

KANGEN WATER

change your water—
change your life !!!

Some Beneficial Uses of Kangen Water

Strong Kangen—11.0 & up

Beneficial Attributes:

Emulsifies oil on contact

Extracts Nutrients effectively

Highest—ORP Values

- Cleans and revitalizes fruits and veggies by soaking for 20 minutes
- Soak dried beans and peas for 1 hour to speed up sprouting and 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 minutes
- Drink small amounts 45 minutes before a meal to enhance digestion
- Enhances flavour when used to steam or blanch vegetables
- Cleans Greasy messes
- Soak Clothes with grease spots
- Use in place of soap
- Disperses fats and proteins from cutting boards, knives, and countertops
- Removes stubborn toilet bowl stains
- Mix with essential oil as a refreshing linen spray
- Lowers boiling point
- Use to emulsify oils for making soaps and lotions
- Use to dye dark coloured clothing
- Accelerates seed germination

Drinking Water —pH 8.5 to 9.5

Beneficial Attributes:

Revitalizes tissues

Promotes pH Balance

High—ORP Values

- Drink 3 to 6 liters of water per day
- Brew Coffee and tea to improve flavour, colour, and nutritive values
- Rinse beans, peas, nuts, seeds & grains when sprouting to increase germination and speed the sprouting process
- Use as cooking liquid for potatoes, grains, dried beans or peas, and pasta to increase flavour and alkalinity
- Use as the 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 expand fresh appearance

Beauty Water —pH 4.0 to 6.5

Beneficial Attributes:

pH similar to rain water

Tones Skin

Softens hair & adds Shine

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

- Spray on to soothe rashes
- Bathe pets for more lustrous coats
- Water indoor or outdoor plants for vigorous growth

Strong Acid —pH 2.7 and lower

Beneficial Attributes:

Hydrochloric acid water

Disinfects on contact

Removes stains, not colour

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

To Determine how much water your body needs to be hydrated, divide your body weight in half and convert that number of ounces, i.e. a person weighing 150 pounds would need to drink a minimum of 75 ounces of water per day to be appropriately hydrated at a minimum. To obtain therapeutic results: => drink 1 litre of water by an addition of 40% => drink 1 litre at a time to increase the "flushing effect" - the first upon arising, another mid morning, and another mid afternoon. Sip the remaining throughout the day.