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6 8 U S E S O F  
**KANGEN WATER**



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# Getting Started.

It is recommended that everyone who chooses to drink Kangen Water starts by drinking the 8.5 pH water. The Kangen water is obtained by pressing the blue button on the front of the machine. Multiple presses will move you through the three different levels of Kangen water that are produced.

This water is dispensed through the top flexible hose. Drink at least 1/2 of your body weight in ounces each day. If you do physically demanding work, participate in strenuous athletics, or are dealing with sickness/inflammation, you need to drink more Kangen water to help your body move towards & achieve homeostasis.

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ion.

In these situations, it's recommended that you drink at least 3/4 of your body weight per day. It is my observation that those who drink a minimum of 3/4 of their body weight in oz. of Kangen water per day, see the quickest results.



# WITH Kangen Water.

After successfully drinking the suggested amount of 8.5 pH water for two weeks ("successfully" means you are not experiencing any discomfort while drinking the water - other than the frequency of urination), then you may choose to increase the water pH level up to the 9.0 pH setting each day for at least two more weeks.

After successfully drinking the suggested amount of the 9.0 pH water (again meaning that you are not experiencing any discomfort while drinking the water other than frequent urination), then you may choose to increase the water up to the 9.5 pH setting.



# 11.5 pH STRONG KANGEN WATER

**1. A GOOD NIGHT'S SLEEP:** Drink 0.5-1 ounce of Strong Kangen Water (11.5 pH) before bed to help release melatonin for a great night's sleep.

**2. EYE WASH:** Rinse eyes with an eye cup. After removing the eye cup from its packaging, soak it in Strong Acid Water (pH 2.5) for 1-2 minutes to clean and disinfect. Then rinse the eye cup thoroughly with Strong Kangen Water (pH 11.5). Place cup firmly around one eye, keeping your eye open, tilt your head back and gently roll your eye as though you were attempting to look up, down, and from side to side. Continue this for approximately 1 minute. Dispose of the water in the eye cup and rinse the eye cup thoroughly with Strong Acid Water before rinsing other eye. Repeat steps for your other eye. To maintain healthy eyes, follow this protocol 1-3 times per week. When working to improve any eye condition, follow this protocol at least 2 times daily and up to 10 times per day.

**3. GREASE IN EYE:** Spray 11.5 as needed to soothe and heal eye.

**4. MAKE UP REMOVER:** Spray on eyes to dissolve and remove make up.

**5. PUFFY EYES:** Spray onto eyes to reduce puffiness.

**6. HOT BATH SOAK:** Use one gallon of 11.5 added right at the end of filling the tub to replace epsom salts or any other remedy. This works even better if you have the Anespa from Enagic.

# 11.5 pH

## STRONG KONATNINGUEEND WATER

**7. ALLERGIES, COLD SYMPTOMS, SNORING:** Use as a nasal wash when sinuses are clogged. Due to reduction in inflammation of nasal passages this technique can also reduce snoring.

**8. SUNBURN, PAIN, BUG BITES, SWELLING:** Spray or soak areas with a towel that's been soaked in 11.5 and keep wet by adding small amounts of 11.5 to the towel for a minimum of 30 minutes (best if it's one hour) twice a day.

**9. HEART BURN, INDIGESTION, FOOD POISONING, STOMACH FLU:** Drink 1/4 Cup fresh 11,5 immediately followed by 25 ounces of 9.5, then do not eat or drink anything for 45 minutes. Repeat the next day only if necessary.

**10. ARTHRITIS, GOUT, MUSCLE SORENESS OR TISSUE INJURIES:** Since high alkalinity draws out acids, you can soak in 11.5 to "pull out" acids associated with inflammation, injury, and pain.

**11. HANGOVERS & MIGRAINES:** Before drinking, or as soon as you feel a migraine coming on, drink several ounces.

**12. CHEMOTHERAPY:** Drinking the water with chemotherapy may lessen the side effects because it reverses metabolic acidosis and has antioxidant properties. Put 11.5 on the skin twice daily for burns from chemo.

**13. STROKE:** Drink as much as able if you feel a stroke coming on to provide potent alkalinity to overcome severe acidosis causing the stroke.

**14. FRUITS & VEGGIES:** Soak for a minimum of 5 minutes to clean off pesticides.

**15. ICE CUBES:** To help off-set acidic drinks.

**16. RICE, BEANS, LEGUMES:** Soak for 5-10 minutes and rinse clean with low flow 9.5.

**17. BUG SPRAY REPELLENT:** Spray on generously and often to repel insects.

**18. LAUNDRY SOAP:** Use 1-2 quarts per load in place of laundry soap.

# 11.5 pH

## STRONG KANGEN WATER

**19. STAINS ON CLOTHES, RUGS, CARPETS:** Use as a degreaser for any type of cleaning. Clean oil-based stains by soaking the area and letting sit for 10 to 20 minutes. Then, blot out of carpets and wash clothes/rugs in the laundry machine if needed.

**20. CLEAN OVEN, CLOGGED SINK & TUBS, REPLACE 409 CLEANERS & DRANO:** Clean with a scratch pad. Kangen water replaces 409 cleaner when dissolving grease and grime in kitchen. Use instead of Drano or other chemicals for clogged sinks and bathtubs.

**21. POLISH SILVER:** Soak and polish.

**22. PAINT THINNER:** After using oil base paints, use Kangen water to clean up.

**23. "GOO GONE:"** Use to remove greasy, gooey, gummy, sticky problems.



# 2.5 pH

## STRONG ACIDIC WATER

**24. KILL ALL MICROBES:** Pre-rinse all fruits, vegetables, and meat and let sit for one minute before soaking in 11.5. This will kill all microbes. Will also kill MRSA and infections.

**25. DISINFECTING:** Use for disinfecting anything.

**26. ANTI-BACTERIAL SOAP:** Use in place of anti-bacterial soap.

**27. HARD WATER SPOTS & RUST:** Clean hard water spots off of chrome and rust off of metal.

**28. FACIAL LIFTING & TIGHTENING:** Spray face and neck (not eyes) and rub skin upward until dry. Finish with Beauty Water to tone skin.

**29. BRUSH & GARGLE, RESOLVE PERIODONTAL DISEASE & THRUSH, PREVENT ROOT CANALS:** Wait one minute and then rinse with 9.5 water for 30 seconds to restore the natural pH. This procedure will prevent or resolve periodontal disease & thrush, & avoid root canals.

**30. VOMITING:** To stop vomiting take 1-2 Tbsp.

**31. OPEN WOUNDS, BURNS, INFECTIONS, STOP BLEEDING, KILLS CANDIDA:** Kills bacteria and pathogens. Use on cuts/scrapes to help stop bleeding. Clean twice daily until healed. Do not use any other ointments as they only attract microbes by keeping the area moist and sticky.



# 2.5 pH

## CSOTNRTOINNUGE DACIDIC WATER

**32. INFECTED SINUSES:** Spray in nose 2x/day for 2 days. Wait 2 minutes, then flush with 11.5.

**33. NAIL FUNGUS:** Spray twice a day or soak.

**34. PINK EYE:** Spray infected eye several times thru the day and will clear up.

**35. SORE THROAT, STREP THROAT, COUGH:** Gargle 3-4 times per day or put in spray bottle and spray into throat.

**36. POISON IVY:** Spray on infected area as often as needed. Will slow down itching and dry up poison ivy much quicker.

**37. FEVER BLISTERS, CANCER SORES:** Spray or gargle to stop and dry up both.

**38. MOLES & WARTS:** If you see something abnormal on your skin you may want to soak a gauze pad on a band aid with the 2.5 and apply over the area. Change the band aid at least once a day. Often this process requires 30-60 days before seeing results.

# 7.0 pH CLEAN WATER

- 39.**Clean drinking water with meals, only if necessary.
- 40.**Use for making baby formula.
- 41.** Drink with fast dissolving medication.
- 42.**Great drinking water for pets.





# 6.0 pH BEAUTY WATER

**43. FACIAL SOAP:** Clean face twice a day. Spray after cleaning.

**44. HAIR CONDITIONER:** Spray hair after showering as this conditions your hair. Try not to use conditioner of any kind as this coats the hair.

**45. TONE SKIN:** Use as final rinse in shower or bath to tone and firm skin.

**46. RASHES, DIAPER RASH:** Spray on skin to soothe and heal rashes, including diaper.

**47. PETS:** Bathe pets for more lustrous coats.

**48. PLANTS:** Water indoor and outdoor plants for vigorous growth. Can revive dying.

**49. PASTA:** Use to boil pasta.

**50. FREEZING FOOD:** Spray on foods before freezing so that foods don't lose flavor.

**51. ANTHOCYANINS:** For washing and preparing fruits and vegetables containing anthocyanins: plums, grapes, cherries, strawberries, red cabbage, eggplant, soy bean, asparagus.

**52. FABRIC SOFTENER:** Use in rinse cycle during laundry. One gallon per load.

**53. EYEGLASSES:** Clean lenses.

**54. REPLACE WINDEX:** Replace all window and mirror cleaners with Beauty Water.

**55. HARDWOOD FLOORS & CERAMIC TILE:** For polishing and housecleaning: hardwood floors, ceramic tiles, etc.

# 8.5-9.5 pH

## KANGEN WATER



**56. SOUPS:** Cook all soups with 9.5 Water.

**57. STIR FRY:** Stir fry with 9.5 to steam.

**58. COFFEE/TEA:** Make coffee and tea with 8.5 pH.

**59. WEIGHT LOSS:** Most people are so dehydrated that their thirst mechanism is so weak, making them think they're hungry when actually they're just thirsty. Drink water regularly and at least an hour or two before snacking or meal times.

**60. GREY HAIR:** Drinking kangen water often can help return original hair color.

**61. VISION:** Can improve eye vision.

**62. SPIDER VEINS:** Over time of drinking & cell repairing, spider veins can improve.

**63. AROMA THERAPY/ SPRITZER:** Put any herb like rosemary or lavender in a spray bottle filled with Kangen water, let sit for a couple of hours and use as a spritzer in your house for aroma therapy and an air freshener

**64. DRINKING WATER**





# skin condition Remedies.

## **65. ACNE:**

1. Rinse with 11.5 pH Strong Kangen Water to remove excess oils from the skin.
2. Cleanse with non-soap cleanser and 4.0-6.0 pH Mild Acidic Kangen Water.
3. With a cotton swab, dab 2.5 pH Strong Acidic Kangen Water on any active blemish/broken skin.
4. Tone with 4.0-6.0 pH Water in a glass bottle with a fine spray mister.
5. Repeat morning and bedtime.
6. Tone multiple times per day to keep skin hydrated.

## **66. ECZEMA AND PSORIASIS:**

1. Rinse with 11.5 pH Strong Kangen Water to remove excess oils from the skin.
2. Cleanse with non-soap cleanser and 4.0-6.0 pH Mild Acidic Kangen Water.
3. With a cotton swab, dab 2.5 pH Strong Acidic Kangen Water on any broken skin.
4. Tone with 5.5 pH Beauty Water in a glass bottle with a fine spray mister.
5. Tone multiple times per day to keep skin hydrated.





# skin condition Remedies.

## **67. RASHES AND BURNS:**

1. Rinse with 11.5 pH Strong Kangen Water to remove excess oils from the skin.
2. Cleanse with non-soap cleanser and 4.0-5.0 pH Mild Acidic Kangen Water.
3. With a cotton swab, dab 2.5 pH Strong Acidic Kangen Water on any broken skin.
4. Tone with 4.0-6.0 pH Mild Acidic Water in a glass bottle with a fine spray mister.
5. Repeat morning and bedtime.
6. Tone multiple times per day to keep skin hydrated.

## **68. DIAPER RASH:**

1. Cleanse with non-soap cleanser and 4.0-5.0 pH Mild Acidic Water and pat dry.
2. With a cotton swab, dab 2.5 pH Strong Acidic Water on any broken skin and let dry.
3. Hydrate the skin with 4.0-6.0 pH Mild Acidic Water in a glass bottle with a fine spray mist setting.
4. Repeat after each diaper change. Diaper rash begins with urine and feces that are too acidic. To prevent diaper rash, begin by making certain that your baby is properly hydrated. Next, replace baby wipes with a container filled with soft cloths or unbleached paper towels and Mild Acidic Water. Use to cleanse diaper area each time you change your baby. Pat dry and then apply a very fine mist to the skin. This assists in keeping the oil of the skin balanced.

