



68 USES FOR KANGEN WATER

Your manual for 'Hydrogen Rich Electrolyzed-Reduced Water

Debbie Mewes



Acne:

1. Rinse with pH 11.5 Strong Alkaline Water to remove excess oils from the skin.
2. Cleanse with non-soap cleanser and pH 4-6 Mild Acidic Water.
3. With a cotton swab dab pH 2.5 Strong Acidic Water on any active blemishes or broken skin.
4. Tone with pH 4-6 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.

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ECZEMA AND PSORIASIS:

1. Rinse with pH 11.5 Strong Alkaline Water to remove excess oils from the skin.
2. Cleanse with non-soap cleanser and pH 4-6 Mild Acidic Water.
3. With a cotton swab dab 2.5 Strong Acid Water on any broken skin.
4. Tone with 5.5 Beauty 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.



Rashes and Burns:

1. Rinse with pH 11.5 Strong Alkaline Water to remove excess oils from the skin.
2. Cleanse with non-soap cleanser and pH 4-5 Mild Acidic Water.
3. With a cotton swab dab 2.5 Strong Acid Water on any broken skin.
4. Tone with pH 4-6 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.



Diaper Rash:

1. Cleanse with non-soap cleanser and pH 4-5 Mild Acidic Water & pat dry.
2. With a cotton swab dab 2.5 Strong Acid Water on any broken skin and let dry.
3. Hydrate the skin with pH 4-6 Mild Acidic Water in a glass bottle with a fine spray mist setting.
4. Repeat after each diaper change.

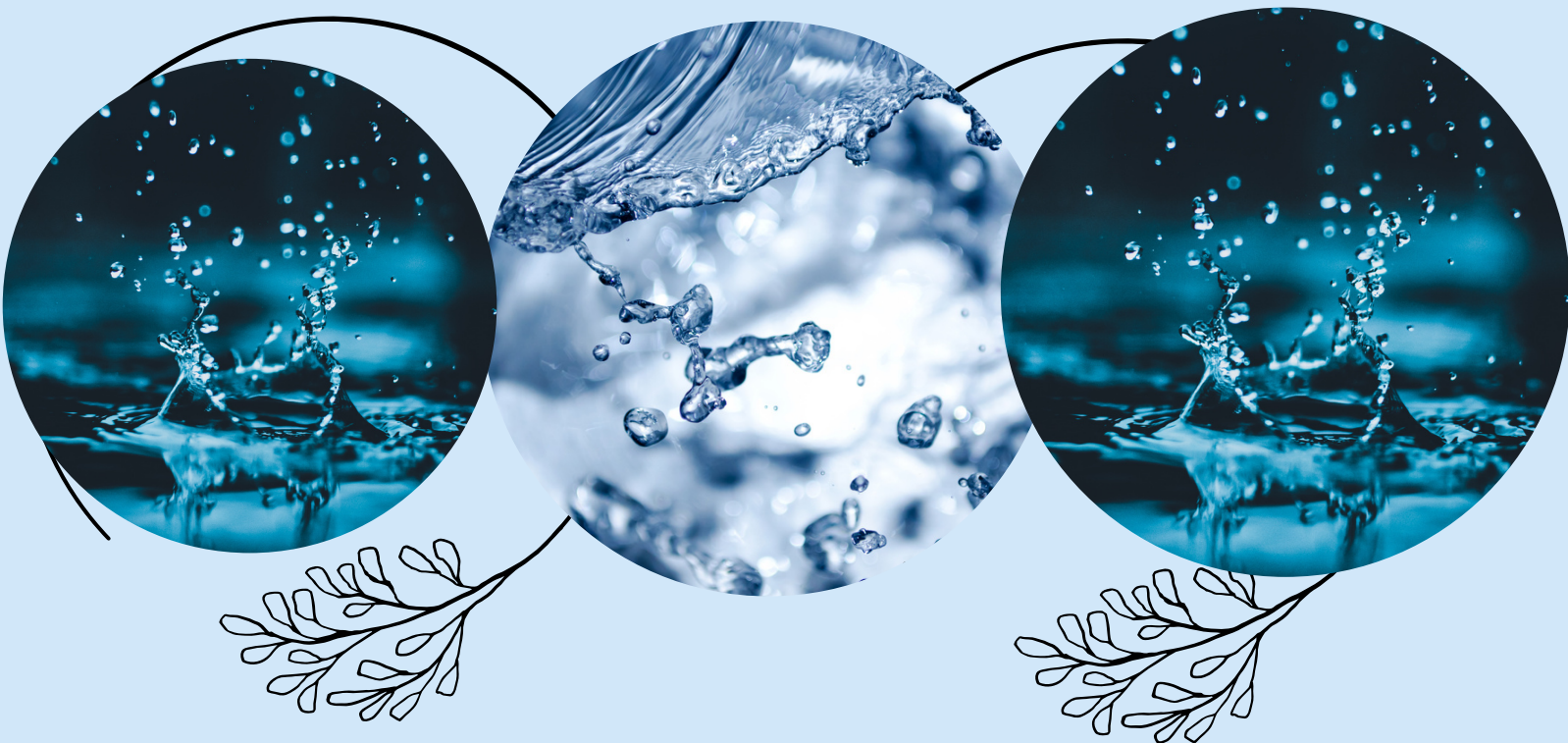
Diaper rash begins with urine and feces that are too acidic. To prevent diaper rash begin by making certain that your baby is properly hydrated with pH 8.5-9.5 Alkaline Drinking Water. Next replace baby wipes with a container filled with soft cloths or unbleached paper towels and Mild Acidic Water. Use 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 pH of the skin balanced.



Natural Deodorant::

Step Away From The Antiperspirant! Sweat is one of your body's natural methods for ridding itself of toxins, so stopping that natural function can create a serious backlash in your lymphatic system. Odors are simply bacteria thriving in the dark, damp area. So to stop the odor simply mist with pH 2.5 Strong Acid Water. If you tend to sweat a lot keep a small spray bottle in your purse or desk drawer for occasional touch ups throughout the day.

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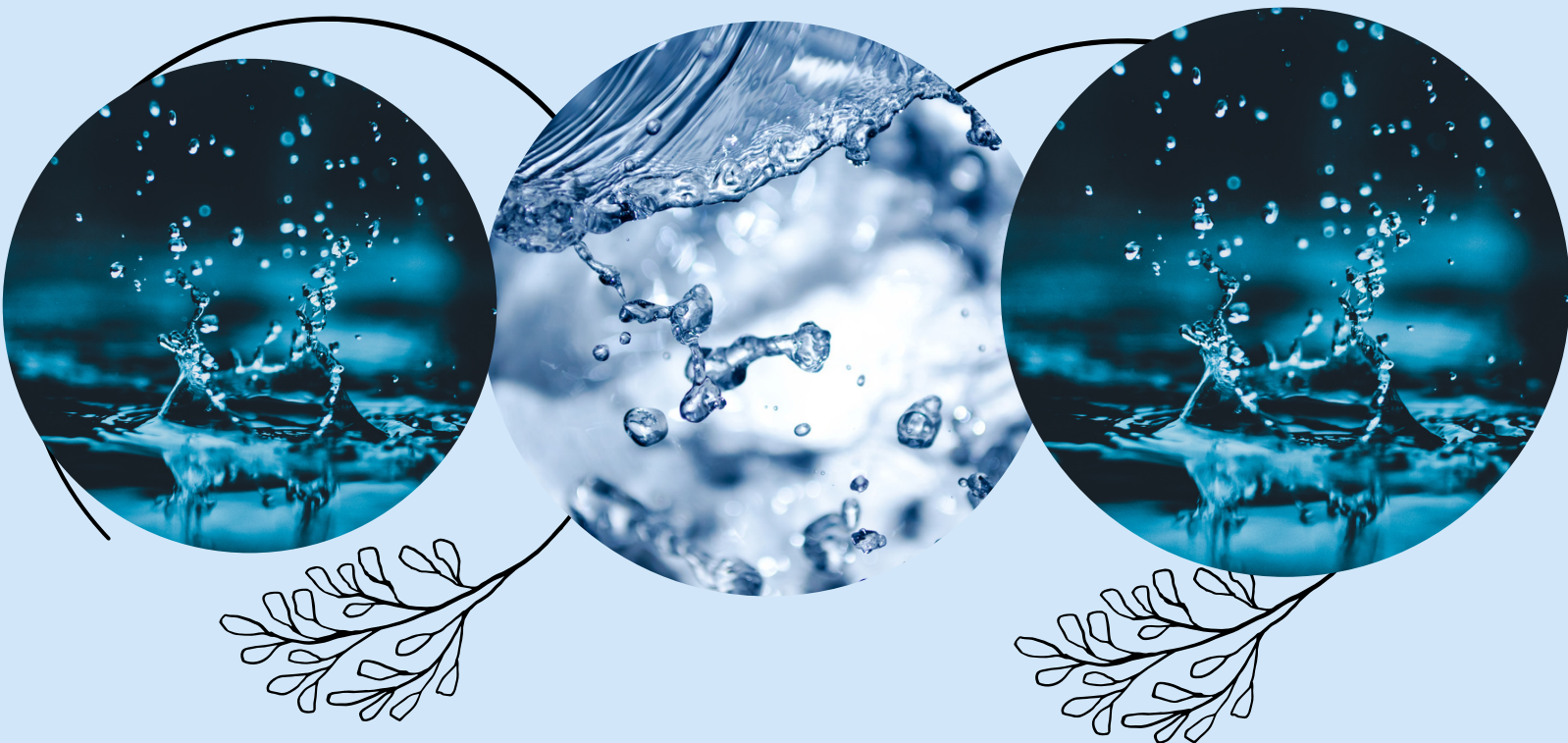
11.5 WATER STRONG KANGEN

Sleep

Drink 1/2-1 ounce of 11.5 before bedtime to help release Melatonin for a great night sleep.

Eye Wash

Rinse eyes with an eye cup. Upon removing the eye cup from its packaging, soak in Strong Acid Water (pH 2.5) for 1-2 minutes to clean and disinfect. Rinse the eye cup thoroughly with Strong Alkaline Water (pH 11.5) Fill the cup, following package directions, with Strong Alkaline 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. Now that you have completed one eye, toss the water away. Rinse the eye cup thoroughly with Strong Acid Water (pH 2.5) 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.



11.5 WATER STRONG KANGEN

Grease in Eye

Spray 11.5 as needed to soothe and heal eye.

Make Up Remover

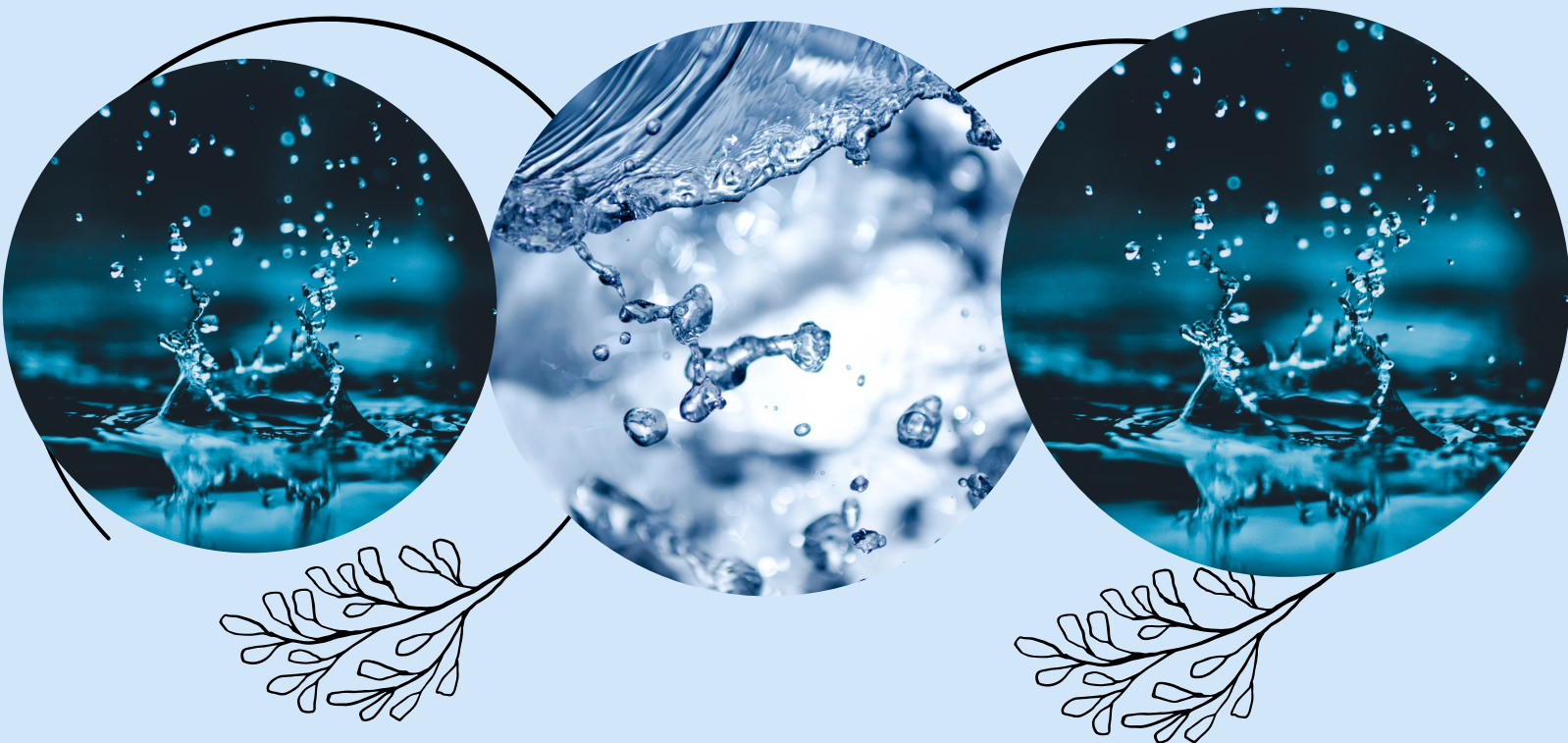
Spray on eyes to dissolve and remove make up.

Puffy Eyes

Spray on to eyes to reduce puffiness.

Hot Bath Soak

Use one gallon of 11.5 added right at the end of filling the tub. This replaces Epsom Salts or any other remedy. This works even better if you have the Anespa machine from Enagic.



11.5 WATER STRONG KANGEN

Allergies, Cold Symptoms, Snoring

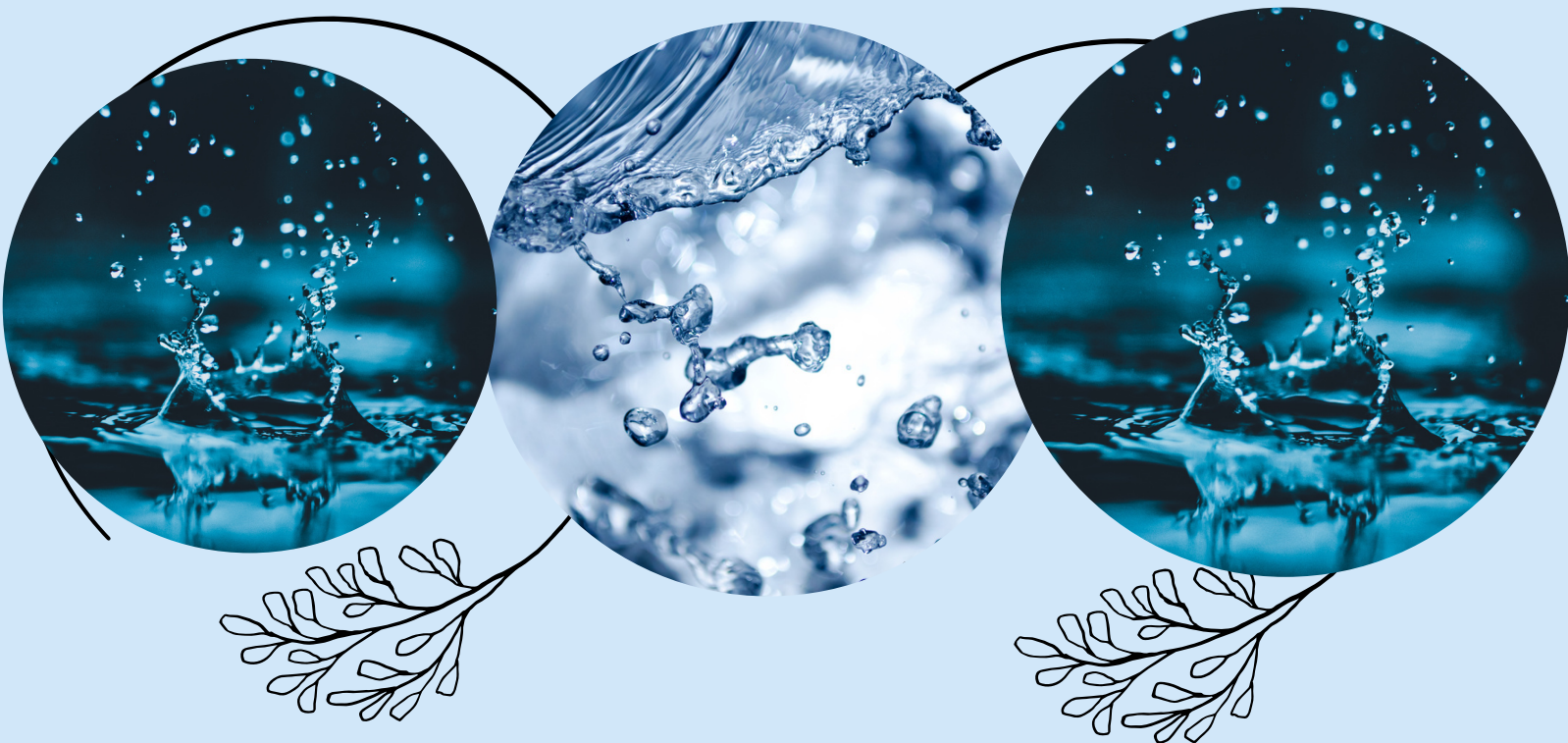
Use as a nasal wash when sinuses are plugged. Due to the reduction in inflammation of nasal passages this technique can also reduce snoring!

BUG SPRAY REPELLENT, SUNBURN, PAIN, BUG BITES, SWELLING:

Spray or soak areas with towel soaked in 11.5 and keep wet by adding small amounts of 11.5 to the towel for a minimum of 30 minutes twice a day...better if one hour twice daily.

HEAT 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.



11.5 WATER STRONG KANGEN

AARTHRTIS, GOUT, MUSCLE SORENESS OR TISSUE INJURIES:

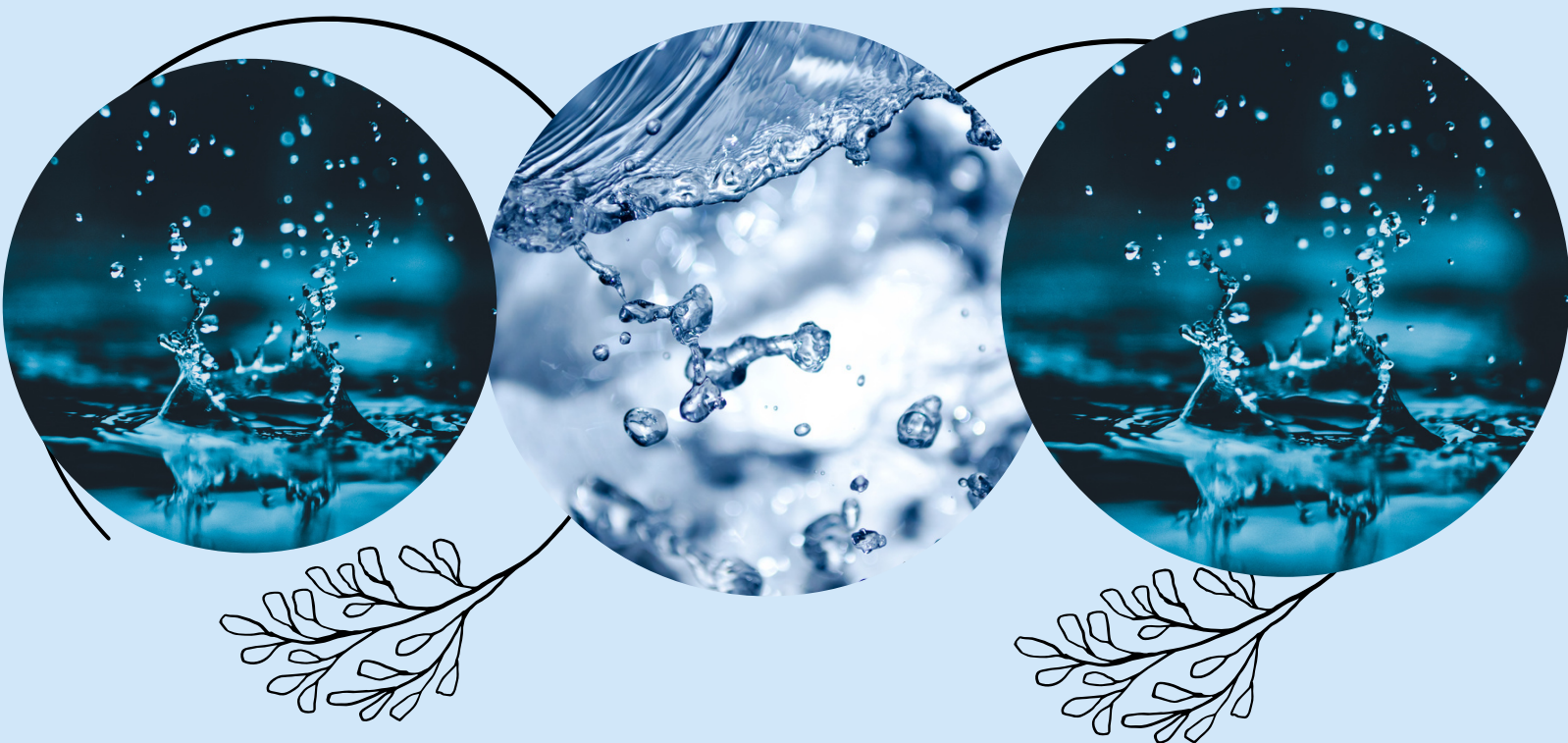
Since high alkalinity draws out acids, you can utilize 11.5 to soak in to “pull out” acids associated with inflammation, injury and pain.

HANGOVERS & MIGRAINES:

As soon as you feel a migraine coming on, drink a glass or two.. the same can prevent hang overs,

CHEMOTHERAPY

Drink the water with chemotherapy. The benefits are that side effects are lessened, it reverses metabolic acidosis, and the antioxidants are good for any point on chemo. Put 11.5 on the skin twice a day for burns from chemo.



11.5 WATER STRONG KANGEN STROKE

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

FRUITS & VEGGIES

Soak for a minimum of 5 minutes to clean off pesticides.

ICE CUBES

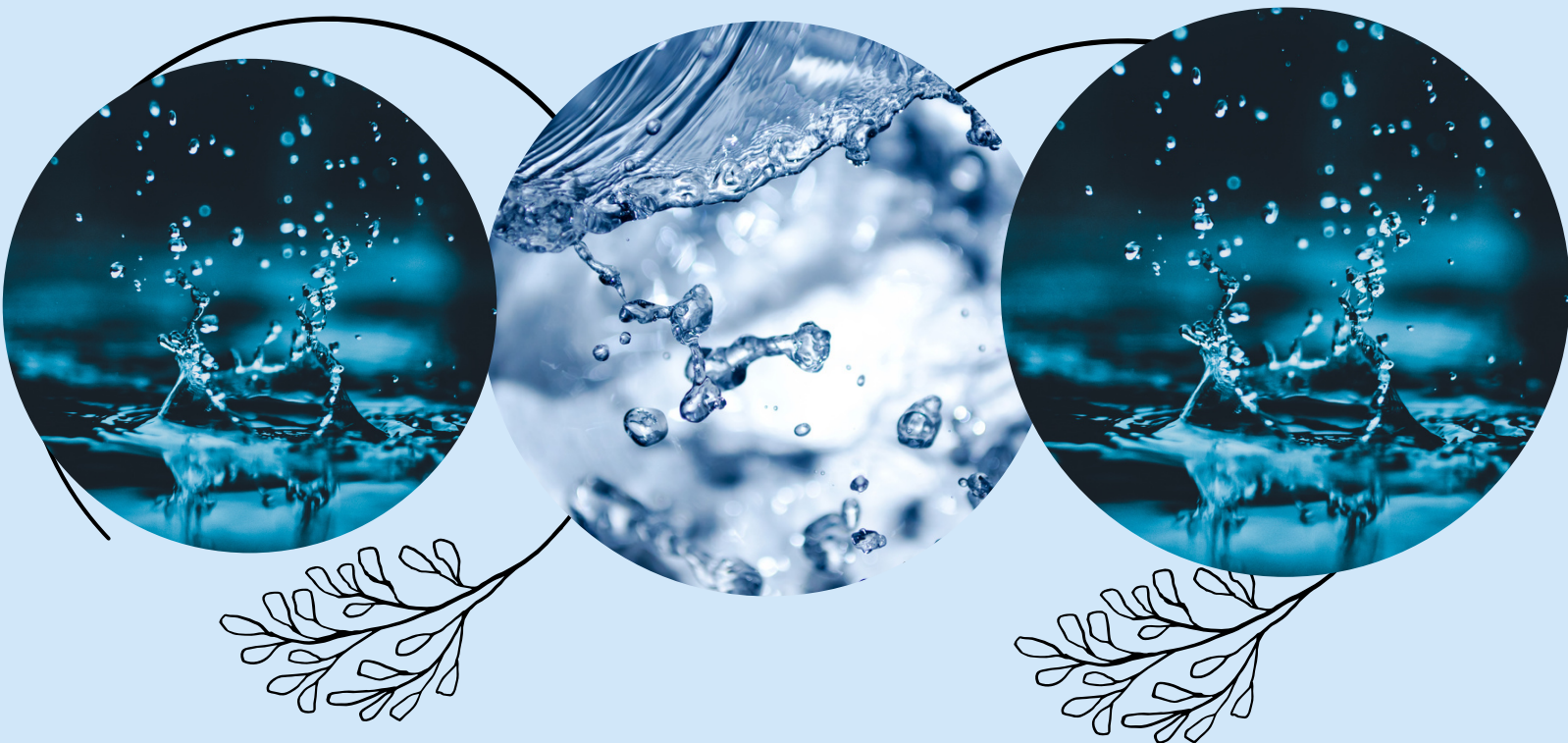
To help off-set acidic drinks.

RICE, BEAN, LEGUMES

Soak for 5 to 10 minutes and rinse clean with low flow 9.5.

PROTEINS

Soak all for 5 to 10 minutes for cleaning and tenderizing.



11.5 WATER STRONG KANGEN

LAUNDRY SOAP

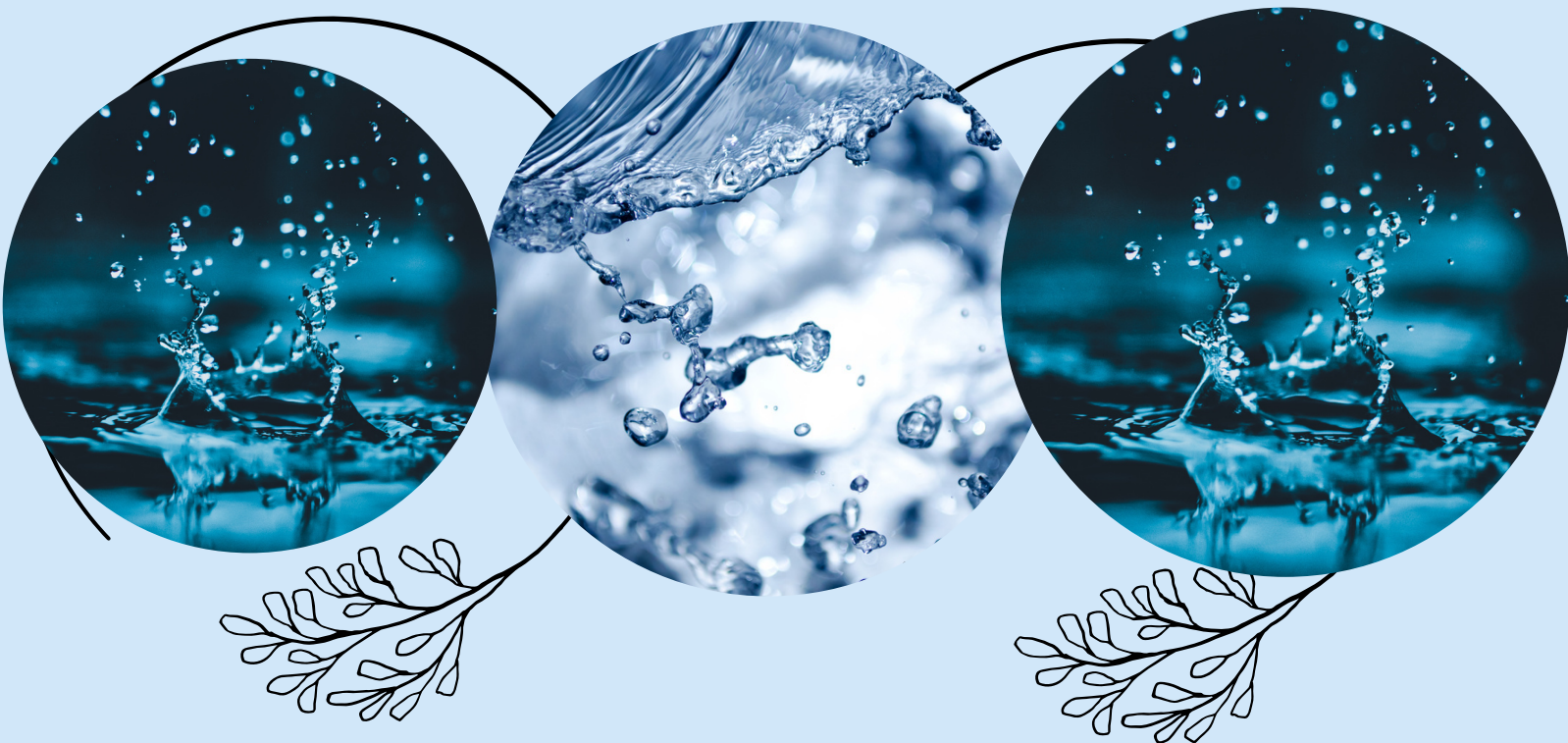
Use 1 to 2 quarts per load in place of laundry soap. Works beautifully for greasy smells like Fast-food Restaurant work clothes.

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 and then blot out of carpets and wash if laundry stain as mentioned in step 17.

CLEAN OVEN, CLOGGED SINKS & TUBS

Clean with a scratch pad. Replaces 409 cleaner when dissolving grease and grime in kitchen. Use instead of Drano or other chemicals for clogged sinks and bathtubs.



11.5 WATER STRONG KANGEN

POLISH SILVER

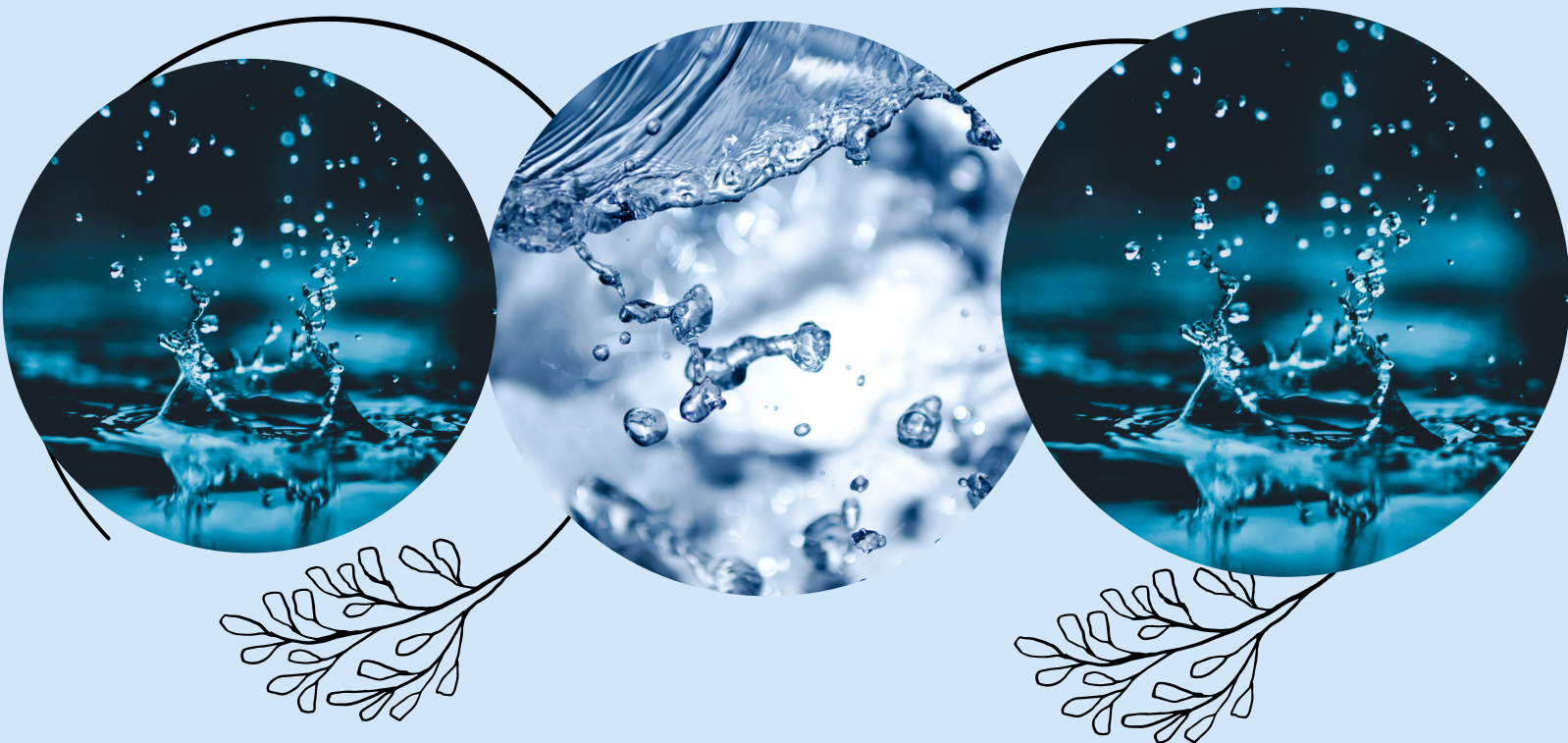
Soak and polish.

PAINT THINNER

After using oil base paints, use to clean up.

USE INSTEAD OF “GOO GONE

Removes greasy, gooey, gummy, sticky problems.



2.5 WATER: STRONG ACID

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 kill MRSA and infections.

DISINFECTING

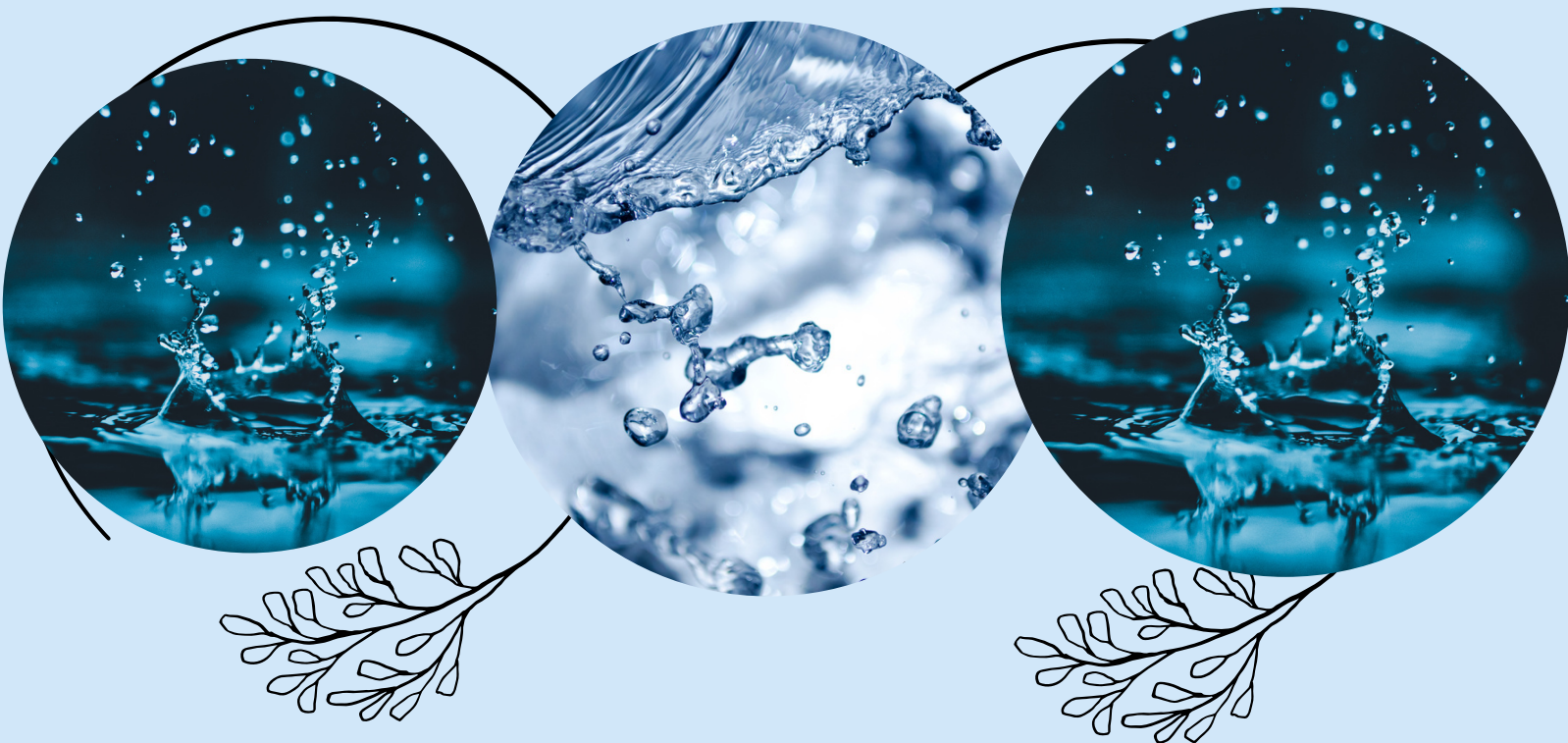
Use for disinfecting anything.

ANTI-BACTERIAL SOAP

Use in place of anti-bacterial soap.

HARD WATER SPOTS & RUST

Clean hard water spots off of chrome and rust off of metal.



2.5 WATER: STRONG ACID

FACIAL LIFTING & TIGHTENING

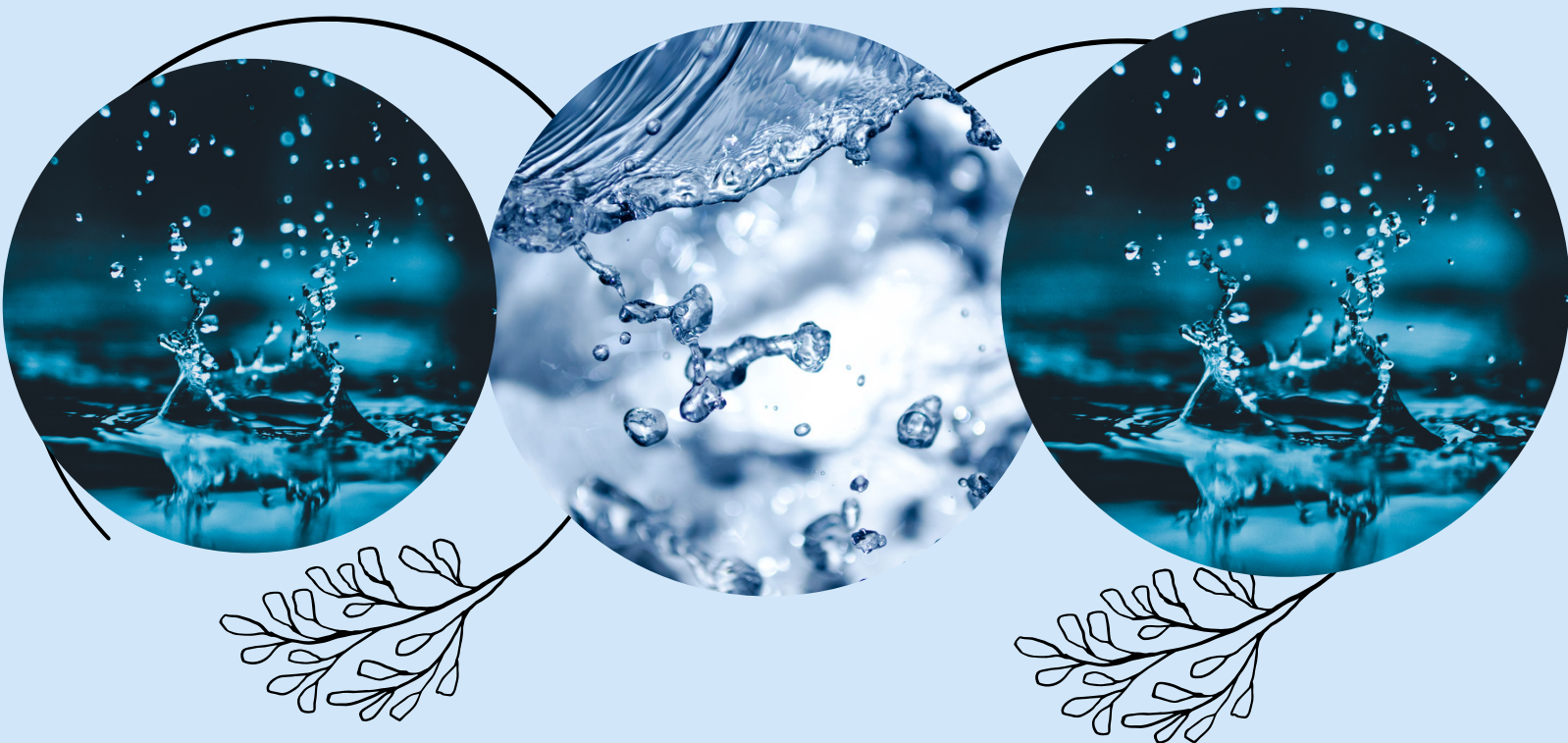
Spray face and neck (not eyes) and rub skin upward until dry. Finish with Beauty Water to tone skin.

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.

VOMITING

To stop vomiting take 1-2 Tbsp.



2.5 WATER: STRONG ACID

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.

INFECTED SINUSES

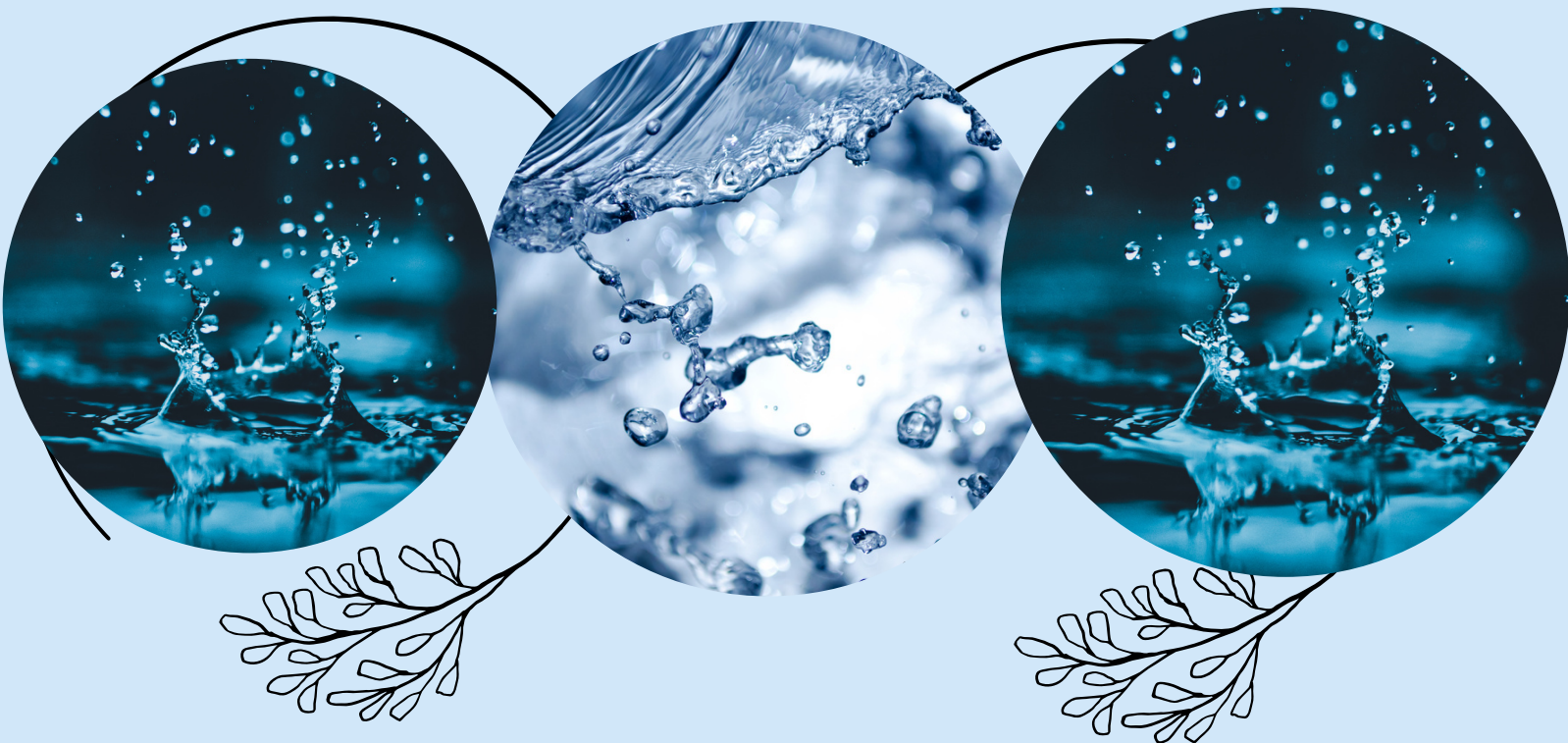
Spray in nose 2x/day for 2 days. Wait 2 minutes, then flush with 11.5.

NAIL FUNGUS

Spray twice a day or soak.

PINK EYE

Spray infected eye several times thru the day and will clear up.



2.5 WATER: STRONG ACID

SORE THROAT, STREP THROAT, COUGH

Gargle 3-4 times per day or put in spray bottle and spray into throat.

POISON IVY

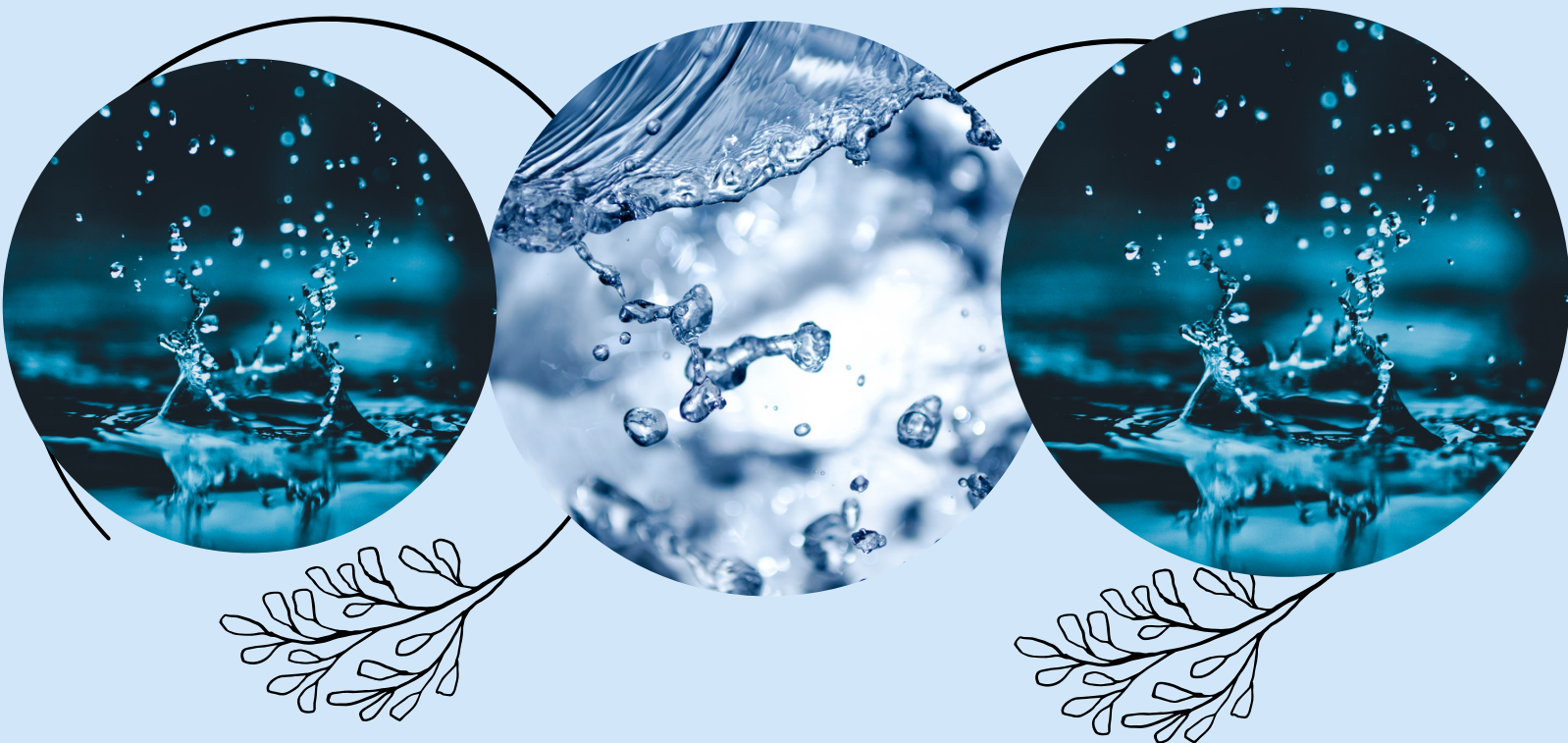
Spray on infected area as often as needed. Will slow down itching and dry up poison ivy much quicker.

FEVER BLISTERS, CANKER SORES

Spray or gargle to stop and dry up both.

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.

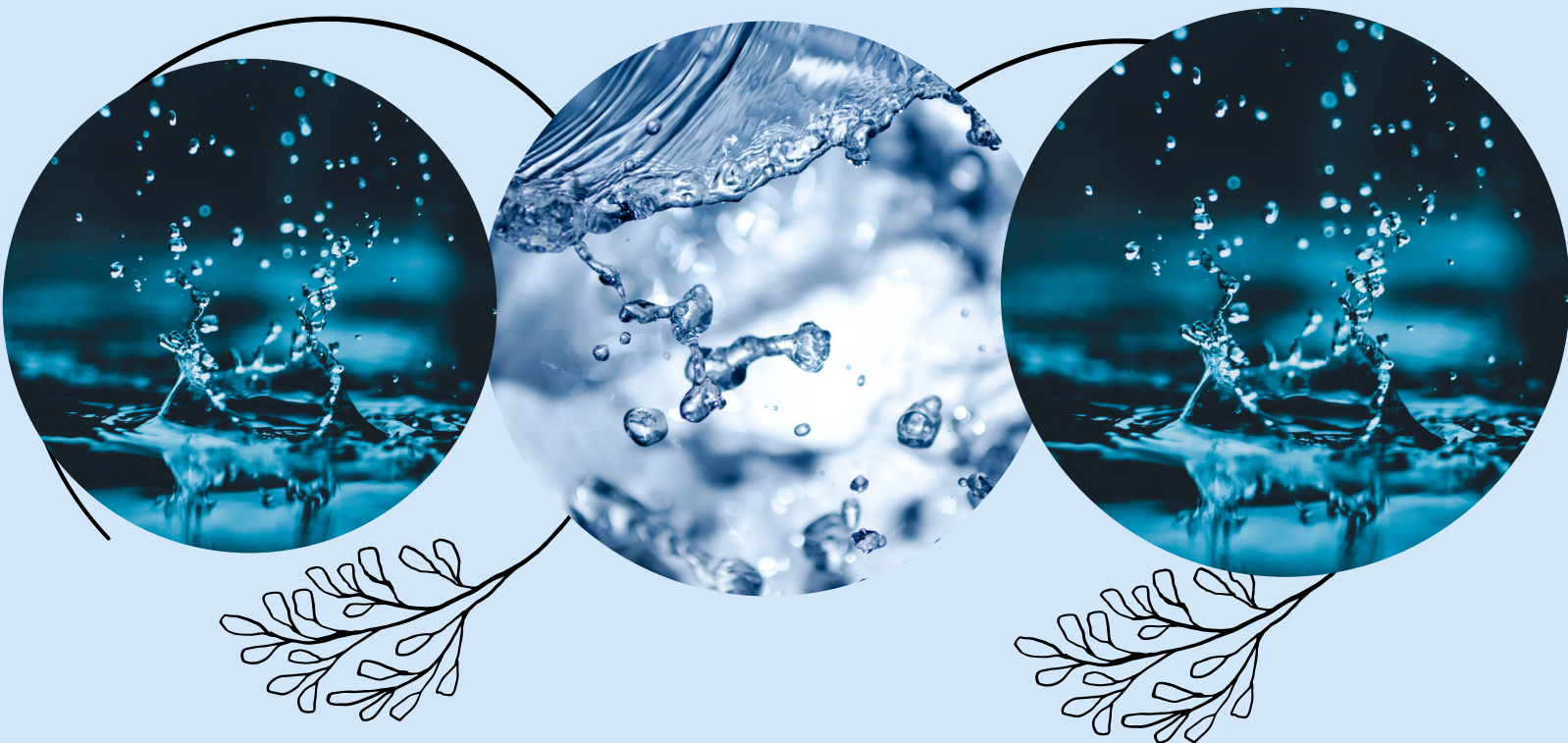


7.0 CLEAN WATER

SDrink with meals only if necessary.

Use for making baby formula.

Drink with fast dissolving medication



4.5-6.0: BEAUTY WATER

pH is similar to rain water

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

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

TONE SKIN

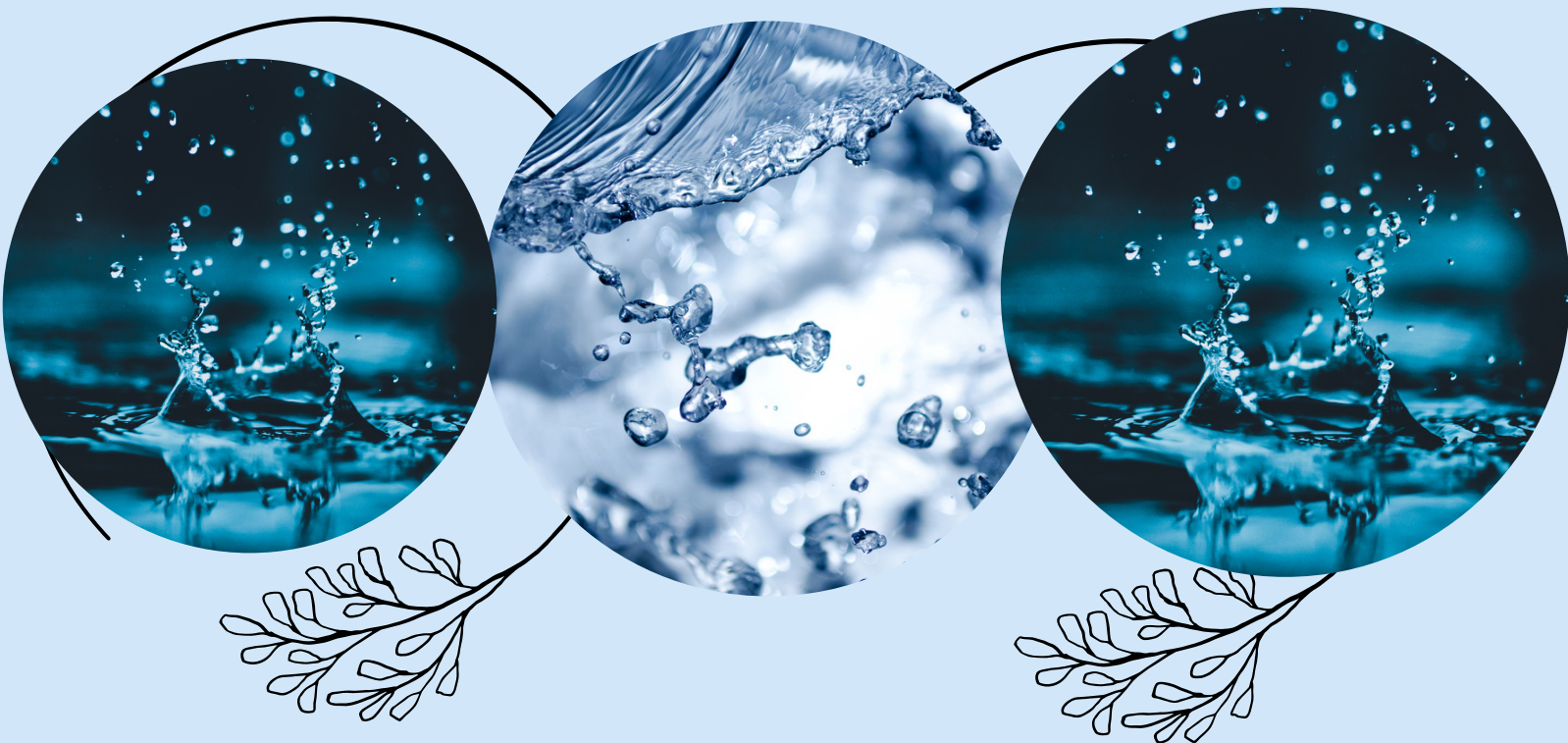
Use as final rinse in shower or bath to tone and firm skin.

RASHES, DIAPER RASH

Spray on skin to soothe and heal rashes, including diaper rash.

PETS

Bathe pets for more lustrous coats.



4.5-6.0: BEAUTY WATER

PLANTS

Water indoor and outdoor plants for vigorous growth. Can revive dying plants.

EGGS & PASTA

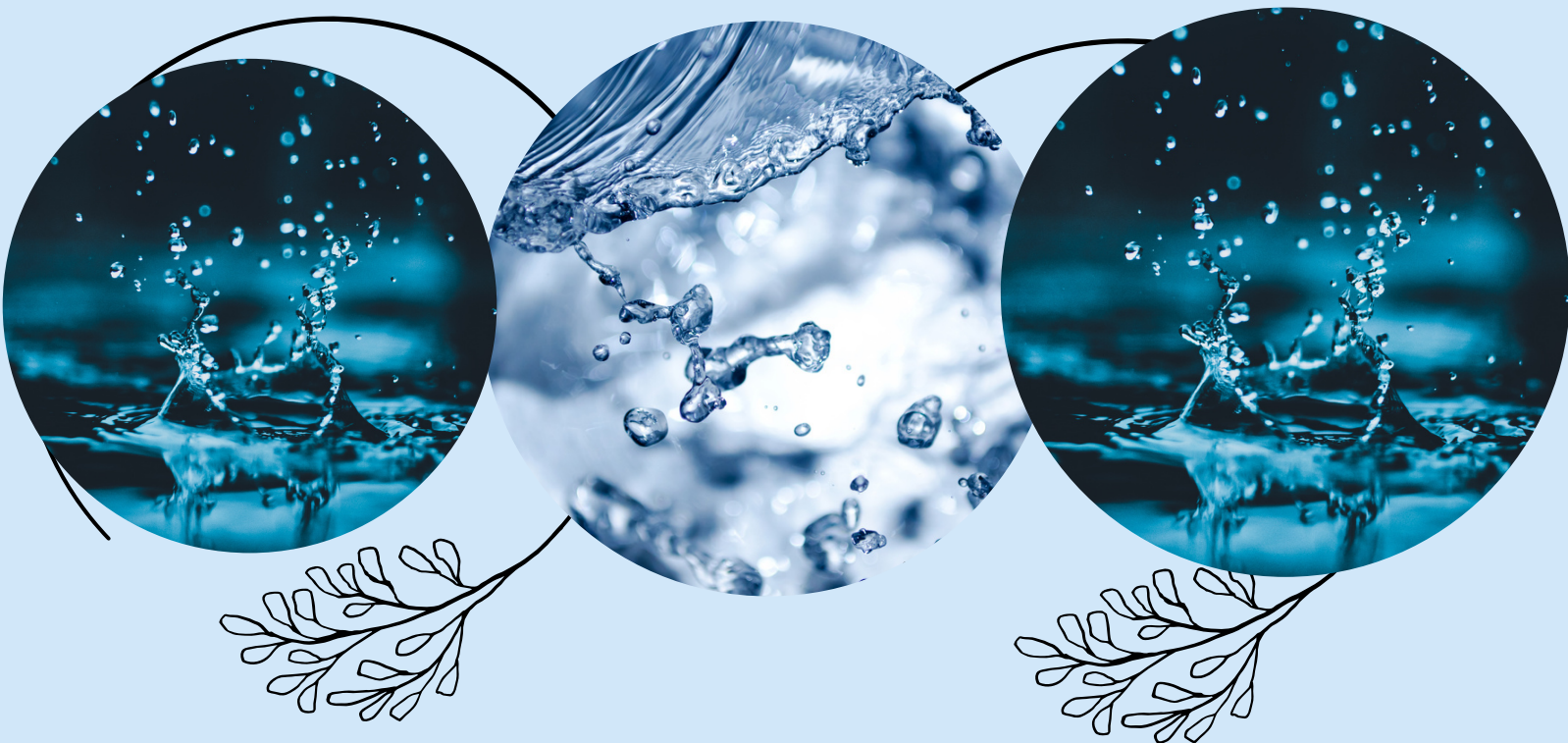
Use to boil eggs and pasta.

FREEZING FOOD

Spray on foods before freezing including fish and shrimp so that foods do not lose their flavor.

ANTHOCYANINS

For washing and preparing fruits and vegetables containing anthocyanins (plums, grapes, cherries, strawberries, red cabbage, eggplant, soy beans, asparagus)



4.5-6.0: BEAUTY WATER

FABRIC SOFTENER

Use in rinse cycle during laundry. One gallon per load.

EYEGASSES

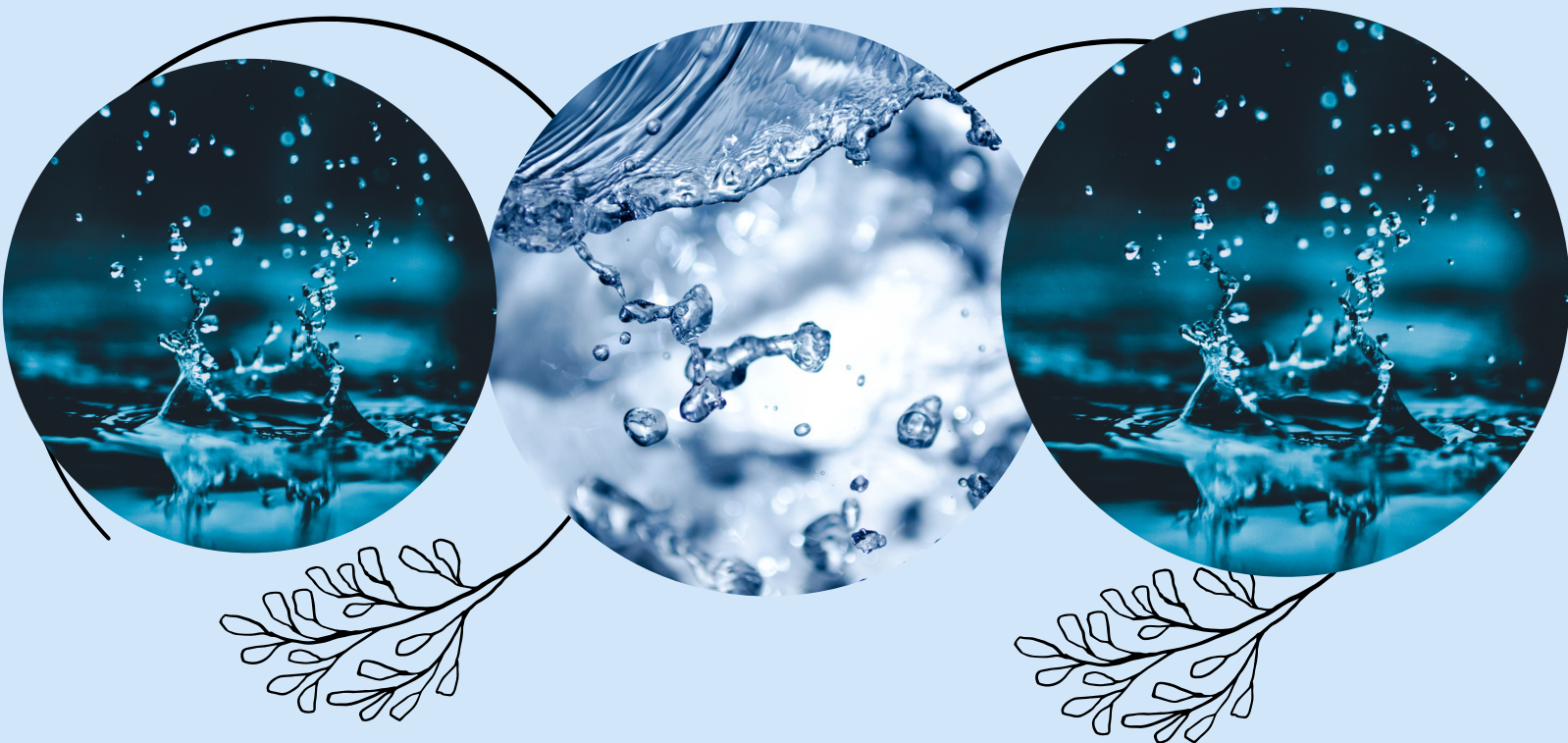
Clean lenses.

REPLACE WINDEX

Replace all window and mirror cleaners with Beauty Water.

HARDWOOD FLOORS & CERAMIC TILE

For polishing and housecleaning: hardwood floors, ceramic tiles, etc.



8.5 WATER TO 9.5: DRINKING WATER

SOUPS

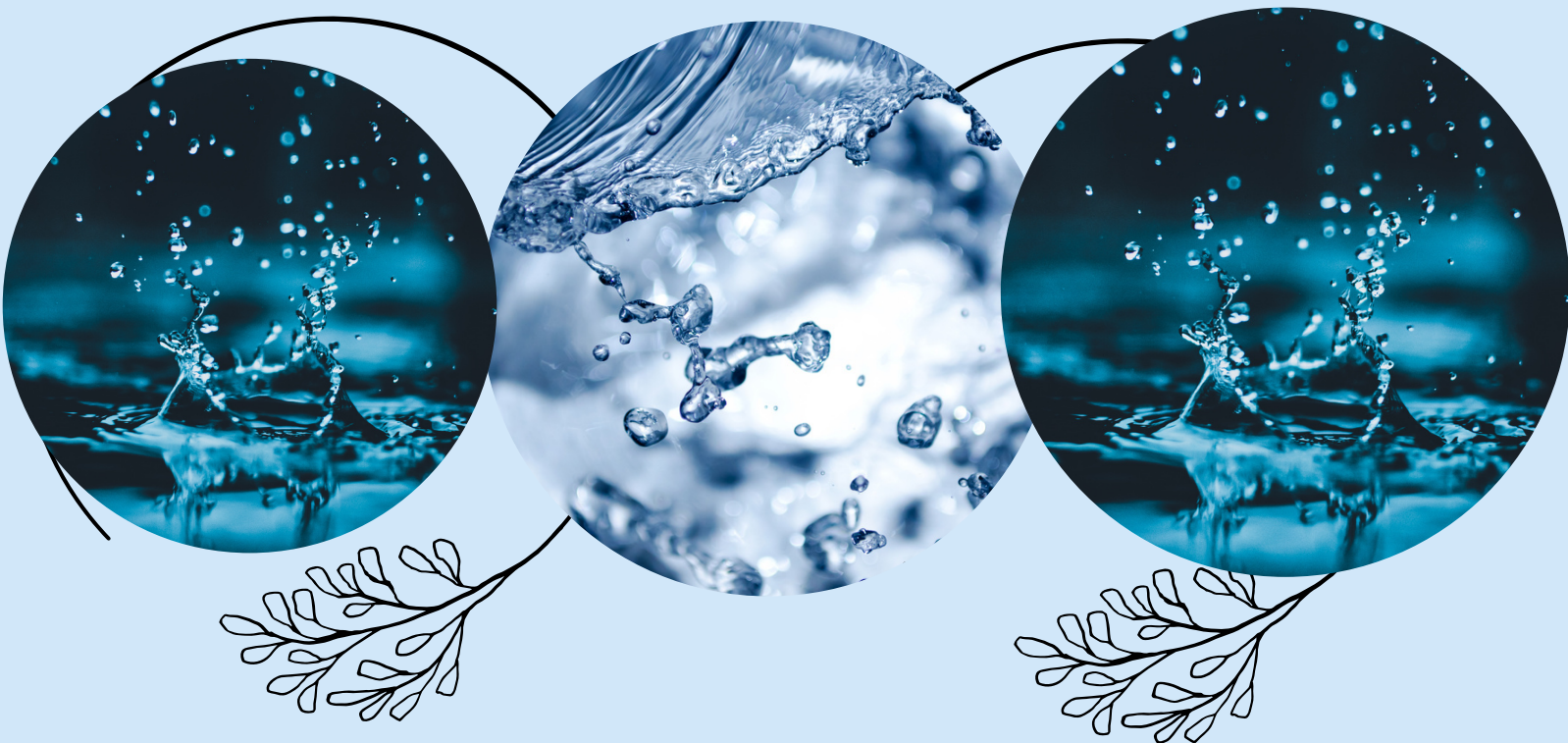
Cook all soups with 9.5 water.

STIR FRY

Stir fry with 9.5 to steam.

WEIGHT LOSS

Drink before you snack and before meals...wait 30 minutes and eat meal or if still hungry eat snack...most folks are so dehydrated that their thirst mechanism is so weak, that they think they are hungry.



8.5 WATER TO 9.5: DRINKING WATER

GREY HAIR

Often can return original hair color.

VISION

Can improve eye vision.

SPIDER VEINS

Over time of drinking the water and cell repairing, spider veins can improve.

AROMA THERAPY/SPRITZER

Put any herb like rosemary or lavender or essential oil in a spray bottle filled with Kangen water, let set for a couple of hours and use as a spritzer in your house for aroma therapy and an air freshener.