

NOVAMED



donsi



NOVA MED

# NOVAMED: THE REVOLUTION IS HERE



## Drinking water is important, knowing how to choose it even

Nutrition is one of the factors that most affect development, performance and productivity of people, quality of life and psycho-physical conditions.

The rhythms of our day, whether or not to consume family meals or particular situations such as stress, influence our habits. This carries the risk of unbalanced or excessive eating with consequent problems ranging from obesity to weakness.

A place of primary importance, among the nutritional ones, belongs to hydration and the correct balance between the various water compartments of the organism.

It is not enough just to drink the right amount of water, but it is equally important to choose good water that keeps the water-saline stable balance in our body.

NOVAMED, is a device that allows the generation of:

### **ALKALINE WATER**

Ideal for daily hydration.

### **WATER WITH ACTIVE OXYGEN**

Suitable for cooking and preparing food.

### **HYPERZONIZED WATER**

For local applications and for sterilization.

# METABOLIC ACIDOSIS



## Acidosis leads to an accumulation of acids in the body.

When our body accumulates too many acids, both in fluids and tissues, without that systems buffer are able to eliminate the excesses, we are talking about metabolic acidosis, a condition of imbalance which in the long run can create major health problems.

## MAIN CAUSES

- Excess of acidifying foods
- Low intake of alkaline foods
- Excessive drug abuse
- Intense physical activity
- Insufficient fluid intake
- Stress
- Excessive consumption of acidifying drinks
- Sedentary life

The pH is a scale of measurement of the acidity or basicity of an aqueous solution and is measured on one scale from 0 to 14. **Therefore the lower the pH**, the more acidic the test substance. If he comes constantly produced an excess of acidic substances, the body is no longer able to eliminate them and accumulate, causing metabolic decompensation.

ACIDITY

ALKALINITY

1 2 3 4 5 6 7 8 9 10 11 12 13



## SYMPTOMS



Headache - Drowsiness - Confusion - Mood swings



Arrhythmia - Increased heart rate - Fatigue



Shortness of breath "out of breath" - Cough



Fragility of the bones - Muscle cramps



Kidney stones - Water retention



Gastroesophageal reflux - Nausea - Vomiting



Diarrhea - Digestive difficulties



Greater frequency of inflammatory states



# ALKALINE WATER



## The right ally for the balance of the metabolism

A healthy lifestyle and a varied and balanced diet help maintain body balance in a physiological and therefore basically alkaline state. From this it follows that one proper nutrition should not exceed neither in acidic foods alone nor in purely alkaline foods, but find the right balance of both. Alkaline water enriched with selected minerals, such as Calcium and Magnesium, provides within a balanced diet, support to the body's buffer systems, assisting in maintaining the acid-base balance of the organism.

Drinking alkaline water after meals helps to counteract the excess of acid substances resulting from high-calorie and non-high-calorie balanced meals often consumed at the bar / restaurant. A good habit is that to take throughout the day detoxifying and purifying drinks based on fruit or vegetables using in the their preparation of alkaline waters.





Any food (or drink) that we ingest produces, during digestion, an acidic or alkaline residue, based on the chemical composition. Based on this data, foods are divided into acidifying and alkalizing. Alkalizing foods are synonymous with healthy food.

The balance ideal meal is represented by about 80% of alkaline effect foods and the remaining 20% of foods that tend to be acidic.

**A right amount of minerals, Calcium, Magnesium, Potassium increases the alkaline reserve of the body and has a buffering action against acids excess.**

### ACIDS

- Beef
- Crustaceans
- Canned fish
- Refined wheat
- Mayonnaise
- Mustard
- Liqueurs / spirits
- Baked goods

### MODERATELY ACIDS

- Aged cheese
- Fresh eggs
- Sweetened yogurt
- Coffee
- Whole wheat
- Cow's milk
- Venison
- Peanuts

### ALKALINES

- Alkaline water
- Pineapple
- Green tea
- Vegetable centrifuge
- Almonds
- Fresh legumes
- Green beans
- Raw spinach

# WATER WITH ACTIVE OXYGEN



## Your daily water for drinking and cooking

Oxygen is an important element for human life. Its scarcity leads to an accumulation of metabolic waste inside the body. Energy production is lacking and this slows down the metabolic processes and therefore the metabolism of sugars, proteins and fats.

Ozonated water is a light enriched water with active oxygen and can be used daily for drinking, cooking and in the preparation of food and drinks, as it favors the body in its functionality and improves the flavor of food.



Ozonated water improves the Oxygen transport, reduces the excess of free radicals and lactic acid, improving the physical performance.



Ozonated water helps counteract oxidative stress, emerging risk factor for health, associate to atherosclerosis.



In the treatment of vaginal and bladder infections, the use of ozonated water promotes a bactericidal, fungicidal and virustatics action.



Ozonated water is light and once absorbed by the digestive system, allows the oxygen to reach various districts.

\* These indications are not a substitute for medical advice



The ozonated water has a crucial role during food preparation since ozone has a natural healthy and oxidant activity, counteracts the presence of pathogens present on fruit and vegetables, degrades pesticide residues and inactivates viruses. Increase food storage times without altering the taste.

### Water with active oxygen is useful for:



The pasta, keep a satisfactory superficial layer even after overcooking.



The vegetables keep the vibrant color and turn out more tender and digestible.



It sterilizes bottles and teats.



Legumes require less time both for the times of soaking that of cooking.

# HYPEROZONIZED WATER



The water obtained by direct ozonation of the water is particularly rich in oxygen and can be used both for drinking and for topical use and then applied locally, by washing the skin and mucous membranes. It is used in cases of alterations of the intestinal bacterial flora, in the inflammatory diseases states of the oral cavity, such as gingivitis, halitosis, mycoses, infections of the lower urinary tract, in association, as an adjuvant, with specific therapeutic treatments.

Active Oxygen acts on different levels of metabolism and its beneficial effects are essentially due to its biochemical properties.

The hyperoxygenated water applied locally, by washing the skin and mucous membranes (fissures, hemorrhoids and vaginal candidiasis) represents a natural adjuvant to the well-being of the body:



### ORAL HYGIENE:

- **ANTIBACTERIAL ACTION**  
Reduces the formation of cariogenic microorganisms and therefore the appearance of canker sores, gingivitis and halitosis.



### MYCOSIS:

- **ANTIMICOTIC ACTION**  
Reduces the presence of bacteria and fungi responsible for mycosis and onychomycosis that attack respectively the skin and the fingernails and toenails.



### TOOTHBRUSH HYGIENE:

- **ANTISEPTIC ACTION**  
Used daily, assists the whitening action of the toothpaste and destroys the pathogenic bacterial load.



### PERSONAL CARE:

- **ANTIFUNGINE ACTION**  
Active oxygen promotes an important bactericidal effect against cystitis, urethritis, vulvo-vaginitis or fungal bacteria.



### DERMATITIS AND ACNE:

- **BACTERICIDE ACTION**  
Used daily, helps fight the bacterial component at the acne base and cutaneous impurities.



### ANTI-AGE:

- **ANTIOXIDANT ACTION**  
Contributes to the right balance of the hydrolipidic mantle, reduces dehydration of cells and deeply nourishes the skin.



### ALLERGIC RINITES:

- **ANTI-INFLAMMATORY ACTION**  
Promotes natural antibiotic action towards bacterial and viral infections, cause of rhinitis and colds.



### DISMETABOLISM:

- **REACTIVATING ACTION**  
Improves the use of glucose by cells and intervenes in the metabolism of fats and proteins.



### SCALP:

- **REGENERATING ACTION**  
Active oxygen treatment cleanses the scalp gently and helps counteract the formation of dandruff.



### DISBIOSI:

- **DETOXIFYING ACTION**  
It is a valuable aid to many enteric pathologies from fermentative or putrefactive dysbiosis, in colitis, in irritable colon, in constipation.



# WHICH WATER SHOULD I DRINK?

## SEDENTARY LIFESTYLE

A sedentary lifestyle includes any activities with low energy consumption. Long periods of inactivity lead to greater assimilation of energy with the diet, through the consumption of highly energetic foods and drinks. The sedentary lifestyle interrupts important physiological processes, such as those involved in the use of fats and carbohydrates. Consequently, the negative effects that are reflected on the health of the individual concern the increased risk metabolic syndrome, cardiovascular disease, type 2 diabetes, and osteoporosis.



### Daily energy expenditure

Activity	Calories (kcal/h)
Sleep	60
Stand inactive	84
Watching TV	85
Writing / Using pc	105
Ironing / washing dishes	120
Housework	240
Walking (4 km / h)	260

A sedentary lifestyle tends to make the head lazy. Sit at your desk for long periods, certainly does not stimulate the digestion. For an individual who leads sedentary lives are needed approximately 2 liters of water per day, of which 20% taken with food, especially fruit and vegetables, and the remaining 80% in the form of water or other drinks, in small doses during the day, including meals.



	<p>Drinking alkaline water in the morning on an empty stomach helps fight the sense of fatigue and heaviness that can characterize the first part in the morning, especially in sedentary subjects.</p>
	<p>Drink water during the first part of the day even if you don't feel the urge of thirst. Ozonated water helps to have greater vitality.</p>
	<p>Drinking ozonated water before lunch helps achieve a greater sense of satiety and being light helps to promote digestive processes.</p>
	<p>Drinking alkaline water after meals helps counteract excess of acid substances deriving from high-calorie and unbalanced meals often consumed at the bar / restaurant.</p>
	<p>Drinking ozonated water in the afternoon helps fight the sense of gastric fullness or stomach swelling due to gases that can form during digestion, typical of sedentary subjects.</p>
	<p>Drinking alkaline water after dinner helps reduce the appearance of symptoms related to metabolic acidosis that would otherwise create an excessively acidic environment and therefore sleep disturbances.</p>

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# IMPORTANCE OF WATER AT WORK

## FRENETIC LIFESTYLE

Work-related stress is an increasingly looming reality and hydration plays a fundamental role. Whatever it is the type of job performed, in the office or through one more dynamic activity, water is also essential in the workplace. Numerous studies have shown how dehydration interfere with cognitive abilities, reducing attention and negatively influencing decision-making processes. Instead for those who perform a more energetic job, a slight dehydration in addition to difficulty concentrating can also result in increased tiredness and in a sense of fatigue.

### Daily energy expenditure

Activity	Kcal/h	Examples
Light	80/100	School, office, house cleaning, cooking, writing, slow walking.
Moderate	170/240	Fast walking, cycling, skiing, swimming, dancing.
Moderate	250/350	Heavy manual work, play basketball or football.



One of the ways to combat stress is to increase the volume of water taken daily. Drinking water also helps you work better. Increase cognitive performance and attention, promotes cellular metabolism and thus improves general working capacity. It is important to drink regularly, making of the glass or the bottle one constant presence and close at hand.



## ALKALINE WATER



## OZONIZED WATER



	<p><b>As soon as you wake up.</b> Drinking a glass of water in the morning helps the body fight laziness and face the day with determination and energy. Alkaline water and a varied and balanced diet help maintain the body's acid-base balance and therefore physiological balance.</p>
	<p><b>Before I get to work.</b> Always have a bottle of water at your fingertips, it will turn drinking into a simple action. Species commuters can use this ploy before they get in office. Alkaline water helps to deal with the hectic pace of everyday life.</p>
	<p><b>Bottle on the desk.</b> It is a good practice to place a bottle of water near the PC so as not to forget to drink. This will help prefer water to high-calorie drinks. Ozonated water helps maintain oxygen in the blood at normal levels.</p>
	<p><b>During the day.</b> The ideal would be to have a glass of water about every hour. Drinking ozonated water on a regular basis helps keep your metabolism active throughout the day.</p>
	<p><b>With meals.</b> Make sure you always have water available, in order to take in a smaller amount of calories, avoiding the binge. During meals, while alkaline water after meals, it is recommended to take ozonated water, because it is light.</p>

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# THE ROLE OF WATER IN SPORT

## SPORTY LIFESTYLE

Physical activity leads to an increase in energy expenditure accompanied by increased production of sweat. The consequent alteration of the water balance is extremely important although we often focus on it only on calorie expenditure.

If water losses are not adequately compensated for, they lead to a reduction in water in all compartments of the body, in particular of the circulatory one. In physiological conditions of rest, at room temperature, water losses are lower at 1 ml / min. With physical activity and the increase in temperature, it can reach 15-25 ml / min.



## Daily energy expenditure

Sport	Kcal *kg/h
Dance	4.5
Volleyball	3
Tennis	6
Football	7
Stroke	8
Bicycle	8
Swimming (freestyle)	9

Water is the best drink to choose. Integration with sugars, vitamins and minerals is secondary in that, unbalanced drinks can significantly delay tissue rehydration. At the end of a workout is therefore recommended to give priority to water or to drinks with less than 10% sugar. The caloric requirement of the athlete fluctuates between 2000 and 4000 kcal / day.



<b>ALKALINE WATER</b>		<b>OZONIZED WATER</b>	
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	<p><b>Prehydration.</b> Drink about 1/2 liter of water 2 hours before starting physical activity, increases the passage of nutrients and fluids from the stomach to intestines.</p> <p>The ozonated water helps to bring oxygen to the cells which promotes physical resistance.</p>
	<p><b>Low intensity activity.</b> To replenish water losses, prefer water to sugar solutions, drinking little and often. Indicatively, the recommended water consumption for this type of activity (1 or 2 hours) is between 400 and 600 ml. A glass of ozonated water before activity increases physical vitality. A glass of alkaline water at the end of the activity helps fight excess of free radicals.</p>
	<p><b>Intense physical activity.</b> It is recommended to replenish the lost mineral salts with sweat. The water should be taken at room temperature and distributed equally (150-200 ml every 15 min.). Alkaline water helps to buffer excess of lactic acid generated during physical activity.</p>
	<p><b>After training.</b> To hydrate the body, you need to drink one 25-50% more water than lost sweat. Alkaline water and alkalizing foods restore the acid-base balance. Ozonated water away from the meal provides the right amount of Oxygen to the tissues, favoring the rebalancing of the muscle after activity.</p>

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# WATER SINCE CHILDHOOD

## WATER SINCE CHILDHOOD

Children evolve their attitude towards drinking in early childhood, it is therefore important to transfer them of correct habits and awareness of what important the good hydration is.

Pumpkin drinks cause dehydration because they are hyperosmolar, that is, they recall liquids in the intestine, thus decreasing the supply of fluids to the cells.

Water, on the other hand, guarantees greater attention at school, prevents constipation states, helps prevent obesity, and helps in sports (a slight dehydration reduces energy and abilities motor up to 25%).



## Daily water requirement

	Age (Anni)	Water (ml)
Children	1-3	1.200
	4-6	1.400
	7-10	1.800
Male	11-14	2.000
	15-17	2.500
famale	11-14	1.900
	15-17	2.000

Reaching these quantities is not always easy, therefore it becomes important bring children closer to regular water intake from weaning at meal and out. A modality that helps in this is to provide a barrel during physical activity, study afternoon or at school. Especially during physical activity, they should drink 150 ml of water every 20 min. (under 40 kg).



ALKALINE WATER

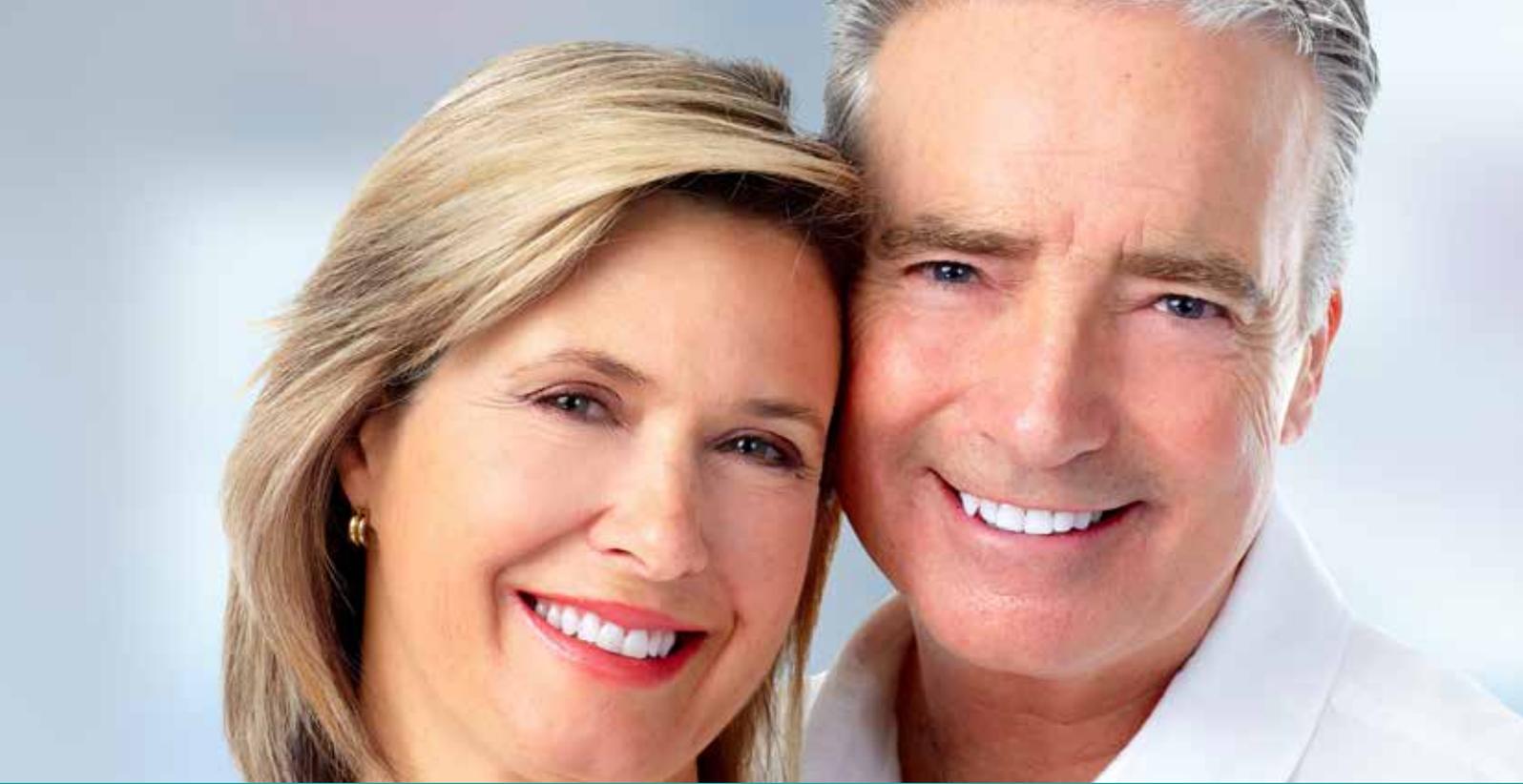


OZONIZED WATER



	<p><b>Pregnancy.</b> The woman is prone to hyperacidity and often hers alkaline reserves are quickly depleted. It is important that the future mom includes fruit, vegetables and alkaline water in her diet; facilitate the supply of alkaline minerals in order to preserve an alkaline environment and the amniotic fluid for the fetus.</p>
	<p><b>Feeding time.</b> In the first months of life, the infant does not need to drink water. Breast milk is made up of over 95% water. On the other hand, if the baby is being fed bottle-feeding, it is advisable to administer small quantities of water. A light water, minimally mineralized and with a low fixed residue, does not burden the kidney load of solutes.</p>
	<p><b>Children.</b> Approximately the need for water is about 130 ml for each kg of body weight, with variations depending on the environmental temperature and the activity of the child. Indicatively, it is necessary alternate minimally mineralized water with water enriched of minerals that can replenish those lost.</p>
	<p><b>Teenagers.</b> It is essential to replace sugary drinks, cause of excess weight in adolescents, with good water. The alkaline water is enriched with selected minerals, while ozonated water supports the body's immune defenses.</p>

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# WATER FOR ALL AGES

## WATER IN THE THIRD AGE

The so-called third age is characterized by a series of transformations to which the body is slowly subjected, and lead to inevitable changes in lifestyle, with particular regard to nutrition. In particular the hormonal mechanism that intervenes to regulate the water balance becomes insufficient, resulting in a poor one feeling of thirst and therefore exposure to a greater risk of dehydration. The obvious signs are dryness mucous membranes, a sense of fatigue, muscle cramps, loss of appetite. The water balance should be maintained by preferring water to other drinks.



## Daily calorie requirement

Age (Years)	Kcal/day without physic	Kcal/day with physic
60-74	1750-2050	1880-2250
>74	1580-1850	1800-2100

LARN: Average needs of the elderly > 60 years

The liquid intake recommended by Specialists is equal to 30 ml / kg of weight body or 1 ml / kcal.

An elder of average build should drink at least 2 liters of water per day. It is important to divide the glasses of water during and between meals, for example in snacks.

Drinking regularly ensures proper hydration and physical and neurological well-being.

## ALKALINE WATER



## OZONIZED WATER



	<p><b>Drink before feeling thirsty.</b> The body produces every day, in conditions of rest, about half a liter of sweat which in summer reaches 2 liters. Alkaline water enriched with selected minerals helps promote water reintegration. In case of drug therapy it is preferable ask your doctor for advice.</p>
	<p><b>Drink regularly.</b> Drinking ozonated water promotes reduction the likelihood of incurring urinary tract diseases as acts as a natural antibacterial and virustatic agent. Also drink 2 glasses of alkaline water helps to prevent salts from precipitating, which are responsible for problems that sometimes affect renal function..</p>
	<p><b>With meals.</b> It is advisable to accompany each meal with ozonated water which, being light, does not burden digestion. After meals it is advisable to drink alkaline water which helps to buffer the excess of acids that can be created as a result of an excessively high protein meal.</p>
	<p><b>The evening.</b> It is advisable to take detoxifying drinks after dinner and purifying such as tea or herbal teas using the alkaline waters in the preparation.</p>

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