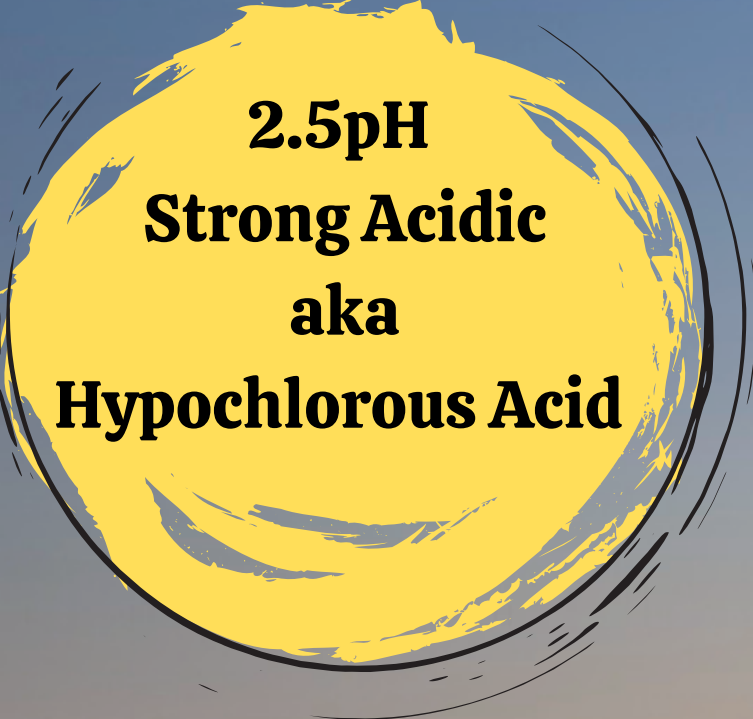


The Many Uses For Kangen Water





2.5pH

Strong Acidic

aka

Hypochlorous Acid



**For
Self**

Vomiting

To stop vomiting, take 1-2 Tablespoons of 2.5pH.

Pink Eye

Spray infected eye with 2.5pH several times throughout the day.

Sore Throat, Strep Throat, Cough

Gargle with 2.5pH 3-4x per day or put in a spray bottle & spray into throat.

Sinus Infection

Spray 2.5pH in nose 2x a day for 2 days. Spray 2.5pH then wait 2 minutes, then flush with 11.5pH.

Open Wounds, Burns, Infections, Bleeding, Candida

2.5pH Strong Acidic kills bacteria & pathogens. Use on cuts & scrapes to stop bleeding. Clean twice daily until healed. Don't use other ointments as they attract microbes by keeping the area moist & sticky.

Teeth & Oral Care

Gargle with 2.5, then wait one minute and rinse with 9.5 to balance pH. This procedure will prevent periodontal disease & thrush and avoid root canals. Kills bacteria that causes gingivitis.

Moles & Warts

If you see something abnormal on your skin, you may want to soak a bandaid with 2.5pH & apply. Change bandaid at least once a day. Often this requires 30-60 days before seeing results.

Facial Lifting & Tightening

Spray 2.5pH on face & let dry. Finish with 6.0pH to tone skin.

Poison Oak/Ivy

Spray 2.5pH on infected area as often as needed. Will slow down itching + dry up poison oak & ivy much quicker.

Antipersperant

Stop odor by spraying 2.5pH to kill odor causing bacteria.

Nail Fungus

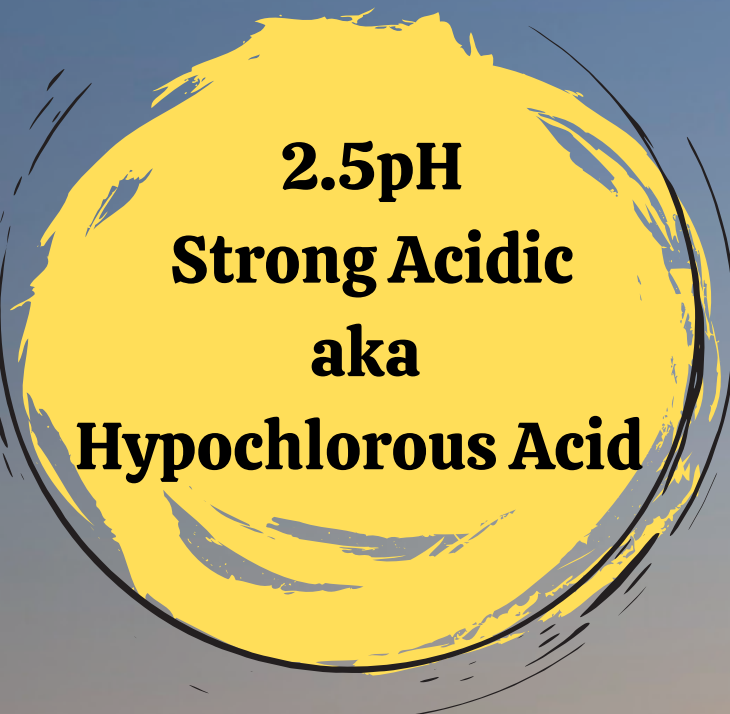
Spray 2.5pH twice a day or soak.

Fever Blisters, Canker Sores

Spray or gargle with 2.5pH to stop sores from getting worse & dry them up.

Acne

Apply 2.5pH on pimples to eliminate bacteria & viruses & speed up healing. Spray with 6.0 pH after.



**2.5pH
Strong Acidic
aka
Hypochlorous Acid**



**For
Cleaning**



Hard Water Spots & Rust

Use 2.5pH to clean hard water spots & rust off of metal surfaces.



Anti-Bacterial

Use 2.5pH water in place of anti-bacterial soaps or sprays.



Clothes & Linen Bleaching

Instead of chemical bleach, soak in 2.5pH overnight then put through a rinse cycle in the washer before continuing to wash on a regular machine cycle.



Kills All Microbes

Pre-rinse all fruits, vegetables & meat in 2.5pH & let sit for 1 minute before soaking in 11.5pH.

This will kill all microbes. Will kill MRSA & infections.



Rugs & Carpets

Pet odors can be eliminated with 2.5pH without removing or fading the colors of the carpet or rug.

For overall clean, use a steam cleaner with 2.5pH & 11.5 pH. To add a fresh scent, add 10 drops of essential oil to the final rinse.



Soap Scum

Spray 2.5pH on tile & surfaces to remove soap scum.



Limescale

Detach the shower head & soak in a bowl of 2.5pH for at least 30 minutes, then scrub with a medium bristle brush.



Protein Based Stains

Use 2.5pH to clean up protein based stains. For oil based stains, use 11.5pH.



Disinfecting

Use 2.5pH for disinfecting everything.



Beds

Spray 2.5pH on mattress, pad, blankets & pillows as an anti-microbial. A fine mist is adequate.



Coffee & Tea Stains

Use 2.5pH to clean coffee & tea stains from cups.

6.0 Beauty Water

Facial Soap

Clean face twice a day. Spray with 6.0pH after cleaning.

Hair Conditioner

Spray hair with 6.0pH after showering as this conditions your hair. Use in place of conditioners that leave a film.

Skin Toner

Use 6.0pH as a face rinse in or after the shower or bath to tone & firm skin.

Rashes, Diaper Rash

Spray 6.0pH on skin to soothe & heal rashes, including diaper rash.

Hardwood Floors, Ceramic Tiles

Use 6.0pH for polishing & housecleaning hardwood floors, laminate & ceramic tile.

Anthocyanins

Use 6.0pH to wash & prepare fruits & veggies containing anthocyanin (plums, grapes, cherries, strawberries, red cabbage, eggplant, soybeans, asparagus...)

For Self, Food & Cleaning

Lines, Wrinkles

Mix 6.0pH with essential oils, spray on skin to hydrate reduce lines & wrinkles, tone skin & produce younger, healthier skin.

Freezing Food

Spray 6.0pH on food before freezing. (including fish & shrimp) so food doesn't lose it's flavor.

Fabric Softener

Use 1 gallon of 6.0pH in the rinse cycle during laundry instead of fabric softener.

Eyeglasses

Use 6.0pH to clean lenses.

Window Cleaner

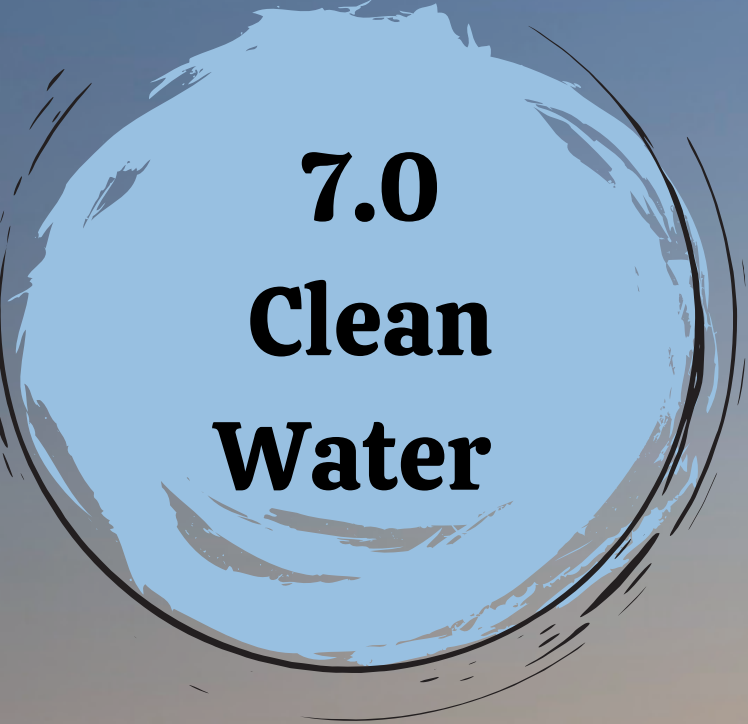
Beauty water 6.0pH replaces all window & mirror cleansers.

Plants

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

Pets

Bathe pets with 6.0pH for more lustrous coats.



**7.0
Clean
Water**



**For
Self**



Meals

Drink 7.0pH with meals only if necessary. (It is not recommended to drink 8.5pH-9.5pH water 30 minutes before or 45 minutes after meals in order for food to digest properly..)






Baby Formula

Use 7.0pH water for baby formula.



Medication

Drink 7.0pH Clean Water for medications that are time release. (Kangen drinking waters 8.5pH-9.5pH would dissolve medication too quickly.)



8.5pH -9.5pH Kangen Water

For Self

Soups

Cook all soups with 9.5pH Kangen water for more flavor.

Stir Fry

Stir Fry with 9.5pH to steam.

Weight Loss

Drink a glass of 9.5pH when you're about to snack. Wait 30 minutes, eat if hungry.
Most people are dehydrated & think they are hungry.

Grey Hair

Drinking 9.5pH Kangen water can often return original hair color due to cells regenerating.

Vision

Drinking Kangen Water can help improve vision.

Spider Veins

Drinking Kangen Water 9.5pH can help improve spider veins over time due to cells repairing.

Drinking Water

When starting Kangen Water, start at 8.5pH & move up to 9.5pH gradually. Drink at least 1 gallon of Kangen Water per day. Kangen Water is high in molecular hydrogen, antioxidants & minerals.

Aromatherapy, Spritzer

Put any herb in a spray bottle with Kangen Water 9.5pH. Let set for a few hours & use as a spritzer & air freshener.

Coffee, Tea

Make coffee, tea & espresso with Kangen Water 9.5pH to increase flavors, colors nutritional value & decrease acidity of coffee.

Pets

Pets drink 8.5pH only.

Cooking

Use Kangen Water as liquid for cooking potatoes, grains, dried beans or peas, pasta, etc. to increase flavor & alkalinity.

Broth

Use Kangen Water as base for broth to extract the maximum vitamins & minerals from the vegetables & meat.

Flowers

Use Kangen Water for vases of cut flowers to extend fresh appearance.

Protein Shakes

Kangen Water in protein shakes dissolves the powder more rapidly & allows nutrients to be absorbed more efficiently.



11.5pH Strong Kangen Water

Good Night's Sleep

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

Bug Repellant, Sunburn, Bug Bites

Spray or soak areas with towel soaked in 11.5pH & keep wet by continuously adding 11.5pH for at least 1/2 hour. 1 hour is even more effective.

Makeup Remover

Spray 11.5pH on face & eyes as needed to dissolve & remove makeup.

Heart Burn, Indigestion, Food Poisoning, Stomach Flu

Drink 1/4 cup of fresh 11.5pH immediately followed by 25 ounces of 9.5pH. Do not eat or drink for 45 minutes following.

Hot Bath Soak

Use 1 gallon of 11.5pH added right to the tub after filling. This replaces Epsom salts or another remedy. This works even better with the Anespa DX.

Stroke

Drink as much 11.5pH as you are able if you feel a stroke coming on, this provides potent alkalinity to overcome severe acidosis causing the stroke. Seek medical attention immediately.

Eye Wash

Soak eye cup with 2.5pH Strong Acidic water for 1-2 minutes prior to use. Rinse cup with 11.5pH then fill cup & wash eye with 11.5pH Strong Alkaline Water. Toss water away & disinfect with 2.5pH again. Repeat the steps for the second eye. This can be repeated 1-3x per week. For eye infection, 2x daily.



For Self

Allergies, Cold Symptoms, Snoring

Use 11.5pH as a nasal rinse when sinuses are plugged. Due to the reduction of inflammation, this can reduce snoring.

Hangovers, Migraines

11.5pH can prevent hangovers. Drink several ounces before you feel a migraine coming on.

Puffy Eyes

Spray 11.5pH on eyes to reduce puffiness.

Arthritis, Gout, Muscle Soreness or Tissue Injuries

High alkalinity draws out acids, you can use the 11.5pH to soak in to 'pull out' acids associated with inflammation, injury & pain.

Grease In Eye

Spray 11.5pH as needed to soothe & heal eye.

Detox

Soak feet in 11.5pH for 20 minutes 1-2x per week to help with detoxification.

Chemotherapy

Drink 11.5pH with chemotherapy. The benefits are that side effects are lessened, it reverses metabolic acidosis & the antioxidants are good during chemo. Apply 11.5pH on skin for chemotherapy burns.

Food Digestion

Drink 1 ounce of 11.5pH 45 minutes before meals to enhance digestion. Don't drink anything during the meal & 30 minutes after.



**11.5pH
Strong Kangen
Water**

**For
Cleaning**

Laundry Soap

Use 1-2 Liters = (close to 1 gallon) of 11.5pH per load in place of laundry soap. Works well for greasy smells. Add a few drops of essential oils for fresh scent.

Stains - Clothing, Rugs & Carpet

Use 11.5pH as a degreaser for any type of cleaning. Clean oil based stains by soaking the area & letting sit for 20-30 minutes, then blot out of carpets & wash clothes by following the Laundry Soap instructions above.

Polish Silver

Soak silver in 11.5pH & polish.

Clean Oven, Clogged Sinks & Tubs

Clean ovens with 11.5pH. Replaces chemical cleansers that dissolve grease & grime. Use for clogged sinks & bathtubs.

Soaps & Lotions

Use 11.5pH to emulsify oils for making soaps & lotions.

Dark Clothing Dye

Use 11.5pH to dye dark colored clothing.

Replace 'Goo Gone'

Use 11.5pH to remove greasy, gooey, gummy, sticky problems.

Paint Thinner

After using oil based paints use 11.5pH to clean up brushes & drips.


Clothes, Linen Spray

Mix 11.5pH with a few drops of essential oils in a spray bottle. Use to refresh linens.



11.5pH Strong Kangen Water

For Food



Fruits & Veggies

Soak in 11.5pH for a minimum of 5 minutes to emulsify & clean off oil based pesticides, then rinse with 9.5pH. This will clean & revitalize. Use 6.0pH to wash & prepare fruits & veggies containing anthocyanin (plums, grapes, cherries, strawberries, red cabbage, eggplant, soybeans, asparagus...)

Ice Cubes

Make ice cubes with 11.5pH to off-set acidic drinks like alcohol, soda & coffee.

Rice, Beans, Legumes

Soak in 11.5pH for 5-10 minutes, rinse clean with low flow 9.5pH. Soak dried beans & peas for 1 hour to speed up cook time.

Meats

Soak all meats in 11.5pH for 5-10 minutes for cleaning & tenderizing.

Salad

Add 1 Tablespoon of 11.5pH to salad dressings to keep oil emulsified.

Fish, Chicken

Soak fish & chicken in 11.5pH to clean & tenderize.

Steam Or Blanch Veggies

Use 11.5pH to enhance flavor when steaming or blanching vegetables.



Plants,

Growing & IPM



Seeds

Soak seeds in the 2.5pH HOCl to kill any pathogens or viruses.

Seeds can also be soaked in 11.5pH for 30 minutes for faster germination after the 2.5pH.

Use 6.0pH to water & keep moist during sprouting & after.

Water/Irrigating

Use 6.0pH as this is the closest pH to rainwater. If you need to revive a plant that is sick, you can water with the 6.0pH.

Pest Management, Foliar Spray

The 2.5pH Hypochlorous Acid & the 11.5pH Sodium Hydroxide are being used successfully for pest management replacing chemicals.

Outsourced Cuttings

Put 2.5pH in a bucket, dip cuttings into the 2.5pH & spray regularly to kill any pests, diseases, bacteria & viruses.

Nutritional Mixes

Use 6.0pH with whatever you normally use for nutritional sprays.

Propagation

Use 2.5pH in a bucket, after taking cuttings, submerge in the 2.5pH & foliar spray regularly.

Post Harvest

If you currently do a post harvest dunk, 2.5pH can be used instead of hydrogen peroxide or other chemicals to kill pathogens & remove any particulates.

Powdery Mildew, Mold

Rotate 2.5pH & 11.5pH spraying regularly to kill or prevent pathogens.

Wildfire Smoke

Blow off any ash that has accumulated on the plants. Use 2.5pH spray & rotate 11.5pH at least 3x per week to remove the smoke smell & particulates.