

# **AQUANEW® WATER**

## **PROGRESS REPORT ON AUTISM PILOT STUDY**

### **Conducted Late Summer of 2010**

AquaNew, L.L.C. of Sarasota, Florida, with assistance from Lisa Squadere-Watson, a Parent/Advocate for children with Autism, conducted a small pilot study involving 4 families. The group consisted of seven children on the autism spectrum, one neuro-typical child and five of their parents. All participants were requested to drink AquaNew® Water for four consecutive weeks and maintain daily journals on any physical and behavioral changes. Dr. Leonard Smith, MD was the assigning physician. Organic Acid Testing (OAT) prior to and after consumption of the water was performed. Great Plains Lab performed the analysis ([www.GreatPlainsLaboratory.com](http://www.GreatPlainsLaboratory.com)). It was recommended to that all persons in the study start with a small amount of the Water (approximately one bottle or 16.9 oz./day) and continue to slowly increase on a daily basis if the effects are positive to try to achieve the preferred volume of ½ of their body weight in ounces per day. Parents used their own discretion on the actual amount of Water given to their children on a daily basis.

#### **General Trends Resulting from the Consumption of AquaNew® Water**

- **Improvement in mitochondrial health** (cellular energy) essential for muscle coordination and strength, vision, hearing, learning abilities and heart, liver, kidney, gastrointestinal and neurological functions. Mitochondrial dysfunctions are related to many diseases of aging including diabetes, neurological failures (Alzheimer and Parkinson), heart ailments, stroke and cancer.
- **Alleviation of yeast and fungal overgrowth** (e.g., Candida) in the gastrointestinal system. More balanced GI flora will serve to reduce the frequency of fatigue, migraine headaches, constipation, food sensitivities, and improve psychological and emotional well-being with less episodes of depression, irritability, and learning disability.
- **Improvement in neurotransmitter markers** that may be heart-health related, with some going from above to normal range, occurred in the two adult male parents participating in the pilot study.
- **Increased frequency of bowel movements (or elimination cycles)** which signals less bacterial infection and healing of the colon muscular lining for more efficient elimination.
- Decrease of Vitamin C and B Vitamins elimination in the urine waste stream which may indicate an enhanced absorption rate of these essential vitamins in the body.
- **Alleviation of inborn metabolism conditions** for more efficient conversion of fatty acids and possible weight loss as reported by at least one adult woman in the study.
- Parents reported a range of behavior changes in their children with some focus and over stimulation issues depending upon volume of Water consumed. Overall, some of the **children** seemed to be **more active, happier, more communicative, more emotionally stable, and engaging with their family members.** **Adults** in the study generally reported **improved focus, emotional balance and sense of well being during the period of drinking the Water.**

#### **Recommendations**

- Perform follow-up OAT testing on participants that continue to consistently drink AquaNew® Water (“treated ultra-pure water” herein) within next 3 and 6 months to supplement general trends. Metals testing of urine waste streams, including lead and mercury, should be

considered to prove any detoxification of these harmful metals by drinking the Water. Additionally, test comparisons using a variety of water types including, but not limited to, tap water, filtered water, pharmaceutical-grade water and treated ultra-pure water should be considered.

- New consumers of AquaNew® Water should start slowly with drinking a single bottle (16.9 oz.) or less for several days and increasing volume depending upon age, medical condition and response to the Water (e.g., changes in bowel movements). The children at the end of the pilot study, ranging from age 8 to 10 years old, were drinking from less than a bottle to approximately 3 bottles per day. A lower volume of Water consumed after the initial weeks along with a healthy diet may maintain the benefits but this theory is subject to additional testing.

### **Statement from Dr. Leonard Smith, MD**

***“Hydration with pure water is highly recommended for proper bodily functions and good health. OAT testing was done before and after drinking treated ultra-pure water for one month in this small study and it appeared to decrease some bacterial and fungal growth and benefit mitochondrial function.”***

### **Testimonials**

“Project LINK gave access to the families who participated in this interesting study. My entire family consumed the water throughout the study period. My oldest child not on the spectrum seemed to be much happier with an improved overall emotional well being. My younger son who has Autism seemed more improved expressively and socially with greater interest in playing with his brother and other children. My husband and I experienced significant increases in our energy levels and focus. Emotionally we felt a great sense of closeness to each other and our children. Personally, I was struggling with high blood pressure, gastrointestinal dysfunction and depression. All of my issues stabilized, my primary physician was amazed and I was able to eliminate all prescription medications”. *Lisa Squadere-Watson, Parent and Executive Director, Project LINK, [www.projectlinkforkids.org](http://www.projectlinkforkids.org)*

“In my family, I would say the adults are doing better on the Water and the kids exhibited higher stimulation, sleep disruption and elimination issues. For myself, I could have an occasional dietary infraction such as dairy and my usual neurological symptoms were less severe during the intake of the Water. My husband observed that he had more energy, slight increase in strength and stamina, slight increase in a positive attitude and ability to dealing with other people. Our mutual attitudes towards each other improved and my husband was doing more work with our youngest son and really getting him to talk”. *A Participant in the Pilot Study*

“I have the two autistic kids. I wanted to let you know that the kids are better! My son is talking a bit more... and looking at you more. My daughter is getting more sophisticated in her thought process. For example, she asked, ‘How much longer till Christmas?’. And the other night they were actually playing together. They have done this in the past, but not to this extent. It lasted a good 40 minutes!” *Sara M. (Sara’s children have drank the Water for over two years)*

**More information can be found at [www.AquaNew.com](http://www.AquaNew.com), including a shopping cart, or call Melinda Lagasse, Director of Marketing, at 1-888-936-2782 or 1-888-936-AQUA or direct at 1-941-351-5615.**

*All products, written information, testimonials, and other statements provided on this summary have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. For all health concerns, please consult with an appropriate licensed healthcare practitioner. The pilot studies may or may not have clinically significant results and are used to identify general trends for more refined clinical studies and laboratory testing in the future. Please visit [www.AquaNew.com](http://www.AquaNew.com) for updates on on-going tests.*

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### **General Trend Improvement Results**

#### **Yeast and Fungal Markers**

##### **Total with General Trend Improvement: 6 out of 8 children**

A total of eight yeast and fungal markers were tested (1) before consuming Polarized Water and (2) approximately 4 weeks after daily consumption of Polarized Water. A general improvement trend was determined for each patient when 5 or more markers were either (a) lower within the normal range; (b) went from above normal to within normal range; or (c) went from above normal to lower above normal range for the second round of testing (end of study).

#### **Malabsorption and Bacteria Markers**

##### **Total with General Trend Improvement: 5 out of 8 children**

A total of nine malabsorption and bacteria markers were tested (1) before consuming Polarized Water and (2) approximately 4 weeks after daily consumption of Polarized Water. A general improvement trend of these markers was determined for each patient when 5 or more markers were either (a) lower within the normal range; (b) went from above normal to within normal range; or (c) went from above normal to lower above normal range for the second round of testing (end of study).

#### **Krebs Cycle Metabolites**

##### **Total with General Trend Improvement: 7 out of 8 children**

A total of five Krebs Cycles metabolite markers were tested (1) before consuming Polarized Water and (2) approximately 4 weeks after daily consumption of Polarized Water. A general improvement trend was determined for each patient when 3 or more markers were either (a) lower within the normal range; (b) went from above normal to within normal range; or (c) went from above normal to lower above normal range for the second round of testing (end of study).

#### **Amino Acid Metabolites**

##### **Total with General Trend Improvement: 6 out of 8 children**

A total of fourteen Amino Acid metabolite markers were tested (1) before consuming Polarized Water and (2) approximately 4 weeks after daily consumption of Polarized Water. A general improvement trend was determined for each patient when 7 or more markers were either (a) lower within the normal range; (b) went from above normal to within normal range; or (c) went from above normal to lower above normal range for the second round of testing (end of study).

#### **Neurotransmitter Metabolites**

##### **Total with General Trend Improvement: 5 out of 8 children**

A total of six Neurotransmitter metabolite markers were tested (1) before consuming Polarized Water and (2) approximately 4 weeks after daily consumption of Polarized Water. A general improvement trend was determined for each patient when 4 or more markers were either (a) lower within the normal range; (b) went from above normal to within normal range; or (c) went from above normal to lower above normal range for the second round of testing (end of study).

#### **Oxalate Metabolites**

##### **Total with General Trend Improvement: 6 out of 8 children**

A total of three Oxalate metabolite markers were tested (1) before consuming Polarized Water and (2) approximately 4 weeks after daily consumption of Polarized Water. A general improvement trend was determined for each patient when 2 or more markers were either (a) lower within the normal range; (b) went from above normal to within normal range; or (c) went from above normal to lower above normal range for the second round of testing (end of study).

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**General Improvement Trend Results**  
(Cont.)

**Glycolytic Cycle Metabolites**

**Total with General Trend Improvement: 5 out of 8 children**

A total of two Glycolytic Cycle metabolite markers were tested (1) before consuming Polarized Water and (2) approximately 4 weeks after daily consumption of Polarized Water. A general improvement trend was determined for each patient when both markers were either (a) lower within the normal range; (b) went from above normal to within normal range; or (c) went from above normal to lower above normal range for the second round of testing (end of study).

**Pyrimidine Metabolites**

For all of the study results, none of the children had high uracil but normal thymine test results.

**Ketone and Fatty Acid Oxidation**

**Total with General Trend Improvement: 5 out of 8 children**

A total of eight Ketone and Fatty Acid Oxidation markers were tested (1) before consuming Polarized Water and (2) approximately 4 weeks after daily consumption of Polarized Water. A general improvement trend of these markers was determined for each patient when 5 or more markers were either (a) lower within the normal range ("C"); (b) went from above normal to within normal range ("1"); or (c) went from above normal to lower above normal range ("3") for the second round of testing (end of study).

**Nutritional Markers**

**Total with General Trend Improvement: 4 out of 8 children**

A total of eight nutritional markers were tested (1) before consuming Polarized Water and (2) approximately 4 weeks after daily consumption of Polarized Water. A general improvement trend of these five markers was determined for each patient when 4 or more markers were either (a) higher within the normal range; (b) went from below normal to within normal range; (c) went from below normal to higher below normal; (d) went from above normal to normal range; or (e) went from above normal to above normal decrease for the second round of testing (end of study).

**Indicators of Detoxification**

**Total with General Trend Improvement: 6 out of 8 children**

A total of three Detoxification indicators were tested (1) before consuming Polarized Water and (2) approximately 4 weeks after daily consumption of Polarized Water. A general improvement trend was determined for each patient when 2 or more markers were either (a) lower within the normal range; (b) went from above normal to within normal range; or (c) went from above normal to lower above normal range for the second round of testing (end of study).

**Bone Metabolites**

**Total with General Trend Improvement: 6 out of 8 children**

One Bone metabolite marker (high phosphoric acid or its base conjugate phosphate) was tested (1) before consuming Polarized Water and (2) approximately 4 weeks after daily consumption of Polarized Water. A general improvement trend was determined for each patient when this marker was either (a) lower within the normal range; (b) went from above normal to within normal range; or (c) went from above normal to lower above normal range for the second round of testing (end of study).

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