

# Kangen Water® and Athletes

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More and more of the top pro athletes and teams in football, baseball, basketball and tennis are turning to Kangen Water for that edge they are looking for.

Only recently, the U.S. Olympic Ski Team discovered Kangen Water during their preparation at Vail for the Olympics, bought a machine and took it to the Olympics!

## DO YOU WANT TO DRAMATICALLY IMPROVE ATHLETIC PERFORMANCE AND RECOVER YOUR MUSCLES WITH NO SORENESS AND CRAMPING

**6X Better Hydration**

**Superior Electrolyte Replenishment**

**Faster Muscle Recovery**

**Stronger Performance**



The Enagic water ionizer produces High Alkaline and Powerful Anti-oxidizing ionized water called Kangen Water®.

**Micro-Custered Water:** ( 5 molecule clusters versus 15 to 20 ) penetrates cellular walls 6x more efficiently to transport nutrients and oxygen for superior hydration, performance and endurance. This micro-clustering flushes out toxins in cells and muscular tissue far better to recover muscles much faster.

**Alkaline:** (pH 9.5 versus pH 3.5 for Gatorade, which is 1 million times more acidic!) to flush out lactic acid and uric acid before you become tired and sore.

**Antioxidant:** (2-3 times greater than cod liver oil) are very anti-inflammatory to restore muscles.

## College Director of Sports Medicine Tests Kangen Water: NO CRAMPING!

Read what Coach Rob Woodall says about his football players who are “crampers”...when they drank Kangen Water, they experienced NO cramping, yet those players less susceptible to cramping who were not drinking Kangen Water continued to cramp.

*Extracts: in my 12 years serving as a certified athletic trainer and strength coach, I have never seen a product provide the type of results that we experienced while using this product. I have always been a skeptic to these types of “just drink the water and you’ll feel great” claims.*

## KANGEN WATER TEST:

We had seven athletes who we classified as “crampers”.

We started the week before our 9/26/09 game and continued for the rest of the season.

-No cramping episodes from any of the seven during this time. We did experience cramping episodes from athletes not on the program.

-They all loved it because they felt like they could drink and drink and never feel bloated.

-Went through the whole game and not one athlete cramped. Actually had several of the opposing teams’ players go down late in a close game due to cramps.

-I’ve had several athletes say they feel “stronger”, “more athletic” or “lighter on their feet”

***This converted skeptic can honestly say you owe it to yourself and your athletes to start them on Kangen Water sooner rather than later.®***



## Hydration & Electrolytes

There are many sports drinks used to replenish electrolytes, such as Gatorade and Power Aide. Although the electrolytes are replenished in the fluids OUTSIDE the cells, the electrolytes themselves do not necessarily get enough where you need them: INSIDE the CELLS! Kangen Water® provides NATURAL electrolytes, but most importantly, because of its micro-clustering, Kangen Water transports electrolytes into the cells six times more efficiently than Gatorade. Gatorade and most other sports drinks are acidic. Acid deprives the body of necessary nutrients needed for cell rejuvenation, hydration and stamina. Kangen Water® — better than any other water or drink — goes deeply into the fluid surrounding the cells and bathes and feeds those cells thus giving them more hydration that allows for quicker recovery, increased stamina and extended energy—a far more superior approach to healthy athletics and rapid reduction of lactic acid rather than the alternative unhealthy Gatorade.

## **Jillian Michaels – The Biggest Loser**

Jillian Michaels, famous weight loss & fitness expert, and trainer on NBC's "The Biggest Loser" recently endorsed Kangen Water® from Enagic on Los Angeles KFI AM Radio Talk Show as the *special ionized alkaline, micro-clustered water* people should be drinking for weight loss and getting their bodies back into balance.

## **Muscular Development Magazine**

"...pH has a profound effect on health, but also on muscle mass. Having an acidic pH not only causes lower muscle mass, but can also lower plasma levels of IGF-1. Having an acidic pH is not conducive to building muscle."

## **Leading Pro Sports Nutritionist Picks Enagic**

**Shan Stratton** is a Sports Nutritional Consultant for the *NBA, NFL, MLB, PGA, LPGA, NASCAR, NHL, NY YANKEES, AZ DIAMONDBACKS, HOUSTON ROCKETETS, the LA DODGERS*. He has worked with countless famous athletes like *Kurt Warner, Maria Sharapova, Reggie Jackson, Cynthia Cooper and on and on*.

After promoting and counseling the use of high quality supplements, enzymes, and probiotics to the athletic community for over 15 years, Shan states:

"Drinking Kangen Water® is the missing link to overall health and performance for athletes."

Perspectives by an Athletic Trainer to High Performance Athletes are studies describing how alkalizing your body improves performance and endurance and reduces electrolyte loss. Quick recap:

Study 1: Increasing alkalinity resulted in 50% increase in sprint endurance (*2.98 minutes vs. 2.00 minutes*) at 95% maximum oxygen intake (*VO2 max*).

Study 2: Sprint endurance at the highest power output (95%) was increased 62% (*438 seconds vs. 270 seconds for control*) if the body is relatively alkaline, and is 175% greater than an acidic (*typical athlete*) body (*160 seconds*).....

Study 3: Sprint endurance at the highest power output (95%) was 135% greater (*5.44 minutes versus 3.13 minutes*) if the body is relatively alkaline versus acidic. Blood plasma in an acidic body has less lactic acid (to flush from the body through the kidneys) because the lactic acid appears to be remaining in the muscle tissue and glycolysis (*metabolic release of high energy compounds*) is inhibited.

Study 4: Carbon Dioxide exhalation efficiency was 8.7% higher in an alkaline(1,867) versus acid (1,717) body. The acid subjects had lower peak oxygen intake and carbon dioxide output.

Study 5: Alkalinity enhances exercise performance and reduces electrolyte loss. Time to fatigue is increased substantially. Electrolyte flows into muscle tissue more efficiently and lactic acid was flushed out more effectively.

## **Muscle Soreness**

*by Dave S., Melbourne Beach, FL*

I was introduced to Kangen Water® 3 months ago and immediately experienced benefits after only one day. I was complaining about muscle soreness and stiffness in my joints for the past 4 weeks, due to an increase in intensity in my workouts. After drinking the water for one day, I awoke the next morning to find 90% of my soreness and stiffness was gone. I then began to research the science behind the water ionizer and was convinced enough to purchase the SD501 for myself. After drinking the water for 2 more months my cholesterol came down from 255 to 178. My doctor had been trying to get me on medication for over 2 years but I refused and tried every natural way I could find to get it down. Every six months I would have my blood checked and the doctor told me it was still high and that I was just one of those people who's liver just produces too much cholesterol.

After he saw the sudden drop in my numbers he wanted to know what I had done. I told him about the water and he was very intrigued and told me to just keep doing what I'm doing. I keep drinking the water and now have noticed the arthritis in my knees is less painful and I can now play sports that I haven't been able to play in years such, as Judo and softball. I now tell everyone about my experience.

# Athletes Who Drink Kangen Water®

Amazing improvements in performance have taken place for athletes who have introduced Kangen Water® into their lifestyle and training regimen. Kangen Water® has changed the possibilities for numerous athletes. Marathoners are running better times than when they were 20. Hockey players are coming off the ice with no body aches. Gymnasts are more flexible. Even weekend warriors are getting better muscle definition with less strain.

## The Effects Of Kangen Water®

There are numerous effects that Kangen Water can provide for muscular movement, performance and flexibility. Every breath you take, every time a muscle contracts, there are metabolic acids that are produced, such as lactic and pyruvic acid. The presence of these acids creates a burning sensation in the muscle, muscle fatigue and muscle weakness. This prevents further exertion of the muscle until recovery takes place.

The more water that you have available in the tissues, the easier it is for these acids to be removed from the muscle tissue. This can hasten recovery time and lessen micro scar tissue and weakness from the metabolic acids. When this water is Kangen Water®, then the higher alkalinity will reduce acidic residue even further and faster, with less possibility of injury. Athletes and trainers know that even small changes in pH can really affect performance, because muscles do their best work in a very narrow pH range. This is why when metabolites lower pH, muscle function is reduced and the production of ATP energy is also reduced. So the more acidity that is present, the less muscles can contract. Even the electrical stimulus necessary for peak performance drops significantly.

## Fitness and Health

The important thing to know is that just because an athlete is fit, doesn't mean he's healthy. In fact, many athletes suffer from chronic injury, inflammatory disorders, even early cancer. The high level of metabolic acids chronically present in muscle tissue could be a strong factor. Combining Kangen alkaline water with an alkaline-dense diet is the answer. By increasing alkalinity and reducing acidic byproducts, the body's buffering systems can work more efficiently and effectively.

## Super Hydration and Athletic Performance

The super hydration that is the hallmark of restructured Kangen Water® makes performance amazing. Electrical signaling is lightening fast, more oxygen gets to the cell increasing VO2 max and acidic waste that is often stored in fat cells is easily removed. And this type of hydration is unique because it reaches every cell. Hydration drinks used by athletes have high levels of acidity, which rob the body of alkalizing minerals and steal vital calcium from bones, cartilage and tissues. The restructuring of the water also means it is absorbed into tissues faster than any other type of water. And all the minerals are already present in the water and in a form that every cell has access to.

## Individual Examples and Professional Verification

### *Wade Lighthart, 3-Time Canadian Natural Bodybuilding Champion*

Wade came back after several years of retirement from body-building to win the Canadian Natural Bodybuilding Championship. He has written a book about his experience with Kangen Water and has said that within days of drinking the water, he lost a significant amount of body fat and was able to train more than double his peak volume levels with no pain, no fatigue and no inflammation. Wade shares his personal success story using Kangen Water® as well as the science behind HOW this remarkable water works. He also presents critical information about hydration, dehydration, acid-alkaline balance, and the role of free radical damage in relation to sports injury. He shows how others can use Kangen Water™ to dramatically speed up recovery times, improve VO2 MAX (oxygen carrying capacity), and decrease the chance of injury.

### ***Shan Stratton, Sports Nutritional Consultant***

Shan is a Sports Nutritional Consultant for the NBA, NFL, MLB, PGA, LPGA, NASCAR, NHL, NY YANKEES, AZ DIAMONDBACKS, HOUSTON ROCKETS, LA DODGERS, etc. He has worked with countless famous athletes like Kurt Warner, Maria Sharapova, Reggie Jackson, Cynthia Cooper and on and on.

He states that drinking Kangen Water® is the missing link to overall health and performance for athletes after promoting and counseling the use of high quality supplements, enzymes, and probiotics to the athletic community for over 15 years.

Shan researched Enagic's Kangen water, even trying it himself before endorsing the Kangen water ionizer. Shan met with Enagic's executive staff and scientists, and personally investigated the integrity of both the company and the products.

The reason for this is that he has tremendous integrity at stake with his involvement with so many high powered sports figures and coaches internationally. Shan is known internationally for his training sessions and corporate speaking events as a nutritionist, a sports supplementation specialist, and a renowned motivational speaker.

Shan is committed to the mission of changing the "sick care" of America and the world over to a true Health & Wellness Care system. He is passionate about being an International speaker helping educate the world about the tremendous health benefits of drinking alkalized, antioxidant-charged, super-hydrating Kangen Water® from the only company that has the seal of approval from the Japanese medical community.

### ***Susan Lark, MD, The Chemistry of Success: Secrets of Peak Performance***

In her book, *The Chemistry of Success: Secrets of Peak Performance*, Susan Lark, MD, talks about the role of acid/alkaline balance in peak performance and health. The following is her assessment of alkaline water.

"The benefits of the alkaline water created through electrolysis far exceed just its ability to gently raise the pH of the cells and tissues of the body and to neutralize acids. Because the alkaline water has gained a significant number of free electrons through the electrolysis process, it is able to donate these electrons to active oxygen free radicals in the body, thereby becoming a super antioxidant. By donating its excess free electrons, alkaline water is able to block the oxidation of normal tissue by free oxygen radicals."

She continues by noting that another significant benefit of the electrolysis process is that the cluster size of the alkaline water is reduced by about 50 percent from the cluster size of tap water. "This allows ionized alkaline water to be much more readily absorbed by the body, thereby increasing the water's hydrating ability and its ability to carry its negative ions and alkalizing effect to all the cells and tissues of the body.

"If you are overly acidic, an alkaline water device can provide a safe, gentle, and effective way of restoring the pH balance of all the cells in your body as well as providing excess free electrons to act as super antioxidants," Lark recommends.

Most people, including most athletes, do not consume enough alkaline mineral-rich foods, such as nuts, fruits, and vegetable. Instead their diets contain high amounts of acid-forming foods, such as meat, fish, poultry, eggs, and dairy. Because of this dietary imbalance, they may be at risk for increased acidosis that affects overall health and sports performance.

Since proper hydration is also a key factor in preventing exercise fatigue, consuming ionized Kangen Water before, during and after exercise can help.

In addition to a compromised performance, not consuming enough water can lead to muscle cramps, general tiredness, and a lack of coordination.

In short, ***an athlete who is adequately hydrated will almost always perform better than one who is not.***