

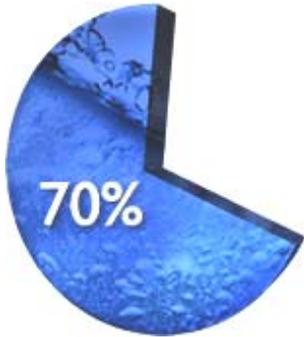


HEALTH & WELLNESS Awareness Presentation

**Change your Water
Change your Life!**

Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink

Your Body Is Water



Drinking water every day is crucial to maintaining good health. Our bodies are comprised of almost 70% water. Many of the beverages we choose to drink instead of water come with "extras" that our bodies don't need, such as sugar and caffeine. These beverages give us a temporary boost, but their corrosive acid levels are detrimental to our health, don't satisfy our thirst, and make us feel fatigued and dehydrated. Such bad habits take a toll on our health, our energy, and our overall happiness. Thankfully, there is an easy way to avoid these issues.

Water is the key to maintaining good health and hydration. Unfortunately, the world's water is polluted with agricultural run-off, sewage, and other toxic agents that compromise our health. Kangen Water® has a clean, pure taste, without losing any of the important minerals that are normally lost in bottled and filtered water.

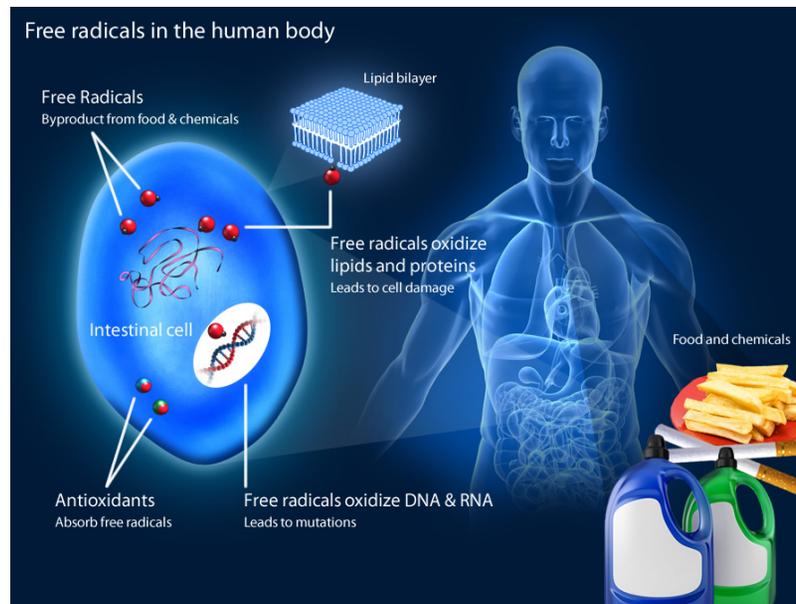
Kangen Water® also has the ability to properly hydrate the body while creating a positive alkaline environment.

ANTIOXIDANTS!

Kangen Water® is armed with [antioxidants](#) that can fight free radicals at the cellular level.

With its hydration, good taste, and anti-oxidation, Kangen Water® is the promise for good health that you have been waiting for!

What could be more important? After all, your body is water.



PREVENTION!

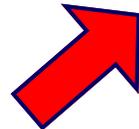
Preventing disease involves more than proper nutrition and exercise. The toxic environment and acidic water can actually attribute to the thriving of many diseases in society, because high acidic levels make the body hospitable to bacteria, viruses, and even cancerous cells. Kangen Water® effectively raises the body's alkalinity and fights against free-radicals that damage healthy cells.

Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink

OUR CURRENT HEALTH

- 51% of Canadians reported excess weight. About 17% of Canadians aged 18 or older are in the obese category. (*www.statcan.gc.ca*)
- Total health expenditure in Canada: \$171.8 billion in 2008, \$182.1 billion in 2009 and \$191.6 billion in 2010. (*Canadian institute for Health Information*)
- In 2007, 1.3 million Canadians reported having heart disease. (*Heart and Stroke Foundation of Canada*)
- More than 9 million Canadians are living with diabetes or prediabetes (*Canadian Diabetes Association*)
- Growing Degenerative Diseases

HEALTHCARE \$\$\$



Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink

INTRODUCING KANGEN WATER

Kangen Water® is delicious, healthy water created from Enagic's innovative water technology. Not only do these amazing devices filter your tap water, but they also produce ionized alkaline and acidic waters through electrolysis.



These waters can be used for various purposes, including drinking, cooking, beauty, and cleaning. "Kangen" means 'return to origin' in Japanese, and that is exactly what this extraordinary water does for your body.

Kangen Water® is healthy, alkaline, anti-oxidating, hydrating water made by running normal tap water through a Kangen Water® ionizer.

Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink

WHAT IS **KANGEN** WATER?

3 PROPERTIES

1. ANTI-OXIDANT (ORP Test)
2. MICRO-CLUSTERED
3. ALKALINIZATION (pH Test)



Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink

ANTI-OXIDANT (ORP Test)

O = Oxidation, R = Reduction, P = Potential of a liquid.

Oxidizing means the ability to oxidize. To burn up, to rust, to break down, it's oxidizing.

Reduction or reducing is not as easy to understand. Scientifically, it means giving away, or donating, so if a liquid has 'reducing potential' it has the ability to donate energy to the body.

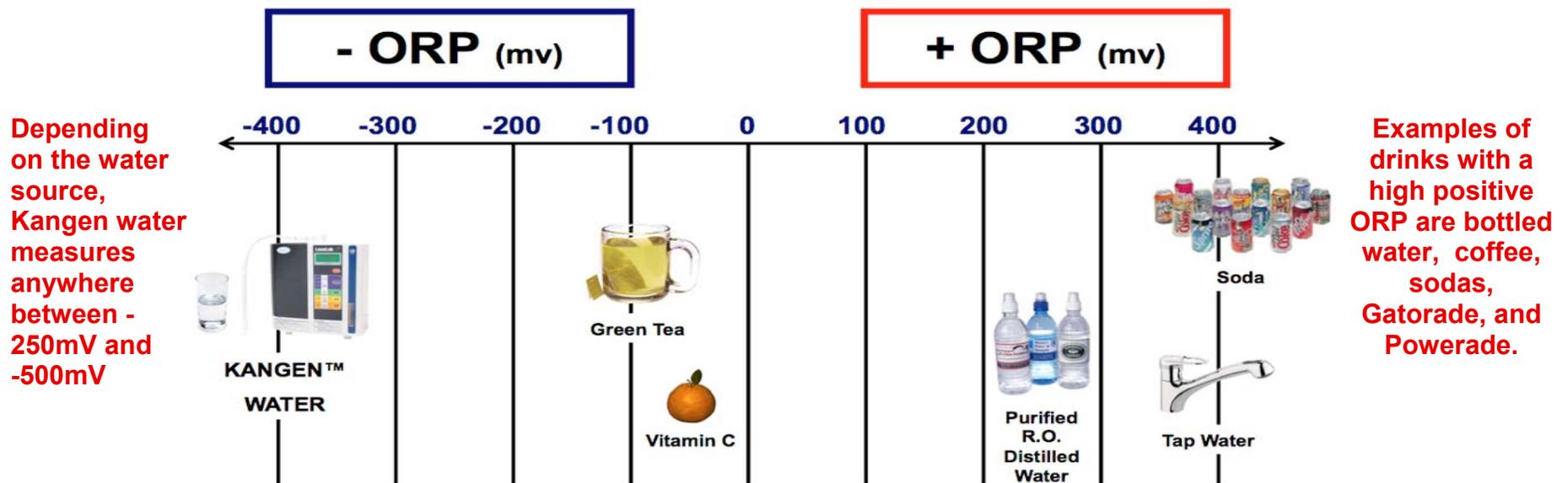
The ORP in a liquid is measured by using an ORP meter. The ORP meter actually measures the electrical charge of the liquid. ORP is a measurement in millivolts (mv). Positive reading show oxidation and negative reading show anti-oxidation.



ORP METER

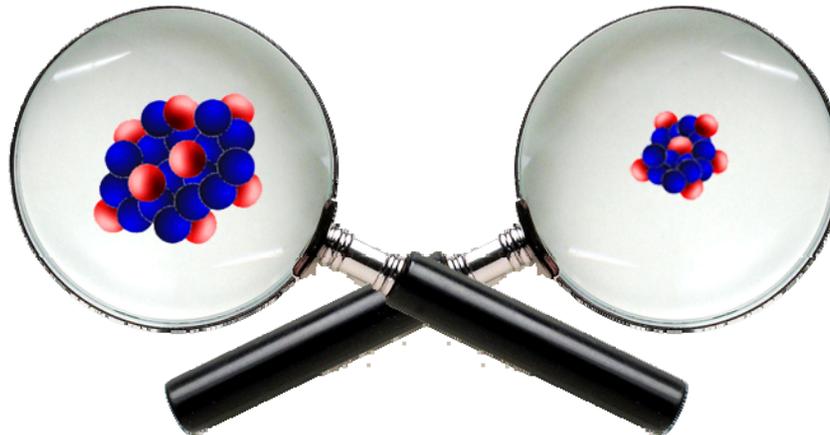
What does oxidation or reduction mean to our health?

The consumption of oxidized foods and beverages tend to negatively affect the chemical characteristics of our body fluids. Many foods and beverages are highly oxidized and devoid of electrons. The ORP value varies quite widely between foods and beverages. Considering you want to avoid oxidizing your body internally as much as possible, it is important to make a constant effort to eat and drink of which ORP value is on the negative side. However, unfortunately, the majority of what we eat and drink have positive ORP values, often quite high.



MICRO-CLUSTERED

Micro clustering is another great quality of Kangen Water™. During the procedure of electrolysis, the water molecules form into smaller sized clusters of 5-6 molecules compared to regular water which forms clusters of 15 –20 molecules in size. The smaller molecules allow greater penetration and easier absorption by the body. This micro-clustered water, once inside the body, hydrates into the cell walls faster and more efficiently and assists to detox the body better. Basically, the much lower clusters are able to transfer more of the desired vitamins and nutrients into the cells while eliminating more of the toxic waste out of the cell.



REGULAR H₂O CLUSTER

15 - 20 MOLECULES CLUSTER

Large clusters limit absorption by the body

KANGEN™ MICRO CLUSTER

5 - 6 HEXAGONAL MOLECULES

Micro-clusters allow greater penetration and easier absorption by the body

Imagine a water that fully hydrates, oxygenates and detoxifies your body all at once!

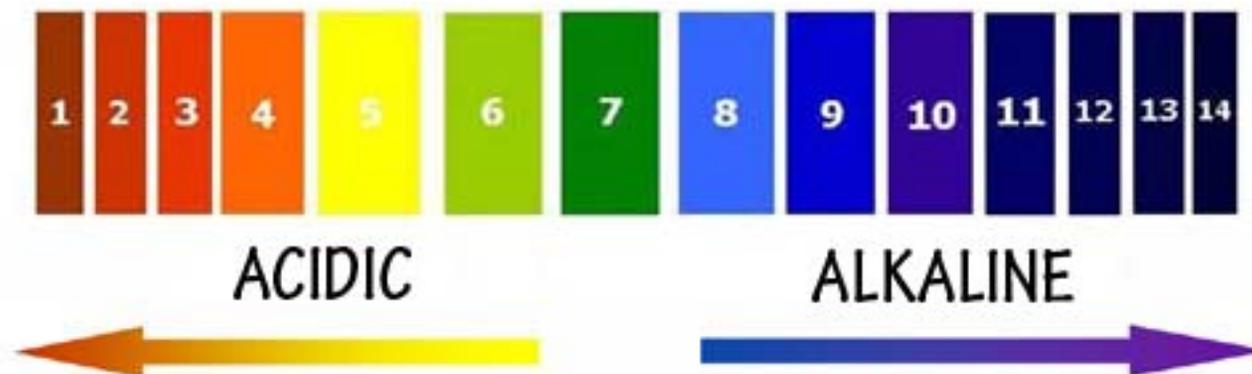
ALKALINIZATION (pH Test)

Understanding pH

pH (potential of Hydrogen) is a measure of the acidity or alkalinity of a solution - the ratio between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The pH of any solution is the measure of its hydrogen-ion concentration. The higher the pH reading, the more alkaline and oxygen rich the fluid is. The lower the pH reading, the more acidic and oxygen deprived the fluid is. The pH range is from 0 to 14, with 7.0 being neutral. Anything above 7.0 is alkaline, anything below 7.0 is considered acidic.

All the billions of cells that make up our human body are slightly alkaline, and must maintain alkalinity in order to function and remain healthy and alive. As with most things in life, optimal health begins with balance. Our bodies must maintain a pH balance of 7.365. The pH levels of your body water affect every cell. Having the correct balance of acid-alkaline will help you obtain optimal health.

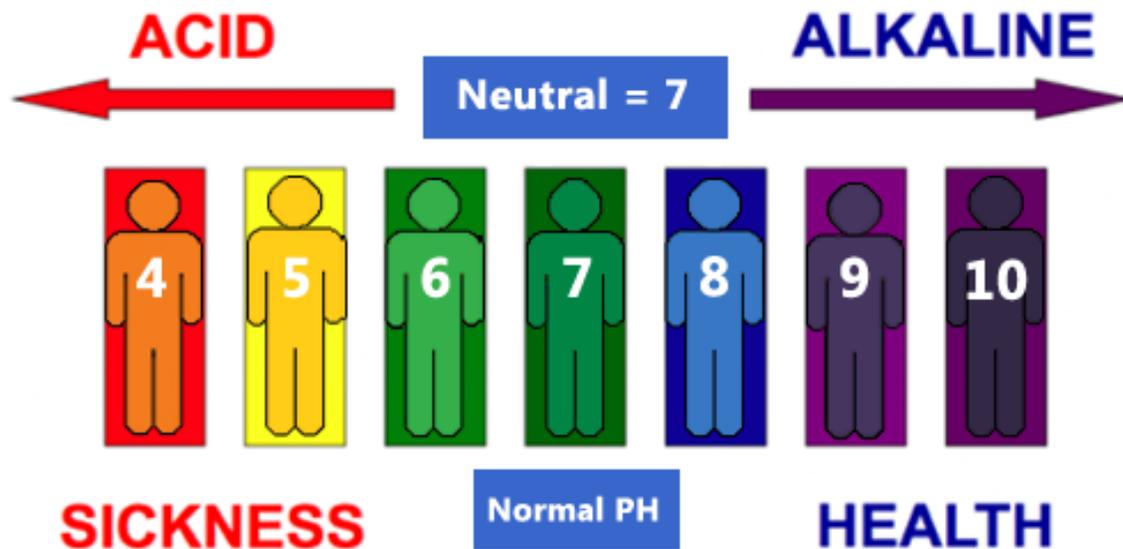
Because modern lifestyles are full of stress and acidic foods, our bodies are flooded with acid. Your body has an amazing ability to regulate itself, and will go to great lengths to maintain a healthy pH balance. In an attempt to balance itself, your body will store the excess acid in its cells. This creates unnecessary stress on your organs and other body systems. High acidity levels will interrupt cellular functions.



Acid/Alkaline pH Chemical Balance

When the body contains excess of acid, it becomes a breeding ground for many viruses and bacteria who thrive and flourish inside the body and causes acidity symptoms like weakness, illness, heartburn, inflammation, and pain in different body organs. Moreover, acidosis affect the body's ability to absorb nutrients which subsequently hampers the energy production in the cells and the ability to repair damaged cells. Hence, a body with acidity problem becomes vulnerable to various health ailments like digestive disorders including sour tummy, bloating, acid reflux, etc. gout, common cold, obesity, diabetes, bladder and kidney infections, osteoporosis, heart disease, cancer and immune deficiency.

The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a ground-breaking book, A New Health Era in which he maintains that all disease is caused by autotoxication (or "self-poisoning") due to acidosis in the body.



THE ROOT CAUSE OF CANCER

Biochemist Otto Heinrich Warburg, one of the twentieth century's leading cell biologists, discovered that the root cause of cancer is too much acidity in the body, meaning that the pH in the body is below the normal level of 7.365, which constitutes an "acidic" state.

Dr. Warburg investigated the metabolism of tumours and the respiration of cells and discovered that cancer cells maintain and thrive in a lower pH, as low as 6.0. He firmly believed that there was a direct relationship between pH and oxygen. Higher pH, which is Alkaline, means higher concentration of oxygen molecules, while lower pH, which is acidic, means lower concentrations of oxygen...the same oxygen that is needed to maintain healthy cells.



**Dr. Otto Heinrich Warburg
1931 Nobel Price Winner
The Real Cause of Cancer**

“Lack of oxygen and acidosis are two sides of the same coin: where you have one, you have the other.”

“Cancerous tissues are acidic, whereas healthy tissues are alkaline. Water splits into H⁺ and OH⁻ ions, if there is an excess of H⁺, it is acidic; if there is an excess of OH⁻ ions, then it is alkaline.”

“All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen - a rule without exception.”

Dr. Warburg has made it clear that the root cause of cancer is oxygen deficiency, which creates an acidic state in the human body. Dr. Warburg also discovered that cancer cells are anaerobic (do not breathe oxygen) and cannot survive in the presence of high levels of oxygen, as found in an alkaline state.

Kangen water has high levels of antioxidant activity. Antioxidants are known for their ability to drive free radicals from the body. Damage from free radicals has cancer causing effects in many parts of the human body.

IS YOUR BODY ACIDIC?

What Causes Me to be Acidic?

The reason acidosis is more common in our society is mostly due to the typical diet, which is far too high in acid-producing animal products like meat, eggs and dairy, and far too low in alkaline-producing foods like fresh vegetables. We also eat acid-producing processed foods like white flour and sugar and drink acid-producing beverages like coffee and soft drinks. We use too many drugs, which are acid-forming; and we use artificial chemical sweeteners like NutraSweet, Equal, or aspartame, which are extremely acid-forming.

ACIDITY

ACID REFLUX

ARTHRITIS

CANCER

GASTRITIS

GOUT

OBESITY

CHOLESTEROL

NORTH AMERICAN DIET

Fast Food	Spaghetti	Beef	Pork
Preservatives	Bread	Eggs	Salmon
Process Foods	Crackers	Turkey	Sardines
Corn	Flour	Veal	Sausage
Blueberries	Coffee	Peanut Butter	Shrimp
Canned Fruits	Butter	Fish	Ice Cream
Sugar	Cheese	Lamb	Soy Beans
Rice	Milk	Lobster	Chick Peas
Noodles	Tuna	Organ Meats	Scallops
Macaroni	Bacon	Oyster	Others...

Drinking Kangen Water® is a great way to reverse this damage and aid your body in its attempt to neutralize acids and return to a proper balance.

Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink

Beverages pH and ORP Test Results

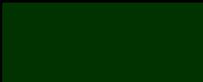
ANTI-OXIDANT

OXIDATION



OPTIMAL CELLULAR HEALTH

CELLULAR DEGENERATION & AGING

BRAND	LABEL	PACKAGING	pH	pH Chart	ORP	ORP Chart
Aquafina			5.35		+381	
Evian			7.64		+295	
Dasani Plus			3.04		+290	
Perrier			5.53		+392	
Gatorade G2			3.5		+325	
Pepsi			3.2		+450	
Coke			2.8		+410	
Starbucks Coffee			5.5		+175	
Heineken Beer			4.76		+315	
Kangen Water			9.5		-745	

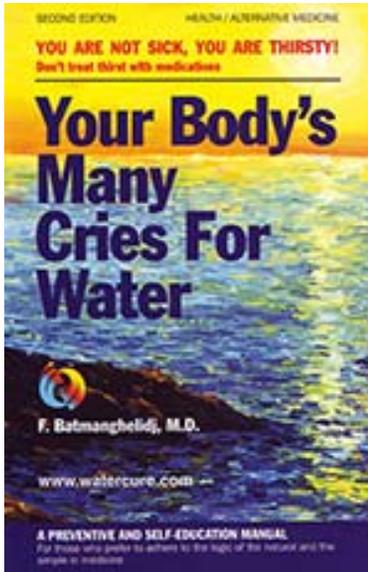


ACIDIC

pH Scale

ALKALINE

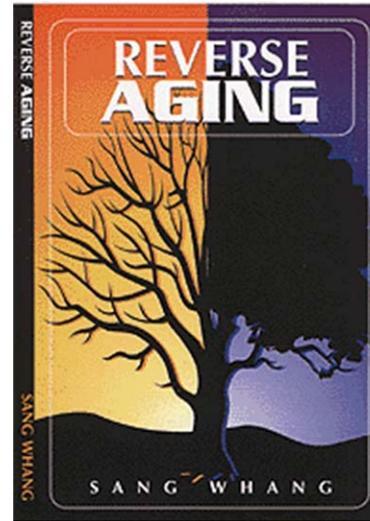
SCIENCE FACT **NOT** FICTION



"You're not sick; you're thirsty. Don't treat thirst with medication."
Dr. F. Batmanghelidj

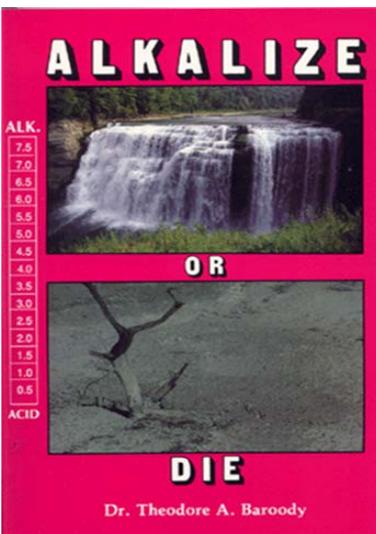
Water is the basis of all life and that includes your body. Your muscles that move your body are 75% water; your blood that transport nutrients is 82% water; your lungs that provide your oxygen are 90% water; your brain that is the control center of your body is 76% water; even your bones are 25% water.

Our health is truly dependent on the quality and quantity of the water we drink.



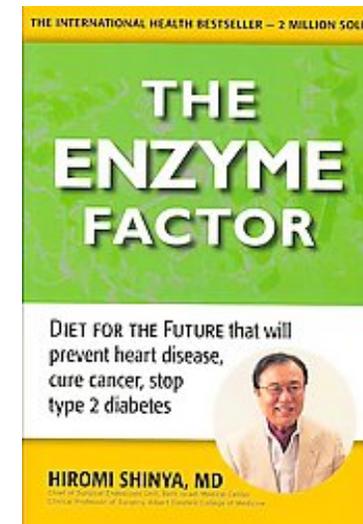
Reverse Aging by Sang Whang

The fact that excess acid is a major contributing factor of aging and degenerative diseases, has been suspected for a long time. Reverse Aging, by Sang Whang, is the first book on the scientific explanation of this phenomenon; it is also the first to examine the concept of reverse aging strictly on a scientific approach.



The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...**too much tissue acid waste in the body!**

Theodore A. Baroody, N.D., D.C., Ph.D.



Dr. Hiromi Shinya, M.D. specifically refers to and recommends Kangen Water™ (page 94). He concludes his book with this statement: "Kangen Water™ is alkaline rich water (pH 8-9), and is considered the very best drinking water because of it's incomparable powers of hydration, detoxification, and anti-oxidation." (Page 159)

PROBLEMS WITH COMMONLY USED WATER



Tap Water

Tap water is a healthier option than soft drinks. But according to recent investigations, tap water has been found to be contaminated with chemicals that lack safety standards.

At the current levels of contamination, the public is starting to question the quality of tap water and wonders if it is safe enough to drink. Based on these facts, it's no wonder that the demand for Kangen Water® is constantly increasing.



Bottled Water

Bottled water is not necessarily healthier than tap water and yet it costs much more! Although associated with healthy water, bottled water is not guaranteed to be any healthier than tap water. Often the only difference is the added minerals which have no proven health benefits.

Bottled water can also be slightly acidic, which may affect your body's pH balance. Finally, the environmental impact caused by the production and disposal of plastic bottles is harmful to our ecosystem.



Reverse Osmosis Water

Reverse Osmosis is a filtering process which may be effective in areas that do not receive municipally treated water and is commonly used in bottled water facilities. Reverse osmosis removes healthy, naturally occurring water minerals. These minerals not only provide good taste, they also serve a vital function in the body's system. When stripped of these minerals, the water may not be as beneficial.

You can trust Enagic's unique filtering process to provide clean, natural water, which removes chlorine, leads, and other pollutants.

Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink

What Kangen Water® can do for you:

ALKALIZING

H2O pH level of 8.5 to 9.5
Healthy pH balance
Counteracts acidic foods
Promotes overall health

HYDRATING

Superior hydration of body-
Micro-clustered/Hexagonal
water hydrates efficiently
Better nutrient absorption

- Anti-inflammatory
- Flushes toxins.
- Disarms Free Radicals.
- Restores alkalinity in your body.
- Increases stable oxygen in your body.
- Enhances delivery of nutrients.
- Cooking with Alkaline water improves the nutritional value and the taste of food and drinks such as, tea and coffee.
- makes acidic foods and drinks more alkaline.

ANTI-OXIDIZING

Neutralizes free radicals
Contains active hydrogen
Ionized water gives energy
Reduces effects of aging

DETOXIFYING

Removes acid waste/toxins
Helps detoxify the colon
Promotes digestive health
Faster circulation of H2O

- Increases stable oxygen in your body.
- Lowers cholesterol
- Releases excess body fat and stored toxins
- Normalizes blood sugar
- Normalizes blood pressure
- Supports healthy colon function



- Eliminates acid reflux
- Resolves urinary tract infections
- Reduces Candida overgrowth and fungus
- Minimizes allergies
- Activates hydrochloric acid
- Improves wound healing

Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink

TYPES OF KANGEN WATER

Electrolysis is the process that separates water into alkaline and acidic water. The desired pH level of the resulting water can be selected by the operator of the machine.

The pH of the alkaline and acidic water will always add up to 14. Therefore, if ideal drinking water of pH 9.5 is selected, medium acidic water of pH 4.5 (used mainly for skin care) will also be produced. If strong acidic water of pH 2.5 (a strong disinfectant with many important uses) is selected, strong Kangen water of pH 11.5 (a powerful solvent used mainly for cleaning) will also be produced.



Strong Kangen Water
(pH 11 and up)
Used for food preparation and cleaning



Kangen Water
(pH 8.0 to 10.0)
Used for cooking/healthy drinking



Neutral Water
(pH 7.0)
Used for drinking



Acidic Water
(pH 6.0 to 4.0)
Used for beauty



Strong Acidic Water
(pH 2.7 and lower)
Used for disinfecting



Food preparation

Clean vegetables and fish. Enhance the flavor of broccoli, onions, bamboo etc. by pre-boiling them in Kangen Water®. Use less condiments and salt.



Drinking

Drink Kangen Water® throughout the day. Unlike tap water, Kangen Water® has no unpleasant odor, tastes lighter, and has a pleasantly sweet flavor. Kangen Water® balances the



Coffee and Tea

You'll be surprised at the wonderful color, taste, and aroma of coffee or tea prepared with Kangen Water®. You can also use less or coffee or tea and still achieve a full rich taste due



For Beauty

Acidic water is recognized as having a firming effect on the skin. Use acidic water just after a bath or shaving, when your pores are open. It acts to keep pores open.



For Disinfecting

Strong acidic water is a powerful disinfectant. Clean and disinfect in and around the kitchen and bath. Can be used in a variety of other ways, such as cleaning toothbrushes and brushing teeth, as water for gargling, and for cleaning skin.

HOW IT ALL BEGAN...

For thousands of years there were locations around the world that were known to produce as "Healing Waters." People flocked to these locations to bathe and drink the water that resulted in amazing healing. In the 1950's, scientific research was conducted by Russian scientists of four locations:

- Lourdes, France
- Nordenau, Germany
- Tlacote, Mexico
- Delhi, India

It was discovered that the "Miracle Healing Water" at all of these locations had one thing in common...Active Hydrogen...which today is known as **Alkaline Water**.

Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink



APPROVED AS A MEDICAL DEVICE IN JAPAN

OEM MANUFACTURER MADE IN JAPAN

Enagic™ is an OEM, or Original Equipment Manufacturer of all of their products, which means you are purchasing high quality products that are assembled and built by one person. When you buy an Enagic™ Water Ionizer, you are buying quality that last 15 years minimum.



Enagic Co., Ltd.



Glass after Glass, Kangen Water, The Healthiest Water You'll Ever

JAPANESE HOSPITALS

Kangen is a Japanese word that means "return to origin." Therapy using both alkaline and acidic water for both external and internal use has been recognized as a valid medical treatment in Japan since the 1960s and it is practiced in many of Japan's leading hospitals.

- * Kyowa Hospital
- * Kitari Institute Medical Center
- * Shwa University Hospital
- * Kianto Teishin Hospital
- * Nara College of Medicine Hospital
- * Iiada Hospital
- * Tokyo Women's College of Medicine
- * Hanabtake Hospital
- * **Over 200 more Hospitals in Japan**

Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink



- **Head Office Kyobashi Chuo-ku, Tokyo**
- **35 Year Old Privately Held Company**
- **OEM (Original Equipment Manufacturer)**
- **Top Industry Leader**
- **Member of the Better Business Bureau**
- **Member of the Direct Selling Association (DSA)**
- **Numerous Industry Awards and Endorsements**
- **North American Offices in Los Angeles, New York, Chicago, Honolulu, Canada & Mexico**



Hironari Oshiro

Hironari Oshiro

CEO of Enagic Group



Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink

Three Health

CERTIFICATES AND AWARDS

01 Physical Health

02 Healthy State of Mind

03 Financial Prosperity

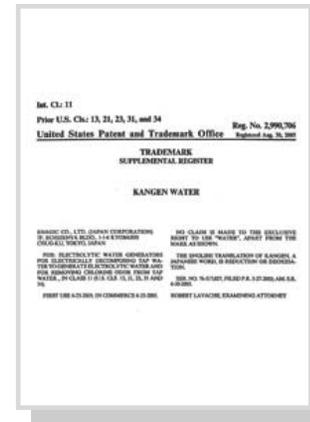
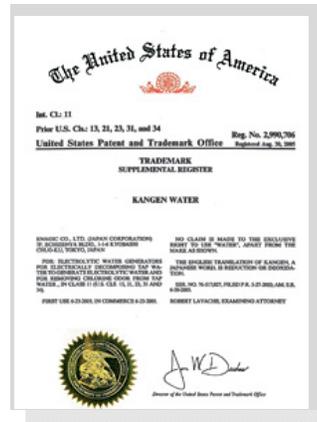


Enagic Osake Factory
It is an attestation acquisition factory.

Endorsed by the Japanese Association of Preventative Medicine



In 2002, Enagic was awarded an honourable endorsement from the Japanese Association of Preventive Medicine for Adult Disease. This is considered such a special feat, considering this non-profit and independent doctors association, which is also the biggest and the most respected of its kind in Japan, is known for its long and thorough selection process and the fact that they issue such endorsements for only one product (or product line) to the very best in any given category.

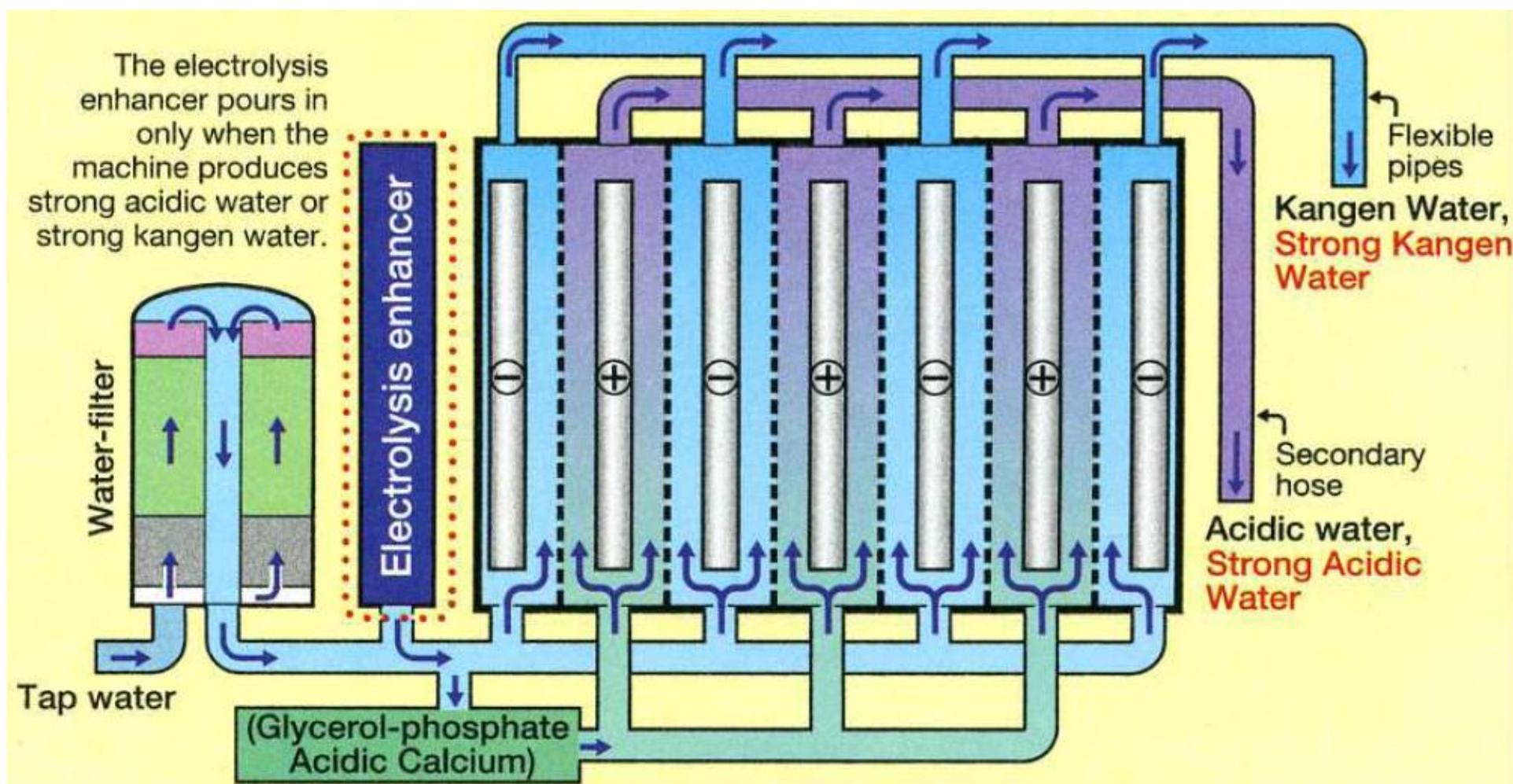


Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink

HOW DOES IT WORK?

Enagic's Kangen Water Machine has 7 solid titanium electrolysis plates. It is these plates which give the water its amazing properties.

The secret to the grade of water is as the water flows across these electroplates, it splits the average water molecule into a negative ion and a positive ion. The negatively charged water is what the Japanese refer to as Kangen Water. This is the water we are going to drink, and it comes out of the hose attached to the top of the device. Simultaneously, that positively charged water is going to travel through a secondary hose attached to the side of the machine.



Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink

ALKALINE WATER - HERE'S WHAT THE EXPERTS SAY:



Dr. Hiromi Shinya, Director, Shinya Medical Clinic, New York.
His revolutionary "Shinya Method" has become widely used in colonoscopy procedures worldwide. "It is widely recognized in the medical profession that a healthy and clean colon is one of the most important precursors to good health and that the great majority of body ailments and diseases originate in an acidic and dirty colon. Water is essential for your health. Drinking "good water;" especially hard water which has much calcium and magnesium keeps your body at an optimal alkaline PH."



Dr. Theodore Baroody, Author, Alkalize or Die
"I have administered over 5000 gallons of this water for about every health situation imaginable. I feel that restructured alkaline water can benefit everyone."



Dr. Robert O. Young, PhD, Author of The pH Miracle.
"The pH level of our internal fluids affects every cell in our bodies. Extended acid imbalances of any kind are not well tolerated by the body. Indeed, the entire metabolic process depends on a balanced internal alkaline environment. A chronically over-acidic pH corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. In summary, over-acidification interferes with life itself leading to all sickness and disease!"

Glass after Glass, Kangen Water, The Healthiest Water You'll Ever Drink