

## How to Use Kangen™ Water

The Enagic Kangen™ Ionized Water Generator technology produces seven different types of water...three different levels of alkaline Kangen™ Drinking Water, Clean Water, Beauty Water, Strong Alkaline Water and Strong Acidic Water. Although Kangen™ water has special properties...**it does not cure anything**. It has however, been shown to assist the body in creating better balance or homeostasis. To help achieve this homeostasis I've found the approaches and information listed below to be helpful.

### **Getting Started Drinking Kangen™ Water**

It is recommended that everyone who chooses to drink Kangen™ water start by drinking the 8.5 pH water. The Kangen™ water is obtained by pushing the blue button on the front of the machine. Multiple pushes will move you through the three different levels of the Kangen™ water that are produced. This water is dispensed through the TOP flexible hose.

***Drink at least ½ of your body weight in ounces each day.*** If you do physically demanding work, participate in strenuous athletics, or are dealing with “sickness issues”...you need to drink more Kangen™ water to help your body move towards and achieve homeostasis. In these situations, it is recommended that you drink at least ¾ of your body weight in ounces, and 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 ¾ of their body weight in ounces of Kangen™ water per day see the quickest results.

After successfully drinking the suggested amount of 8.5 pH water for two weeks (“successfully” means that you are not experiencing any discomfort while drinking the water...other than frequency of urination), then you may choose to increase the water pH level up to the 9.0 pH setting. Continue drinking the suggested amount of water at this setting each day for at least two more weeks.

After successfully drinking the suggested amount of 9.0 pH water (again meaning that you are not experiencing any discomfort while drinking the water other than frequency of urination) then you may choose to increase the water pH level up to the 9.5 pH setting.

### **Cleansing Symptoms**

Occasionally we find people that experience “cleansing” symptoms. These are typically caused by the body releasing stored toxins and acidic wastes. If you experience any “cleansing” types of symptoms (such as headaches, skin eruptions, loose bowels, coughing, etc.) when you start on the 8.5 pH water, then you should *increase the amount of water you are drinking* to help neutralize and flush the toxins from your system. If you experience 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. There is no prize for getting to the 9.5 pH water quicker than someone else.

### **Using the “other” waters produced by the technology**

**Clean Water** – is neutral 7.0 pH water that is obtained by pushing the green button on the Enagic ionizer. The Clean water is dispensed through the TOP flexible hose. This water has been through the

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cleaning filter portion of the system but it has not gone through the electrolysis process. *This is the water that should be consumed when taking prescription medication.* When taking prescription medications: discontinue drinking the Kangen™ water 10-15 minutes prior to taking your medication, use the Clean water to take your prescriptions, then give yourself at least 30 minutes before resuming drinking the Kangen™ water.

You will also want to use the Clean water when preparing Baby formula. It is also suggested that if you feel the need to drink water with a meal and the meal contains a concentrated protein (animal product), that you consume Clean water rather than Kangen™ water with that meal.

**Beauty water** – is made by pushing the yellow button on the machine and collecting the Beauty water from the TOP flexible hose. Alternately, it can be collected while making Kangen™ drinking water. This is accomplished by collecting the beauty water from the secondary hose (that runs from the bottom part of your machine) while you are collecting your Kangen™ drinking water from the TOP flexible hose. Beauty water has amazing astringent properties and is extremely good for the skin and hair. Spray it on, splash it on, soak in it...but get it on your skin if you want to have the best looking/feeling skin around!

**Strong Acidic Water (2.5 pH)** – is made by pushing the bottom button (orange) on your Enagic ionizer. Note: *You must add the saline Electrolysis Enhancer in the electrolysis enhancer tank (on the right side of the machine behind the removable panel) in order to produce the Strong Acidic and Strong Alkaline waters.* Collect the Strong Acidic water out of the secondary hose (that runs from the bottom part of your machine). This water has very potent anti-microbial properties and may be used on cutting boards, counter tops, etc. Strong Acidic water was approved for disinfecting food products in June 2002, in accordance with the Food Hygiene Law, under the name hypochlorous acid water. I like to use large spray bottles for the Strong Acidic water because it makes it easier to use on the skin, countertops, produce, etc. Note: It is best to store this water in dark containers and refrigerate it.

**Strong Alkaline Water (11.5 pH)** – The Strong Alkaline water is produced at the same time as the Strong Acidic water. Collect the Strong Alkaline water from the TOP flexible hose on the Enagic ionizer. This water is highly alkaline and is a potent cleaning agent that can be used in place of detergents and cleansers. It is a tremendous grease cutting agent. After cleaning your surfaces with this water, it is recommended that you spray the Strong Acidic water (2.5 pH) on the surface as an anti-microbial, and then let it air dry. Note: It is best to store this water in dark containers and refrigerate it.

### **Specific Uses of the Various Waters**

**Fruits and Veggies-** Soak (or spray on surface) in Strong Acidic water (2.5 pH) for 2 to 3 minutes and stir water to work it into rough textured produce like lettuce, broccoli, etc. This kills microbes that might be on the produce. When finished with this process soak in Strong Alkaline water (11.5 pH) for at least FIVE minutes to clean the produce, remove pesticides and herbicides, and enhance shelf life.

**Laundry** – Put 1 to 2 quarts of Strong Alkaline water (11.5 pH) in the liquid detergent tank of your washer and wash just as you would with detergent but without the detergent. The amount of Strong

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Alkaline water is determined by your source water's hardness. Clothes come out cleaner and brighter than with detergents and for those with chemical sensitivities there are no side effects.

**Cleaning floors** – (hardwood, ceramic tiles), windows, eyeglasses, washing dishes, and many other cleaning situations - Use the Beauty water. In some cases the Strong Alkaline water (11.5 pH) works well too.

**Acne** – there are a few different ways to use the water on acne, depending on the type and severity. None of them will hurt you so if one approach doesn't seem to be producing the results you desire try a different one. (1) Where there appears to be inflammation and infection (outbreaks that are sore and irritated) I recommend that one spray on the Strong Acidic water (2.5 pH) and let it air dry. When it's completely dried apply a cloth soaked in Strong Alkaline water (11.5 pH) to the area(s) *for at least 5 minutes*. This helps the body neutralize the acids which are causing the acne. Dry the area and then spray on the Beauty water (4.5 to 5.5 pH) and allow it to dry. *Repeat at least twice per day*. (2) Where there does not appear to be any inflammation or infection I'd just use the Beauty water on the area. For best results drink at least  $\frac{3}{4}$  oz of Kangen™ water for every pound that you weigh each day.

**Psoriasis and Eczema** – I've found that the most effective approach is the same as the one we use for the nastier acne outbreaks. Again, this depends on severity. I've seen a lot of success with both conditions just spraying on the Beauty water 3 to 6 times per day and letting it air dry. If I am working with someone with a tougher outbreak, I recommend that they spray on the Strong Acidic water (2.5 pH) and let it air dry. When it's completely dried, apply a cloth soaked in Strong Alkaline water (11.5 pH) to the area(s) *for at least 5 minutes*. This helps the body neutralize the acids which are causing the outbreaks. Dry the area and then spray on the Beauty water (4.5 to 5.5 pH) and allow it to dry. *Repeat at least twice per day*. I highly recommend with these challenges that you spray Beauty water on the area at least every 2 waking hours. For best results drink at least  $\frac{3}{4}$  oz of Kangen water for every pound that you weigh each day.

**Cuts and scrapes** – Anytime the skin has been torn I recommend that you spray on the Strong Acidic water (2.5 pH) at least once a day. This helps the immune system deal with the micro-organisms like bacteria, viruses, etc. that may be able to get into the body through the hole in the skin. Then soak the wound or scrape (it may be easier to soak a cloth and apply to the area instead) for at least 3 minutes in the Beauty water and allow it to air dry. This helps tighten the pores in the tissue and almost always takes away the pain. For best results drink at least  $\frac{3}{4}$  oz of Kangen water for every pound that you weigh each day.

**Sunburns** – If the sunburn is not severe enough for medical treatment spray the Strong Alkaline water (11.5 pH) on the skin or soak a cloth in this water and apply to sunburned area. When you are finished with that session spray Beauty water on the entire area and let it air dry before covering with clothing. Repeat as desired. For best results drink at least  $\frac{3}{4}$  oz of Kangen water for every pound that you weigh each day.

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**Moles, warts, etc.** – If you have something abnormal on your skin you may want to try using the Strong Acidic water (2.5 pH) on this to see what it will do. In most cases the easiest way to use is to soak the gauze pad on a band aid with the water and apply over the area. Change bandage at least once a day. Most people have reported that they've had to continue this process for 30 to 60 days before seeing results. If it's in an area that is difficult to apply a band aid to while you are at work or in public just apply the rest of the time when you are at home and see if it works.

**Sore Throats** – When one has a sore throat we've learned that gargling with the Strong Acidic water (2.5 pH) 3 or 4 times per day works extremely well. If you have a child that cannot gargle just put the Strong Acidic water in a spray bottle and spray it into their throat (10 pumps) three or four times per day. (It will not hurt them if they swallow this water.) Typically the kids tell us that their throats are no longer sore within minutes.

**Mouthwash** – use the Strong Acidic water (2.5 pH) to swish and gargle with as a mouthwash. The high ORP of this water has been shown to destroy bacteria and other micro-organisms with exposure times of less than a minute. It's the bacteria breaking down the foods in your mouth that produce the acids that cause tooth decay.

**Cooking** – Kangen water (8.5 to 9.5 pH) is excellent to cook with and enhances the flavors and texture of your food. *Some fruits and vegetables such as cherries, plums, grapes, strawberries, cabbage, eggplants, soy beans, and asparagus contain anthocyanins and are best cooked or washed in the Beauty water.* Be aware that foods cook faster than you are used to when you are using Kangen water. *Be prepared to have people asking you what you are doing to your food to make it taste so much better!*