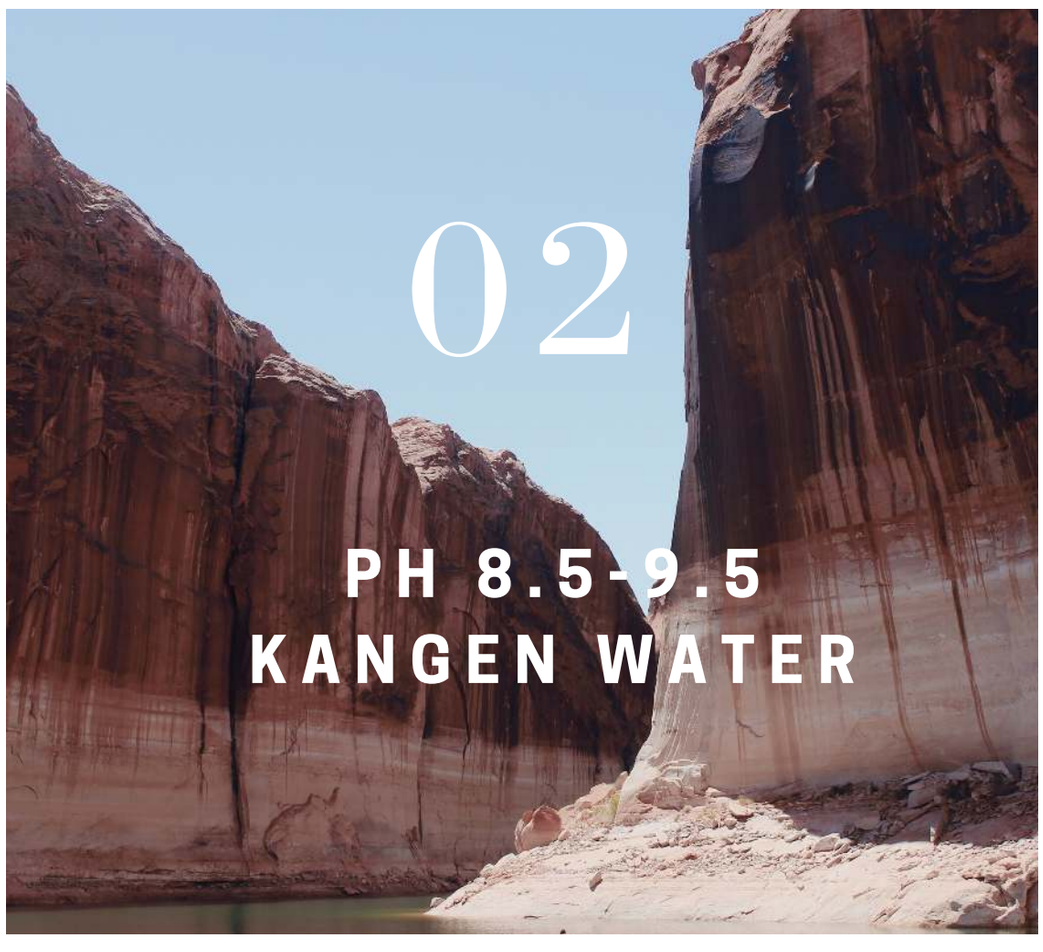
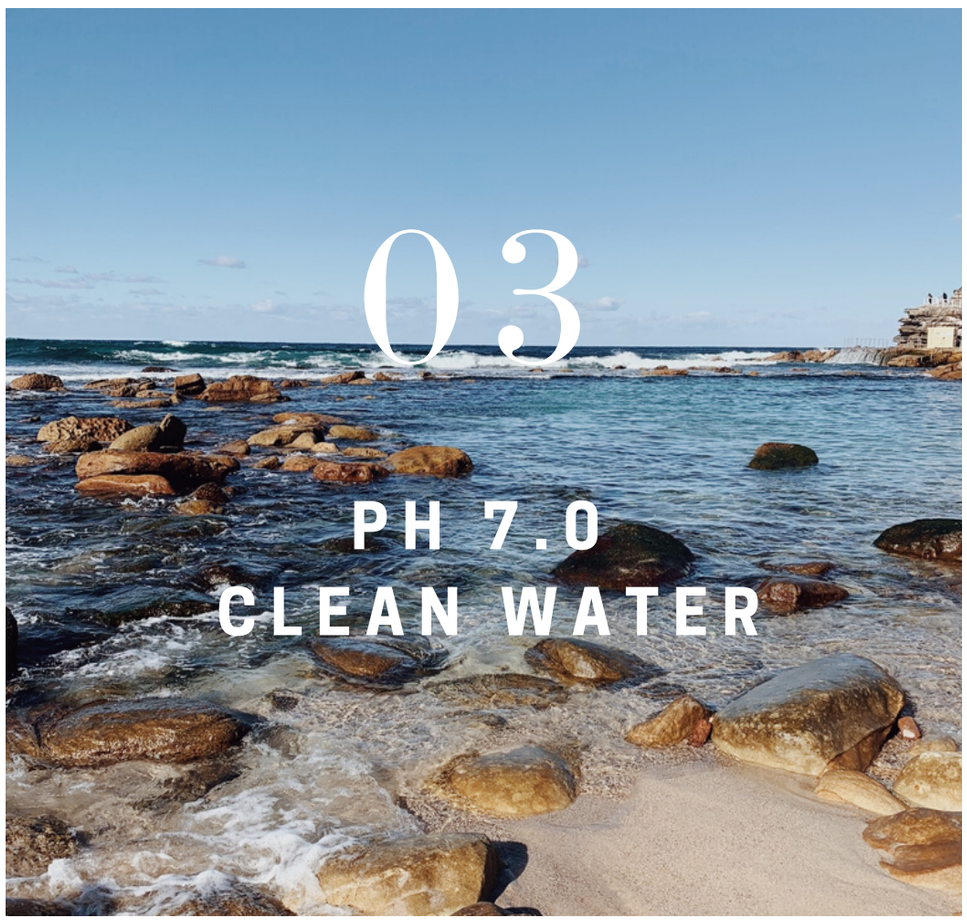
68 USES OF KANGEN WATER

CHANGE YOUR WATER, CHANGE YOUR LIFE.

WHAT'S IN STORE













CHAPTER 1

PH 11.5

strong alkaline water

PROMOTING HEALTH, WEALTH AND SUSTAINABILITY

change your water, change your life

03/21

PH 11.5 STRONG ALKALINE WATER

The 11.5 pH Strong Alkaline Water is a powerful anti-inflammatory water due to its high pH. The 11.5 is used in a multitude of ways but one of the best is that it's able to emulsify oils which means it's highly effective at removing oil based pesticides, herbicides and insecticides off organic and non-organic fruits and vegetables.

GOOD NIGHT SLEEP
Drink 1/2-1 ounce of pH 11.5 before bedtime to help release melatonin for a great night sleep.

HOT BATH SOAK
Add 1 gallon (approx. 4 liters) just before the end of filling the tub. This can replace Epsom Salts and other remedies.
*This works the best if the tub is filled with Anespa from Enagic.

MAKE UP REMOVER
Spray pH 11.5 on eyes (closed) and face to dissolve and remove makeup and oils on the skin.

ALLERGIES, COLD SYMPTOMS AND SNORING
Use as a nasal wash when sinuses are plugged. The reduction of inflammation in the nasal passage reduces snoring

RUITS AND VEGGIES
Soak in pH 11.5 for a minimum of 5 minutes to clean off all pesticides

ICE CUBES
To help off-set acidic drinks

RICE, BEAN LEGUMES
Soak in pH 11.5 for 5 to 10 minutes and rinse clean with low flow pH 9.5 Kangen Water

MEATS
Soak in pH 11.5 for 5 to 10 minutes for cleaning and tender rising.

PH 11.5 STRONG ALKALINE WATER

LAUNDRY SOAP
Use 1 to 2 quarts per load of pH 11.5 in place of laundry soap. Works beautifully for greasy smells like fast-food, restaurant work clothes etc.

STAINS ON CLOTHES, RUGS AND CARPETS
Use pH 11.5 as a degreaser for any type of cleaning. Clean oil based stains by soaking the area and letting it sit for 10 to 20 minutes and then blot out of carpets and wash, if laundry stain as mentioned above.

CLEAN OVEN, CLOGGED SINKS & TUBES
pH 11.5 can replace 409 Cleaner and Drano - use pH 11.5 to clean with a scratch pad. Replaces 409 Cleaner when dissolving grease and grime in the kitchen. Use instead of Drano or other chemical based products for clogged sinks and bathtubs.
*Also can use instead of "Goo Gone" because it removes greasy, gooey, gummy, sticky problems

POLISH SILVER
Soak in pH 11.5 water for 10 minutes (can vary depending on tarnish level), once soaked, polish and rinse.

PAINT THINNER
After using oil base paints, use pH 11.5 to clean up

ARTHRITIS, GOUT, MUNSCLE SORENESS OR TISSUE INJURIES
Since high alkalinity draws out acids, you can utilize pH 11.5 to soak into "pull out" acids associated with inflammation, injury and pain.

HEAT BURN, INDIGESTION, FOOD POISONING, STOMACH FLU
Drink 1/4 cup of FRESH pH 11.5 immediately followed by 25 ounces of pH 9.5. Then do not eat or drink anything for 45 minutes. Repeat the next day only if necessary.

BUG SPRAY REPELLENT, SUNBURN, PAIN, BUG BITES, SWELLING
Spray or soak areas with a towel soaked in pH 11.5 water and keep wet by adding small amounts of pH 11.5 to the towel for a minimum of 30 minutes twice a day (recommended 1 hour twice daily).

PH 11.5 STRONG ALKALINE WATER

EYE WASH

1. Rinse eye with eye cup. Remove the eye cup from its packaging
2. Soak it in Strong Acidic Water (pH 2.5) for 1-2 minutes to clean and disinfect.
3. Rinse the eye cup thoroughly with Strong Alkaline Water (pH 11.5)
4. Fill the cup, following package directions, with Strong Alkaline Water (pH 11.5). Place the cup firmly around one eye, keeping your eye open, tilt your head back and gently roll you eye as though you were attempting to look up, down and side to side. Continue motion for 1 minute
5. Now that you have completed one eye, toss the water away. Rice the eye cup throughly with Strong Acidic Water (pH 2.5). Repeat steps for your other eye.
6. To maintain health eyes, follow this protocol 1-3 times per week. When working to improve eye condition, follow this protocol at least 2 times daily and up to 10 times per day.

GREASE IN EYE

Spray pH 11.5 as needed to sooth and heal the eye.

PUFFY EYES

Spray pH 11.5 on to closed eyes and surrounding area to reduce puffiness.

CHEMOTHERAPY

Drink the water with chemotherapy. The benefits are that side effects are lessened, it reverses metabolic acidosis, and the antioxidants are good for any point on chemo. Put pH 11.5 on the skin twice a day for burns from chemo.

STROKE

Drink pH 11.5 as much as you are able to if you feel a stroke is coming on to provide potent alkalinity to overcome severe acidosis causing the stroke.

CHAPTER 2

PH 8.5-9.5

kangen water

PROMOTING HEALTH, WEALTH AND SUSTAINABILITY

change your water, change your life

07/21

PH 8.5-9.5 KANGEN WATER

GETTING STARTED DRINKING KANGEN WATER

It is recommended to start by drinking pH 8.5 water for 1-2 weeks (varies depending on the individual and how much water you drink daily). This water is dispensed through the TOP flexible hose.

Drink at least 1/2 of your body weight in ounces each day.

Athletes, individuals doing physically demanding work and those recovering from sickness are advised to drink at least 3/4 Kangen water to promote body homeostasis.

Drinking 1 ounce per pound of body weight per day produces real "miracles." It is my observation that those people who drink a minimum of 3/4 their body weight in ounces of Kangen Water per day see the quickest results.

If you do not experience any "discomfort" (bloating, slight headache) you can increase the water to 9.0 and drink Kangen Water pH 9.0 for 1-2 weeks before stepping it up to Kangen Water pH 9.5.

If you do not experience any "discomfort," you can increase the water to pH 9.5. Every cell in your body will be grateful for the hydration and healing boost you provide them every time you drink!

*Note frequency of urination should not be considered as "discomfort." Your body is detoxing, it is important to keep drinking to flush out toxins and waste.

PH 8.5-9.5 KANGEN WATER

CLEANSING SYMPTOMS

These are typically caused by the body releasing stored toxins and acidic waste.

- Headaches
- Skin eruptions
- Loose bowels
- Coughing

If you experience cleansing symptoms on the pH 8.5 water, increase the amount of water you are drinking to help neutralize and flush the toxins from your system.

If you are experiencing these symptoms after increasing the pH of the water you are consuming, then go back to the last pH setting that you were able to drink without experiencing these symptoms and increase the amount of water that you consume until these symptoms stop.

If the reaction gets too severe, one should back off of the pH but INCREASE the volume of water ingested.

The 8.5 - 9.5 Kangen Water is rich in active molecular hydrogen and contains powerful antioxidant like properties. Due to it being electrolyzed reduced water (ERW), it contains extra hydrogen molecules making it active and able to easily penetrate cells. It is also important to note that diseases cannot thrive in an alkaline environment.

PH 8.5-9.5 KANGEN WATER

SOUPS
Cook all soups with pH 9.5 water.

STIR FRYE
Use when making Stir Frye with pH 9.5 to steam.

WEIGHT LOSS
Drink before snacking and meals, wait 30 minutes before eating. A lot of people confuse hunger for dehydration. Drinking Kangen Water improves hydration and eliminates feelings of "false" hunger, thus aiding in weight loss.

GREY HAIR
Often can return hair to original color.

VISION
Consistently drinking pH 9.5 can improve eye vision.

SPIDER VEINS
Drinking Kangen Water over time induces and aids cell repair, as a direct result, spider veins can improve.

AROMA THERAPY / SPRITZER
Put any herb like rosemary or lavendar in a spray bottle filled with Kangen Water, let it set for a couple of hours and use as a spritzer in your house for aroma therapy and as an air freshner.

CHAPTER 3

PROMOTING HEALTH, WEALTH AND SUSTAINABILITY

PH 7.0

clean water

change your water, change your life

PH 7.0
CLEAN WATER

The 7.0 pH Neutral, or Clean Water is safe for infants, children, pets and anyone taking time sensitive or time release medication. Although this what is not high in pH, it still contains powerful antioxidant properties and active molecular hydrogen.

- Drink with meals only if necessary.
- Use for making baby formula.
- Drink with fast dissolving medication.

CHAPTER 4

PH 6.0

beauty water

PROMOTING HEALTH, WEALTH AND SUSTAINABILITY

change your water, change your life

PH 6.0 BEAUTY WATER

6.0 pH Beauty Water has a similar pH to rain water as well as the pH most similar to our skin. This makes the water easily absorbed by our pores and acts as a powerful toner / moisturizer for our largest organ. Also, since this level of pH is the most similar to rain water, plants tend to thrive when drinking this water.

FACIAL SOAP
Use to replace soap, at least twice a day. Spray after cleaning.

HAIR CONDITIONER
Spray hair after showering as this conditions your hair. Try not to use conditioner of any kind as this coast the hair.

TONE SKIN
Use as a final rinse in shower or bath to tone and firm skin. You can spray your face and skin multiple times a day to refresh.

RASHES, DIAPER RASH
Spray on skin to soothe and heal rashes, including diaper rashes.

PETS
Bathe your pets in pH 6.0 Beauty Water for a more lustrous coat.

PLANTS
Water indoor and outdoor plants with pH 6.0 Beauty Water for vigorous growth. It can also revive dying plants.

EGGS AND PASTA
Use to Boil eggs and pasta.

PH 6.0 BEAUTY WATER

FREEZING FOOD
Spray on foods before freezing them, including fish and shrimp so that foods do not loose their flavor.

ANTHOCYANINS
For washing and preparing fruits and vegetables containing anthocyanin: plums, grapes, cherries, strawberries, red cabbage, eggplant, soy beans and asparagus.

FABRIC SOFTENER
Use in rinse cycle during laundry. One gallon per load as a replacement for fabric softener.

EYEGLASSES
Use to clean lenses.

REPLACEMENT FOR WINDEX
Replace all window and mirror cleaners with pH 6.0 Beauty Water.

HARDWOOD FLOORS AND CERAMIC TILE
For polishing and housecleaning: wood floors, ceramic tiles, etc.

CHAPTER 5

PH 2.5

strong acidic water

PROMOTING HEALTH, WEALTH AND SUSTAINABILITY

change your water, change your life

PH 2.5 STRONG ACIDIC WATER

pH 2.5 Strong Acidic Water has a low pH and acts as a disinfectant that is safe to use around your home. This water has been used in the medical and food industries for years. It is used to sanitize and disinfect due to its high negative oxidation reduction potential, which has been shown to reduce bacteria cells on surfaces, in fruits, veggies and skin.

KILL ALL MICROBES
Pre-rinse all fruits, vegetables and meat and let sit for one minute before soaking in pH 11.5. This will kill all microbes as well as MRSA and infections.

DISINFECTING
Use to disinfect anything. Strong acidic water forms hypochlorous acid, a very effective, non-toxic, disinfecting agent against bacteria and viruses. Also acts as a great sanitizer. Has been proven to work better and faster than bleach.

ANTI-BACTERIAL SOAP
Use in place of anti-bacterial soap.

HARD WATER SPOTS AND RUST
Clean hard water spots off of chrome and rust off of metal.

FACIAL LIFTING AND TIGHTENING
Spray face and neck (not eyes) and rub skin upward until dry. Finish with pH 6.0 *Beauty Water* to tone skin.

BRUSH & GARGLE, RESOLVE PERIODONTAL DISEASE & THRUSH, PREVENT ROOT CANALS
Wait one minute and then rinse with pH 9.5 *Kangen Water* for 30 seconds to restore the natural pH. This procedure will prevent or resolve periodontal disease & thrush and root canals.

VOMITING
To stop vomiting take 1-2 Tbsp.

PH 2.5 STRONG ACIDIC WATER

OPEN WOUNDS, BURNS, INFECTIONS, STOP BLEEDING
Kills candida, bacteria and pathogens. Use on cutes and scrapes to help stop bleeding. Clean twice daily until healed. Do not use any other ointments as they only attract microbes by keeping the area moist and sticky.

INFECTED SINUSES
Spray in nose twice a day for 2 days. Wait 2 minutes, then flush with pH 11.5 Strong Alkaline Water.

NAIL FUNGUS
Spray twice a day or soak once a day.

PINK EYE
Spray infected eye several times throughout the day to aid healing

POISON IVY
Spray on infected area as often as needed. This will help to slow down itching and dry up poison ivy much quicker.

FEVER BLISTERS, CANKER SORES
Spray or gargle to stop and dry up both of the above.

MOLES AND WARTS
If you see something abnormal on your skin you many want to soak a gauze pad on a band aid with the pH 2.5 water and apply over the area. Change the band aid at least once a day. Often this process requires 30-60 days before seeing results.

SORE THROAT, STREP THROAT, COUGH
Gargle 3-4 times per day, or put in spray bottle and spray into throat until symptoms reduce.

CHAPTER 6

SKIN CONDITIONS

PROMOTING HEALTH, WEALTH AND SUSTAINABILITY

change your water, change your life

SKIN CONDITIONS

SKIN ROUTINE FOR
ACNE, ECZEMA & PSORIASIS, RASHES & BURNS, DIAPER RASH

- Remove excess oils from skin by rinsing with pH 11.5 *Strong Alkaline Water*
- Cleanse with non-soap cleaner and with pH 6.0 *Beauty Water*
- With a cotton swab, dab pH 2.5 *Strong Acidic Water* on any active blemishes or broken skin
- Tone with pH 6.0 *Beauty Water* in glass bottle with a fine spray mister
- Repeat twice a day, both morning and night
- Tone multiple times a day to keep your skin hydrated
- *For diaper rash*: repeat after each diaper change.

*Diaper rash occurs when urine and feces are too acidic. To prevent rashes, keep your baby hydrated with pH 8.5-9.5 Kangen Water. Replace baby wipes with a container filled with soft or non-bleached paper towels and pH 6.0 *Beauty Water.* To assist keeping the skin hydrated and the skin pH balanced, use this to cleanse diaper area every time you change your baby, pat dry and apply a fine mist on the skin.

STEP AWAY FROM ANTIPERSPIRANT
Sweat is our bodies natural mechanism to continuously release toxins. Stopping this natural process can cause a significant backlash in the lymphatic system. Odors are the byproduct of bacteria thriving in a "dark," damp area.

INSTEAD OF ANTIPERSPIRANT
- Mist with pH 2.5 *Strong Acidic Water*
- If you tend to sweat a lot, keep a small spray bottle with you throughout the day and spray as necessary.

WANT TO KNOW MORE ABOUT KANGEN WATER?

GET IN TOUCH!

WISHING YOU AN ABUNDANT, SUSTAINABLE AND CHEMICAL FREE LIFE