

Kangen Water Uses

A SIMPLE AND INNOVATIVE LIFESTYLE ENHANCEMENT.

77 Ways to:

**SAVE MORE MONEY THAN YOU SPEND — GREEN YOUR HOME & OFFICE,
ENHANCE YOUR BEAUTY, LIVE MORE ECONOMICALLY.**



2.5 pH
STRONG ACIDIC WATER



2.5 PH WATER: STRONG ACID WATER – Hypochlorous Acid

Superior hormone protection & rejuvenation, + peace of mind for your cleaning, medical, & first aid needs.

- 1. 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, viruses, bacteria, and germs in 30 seconds or less. Kills Staph, MRSA, Strep, E.Coli, Salmonella, etc and infections. Never worry about lysol, bleach, toxic, or other cleaners again.
- 2. DISINFECTING:** Use for disinfecting anything and everything. 2.5 hypochlorous acid is 10x stronger than bleach, and completely harmless – gain peace of mind for your kiddos, your pets, and yourself. Non-toxic medical grade cleaning, conveniently in your home, with the push of a button.
- 3. ANTI-BACTERIAL SOAP:** Use in place of anti-bacterial soap.
- 4. ANTI-BACTERIAL HAND SANITIZER:** No more buying hand sanitizers.
- 5. HARD WATER SPOTS & RUST:** Clean hard water spots off of chrome and rust off of metal.
- 6. FACIAL LIFTING & TIGHTENING:** Spray face and neck (not eyes) and rub skin upward until dry. Finish with Beauty Water to tone skin.
- 7. 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.
- 8. VOMITING:** To stop vomiting take 1-2 Tbsp
- 9. STOMACH FLU:** Can help neutralize stomach flu and viruses
- 10. 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.
- 11. INFECTED SINUSES:** Spray in nose (or soak a Q-tip) 2x/day for 2 days. Wait 2 minutes, flush w 11.5.
- 12. ALLERGIES:** Spray in nose or use soaked Q-tip 2x/day for 2 days. Wait 2 minutes, then flush w 11.5.
- 13. NAIL AND SKIN FUNGUS:** Spray twice a day or soak until resolved.
- 14. PINK EYE:** Spray infected eye several times thru the day and will clear up.
- 15. SORE THROAT, STREP THROAT, COUGH:** Gargle 3-4 times per day, or spray into throat.
- 16. POISON IVY:** Spray on infected area as often as needed. Will slow down itching and dry up poison ivy much quicker.
- 17. FEVER BLISTERS, CANKER SORES:** Spray or gargle to stop and dry up both.
- 18. 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.

DISCLAIMER: NOT MEDICAL ADVICE. ALWAYS CONSULT WITH A DOCTOR OR SEEK MEDICAL CARE WHEN NEEDED.



11.5 pH
STRONG KANGEN WATER

11.5 PH WATER: STRONG ALKALIZED WATER

Preserves hygiene due to its strong cleaning effect.

19. FRUITS & VEGGIES: Remove pesticides from your organic and conventional produce, soak for a minimum of 5 minutes. Pesticides today are oil based and will not come off with water or other cleaners. Side effects of pesticides: cancer, learning disabilities, cognitive dysfunction, poor gut health, respiratory conditions, weakened immunity, skin conditions, autoimmune, infertility, and more. Also soak rice, beans, coffee, and nuts to remove pesticides.

20. 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.

21. 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.

22. CLEAN OVEN, CLOGGED SINKS & TUBS, REPLACE 409 CLEANER & DRANO: 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.

23. USE INSTEAD OF "GOO GONE": Removes greasy, gooey, gummy, sticky problems.

24. GOOD NIGHT SLEEP: Drink 1/2-1 oz of 11.5 before bedtime to help release natural Melatonin.

25. 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.

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

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

28. PUFFY EYES: Spray on to eyes to reduce puffiness.

29. EXCESS SKIN OILS: Rinse slightly to remove oil from skin

30. NATURAL BOTOX: Massage in or soak cloths on face for 10-30 minutes, and witness your fine lines and wrinkles dissolve, yes, all with the right water.

31. 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 from Enagic.

32. 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!

33. 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.

34. HEART BURN, INDIGESTION, FOOD POISONING, STOMACH FLU: Drink ¼ 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.

35. ARTHRITIS, 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. Soak a cloth or towel with 11.5pH and let sit on inflamed skin.

36. HANGOVERS & MIGRAINES: can prevent hang overs, as soon as feel migraine coming on, drink several oz.

37. 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.

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

39. ICE CUBES: To help off-set acidic drinks.

40. RICE, BEAN, LEGUMES: Soak for 5 to 10 minutes and rinse clean with low flow 9.5.

41. MEATS: Soak all for 5 to 10 minutes for cleaning and tenderizing.

42. POLISH SILVER: Soak and polish.

43. JEWELRY CLEANER: Let sit for 15 minutes, then wipe down or scrub. Soak in Beauty 6.0pH water for 10 minutes, then dry. Watch your stones shine like brand new!

44. PAINT THINNER: After using oil base paints, use to clean up.



6.0 pH

BEAUTY WATER

6.0 pH – BEAUTY WATER

Recognized for its astringent effects. Great to use for your beauty routine, and mild cleaning. Not suitable for drinking.

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

46. EYEGLASSES: Clean lenses.

47. REPLACE WINDEX: Replace all window & mirror cleaners for the best streak free shine.
Seriously, it is the best!

48. HARDWOOD FLOORS & CERAMIC TILE: Polishes and cleans

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

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

51. TIGHTEN, TONE, FIRM SKIN: Use as final rinse in shower or bath to tone and firm skin. Beauty was has astringent properties to cleanse and tighten your skin.

52. MOISTURIZER: Mist or rub into dry skin.

53. MAKEUP PRIMER: Mist or rub into skin before applying makeup for the most smooth application, or spray your beauty brush or sponge then blend in.

54. MAKEUP SETTING SPRAY: Lightly mist on after applying your makeup to set.

55. AFTERSHAVE: Apply after shaving to prevent and/or sooth possible rashing.

56. RASHES, DIAPER RASH: Spray on skin to soothe and heal rashes, + diaper rash.

57. PETS: Bathe pets for more lustrous coats.

58. PLANTS: Water indoor and outdoor plants for vigorous growth. Can revive dying plants. Goodbye miracle grow and fertilizers!

59. EGGS & PASTA: Use to boil eggs and pasta.

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

A man and a woman are shown in profile, facing right. They are both wearing white, fluffy robes. The woman in the foreground is smiling broadly, showing her teeth, and has her hands clasped together near her chin. The man behind her is also smiling and has his hands clasped together. They appear to be in a spa or wellness center, with a warm, wooden background. The text "SKIN CONDITION REMEDIES" is overlaid at the bottom of the image.

SKIN CONDITION REMEDIES

SKIN CONDITION REMEDIES – pHs 2.5, 6.0, 11.5

Ready to get rid of those harsh, toxic, and also natural, expensive products to clear your skin? Restore your confidence, nourish and rejuvenate your body's largest organ, experience a radiant glow.

61. Switch 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. 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.

62. 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. Use cotton swab to dab pH 2.5pH 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.

63. 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 6.0 Beauty Water in a glass bottle with a fine spray mister.
5. Repeat morning and bedtime.
6. Tone multiple times per day as needed to keep skin hydrated.

64. 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.

65. 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.



8.5 – 9.5 pH HYDROGEN-RICH
DRINKING WATER

8.5 PH – 9.5 PH WATER: Hydrogen-Rich Drinking Waters

These are the antioxidant rich, therapeutic drinking waters with the potential to remedy over 170+ human diseases, they help create an environment for your body to begin healing itself. You can also use these waters for...

66. WATER: Replace all bottled waters + filtration devices (Berkey, fridge, Brita, Zero water etc). If you're drinking bottled water this will be a massive savings for you annually!

67. ENERGY: Replace sports/energy/electrolyte drinks.

68. SOUPS: Cook all soups with 9.5 water.

69. STIR FRY: Stir fry with 9.5 to steam.

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

71. GREY HAIR: Often can return original hair color.

72. VISION: Can improve eye vision.

73. SPIDER VEINS: Can improve over time of drinking the water and cell repairing.

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

7.0pH – "CLEAN WATER"

75. Drink with meals only if necessary.

76. Use for making baby formula.

77. Drink with fast dissolving medication.

