



### **Change your water...Change your body!**

Alkaline (or Kangan) water has properties that many believe are beneficial to the human body. Below is a list of various uses as outlined by a alternative medicine health care practitioner in the Los Angeles, California area. When compared to other resources out there on the web these benefits are found to be comparable. We encourage you to use this information as a starting point and continue you own research before consuming. Please note that the cost for this type of water is considerably higher than filtered or spring water. For those that are really interested and are convinced of its benefits, purchasing a machine is more advantageous and less expensive in the longer run. See the below breakdown of the pH levels that are used for various things. Please be sure to also consult the distributor on how to consume and when. The water has a cleansing effect so it is advised to start on the lower pH levels for drinking (i.e. 8.5), then go up .5 until your body can stand up to 9.5 pH (for drinking). DO NOT EXCEED 9.5 for drinking.

### **Drinking Water - (pH 8.5-9.5)**

#### **General Benefits/Attributes:**

- Revitalizes tissues
- Promotes pH balance
- High ORP values

#### **Uses:**

- Drink 3-6 liters of water per day
- Brew coffee and tea to improve flavor, color and nutritive values
- Rinse beans, peas, nuts, seeds & grains when sprouting to increase germination and speed the sprouting process
- use as cooking liquid for broth to extract the maximum vitamins and minerals from the vegetables and meats
- use as drinking water for pets
- water seedlings or sick plants
- water for vases of cut flowers to extend fresh appearance

### Strong Kangen - (pH 11.0 & Up)

**General Benefits/Attributes:**

- Emulsifies oil on contact
- Extracts Nutrients effectively
- Highest - ORP Values

**Uses:**

- Clean and revitalize fruits and veggies by soaking for 20 minted
- Soak died beans and peas for 1 hour to speed up sprouting or cooking
- Soak nuts, seeds or grains for 1 hour to speed up sprouting
- Add 1 tbsp to salad dressings to keep oil emulsified
- Soak chicken or fish for 10-15 mins
- Drink small amounts 45 mins before meal to enhance digestion
- enhances the flavor when used ti steam or blanch veggies
- clean greasy messes
- soak clothes with grease spots
- use in place of soap
- disburses fats and proteins from cutting boards, knives and countertops
- removes stubborn toilet bowl stains
- mix with essential oils as a refreshing linen spray
- lowers boiling point
- use to emulsify oils for making soaps and lotions
- use to dye dark colored clothing
- accelerates seed germination

### Beauty Water - (pH 4.0 to 6.5)

**General Benefits/Attributes:**

- pH similar to rain water
- Tones skin
- Softens hair & adds shine

**Uses:**

- Use as final rinse water after shower or bath to firm skin and soften hair - many users report significant hair re-growth
- Mix with essential oil, spritz on skin to hydrate, reduce lines & wrinkles, even skin tone and produce younger, healthier skin

**Strong Acid - (2.7 & lower)****General Benefits/Attributes:**

- Hydrochloric acid water
- Disinfects on contact
- Removes stains (not colors)

**Uses:**

- Brush teeth and gargle for 1 minute to kill the bacteria that cause gingivitis, also provides a gentle, safe beaching of the teeth
- Clean cuts and scrapes to remove bacteria
- Soak feet to resolve fungal toenails and athletes foot
- Dab on cold sores, pimples and other break outs to kill bacteria or viruses & speed healing
- Carry in small spray bottle to use as a hand sanitizer
- Water acid loving plants 3 times during the growing season to produce vigorous growth & more blossoms
- Cleans coffee and tea stains from cups
- Removes stains from clothes without removing color & safely beaches white clothes
- Spray on kitchen and bathroom surfaces to clean, polish and disinfect

**NOTE:**

To determine how much water your body needs to be hydrated, divide you body weight in half and convert that number to ounces (i.e. a person weighing 175 lbs would need to drink a minimum of 75 ounces of water per day to be appropriately hydrated.

***To obtain therapeutic results:***

**\*\*increase the amount of water by an additional 40%**

**\*\*drink 1 liter at a time to increase the “flushing effect,” the first thing upon waking - another mid morning - and another mid afternoon. Sip the remaining water throughout the day.**