

Wade Lighthead, World Class Bodybuilder uses Kangen drinking water

by Sherry Tingley

Who is Wade Lighthead?

Wade Lighthead is a Bodybuilding Champion and an IFBB Mr. Universe World Championships competitor. He is a world class bodybuilder and one of the world's premier athletic trainers. He majored in sports science at the University of New Brunswick. He has authored four books on training and they have sold in over 80 countries. He has a global client list that includes actors, singers, business tycoons, professional and amateur athletes. He is a certified sports nutrition advisor. He formulates supplements for various supplement companies and he is a three time Canadian national body builder champion.



What experience does he have with alkalized and ionized, Kangen Water?

In an audio interview with Wade Lighthead he tells the following story.

"I'm really excited to talk about my experience with Kangen water. It was quite a story, because I had retired from body building about 4 years ago, after I competed in the Natural Mr. Universe competition. I went on to formulate products and write books. I had no intentions of getting back into competition. What transpired just a few months ago shocked me. I think Kangen water is going to send another shock wave out into the athletic world. Let

me explain how that went.

A few months ago, I was introduced to Kangen water by Mr. George Gasich. He was here in Vancouver putting on a demonstration about Kangen water and I was invited to attend. Pretty much anything that goes on in the field of health, here in Vancouver, I'm going to hear about. Someone usually wants to know if I know about it or if they can tell me about a new health product. It's a wonderful place to be.

So I went over to check this water out. I consider myself fairly knowledgeable about water as I write about it in my books and I recognize its importance. I had my first glass of water and I can honestly say that on my very first glass, I went ...wow...!!! There is something very different about this water. As an athlete for the last twenty years, I know my body pretty well and I knew that I had never tasted anything like this.

There was something going on cellularly as the water went into my body. I started drinking the water and watched the presentation. Everything that

was said in the presentation totally fit in with everything I had learned in the last twenty years. What was interesting about it though, is, I had never realized or wasn't aware of any technology that could produce the results that were being produced by the Enagic machine. I had been exposed to other ionizers and other technology and frankly I hadn't been impressed with them. With the Kangen water, I was feeling something different in my body after the first few hours.

I went home and the next day I said, "I need to get more of this water." I went back to the place and filled up a couple of my jugs with water and listened to the presentation again. It was another experience of just getting around the machine and the technology and I wanted to see if the results I was getting was really possible.

Changes noted three days later

By the third day, I woke up in the morning and I looked in the mirror and thought: You've got to be kidding! I mean I couldn't believe what was happening to my physique. I had started to lose body fat at a rate that was frankly, quite shocking. So I came back again to see the presentation. George was giving a lot of presentations. There was quite a lot of excitement about the Enagic technology, in the Vancouver area.

Decisions to compete again after four years of retirement

I went to the gym and found that my recovery was at a phenomenal rate. I felt like I could run through the walls of the gym. My muscle soreness dropped to virtually zero. After being on the water for four to five days, I was getting such radical results that I decided to do something way out of my comfort zone. I decided to enter in the national body building championship.

Again, this just happened to be held in Vancouver just a little over two weeks later. That was a pretty radical decision for me. I thought that this water is doing something so powerful, that I think it can have a real powerful effect in the sporting world. I still wanted to make sure it was not an anecdotal thing or something in my head and that it's not something I'm dreaming up. I'm going to put my reputation and myself on the line, enter this contest and see what happens.

The contest results

Now typically to prepare for a contest it requires a minimum of 16 weeks dieting, and one year, if not two that you would gear up your whole training protocol. I hadn't been training in a competitive format for four years. The chance of me being successful was so (pause) well it was just virtually non-existent. Nobody would want to take those odds. However, I felt intuitively in the way my body was feeling that I could do it.

Well, fast forward, I went and bumped up my training for those two weeks, and pounded down the Kangen water and remarkably enough, I managed to win my class, the open men's under 5'9" and also the junior masters title

which is the 35-40 age group. I basically shocked myself, my friends and of course my competitors. Interestingly enough that competition qualified me for the Mr. Olympia in Greece which will be held approximately 10 days.

Suddenly, because of the Kangen water, my physique and my life transformed and now I am thrust back into the competition on very short notice. I'm flying off to Greece and I am going to represent my country. I am really proud of that fact and I am very grateful.

Summary of the benefits of Kangen water

What's really exciting me is that now I've had approximately about 10 or 12 weeks of hard training. To be honest, the results that I have been experiencing have absolutely dumbfounded me.

- My recovery factor is through the roof. I have increased my training to two and a half times the volume of what I have done at my very peak, four years ago.
- My muscle soreness has virtually been reduced to zero.
- My max VO2 (which is how effectively your body uses oxygen) has jumped over 6 points.
- My body fat continues to drop.
- I also notice a stronger nutritional effect from all my supplements.

Frankly I am shocked that this technology hasn't gotten into the sporting world yet. Any athlete that is not on this water is really short changing his growth in my opinion.

What's interesting is that I think it might be a little bit like the hyperbaric chambers. Hyperbaric chambers were invented at the turn of the century, but they never were used in the mainstream populous. About 10 to 15 years ago they started being used in a few professional sports and of course it took off from there.

"I believe that Kangen water produced by the Enagic machine is going to be the next great thing in athletic performance."