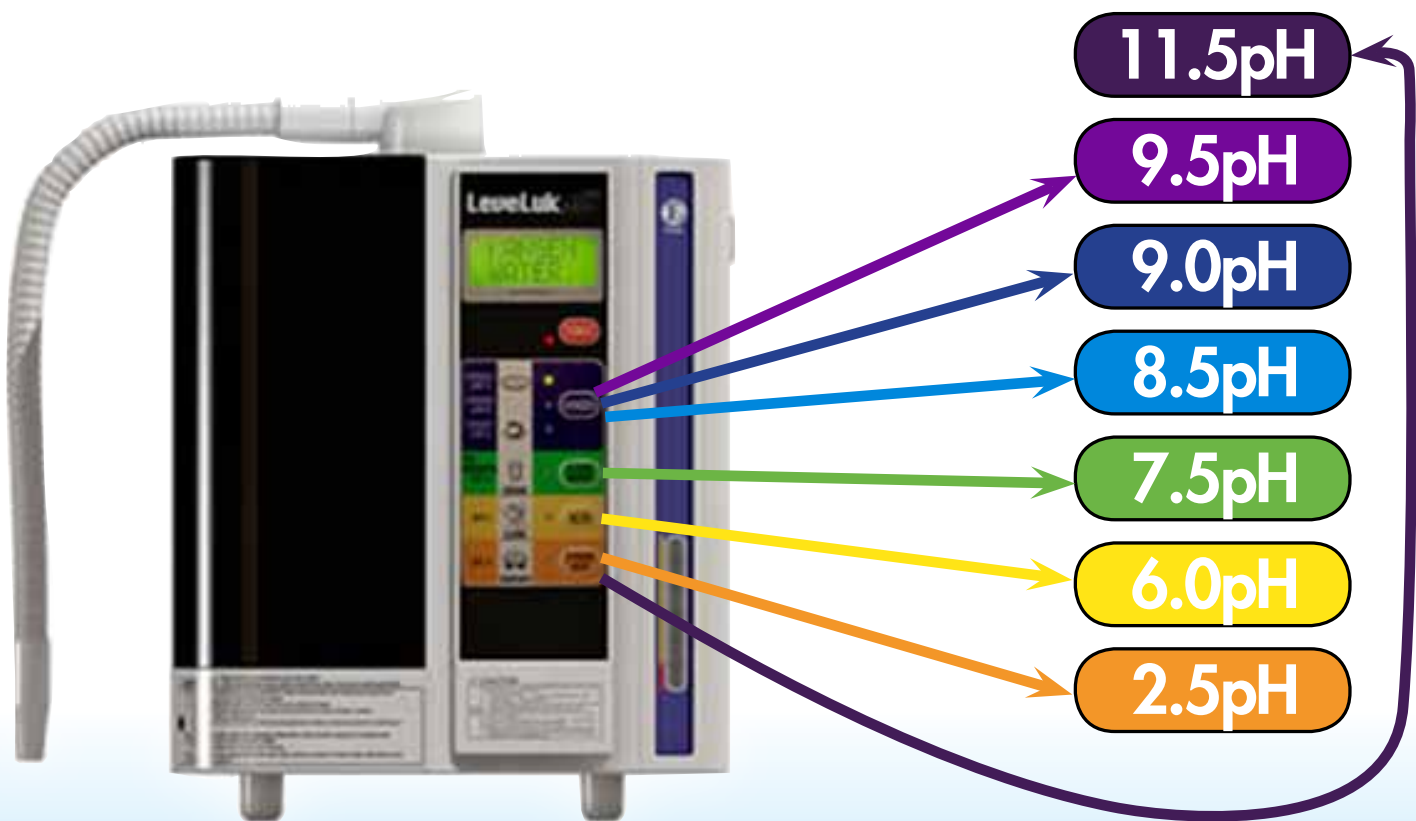


WATER THERAPIES

Compiled from information written by:
Dr. David Carpenter, Dr. Peggy Parker, Lauri Tauscher.

Produces 7 Types Of Water

4 Alkaline Waters + 2 Acidic Waters
+ 1 Neutral Water



**Change Your Water,
Change Your Life**

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CELEBRITIES WHO DRINK ALKALINE, IONIZED WATER



This document is for information purposes and is not intended to be a substitute for the advice of a doctor or a health care professional or a recommendation for any particular treatment plan. It is important that you rely on the advice of a doctor or a health care professional for your specific condition.

What is Kangen Water®?

In Japanese, the word Kangen means *“return to origin”*. If ever there was a kind of water that came close to that promise, it is Kangen Water®. It may be the nearest thing we ever find to the proverbial *“fountain of youth”*.

Kangen Water® is created from a device manufactured by Enagic Corporation. This device transforms ordinary tap water and through an electrolysis process that restructures and *“micro-clusters”* your water. This process enables the water to penetrate human and animal cells, in the same way as energized water found in nature. Enagic’s SD501 unit also ionizes water making it electron or *“energy”* rich and splits the water into acid and alkaline states.

The electrolyzed, energized and ionized waters do not maintain their special properties indefinitely. This drinking water is most effective drunk fresh from the unit, but remains effective from the initial pour up to 48 hours later. 2.5 and 11.5 pH waters last longer, up to 2 weeks. Please check the 2.5 pH water by smelling it; if it smells like chlorine, it is still effective. You can check the 11.5 pH water by using it to emulsify sesame oil; if it emulsifies the oil, it is still effective.



Time, heat, light, movement, and oxygen degrade the properties of these waters. For maximum shelf life, please store this water in a fully sealed dark container and minimize movement.

Enagic’s SD501 unit produces water with seven different pH levels:

The image shows the control panel of an Enagic SD501 water ionizer. It features a vertical column of buttons on the left, each with an icon and a label. To the right of these buttons are seven numbered callouts (1-7) pointing to specific buttons. The callouts are: 1. Drinking Kangen Water pH 9.5; 2. Drinking Kangen Water pH 9.0; 3. Drinking Kangen Water pH 8.5; 4. Clean Water pH 7.0 (this water has been filtered but has not gone through the electrolysis process); 5. Beauty Water pH 4.5 to 6.0 (not suitable for drinking); 6. Strong Alkaline Water pH 11.5 (not suitable for drinking); 7. Strong Acidic Water pH 2.5 (not suitable for drinking). The buttons on the panel include: DRINK3 pH9.5 (with a glass icon), DRINK2 pH9.0, DRINK1 pH8.5 (with a coffee cup icon), RESISTION FORMULA pH7.0 (with a water drop icon), CLEAN WATER (with a water drop icon), pH6.0 BEAUTY (with a woman's face icon), pH2.5 STRONG ACID (with a lightning bolt icon), and a POWER button at the top.

Number	Description	Notes
1	Drinking Kangen Water pH 9.5	Drinking Water
2	Drinking Kangen Water pH 9.0	
3	Drinking Kangen Water pH 8.5	
4	Clean Water pH 7.0	(this water has been filtered but has not gone through the electrolysis process)
5	Beauty Water pH 4.5 to 6.0	(not suitable for drinking)
6	Strong Alkaline Water pH 11.5	(not suitable for drinking)
7	Strong Acidic Water pH 2.5	(not suitable for drinking)

How to Drink Kangen Water®

Everyone begins by drinking water with a pH of 8.5, then progresses to pH 9.0 & pH 9.5.



Cleansing Symptoms

Occasionally people experience “cleansing” symptoms when drinking Kangen Water®. These are typically caused by the body releasing stored toxins and acidic wastes. If you experience any symptoms such as headaches, skin eruptions, loose bowels, nausea, metallic taste, flu symptoms, fatigue, etc. when you start drinking Kangen Water®, 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, you can return to the pH setting where you did not experience the symptoms and increase the amount of water you consume until these symptoms stop. Everybody finds their own drinking preference with this water. There is no prize for getting to the pH 9.5 level faster than someone else!



Alkaline Kangen Water® is obtained by pushing the purple button at front of unit. Multiple pushes will move through three different levels of alkaline drinking water. These are waters dispensed through a flexible hose which is situated on TOP of the unit.

To get desired results, drink half your body weight in ounces of Kangen Water® per day. **Example: if you weigh 150 lb (10.71 Stone), you will want to drink 75 oz (just over half a gallon - 2.2 litres) of Kangen Water® every day.**

If you are involved in physically demanding work, if you exercise strenuously, or if you have health issues, you need to drink a lot more Kangen Water®. For those with serious health challenges or those who have hit a plateau in their healing process, **drinking one ounce of Kangen Water® per pound of body weight per day is where the miracles happen according to Dr. David Carpenter.**



Drink water with a pH of 8.5 on your first week. At this point, if you are not experiencing any cleansing symptoms, you can begin to drink water with a pH of 9.0. After two weeks at pH 9.0 level, you can begin to drink water with a pH of 9.5, provided that you do not experience any cleansing symptoms. If you experience symptoms of cleansing, return to the previous pH level and increase the amount of water you drink to flush the toxins.

The best time to drink Kangen Water® has proven to be upon waking. After 6-8 hours of rest, your body needs water to aid hydration. Water first thing in the morning will hydrate your digestive system and cleanse organs before you eat breakfast; if you drink a glass of Kangen Water® when you get up, the water will have moved out of your stomach before you eat. Your body is "cleaning" and "repairing" while you are resting. A good quart (liter) of Kangen Water® first thing in the morning helps clean out all the toxins your body is ready to discard, before they can be reabsorbed and your body has work to get rid of them again.



Drinking micro-clustered Kangen Water® 15 - 20 minutes before a meal supports the production of hydrochloric acid for better assimilation of nutrients. It also provides water necessary for digestion and alkaline minerals to buffer acidic waste products sent to your blood. **It is best not to drink water with a meal, but if you must, drink water with a neutral pH (pH 7.0). Alkaline water will neutralize the acids required for digestion. Even neutral water will do this to a certain extent; this is why drinking with meals is not recommended. Wait at least 30 minutes to 1 hour following each meal before you drink more water; this allows food to leave your stomach.**

Another time to drink Kangen Water® is when you drink alcoholic beverages or soft drinks. These drinks are so acidic that it takes a great deal of alkaline water to balance acid **(32 glasses at a pH of 9.5 to recover from every soft drink)**. For many years alkaline water has been known as a hangover cure in Japan. When alkaline water is consumed following alcoholic beverages, alkalinity neutralizes excess acids while electrons neutralize free radicals. Alcoholic drinks are acidic and dehydrating. Drinking Kangen Water® is 6 times more hydrating than tap water, prevents the dehydration that manifests as a hangover; thus hangovers are either reduced or eliminated. One way to include alkaline water with other beverages is to make ice cubes from Kangen Water®.

Other than the above recommendations, drink water throughout your day. A good idea, have a glass of water by your desk or wherever you spend your time. This reminds you to keep drinking Kangen Water® during the day, staying hydrated.



Clean Water 7.0pH



Neutral water with a pH of 7.0 is obtained by pushing the green button on the Enagic unit. Clean water is dispensed through the top flexible hose. This water has been run through the filter portion of the system but has NOT gone through the electrolysis process. Use clean water for taking pharmaceutical (prescription) medicines. These medicines are designed to be time released; the majority of the medication should NOT be absorbed by your body, but rather (urinated out).

Therefore do NOT take medications with micro-clustered water as medication will be taken rapidly to the cellular level of the body, making medication hyper-effective. When taking pharmaceutical medications, discontinue drinking Kangen Water® 15-20 minutes prior to taking your medication. Use clean water to take prescriptions, and wait at least 30 minutes after medication before drinking Kangen Water®. Use clean water when preparing baby formulas. Finally, use clean water if you must drink water with a meal (drinking any water with a meal is NOT recommended).

Beauty Water 6.0pH



Enagic's beauty Water is a mildly acidic water with a pH 6.0 that is made by pushing the yellow button on unit. Beauty water is dispensed from the top flexible hose. Alternately, it can be collected while making alkaline Kangen drinking water; when you push the blue Kangen Water® button and the alkaline drinking water is coming out of the top flexible hose, you can collect Beauty Water from the grey secondary hose that runs from the bottom part of the unit).

Beauty water can be used frequently as a spray throughout your day, frequently used for best results. While internally your body is healthiest if it is alkaline, your skin pH is ideally around pH 6.0. Beauty Water makes your skin feel soft and moisturised like you have used lotions or oils; it makes your skin feel hydrated. When used instead of a conditioner after shampoo, it tightens your scalp, reduces tangles and brings a radiant shine to your hair. In fact, many users report significant hair re-growth.



Beauty Water is astringent and oxidative, making it beneficial for the overall health and beauty of your skin and hair. The results of using it are similar to those of expensive toners from exclusive department stores and beauty salons. It tightens, softens, and provides an environment for healing which is excellent for many common skin conditions.

For some users, Beauty Water has eliminated a vast spectrum of facial blemishes.

Warning: We strongly advise for you not to run hot water through the unit; if you do so, the unit will issue a warning.

Should you require warm Beauty Water, we recommend slowly heating it on a stove/cooker to the desired safe temperature. Collect in a bowl or in a spray bottle and massage or spray over your body after a bath or shower. Your skin can feel tight and dry after showering; using Beauty Water in this way leaves your skin hydrated and feeling like you have used lotion. It also closes all your pores. For men, it's great to use as a toner after shaving - leaving your skin soft and feeling good.



Mix Beauty Water with essential oils, spray on skin to hydrate, reduce lines & wrinkles, even skin tone and produce younger, healthier skin. Spray it on, splash it on, soak in it, get it on your skin when you want to have the best looking skin around!

Other uses of Beauty Water:

Add it to your bath water to keep the tub free of rings as it warms the body and keeps your skin beautiful!

Use it for cleaning eyeglasses, mirrors, glass objects, knife sharpeners – it leaves no streaks or residue!

Groom pets with it– it makes their fur soft and shiny.



Beauty Water can be used to treat:

- Eczema • Psoriasis • Acne • Athletes foot • Nail fungus • Insect bites/stings
- Rashes (also relief from the itching of measles and chicken pox) • Sun burn
- Cold sores/Canker sores • Nappy rash • Dry skin • Burns • Minor cuts and scrapes



Strong Acidic Water 2.5pH

pH 2.5

6

7

STRONG ACID

Strong Acidic Water, pH 2.5, is made by pushing the orange button on the bottom of your Enagic unit. **Note: you must add the Electrolysis Enhancer Solution (saline water) to the electrolysis enhancer container (on the right side of the unit behind the removable panel) in order to produce Strong Acidic and Strong Alkaline Waters.** Collect strong acid water out of the secondary hose (the grey hose that runs from the bottom of the unit). Test to make sure your unit is properly producing pH 2.5 acidic water by using the pH drops provided – strong acid water turns orange with pH drops added. pH 2.5 water has a distinct chlorine like smell. Do not be alarmed, there is no chlorine bleach per se in the pH 2.5 acid water. It is sometimes referred to as hypochlorous acid water and has very special properties as described in the following pages.



Enagic's electrolyse solution is used only for making 11.5pH and 2.5pH waters and are not for drinking. No other ionizer produces 11.5 and 2.5pH water that Enagic's medical devices produces, no matter what they claim. These waters are very powerful cleaning, disinfecting and therapeutic solutions.

Enagic's electrolysis solution is the same as common saline drops for your eye which also says do not drink.

Ingredients:

- Processed water
- Sodium chloride
- Sodium hypochlorite

Sodium chloride, also known as common salt, table salt, or halite, is an ionic compound with the formula NaCl. Sodium chloride is salt, most responsible for the salinity of our oceans and of the extracellular fluid of many multicellular organisms. As the major ingredient in edible salt, it is commonly used as a condiment and food preservative.

Sodium Hypochlorite

This is a stabilizer that prevents bacteria from growing in salt water. You will also find it in eye solutions.

Enagic electrolysis Solution

Eye Drops



There is more Sodium Hypochlorite in your tap water or bottled water than in Enagic's electrolysis solution.

2.5 pH Strong Acidic Water has very potent anti-microbial properties. It has an oxidation/reduction potential (ORP) of greater than +1,100mV. While the alkaline portion of the water gains electrons, the acidic portion loses electrons. This creates a solution with a highly positive ORP measurement, becoming a free radical water far greater than conventional tap water.

Remember the function of free radicals in your body, is to strip electrons from other molecules: they are capable of rapidly destroying bacteria, fungus, and viral pathogens. Strong acidic water is a proven anti-bacterial, anti-microbial, and antifungal for use on skin, foods, plants, countertops, etc. In Japan it has been used as a disinfectant in hospitals and restaurants for many years.

Strong Acid Water was approved for use disinfecting food products in the United States in June 2002, in accordance with food hygiene law, under the name **hypochlorous acid water**.

2.5pH Strong Acidic Water is used in Japan to kill bacteria in gangrenous tissue. 11.5pH Strong Alkaline Water is then used to reduce inflammation caused by free radical damage.

Soaking or wrapping nail fungus, athlete's foot, and similar conditions in pH 2.5 Strong Acidic Water will speed resolution of external microbial infections.

2.5pH Strong Acidic Water is wonderful to use on minor cuts and scrapes to prevent infection. It also helps to stop bleeding and to control pain. It has been observed that cuts literally stop bleeding when sprayed or soaked in pH 2.5 strong acid water.



“A woman suffering from eczema had open fissures all over her body with blood and pus running out. She soaked towels in pH 2.5 acid water and wrapped her body in them 30 minutes later, when she took the towels off, the fissures were all closed. She then followed the same process using pH 11.5 water; this removed the redness/itching/burning sensation she had endured for months”
- (Dr Carpenter).

Strong Acidic Water works as a mouthwash and gargle to kill bacteria in the mouth and throat that cause dental infections, sore throat (strep throat), bad breath, and cavities. Brush teeth and gargle for 1 minute to kill the bacteria that causes gingivitis. 2.5pH water can be used to disinfect toothbrushes. It also provides a gentle, safe bleaching of the teeth. (Rinse your mouth with neutral or alkaline water when you are finished.) People have been known to eliminate strep throat within hours by using pH 2.5 acid water in the throat.



"2.5pH water eliminates cold sores, canker sores, and eye sties. It has been used for pink eye and the condition was eliminated within hours. It was used for a parasitic eye infection that had resisted antibiotic and other conventional treatments for three years, three days of pH 2.5 acid water and the parasitic eye infection was gone. A gentleman got a chemical in his eye at work that caused pain and blurred his eyesight to the point where he was unable to see. He was in this condition for a week under medical treatment with no relief. When pH 2.5 acid water was sprayed in his eye the pain and blurriness were gone 30 minutes later" - (Dr Carpenter).



Use pH 2.5 acid water to stop the itching of insect bites.

2.5pH acidic water is widely used in hospitals and restaurants to reduce the spread of infection, to disinfect medical equipment, for cleaning, and as a hand wash. You can carry it in a spray bottle and use it as a hand sanitizer all day, to prevent the spread of infections and cross contamination. It can be used on door knobs and light switches - all high traffic areas where infections can generally spread.



Besides being a great antibacterial wash (one of the best there is because it contains no toxic substances or antibiotics), pH 2.5 acidic water is great to have around the kitchen and in the bathroom. It works well to disinfect countertops and cutting boards. It is also a wonderful aid to cleaning. It cleans coffee and tea stains from cups. The natural acidity of the water helps to remove hard water deposits on glass and ceramic surfaces. It also prevents mold from growing and can eliminate some molds.





2.5 pH acid water kills slugs, mosquitoes, flies, ants, fleas and spiders. Many of these are exoskeletal and Kangen Water® drowns them rapidly because of its micro-clustering properties. 2.5 pH acid water will also oxidize pests causing death. People have seen pH 2.5 water kill small spider infestations on a plant. Spray pH 2.5 water on your pets regularly to reduce/eliminate flea infestations.

Other uses of Strong Acid Water

Removes stains from clothes without removing color & safely bleaches white clothes. Clean and disinfect baby toys, high chairs and diaper changing area.



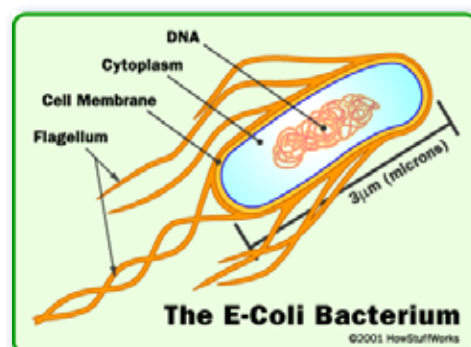
Use 2.5 acid water to kill microbial bacteria on produce and meats - eliminates the possibility of e-coli or other illness caused by bacterial growth on food.

Eliminate odors such as cat urine.

Water acid loving plants 3 times during the growing season to produce vigorous growth & more blossom

This water has been tested at universities in the United States and Japan and has been noted to eliminate:

- E-coli
- Salmonella
- Tuberculosis
- Staph
- MRSA (antibiotic resistant staph)
- Many other bacteria, funguses and viruses



Strong Alkaline Kangen Water®



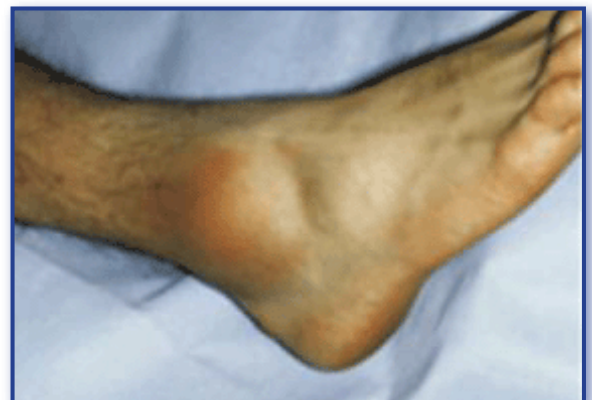
Strong Alkaline Kangen Water® (pH 11.5) is produced simultaneously with Strong Acidic Water (pH 2.5). Collect pH 11.5 water from the flexible hose on top of unit. This water is highly alkaline and, strongly micro-clustered; a potent cleaning agent that can be used in place of detergents and cleansers, a powerful grease cutting agent. After cleaning surfaces with pH 11.5 water, spray the surface with pH 2.5 acid water as an anti-microbial.



11.5 pH Strong Alkaline Water has an oxidation/reduction potential (ORP) of -700mV - 850mV. This stops free radicals in their tracks and reduces inflammation rapidly. If you have arthritis or another inflammatory condition, soaking or wrapping with Strong Alkaline Water can be extremely helpful. Dr. Carpenter has seen this in his office on a number of occasions. He once wrapped a painful and severely inflamed knee with a hand towel soaked in Strong Alkaline Water. The woman's swollen knee, which had been inflamed for over a month and was nearly double the size of the other, returned to normal size in just two hours.



"As an anti-inflammatory, pH 11.5 water also relieves strains, sprains, sore muscles, any condition where there is pain due to inflammation. A gentleman broke his ankle badly with heavy inflammation. The hospital wrapped and splinted the ankle, having the gentleman return three days later for surgery. At home, the gentleman soaked the ankle in pH 11.5 water, reducing the inflammation (and pain) by half within 30 minutes. By the morning of the surgery there was no swelling; most of the bruising was gone with very slight discoloration directly over the worst break. The surgery was scheduled to take three hours and took only 45 minutes. The surgeon said the brevity was due to the lack of inflammation, which was totally unexpected by the surgeon based on the patient's condition three days prior. The bone also healed in about half the expected time as the patient drinks Kangen Water®". - Dr Carpenter.



Use pH 11.5 water to pull toxins from bee stings, insect bites, spider bites. Lauri Tauscher had a friend who was allergic to bee stings get stung by a bee. They stuck her finger in a glass of pH 11.5 water for several minutes and it was like it had never happened - no hospital visit required.

On a smaller but no less significant scale, Strong Alkaline Water may reduce inflammation and redness of acne, eczema, and psoriasis. Where outbreaks are sore and irritated, Dr. Carpenter recommends a quick spray of the pH 2.5 Strong Acidic Water to neutralize any bacteria that may be present. When that has completely dried, apply a cloth soaked in pH 11.5 Strong Alkaline Water. Leave it on for 5-15 minutes; follow with Beauty Water. Dr. Carpenter has seen large pimples literally disappear within hours when dabbed with Strong Alkaline Water.

Wrap sunburned areas in a cloth soaked in Strong Alkaline Water and leave for 15-20 minutes. Follow with Beauty water and let dry. This works any burns that do not require hospitalization. Lauri Tauscher saw pictures of a gentleman's hand a few minutes after it had been burned by boiling paraffin wax and oil. There was a huge blister. He treated it with pH 11.5 Strong Alkaline Water which removed the pain and healed the hand within a week with no scarring.

Use pH 11.5 water (or the pH 8.5-9.5 waters) for mixing dyes for clothing, eggs, artwork, or for mixing paints – the colors are more vibrant and set better.

Other uses of Strong Alkaline Kangen Water®

- Clean and revitalize fruits and veggies by soaking for 20 minutes
- Soak dried beans and peas for 1 hour to speed up cooking
- Soak nuts, seeds or grains for 1 hour to speed up sprouting
- Add 1 Tbs to salad dressings to keep oil emulsified
- Soak fish or chicken for 10-15 min.
- Enhances flavors when used to steam or blanch vegetables
- Clean greasy messes
- Soak clothes with grease spots
- Disperses fats and proteins from cutting boards, knives and countertops
- Removes stubborn toilet bowl stains
- Mix with essential oil as a refreshing linen spray
- Add 1 liter (2 quarts) to each load of laundry to re-place laundry detergent
- Use to emulsify oils for making soaps and lotions
- Accelerates seed germination
- Soak your feet for 20 minutes one or more times each week to aid your body's detoxification process.



Note: Strong Alkaline Kangen Water® is also best kept in a dark bottle in the refrigerator.

Specific Uses and Therapies of the Various Waters

Acne



Remember all skin conditions are evidence of toxins our bodies are unable to eliminate using the normal route (via the liver and kidneys). Drinking Kangen Water® may eventually clear up the problem from the inside out. Meanwhile there are different ways to use pH 11.5 water externally on acne, depending on the type and severity. Please note none of these will harm you, so if one method does not yield the results you desire, try an alternative method.

Should inflammation and infection appear (outbreaks that are sore and irritated), spray on the pH 2.5 Strong Acidic Water and let it air dry. When completely dry, apply a cloth soaked in pH 11.5 Strong Alkaline Water to desired area for at least five minutes. Dry area, then spray on Beauty Water (pH 4.5 – pH 6.0) and allow it to dry. Repeat this procedure at least twice per day.

Where inflammation or infection is not evident, use Beauty Water on target area. For best results drink half your body weight in ounces of Kangen Water® per day.

Example: if you weigh 150 lb (10.71 Stone), you will want to drink 75 oz (just over half a gallon - 2.2 litres) of Kangen Water® every day.

Psoriasis and Eczema

Apply same procedures as outlined for acne. Most people receive great results just using Beauty Water 3-6 times per day.

Drinking Kangen Water® is also very important.



Cuts and scrapes



Anytime skin has been torn, use pH 2.5 Strong Acid Water at least once a day. This helps our immune systems deal with the micro-organisms like bacteria, viruses, etc... that may gain entry into the body through a breach in skin. Soak wound or graze in Beauty Water (it may be easier to soak a cloth and apply to the area) for at least 3 minutes and allow to air dry. This helps tighten pores and alleviates pain.

It may also help to stop bleeding and control pain. Most people have stopped bleeding by spraying or soaking in Strong Acid Water. Drinking Kangen Water® is also very important.

Sunburns

If sunburn does not require medical treatment, spray with pH 11.5 Strong Alkaline Water or soak a cloth in this water and hold on sunburned area. Once this has dried, spray on Beauty Water and allow to air dry. **Drinking Kangen Water® is also very important.**

Moles, warts, etc.

For abnormalities on your skin please use Strong Acidic Water pH 2.5. Soak a gauze pad in 2.5 water and apply to target area using a bandage. Change bandage at least once per day. It has been found to take from 30-60 days to see results. **Drinking Kangen Water® is also very important.**



Sore Throats

Gargle with pH 2.5 acidic water 3-4 times per day. For children finding it difficult to gargle, spray pH 2.5 acidic water to throat area (10 pumps) 3-4 times per day. 2.5 pH water will not harm them should they swallow it. Typically children report the discomfort is gone within minutes. Follow gargling with pH 2.5 strong acid water with rinsing alkaline drinking water so your mouth is not left acidic. **Drinking Kangen Water® is also very important.**

Oral Hygiene

Use pH 2.5 Strong Acidic Water to swish and gargle as a mouthwash. A high +ORP of 2.5pH waters had been shown to destroy bacteria and other organisms with exposure times of less than a minute. Tooth decay and bad breath are caused by acid producing bacteria that break down the foods in your mouth. Some people brush their teeth with pH 2.5 acid water and claim it leaves their teeth whiter. In Japan numerous documented studies show that pH 2.5 water eliminates periodontal disease and many other infections of the mouth. Follow gargling with pH 2.5 strong acid water and rinse with alkaline drinking water so your mouth is not left acidic. **Drinking Kangen Water® is also very important.**

Plants

Water plants with Kangen Water®. The micro-clustering allows water to be more easily absorbed by plants. Plants grow larger root balls and become larger, healthier and more vibrant. Produce from plants watered with Kangen Water® is sweeter and contains more nutrients. In Japan this water is used commercially to improve agriculture.



The type of water used depends on the plant and the soil. Different kinds of plants prefer different kinds of water. Look up the plants you are interested in to determine if they prefer acid or alkaline water. For instance, blueberry bushes and roses prefer Beauty Water, which is slightly acidic.

Use Beauty Water or Drinking Water for cut flowers (depending on type of flower) and they can last two weeks or more.

Food preparation and cooking with Kangen Water®

Years of working with ionized water have taught the Japanese many ways to use both the acidic and the alkaline waters. There are numerous benefits in the kitchen beginning with food preparation.

Soaking meat and vegetables in Strong Alkaline Kangen Water® (pH 11.5) removes bitter tastes from vegetables and gamey flavors from meats and fish. Use pH 9.5 water if pH 11.5 water is not available.

Restaurants using Kangen Waters in meal preparation find their patrons raving about the wonderful flavors of their foods, even commenting on that they must have new sources or a new cook, when all, the only change is using the Kangen Waters.



Soak or spray fruits and vegetables and meats in Strong Acidic Water (pH 2.5) for 2-3 minutes; stir the water to work it into rough textured produce like broccoli, lettuces, etc. This kills microbes that may be on produce (like e-coli). Then soak produce in Strong Alkaline Kangen Water® (pH 11.5) for at least 5 minutes to clean the produce, remove herbicides and pesticides, enhance shelf life and flavor. Soaking fruits and vegetables for 5-10 minutes in Strong Alkaline Kangen Water® leaves water cloudy and often discolored, depending on the amount and kind of chemicals in the food. Produce treated in this manner will last a lot longer, remaining fresh and crunchy. You have eliminated bacteria that cause produce to decay.

2.5 pH Strong Acidic Water kills microbes on food and preparation surfaces within seconds. Use it as a spray for vegetables and fruits before soaking in pH 11.5 Strong Alkaline Kangen Water®. Some fruits and vegetables contain vibrant colors. Washing in acidic water (either Beauty Water pH 6.0 or Strong Acidic Water pH 2.5) will help to retain their natural colors when cooked. These foods will look much more appetising.

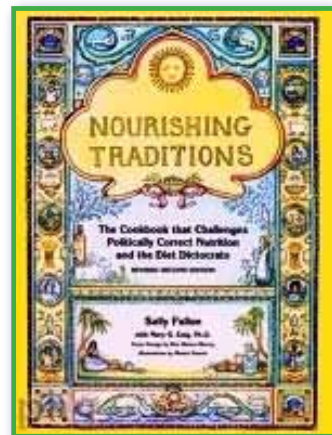
Some fruits and vegetables such as cherries, plums, grapes, strawberries, cabbage, eggplants, soy beans, and asparagus contain anthocyanins and are best cooked or washed in the Beauty Water.

When it comes to cooking, alkaline water (pH 8.5 to 9.5) reduces cooking time by 25 to 30% which is good for the environment and saves you money. Steamed vegetables retain more of their natural flavor and color. Stocks and soups made with Kangen Water® are more flavorful. The micro-clustering properties of Kangen Water® allows it to pull more nutrients out of bones and into stock making stock more nutritious and nutrient dense.

Using Kangen Water® when cooking lowers boiling point of water, again saving you time, energy and money.

Blanch green vegetables in pH 8.5-9.5 Kangen Water® to preserve vibrant colors and enhance flavor.

8.5-9.5 or even 11.5 pH waters can be used to soak beans, nuts, or seeds and they will sprout in an amazingly short period of time. Beauty water can also be used for soaking as the cookbook “Nourishing Traditions” by Sally Fallon points out, these foods should always be soaked in a warm, slightly acidic environment before cooking and eating.



Pastas and rice can be cooked in Beauty water as they cook faster, taste better, and are fluffier.

Use Beauty Water in the batter for fried foods as they will be crispier, remain crispy longer, and be less oily.



Boil eggs in Beauty Water they will not leak if they crack and they will peel more easily.

Spray vegetables with Beauty Water prior to freezing as they will maintain more color and flavor.

Use Beauty Water to remove stains from tea cups and tea pots – soak for up to 24 hours.

Use pH 11.5 water to emulsify oils when making salad dressings or mayonnaise, or soaps and lotions. Mix pH 11.5 water with essential oils to spray on skin, fabrics, anywhere.

When alkaline water is used to make coffee and teas, they retain their full taste without being bitter. Coffee made with tap water is typically a pH of 4. When made with Kangen Water® 9.5, the coffee pH will be closer to 6, making it 100X less acidic when made with tap water. Herbal teas that have health enhancing properties will have those properties magnified by the micro-clustering aspect of Kangen Water®.

Be prepared to have people asking you what you are doing to your food to make it taste so much better!

When you are interested in learning more on how they use this water technology in restaurants to enhance the quality and taste of their food along with saving money on not having any outlay on chemical based cleaning products to clean their kitchen and restaurants please ask to view the following DVD called “The Secret Sauce”.



Laundry

Put 1-2 liters (1-2 quarts) of Strong Alkaline Water (pH 11.5) in your washing machine with no soap and wash just as you would with soap. Clothes come out cleaner and brighter than with detergents **and for people with chemical sensitivities there are no side effects.** For those who are sensitive to detergents, this is the ultimate solution. There is also no soap residue left in the clothes which means clothes don't wear out so quickly. So your clothes will last longer!



Use Beauty Water in the rinse cycle of your washing machine – softens cloths.

- Soak grease stains in pH 11.5 water to help remove them
- Soak dish towels in pH 2.5 acid water to disinfect them.
- Use pH 11.5 water to soak out coffee stains, blood stains, or other stains in clothes. pH 2.5 water will also remove many stains – like raspberry stains on a light colored dress – but does not affect the color of the dress!

Cleaning



- For hardwood, ceramic tiles, windows, eyeglasses – use Beauty Water.
- For stains on carpets – use pH 11.5 water – it has been known to remove blood, red wine, beet juice, enchilada sauce etc. Use it in a carpet cleaner with no soap – it has been known to remove stains that have stumped professionals. Soap residue in carpets attracts dirt and causes the carpets to get dirty faster. With pH 11.5 water there is NO soap residue!
- Eliminate many toxic cleaners - the natural acidity in Strong Acidic Water and Beauty Water will remove hard water deposits and bring sparkle to kitchen/ bathroom fixtures.
- Let tough deposits sit overnight in acidic water. When cleaning glass, acidic water is a near miracle. Use it as you would use any other glass cleaner.
- 2.5 pH acid water removes hard water stains on chrome, windows, and ceramic fixtures.
- Strong Alkaline water is a potent cleaning agent replacing many detergents. It is a powerful grease-cutting agent. Use it on stoves, ovens, pots and pans, it's also very good for coffee stains.
- Strong Alkaline water is excellent for removing dirt and grime from hardwood floors. Leaving no soap buildup and no slip and slide on the soap residue on the floor.
- Use 11.5 pH water for cleaning tools – removes greasy grime.

How Much Money Are You Spending???

Over 15 Years



€2/Day/Person =

€10,080

**Environmental
Hazard**

For the Whole
FAMILY



€5/Day/Family =

€25,200

Over 15 Years



.73 cents =

€3,697

Eco Friendly

**Here's How To Save You
Money
With Zero Impact On Our Environment.**

When you apply 11.5pH & 2.5pH waters you remove 99% of your house hold cleaning products which means you have an eco friendly home free from harmful toxic chemicals which results in saving **you money.**



TESTIMONIAL

Carmel Moran Testimonial From Ballyroan Portlaoise With The Enagic SD501 Water Ionizer



My name is Carmel Moran from Ballyroan Portlaoise and I am married with 4 children.

I invested in my own Enagic SD501 water ionizer as I was amazed at the results which I experienced when drinking and using the different types of water. Our family are all benefiting from this machine and the results we are continually noticing are amazing. These are just a few health conditions that some members are no longer suffering from in a very short period of time, Acne, Rosacea, Fluid retention, tiredness, IBS and Arthritic pains just to mention a few. We have even witnessed amazing results with our pets and other people's pets using the water.

In regards to saving money my house hold bill was €154.22 per month, now greatly reduced by €125.00. My ESB bill is not as high as the food cooks faster and also tastes better by using the Kangen water. I now never use washing powder, vanish or fabric conditioner as I use the 11.5pH water for steeping and washing the clothes and the beauty water as fabric conditioner.

I see the Leveluk SD 501 as a health and financial investment and I feel very grateful for being introduced to this water technology. I felt I needed to share my own personal story with people as this has the power to change peoples lives both from a health point of view along with saving people money on a monthly basis.

I have laid out for you below the savings which this water technology has provided for my entire family.

Monthly shopping has been reduced as a result of removing the following:

Vanish €9.79 replaced by 2.5pH Water
Washing Powder - Persil €25 replaced by 11.5pH Water
Comfort 5 Litre - €8.79 replaced by 6.0pH Water
Bleach - €4 replaced by 11.5pH Water
Cif - €2.69 replaced by 11.5pH Water
Washing Up Liquid - €2.69 replaced by 11.5pH Water
Oven Spray - €5.35 replaced by 11.5pH Water
Floor Cleaner - €2.95 replaced by 11.5pH Water
Multi Purpose 1 Litre - €3.49 replaced by 2.5pH Water
Lavender Echo Cleaner 1Litre - €4.30 replaced by 11.5pH Water
Wooden Floor Cleaner 1Litre - €5.89 replaced by 11.5pH Water
Dettol Disinfectant 75ml - €4.39 replaced by 2.5pH Water
Domestos Bleach for Toilet - €3.71 replaced by 2.5pH Water



Total = €83.04

Monthly Shopping is also saving us money as we have eliminated the following:

Drinks
Bottled Water, 7Up, Coke at €4.50 x4 - €18
Midwi 1Litre - €1.99 All Replaced By Drinking Kangen Water
Total = €19.99

After shave
Toner Nivea 200mls - €4.43
Atrixo Hand Cream 200mls - €5.85
Night Cream Garnier 50mls - €8.99
Day Cream Loreal Dermo 50ml - €18.17
Gillette Moisturising Lotion 75ml - €6.76
All Replaced By Applying Beauty Water pH 6.0
Total = €44.20

Dog Shampoo/Flea product - €6.99
Replaced by using Beauty Water pH 6.0



Total Saving = €154.22

Total = €71.18

TESTIMONIAL



My name is Jason Dooley. I own and operate a gym in Carlow town. My testimonial primarily relates to the weight loss aspect of Kangen Water®. I had always had a body fat percentage of around 20 even though I kept a reasonable diet. I work out most days but mainly weight lifting; I never really took to doing cardio.

In my first few weeks on the 8.5 pH and 9.0 pH Kangen Water® I dropped two percentage points but when I started drinking the 9.5 pH Kangen Water® it really stepped up a gear. In five weeks I dropped another four points, right down to 14.5, the lowest possibly I have ever been.

We now have a Kangen machine in the gym and it saves us around 140 euros a month on cleaning products. My whole family and half my gym are now drinking Kangen Water®; I don't know how we ever managed without it.

Saving You Money Testimonial



My name is Aileen O'Reilly, I am the Director of Treehouse Childcare, my own business that I set up in 2005. I operate 3 childcare centres in Dublin where we cater for 52 children in each centre between the ages of 3 months and 6 years.

I purchased the Leveluk SD 501 water ionizer technology for my home in February 2011. I was so excited about all its uses and benefits. I was convinced that it would prove to be a financial benefit to my childcare business. To put it to the test I bought another Leveluk SD 501 for my business in Clonsilla, where it has been so useful I was able to eliminate all chemicals from our premises and now I am very proud to say that Kangen Water® is a fundamental part of my business.

We cook all meals from fresh ingredients each day with Kangen Water® which has helped us to reduce cooking time. We use the water to clean the fruit and vegetables and to enhance the flavour of the food we serve the children. Children drink the 8.5pH water. In some cases where children have eczema with the parents' permission we use the 11.5pH water to spray on the child's skin to moisturise their skin and stop the itching. This works a treat!

Within 1 month of using this water technology we no longer needed to use the expensive chemicals we purchased each month. My cleaning bill of €805 per month was reduced to €290 per month as I only now buy paper products and soap.

These are the chemicals we used:

- Milton – now replaced by 2.5pH Acidic Water.
- Lemon-gel floor cleaner – now replaced with 11.5pH Kangen Water®.
- Dettol Spray – now replaced by 2.5pH Acidic Water.
- Klear window cleaner – now replaced with 11.5pH Kangen Water® which makes our windows sparkle!
- Toilet duck – now replaced with 2.5pH Acidic Water – this sterilises the toilet and lifts stains.
- Hand sanitizer/moisturiser – with our team constantly washing their hands, the beauty water setting (6.0pH) moisturises their hands where there is no longer a need for hand sanitizer (2.5pH Acidic Water) or moisturiser. We simply use spray bottles in each room. The most fascinating thing about this is the longer the water is in the bottles the more potent it becomes!

All of the children's' equipment from the wooden shelves to the toys, to our laundry detergent needs are facilitated by our Kangen Water® which comes from the Leveluk SD 501 water technology. These savings proved that the technology has paid for itself in a matter of months and going forward it has saved the business expensive monthly cleaning invoices. Not only that but we are a chemical free business and our childcare centre is a much healthier place. We are more environmentally friendly as we are chemical free and have reduced our waste significantly.

The business case was proved by this water technology in our Clonsilla childcare centre so to encompass the theory we branched out to our other two centres to apply the same methods which has made us very proud and financially savvy in this current economic climate. I can only highly recommend this for any home or business who is looking to become more eco friendly, save money and provide a better quality water for their clients and family.

Enagic manufactures the world's most durable water ionizers [ISO & medical certifications prove this]. In fact, Enagic's Leveluk Series is the only line of water ionizers that are approved for medical use in Japanese hospitals to date.

However, consumers are often misled by internet "copies" who use colourful design and "spin" to sell inferior products.

These companies market their defaults as assets.

When you are ready to learn more about what other companies are not telling you please view the following DVD to fully understand why this company and water ionizer are the gold standard within this industry.



You can also request to view our full overview booklet called: "What They Are Not Telling You".



Or view the following website: www.wtanty.com for more information.

For more information online please view the following websites:

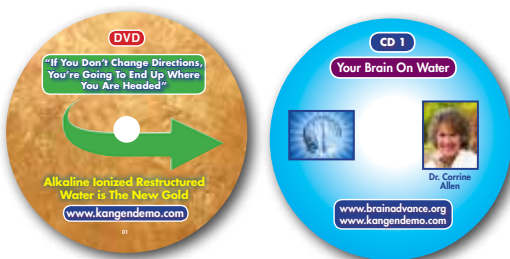
Demonstration Website:
www.kangendemo.com

www.enagic.com
USA



www.enagic.de/en
EUROPE

Please feel free to ask for our detailed DVD & CD.



When you are ready to learn more please get back in contact with the person who shared this information with you.