

# Beginning your Chemo With Kangen Water®

Chemotherapy is the use of chemicals to kill rogue cells.

**DRINK WATER!!!!**. You will be advised to drink lots of fluids. You will be told that you must drink lots and lots of water and this admonition will be repeated often. The problem is when everyone saying this to you is that they have no idea how bad water will taste to you. How can a person drink all the water required when it tastes so bad? Most certainly will not. Unfortunately the process of chemotherapy can actually cause your body to lose more water and become dehydrated. The many side effects of chemo treatment including sweating, vomiting, diarrhea and appetite loss which will all lead to dehydration. For cancer patients, dehydration can occur rapidly and can cause serious long term damage to the body and organs and should be avoided at all cost. If the average healthy person needs 8 glasses of water a day, a chemotherapy patient should drink at least 10-12 glasses just to be on the safe side. Many patients cannot drink fluids at all as they all seemed to taste so bad to them and find themselves just ignoring everyone and telling them what they were asking is impossible. They are asking something of them which could not be done. (In Their Mind) This is bad because you need to trust people with regards to how they feel. As a result some will be hospitalized for dehydration. Staying hydrated will help minimize the fatigue and constipation caused by chemo. This is why I recommend Kangen Water® very early in your chemotherapy to keep yourself fully hydrated. You will need Kangen Water® to help flush the poison and calm down the inflammation from the chemo. If you don't get enough water, you will not flush enough poison and your body will become too toxic and dehydrated. On the days around actual chemo treatments, extra water is recommended to help protect the kidney from the harsh toxic drugs. Make sure to follow your doctor's advice about how much you will need. Drinking Kangen Water® is most important the day before, the day of, and 3 days after chemo to help flush the drugs and poisons out of your system. One of the potential side effects from chemo is Gout which is an abundance of acidic waste. You should try to drink a least 1/2 of a gallon each day. And yes, you will be going to the bathroom a LOT which means you are flushing the toxins from the kidneys.

Cancer drugs worked almost indiscriminately on rapidly dividing cells, usually poisoning them through free-radical toxic action. The liver and immune system do their best to remove the poisons, but both are weakened in the process. Avoid sugars and sugary beverages as your liver doesn't need any more toxins. Bear in mind that the chemical effects of the chemo will be expected to go on for 6-8 weeks after the last dose.

If you or someone you know are undergoing chemotherapy treatment, the amount and the quality of the water you drink can make a big difference in the recovery. Drugs and side effects of chemo treatment can lead to severe and chronic dehydration and contaminants in water can present a risk to a weakened immune system. Therefore it is recommended that all chemo patients drink lots of Kangen Water® to help them cope with the stressful nature of cancer treatments and to protect their bodies from its adverse effects. Plastic chemicals such as Bisphenol-A (BPA) found in bottled water have been reported to actually reduce the effectiveness of cancer treatments as they can induce proteins that protect cancer cells from chemotherapy agents. Even worse, some compounds in water such as radon, uranium and combined radium 226/228 can actually produce new cancerous growth in the body. Other suspected carcinogens found in water include arsenic, fluoride, herbicides, THMs and VOCs just to name a few. Since our bodies are composed of 70% water, there is no question that the quality of drinking water is directly connected to our health and well-being.



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