



As an herbalist, my main objective is to help you achieve optimum health.

I work with you based on your needs and wants.

I work with simple herbal medicines, nutrition and lifestyle changes.

What I have seen is that the pH in your body can eliminate or create dis-ease. Please contact me so we can discuss how to bring your pH to an optimum level using a combination of herbs and water.



Bonnie's Herbals
HERBS + WATER = WELLNESS

Alkaline water is health insurance from your tap.™

“Drinking six to eight glasses of alkaline water is the best way to hydrate better, neutralize free radicals and enhance digestion.”

— Dr. Peter L. Kopco, author,
How Alkalinizing the Body Promotes Detoxification

“The root cause of cancer, as it turns out, is primarily an over-acidic diet and lifestyle.”

— Dr. Robert O. Young, DSC, PhD

“Alkaline water rids the body of acid waste... After carefully evaluating the results of my advice to hundreds of individuals, I’m convinced that toxicity in the form of acidic waste is the primary cause of degenerative disease.”

— Dr. Sherry Rogers

“I have administered over 5000 gallons of this water for about every health situation imaginable. I feel that alkaline water can benefit everyone.”

— Dr. Theodore Baroody, author,
Alkalize or Die



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www.BonniesHerbals.com

Bonnie Rogers 914-923-4346



What
toxins
are in
the
water
you
drink?

Acidity is the leading cause of many diseases.

If you drink soda, tea, coffee or bottled water, consume meat, dairy products or processed grain, or have stress in your life, it is likely that your body's pH level is overly acidic. This can compromise your liver and impair your overall health.

Acidosis can contribute to:

- Obesity
- Depression
- Heart Disease
- Eczema
- Psoriasis
- Memory Loss
- Diabetes
- Acid Reflux
- Asthma/Allergies
- Cancer
- Arthritis
- ...and much more.

First: install a water filter in your home.

Chanson C3 Pre-Filter

Removes chemicals that are added to our water supply as well as the bacteria and sediment that you find in well water. Eliminates chlorine, fluoride, heavy metals, bacteria and drug residue.



Take a Step Toward Better Health.



Chanson Nano Filtration System

Amazing filtration properties with none of the negative properties associated with "super" filtration.

Advantages of the Chanson Nano-Filter vs. Reverse Osmosis:

- Nano-filtration allows healthy essential minerals to pass through, keeping the water closer to how nature makes it.
- No storage tank needed; unlimited "on-demand" water supply.
- No storage tank, no mold or fungus issues.
- Lowest waste water: only 1 gallon to 1 gallon made. (RO waste is 5:1 or more.)
- Superior in taste.
- Completely customizable.

...or just some rooms.

Chanson Spa Shower Filter

Did you know that every time you shower you are literally bathing your whole body in chlorine? It is turned to steam in the hot water, so you are inhaling chlorine, which has been proven to cause various types of cancers. Furthermore, it is absorbed by your skin, which then becomes dry, itchy and flaky. Let the Chason Spa Shower Filter remove this harsh chemical from your water.



Second: Add an ionizer. Chanson Water Ionizer



Produces high-quality alkaline water, which is the best drinking water available, and has the added benefits of improving your health. Chanson water ionizers

also produce acidic water for cleaning and disinfecting. Chanson ionizers come with a limited lifetime warranty. They can make the perfect drinking water all day long.

Chanson ionizers produce water that is:

- Antioxidant, to detoxify and rejuvenate.
- Filtered, for meals, infants or medication.
- Low pH, an antibacterial, chemical-free, green cleaning solution.

"The Chanson ionizer creates the highest pH and lowest ORP. Wow! Better than anything I have ever measured." —Dr. Robert O. Young

Third: Stop polluting with disposable bottles.

Lifefactory Glass Water Bottles

- Easy to wash, easy to carry.
- Free of BPA, Phthalate, PVC and polycarbonate.
- Silicone sleeve (in 6 attractive colors) is free of plastics and 100% non-toxic.
- Wide mouth makes it easy to add ice, citrus slices, tea bags, etc.
- Bottle and sleeve can be put in the dishwasher together.

