

## A day in a life of Kangen Water

A water conscious guide in using the Kangen water ~

Collecting H<sub>2</sub>O from both lines for conscious water usage requires having a way of collecting the water from the other line while getting the water that you are calling for. It is handy to have containers to be used for collection easily available.

**Set at 2.5ph (flows from lower line) ~ 11.5ph flows from upper tap**

**2.5ph store in dark bottle**

- Disinfect food (soak for 2-3 minutes), counters, etc.
- Foot soaks
- Mouth rinse for gums
- Hand Sanitizer

**11.5ph store in dark bottle, seems to hold ph value for a long time**

- Use as laundry soap
- cleaning floors, etc
- Clean & soak fruits, vegies, meat, poultry, etc
- Tenderize meat
- Soak seeds for germination

**Set at 5.5ph (beauty water) flows from upper line ~ 8.5ph flows from lower line (NEVER drink water from lower line)**

**5.5ph**

- Beauty water - great for skin all over & hair conditioner
- Plants that like acid
- Cooking rice
- Polishing
- Boiling eggs
- Wrinkle spray, spray on cloths & stretch out wrinkles

**8.5ph**

- Cut flowers
- Watering some plants
- Dyeing fabrics

**Set at 7.0ph flows from upper line & lower line (NEVER drink water from lower line)**

### 7.0ph upper line

- For taking medication
- Preparing baby bottles

### 7.0ph lower line

- Watering the garden

Set at 8.5ph flows from upper line ~ 5.5 flows from lower line

### 8.5ph

- Drink
- Drinking water for pets & animals
- Cooking

### 5.5ph

- Beauty water

Set at 9.0ph flows from upper line ~ 5.0ph flows from lower line

### 9.0ph

- Drink
- Cooking

### 5.0ph

- Beauty water

Set at 9.5ph flows from upper line ~ 4.5 flows from lower line

### 9.5ph

- Drink
- Making coffee & tea
- Cooking

### 4.5ph

- Beauty water