

How To Drink Kangen Water

DRINK IMMEDIATELY – WATER MUST BE USED FRESH

*Kangen Water tastes smoother and is less filling.
You will be able to enjoy more great tasting healthy water every day!*

1. MORNING: We recommend drinking 16 ounces of Kangen Water about thirty minutes before breakfast to rehydrate your body from sleep and hydrate vital organs. Drinking **another** 16 ounces of Kangen Water before lunch is also recommended. **This will get your day started right for PROPER Hydration and BETTER Health.**

2. DAY: During the day, *drink at least 50% to 75% of your body weight in ounces each day* to help in supporting your body's correct Acid/Alkaline Balance. For most people, this will be about $\frac{3}{4}$ to 1 gallon of Kangen Water for the entire day.

3. ACTIVE DAYS: If you do physically demanding work or participate in strenuous athletics, it is recommended you drink more Kangen Water to help support your body's correct Acid/Alkaline Balance. In these situations, it is recommended you drink 75% to 100% of your body weight in ounces. Even if you are not extremely physically active, you may want to use this schedule to help support your body's correct Acid/Alkaline Balance.

4. MEALS: Drink FILTERED-ONLY water with meals.

5. SODAS and SPORTS DRINKS: We suggest stopping or lowering your consumption of HIGHLY ACIDIC Sodas and Sports Drinks. It takes up to 20+ glasses of Kangen Water to equalize the Acidic Level of ONE GLASS of Soda or Sports Drink.

6. TAKING MEDICATIONS: **Take all medication with FILTERED-ONLY water. Discontinue Kangen Water 15 minutes prior to taking your medicine, and then allow 30 minutes before resuming your Kangen Water.**

7. DETOX: This is a GOOD sign. When starting out with Kangen Water, detoxing (or cleansing) may or may not occur, depending upon how Acidic your body is. Symptoms such as a mild headache, skin eruptions, loose bowels, coughing, etc, have been reported occasionally. These symptoms are short-term, lasting only a day or two. Remember, your body is ridding itself of the poisons that have lived inside for a very long time. You may elect to push through detox or lower your consumption of Kangen Water for a few days to allow Kangen Water to gently move the toxins from your body.