Estimated Monthly Savings* for Molnar Family (2 adults, 1 child \& 4 pets)

| SA = Strong Acidic (Sanitizing) <br> HA = High Alkaline (Degreasi |  | $\begin{aligned} & \mathbf{K W}=\text { Kangen } \\ & \mathbf{B W}=\text { Beauty } \end{aligned}$ | inking Water <br> ild Acidic) Water | Yearly Savings Of: <br> Figure | $\$ 3,167.64$ <br> s updated: April 2010 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Item | Monthly Cost | Replaced By: | Eliminated - 100\% | Nearly Eliminated - 80\% | Greatly Reduced - 50\% |
|  | (pro-rated) |  |  |  |  |
| Health Care |  |  |  | Savings Total $=$ | \$81.87 |
| H.A. Joint Supplement | \$34.67 | KW | \$34.67 |  |  |
| Allergy pills | \$10.00 | KW | \$10.00 |  |  |
| Antacid | \$10.00 | KW | \$10.00 |  |  |
| Nasal spray | \$5.00 | KW | \$5.00 |  |  |
| Ibuprofen | \$3.00 | KW |  | \$2.40 |  |
| Melatonin | \$3.00 | KW | \$3.00 |  |  |
| Acetaminophen | \$1.00 | KW |  | \$0.80 |  |
| Nutritional supplements | \$20.00 | KW |  | \$16.00 |  |
| First Aid |  |  |  | Savings Total = | \$4.30 |
| Muscle rubs/ointment | \$2.00 | KW | \$2.00 |  |  |
| Antibacterial ointment | \$1.00 | SA |  | \$0.80 |  |
| Pain patches | \$1.00 | KW | \$1.00 |  |  |
| First Aid disinfectant | \$0.50 | SA | \$0.50 |  |  |
| Grooming \& Toiletries |  |  |  | Savings Total = | \$46.60 |
| Misc. Skin Care | \$10.00 | KW/BW |  |  | \$5.00 |
| Mouthwash | \$5.00 | SA | \$5.00 |  |  |
| Daily conditioner (hair) | \$5.00 | BW | \$5.00 |  |  |
| Oily skin products | \$5.00 | SA/BW | \$5.00 |  |  |
| Skin moisturizers | \$10.00 | SA |  |  | \$5.00 |
| Acne/blemish products | \$5.00 | SA | \$10.00 |  |  |
| Detangler (hair) | \$3.00 | BW | \$3.00 |  |  |
| Anti-frizz/smoother (hair) | \$1.00 | HA | \$1.00 |  |  |
| Hand sanitizer | \$3.00 | SA | \$3.00 |  |  |
| Facial toner | \$2.00 | BW | \$2.00 |  |  |
| Makeup - foundation | \$2.00 | KW/BW |  |  | \$1.00 |
| Deodorant | \$2.00 | KW/SA/HA |  | \$1.60 |  |
| Cleaning Products |  |  |  | Savings Total $=$ | \$23.60 |
| Carpet stain remover | \$5.00 | HA | \$5.00 |  |  |
| Fabric stain remover | \$3.00 | HA | \$3.00 |  |  |
| General Cleaning Spray | \$2.00 | SA/HA | \$2.00 |  |  |
| Disinfectant spray | \$2.00 | SA | \$2.00 |  |  |
| Odor removing spray | \$2.00 | SA | \$2.00 |  |  |
| Air Freshener | \$1.00 | SA/HA | \$1.00 |  |  |
| Window cleaner | \$1.00 | SA | \$1.00 |  |  |
| Floor cleaner | \$1.00 | BW | \$1.00 |  |  |
| Vegetable wash | \$1.00 | HA | \$1.00 |  |  |
| Soft Scrub | \$0.50 | HA | \$0.50 |  |  |
| Bleach/bleach products | \$2.00 | SA/HA |  | \$1.60 |  |
| Laundry detergent | \$5.00 | HA |  |  | \$2.50 |
| Dish soap | \$2.00 | HA |  |  | \$1.00 |
| Food \& Drink |  |  |  | Savings Total $=$ | \$94.50 |
| Restaurant soft drinks | \$25.00 | KW |  | \$20.00 |  |
| Bottled water | \$10.00 | KW | \$10.00 |  |  |
| Fruit juice | \$10.00 | KW |  | \$8.00 |  |
| Soda | \$10.00 | KW | \$10.00 |  |  |
| Sports drinks/waters | \$10.00 | KW | \$10.00 |  |  |
| Brita filters | \$2.00 | KW | \$2.00 |  |  |
| Coffee/Tea | \$15.00 | KW | \$15.00 |  | \$7.50 |
| Produce loss (spoilage) | \$15.00 | SA/HA |  | \$12.00 |  |
| Pets |  |  |  | Savings Total $=$ | \$13.10 |
| Ear cleaner (pet) | \$5.00 | SA | \$5.00 |  |  |
| Clean Teeth Supplement | \$5.00 | KW/SA | \$5.00 |  |  |
| First aid supplies (OTC) | \$2.00 | SA |  | \$1.60 |  |
| Grooming supplies | \$3.00 | BW/SA/HA |  |  | \$1.50 |

* Monthly estimate DOES NOT include savings for professional medical costs or loss of vacation time/pay due to illness.

Household Savings Worksheet - www.whynothealth.com - (206) 446-1153

