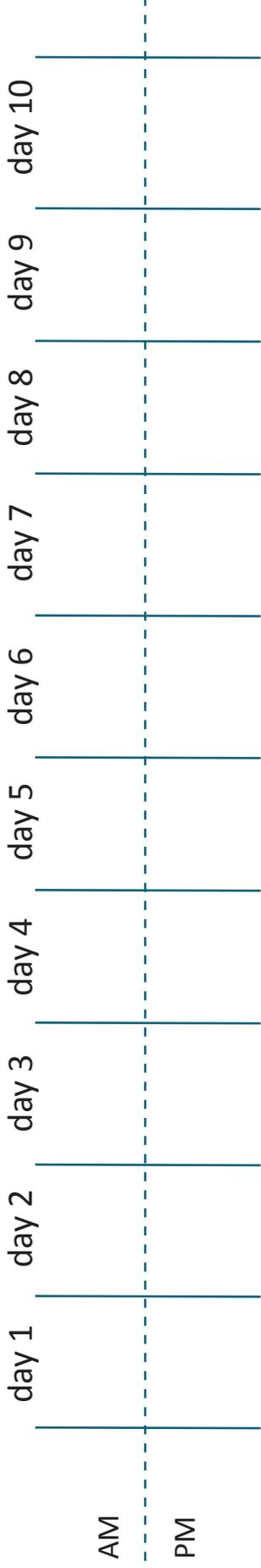
So...if you weigh 12 stone the calculation is:

$$12\text{st} / 2.85\text{st} = 4.2 \text{ litres}$$

$$76\text{kg} / 18\text{kg} = 4.2 \text{ litres}$$

$$167.5\text{lbs} / 40\text{lbs} = 4.2 \text{ litres}$$

# your hydration goal chart



# Extremely Limited Offer

Save £1000 / \$1300 on a Chanson MAX+ with an as-new, ex-display model:

**Once-In-A-Lifetime Opportunity to Get a Chanson Miracle MAX Plus at 60% Off**

Over the past twelve months, due to promotional activity we have a small number of ex-display (ex-demo) Chanson Miracle MAX+ ionizers available to purchase at a very special price. These are as-new units, with a brand new filter installed, fully serviced, independently-tested and are working as they did the first day off the production line.

**You Get the Full Chanson Performance - Independently Tested & Guaranteed - And You Save 60% Simply For Some Cosmetic Bumps...**

The ionizer is working at full power, independently tested, and shipped to you as-new - AND FULLY GUARANTEED & UNDER WARRANTY.

There are only eleven (11) units available and it is first come first served.

**To reserve your Chanson before they all go: email [ross@liveenergized.com](mailto:ross@liveenergized.com) with the subject line "Chanson".**

