



This document is a collection of stories that can be used for your speech as appropriate. Please feel free to add examples from your own experience as well!

Story 1

Sarah, a 42 year-old woman with acid reflux, who felt much better after drinking ionised alkaline water for a few months.

A couple of years ago, I met a woman called Sarah who was suffering from acid reflux. This seemingly mild disease crept up on her slowly, and eventually took over her life. Prior to suffering from acid reflux, Sarah was a very active woman – she'd go hiking with her family and play tennis with her friends. She's had to abandon all these activities because of the constant pain she was in.

In the midst of her struggle, someone suggested she'd try ionised alkaline water. Alkaline water helps balance the acid in our stomach, which in turn soothes issues such as reflux. In Sarah's case, after a few months of drinking this type of water daily, her symptoms went down to being very mild – which allowed her to be an active part of her life again.

Story 2

Insert a short description of the story here (replace the grey text with your own) and type the story itself in the box below.



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