

KANGEN WATER USES

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1. 11.5 PH STRONG KANGEN

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○ 1. Good Night Sleep

- Drink $\frac{1}{2}$ - 1 ounce of 11.5 pH strong kangen before bedtime to help release Melatonin for a good night sleep.


○ 2. Hot Bath Soak

- Use one gallon of 11.5 pH strong kangen added right at the end of filling the tub.
- This replaces Epsom Salts.
- This works even better if you have the Anespa from Enagic.



1. 11.5 pH STRONG KANGEN

○ 3. Eye Wash with an eye cup

- Soak eye cup in 2.5 pH strong acidic for 1-2 mins to clean and disinfect eye cup
 - Rinse eye cup thoroughly with 11.5 pH strong kangen
 - Fill eye cup with 11.5 pH strong kangen
 - Place cup firmly around one eye, keeping eye open and roll eye up, down, side to side for 1 minute
 - Toss water away and repeat from beginning for the other eye
 - To maintain healthy eyes, follow this protocol 1-3 times per week
 - When working to improve eye condition, follow this protocol at least 2 times daily, up to 10 times per day
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1. 11.5 pH STRONG KANGEN

○ 4. Grease in Eye

- Spray 11.5 pH strong kangen as needed to soothe and heal eye.

○ 5. Make Up Remover

- Spray 11.5 pH strong kangen on eyes to dissolve and remove make up.

○ 6. Puffy Eyes

- Spray 11.5 pH strong kangen as needed to soothe and heal eye.



1. 11.5 pH STRONG KANGEN

- 7. Bug Spray Repellent, Sunburn, Pain, Bug Bites, Swelling
 - Spray or soak area with towel soaked in 11.5 pH strong kangen
 - Keep towel wet for a minimum of 30 minutes twice a day
- 8. Arthritis, Gout, Muscle Soreness, Tissue Injuries
 - Since high alkalinity draws out acids, you can utilize 11.5 pH strong kangen to soak in to “pullout” acids associated with inflammation, injury and pain



1. 11.5 pH STRONG KANGEN

○ 9. Allergies, Cold Symptoms, Snoring

- Use 11.5 pH strong kangen as a nasal wash when sinuses are plugged.
- Due to the reduction in inflammation of nasal passages this technique can also reduce snoring.

○ 10. Heat Burn, Indigestion, Food Poisoning, Stomach Flu

- Drink $\frac{1}{4}$ cup 11.5 pH strong kangen immediately followed by 25 ounces of 9.5 pH kangen.
- Do not eat or drink for the next 45 minutes.
- Repeat the next day only if necessary.



1. 11.5 PH STRONG KANGEN

○ 11. Hangovers & Migraines

- Can prevent hangover
- As soon as feel migraine coming
- Drink several oz

○ 12. Stroke

- Drink as much as possible if feel a stroke coming on.
- To provide potent alkalinity to overcome severe acidosis causing the stroke.



1. 11.5 pH STRONG KANGEN

○ 13. Chemotherapy

- Drink the water with chemotherapy.
- The benefits are that side effects are lessened.
- It reverses metabolic acidosis.
- The Antioxidants are good for any point on chemotherapy.
- Put 11.5 pH strong kangen on the skin twice a day for burns from chemotherapy.



1. 11.5 pH STRONG KANGEN

○ 14. Fruits & Veggies

- Pre-rinse with 2.5 pH strong acidic and sit for 1 minute to kill microbes.
- Soak in 11.5 pH strong kangen for a minimum of 5 minutes to clean off pesticides

○ 15. Rice, Bean, Legumes

- Soak for 5 to 10 minutes and rinse clean with low flow 9.5 pH kangen



1. 11.5 pH STRONG KANGEN

○ 16. Meats

- Pre-rinse with 2.5 pH strong acidic and sit for 1 minute to kill microbes.
- Soak all for 5 to 10 minutes for cleaning and tenderizing.

○ 17. Ice Cubes

- To help offset acidic drinks.



1. 11.5 PH STRONG KANGEN

○ 18. 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.

○ 19. Stains on Clothes, Rugs, Carpets

- Use as a de-greaser for any type of cleaning.
- Clean oil based stains by soaking the area and letting it sit for 10 to 20 minutes.
- Then blot out of carpets and wash using 18. Laundry Soap



1. 11.5 pH STRONG KANGEN

- 20. Clean Oven, Clogged Sinks & Tubs, Replace 409 Cleaner & Drano
 - Clean with a scratch pad and 11.5 pH strong kangen.
 - Replaces 409 cleaner with 11.5 pH strong kangen when dissolving grease and grime in kitchen.
 - Use 11.5 pH strong kangen instead of Drano or other chemicals for clogged sinks and bathtubs.



1. 11.5 pH STRONG KANGEN

- 21. Polish Silver
 - Soak and Polish
- 22. Paint Thinner
 - After using oil based paints, use 11.5 pH strong kangen to clean up.
- 23. Use 11.5 pH strong kangen instead of “Goo Gone”
 - Removes greasy, gooey, gummy, sticky problem.





2. 2.5 PH STRONG ACIDIC

2. 2.5 pH STRONG ACIDIC

○ 1. Kill All Microbes

- Pre-rinse all fruits, vegetables and meat with 2.5 pH strong acidic.
- Let it sit for one minute before soaking in 11.5 pH strong kangen.
- This will kill all micorbes, MRSA and infections.

○ 2. Disinfecting

- Use 2.5 pH strong acidic for disinfecting anything.

○ 3. Anti-Bacterial Soap

- Use 2.5 pH strong acidic in place of anti-bacterial soap.



2. 2.5 PH STRONG ACIDIC

- 4. Hard Water Spots & Rust
 - Clean hard water spots off of chrome and rust off of metal with 2.5 pH strong acidic
- 5. Facial Lifting & Tightening
 - Spray face and neck (NOT EYES) and rub skin upward until dry.
 - Finish with beauty water to tone skin.
- 6. Vomitting
 - To stop vomitting, take 1-2 tablespoon



2. 2.5 pH STRONG ACIDIC

- 7. Resolve Periodontal Disease & Thrush, Prevent Root Canal
 - Brush and gargle with 2.5 pH strong acidic and wait for 1 minute
 - Rinse with 9.5 pH kangen for 30 seconds to restore the natural pH.
- 8. Infected Sinuses
 - Spray 2.5 pH strong acidic in nose 2 times per days.
 - Wait for 2 minutes, flush with 11.5 pH strong kangen.



2. 2.5 pH STRONG ACIDIC

- 9. Open Wounds, Burns, Infections, Stop Bleeding, Kill Candida
 - 2.5 pH strong acidic kills bacteria and pathogens.
 - Use on cuts, scrapes to help stop bleeding.
 - Clean twice daily until healed.
 - Do not use with any other ointments as they only attract microbes by keeping the area moist and sticky.
- 10. Nail Fungus
 - Spray or soak 2.5 pH strong acidic twice a day



2. 2.5 pH STRONG ACIDIC

○ 11. Pink Eye

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

○ 12. Sore Throat, Strep Throat, Cough

- Gargle 2.5 pH strong acidic 3-4 times a day or put in spray bottle and spray into throat.

○ 13. Poison Ivy

- Spray 2.5 pH strong acidic on infected area as often as needed.
- Will slow down itching and dry up poison ivy quicker.



2. 2.5 pH STRONG ACIDIC

○ 14. Fever Blisters, Cancer Sores

- Spray 2.5 pH strong acidic or Gargle to stop and dry up both.

○ 15. Moles & Warts

- If you see something abnormal on your skin, you might want to soak a gauze pad on a band aid with 2.5 pH strong acidic.
- Apply over the area.
- Change the band aid at least once a day.
- Often this process requires 30-60 days before seeing results.





3. 7 PH CLEAN WATER

3. 7 PH CLEAN WATER

- Drink with meals only if necessary.
- Use for making baby formula.





4. 4.5 – 5.5 pH BEAUTY WATER

4. 4-5 – 5.5 pH BEAUTY WATER

- Beauty water pH is similar to rain water
- 1. Facial Soap
 - Clean face twice a day
 - Spray beauty water after cleaning
- 2. Tone Skin
 - Use beauty water as a final rinse in shower.
 - Bathe using beauty water to tone and firm skin.



4. 4-5 – 5.5 PH BEAUTY WATER

○ 3. Hair Conditioner

- Spray beauty water on hair after showering as this conditions the hair.
- Try not to use conditioner of any kind as this coats the hair.

○ 4. Rashes, Diaper Rash

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

○ 5. Pets

- Bathe pets for more lustrous coats.



4. 4-5 – 5.5 PH BEAUTY WATER

○ 6. Plants

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

○ 7. Eggs & Pasta

- Use beauty water to boil eggs and pasta.

○ 8. Freezing Food

- Spray beauty water on foods before freezing.
- Including fish and shrimp so that foods do not lose their flavor.



4. 4.5- 5.5 PH BEAUTY WATER

○ 9. Anthocyanins

- Use beauty water for washing and preparing fruits and vegetables containing anthocyanins
- E.g. plums, grapes, cherries, strawberries, red cabbage, eggplant, soy beans, asparagus.

○ 10. Eyeglasses

- Use beauty water to clean lenses.

○ 11. Fabric Softener

- Use beauty water in rinse cycle during laundry.
- One gallon per load.



4. 4.5- 5.5 PH BEAUTY WATER

○ 12. Replace Windex

- Use beauty water to replace all window and mirror cleaners.

○ 13. Hardwood Floors & Ceramic Tile

- Use beauty water for polishing and housecleaning hardwood floors, ceramic tiles, etc.





5. ADDITIONAL SKIN CONDITION REMEDIES

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○ Acne, Eczema, Psoriasis, Rashes, Burns

- 1. Rinse with 11.5 pH strong kangen to remove excess oils from skin.
- 2. Cleanse with non-soap cleanser and beauty water.
- 3. With a cotton swab dab 2.5 pH strong acidic on any active blemishes or broken skin.
- 4. Tone with beauty water in a spray bottle.
- 5. Repeat morning and bedtime.
- 6. Tone multiples times per day to keep skin hydrated.



5. ADDITIONAL SKIN CONDITION REMEDIES

○ Diaper Rash

- 1. Cleanse with non-soap cleanser and beauty water and pat dry.
- 2. With a cotton swab dab 2.5 pH strong acidic on any broken skin and let dry.
- 4. Hydrate with beauty water in a spray bottle.
- 5. Repeat after each diaper change.



5. ADDITIONAL SKIN CONDITION REMEDIES

○ Diaper Rash

- Diaper rash begins with urine and faeces that are too acidic.
- To prevent diaper rash begin by making certain that your baby is properly hydrated with 8.5 – 9.5 pH kangen.
- Next replace baby wipes with a container filled with soft clothes or unbleached paper towels and beauty water.
- Use to cleanse diaper area each time you change you baby, pat dry and then apply a very fine mist to the skin.
- This assists in keeping the pH of the skin balanced.



5. ADDITIONAL SKIN CONDITION REMEDIES

- Caution – Step away from the Antiperspirant
 - Sweat is one of your body's natural methods for ridding itself of toxins.
 - Stopping that natural function can create a serious backlash in your lymphatic systems.
 - Odours are simply bacteria thriving in the dark, damp area.
 - So to stop the odour, simply mist with pH 2.5 strong acidic.
 - If you tend to sweat a lot, keep a small spray for occasional touch ups throughout the day.





6. 8.5 TO 9.5 PH KANGEN WATER

6. 8.5 TO 9.5 PH KANGEN WATER

○ 1. Soups

- Cook all soups with 9.5 kangen water.

○ 2. Stir Fry

- Stir fry with 9.5 kangen water to steam.

○ 3. Weight Loss

- Drink before you snack and before meals.
- Wait 30 minutes before eating.
- Most folks are so dehydrated that their thirst mechanism is so weak that they think they are hungry.



6. 8.5 TO 9.5 PH KANGEN WATER

- 4. Grey Hair
 - Often can return original hair color.
- 5. Vision
 - Can improve eye vision.
- 6. Spider Veins
 - Over time of drinking kangen water and cell repairing, spider veins will improve.



6. 8.5 TO 9.5 PH KANGEN WATER

○ 7. Aroma Therapy / Spritzer

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





7. GETTING STARTED WITH KANGEN

7. GETTING STARTED WITH KANGEN

- It is recommended that everyone who chooses to drink Kangen water start by drinking the 8.5 pH kangen water.
- The Kangen water is obtained by pushing the blue button on the front of the machine.
- Multiple pushes will move you through the three different levels of the Kangen water that are produced.



7. GETTING STARTED WITH KANGEN

- This water is dispensed through the TOP flexible hose.
- Drink at least $\frac{1}{2}$ of your body weight in ounces each day.



7. GETTING STARTED WITH KANGEN

- If you do physically demanding work, participate in strenuous athletics, or are dealing with “sickness issues”, you need to drink more Kangen water to help your body move towards and achieve homeostasis.
- In this situations, it is recommended that you drink at least $\frac{3}{4}$ of your body weight in ounces.
- Drinking 1 ounce per pound of body weight per day produces real “miracles”.



7. GETTING STARTED WITH KANGEN

- After successfully drinking the suggested 8.5 pH kangen water for 2 weeks. (“successfully” means that you are not experiencing any discomfort while drinking the water, other than the frequency of urination)
- You may choose to increase the water pH level up to 9.0 pH setting.
- Repeat for another 2 weeks and move to 9.5 pH setting.





8. CLEANSING SYMPTOMS

8. CLEANSING SYMPTOMS

- Occasionally we find people that experience “cleansing” symptoms.
- These are typically caused by the body releasing stored toxins and acidic wastes.
- If you experience any “cleansing” types of symptoms when you start on the 8.5 pH kangen water, then you should increase the amount of water you are drinking.
- This helps to neutralize and flush toxins from your system.

8. CLEANSING SYMPTOMS

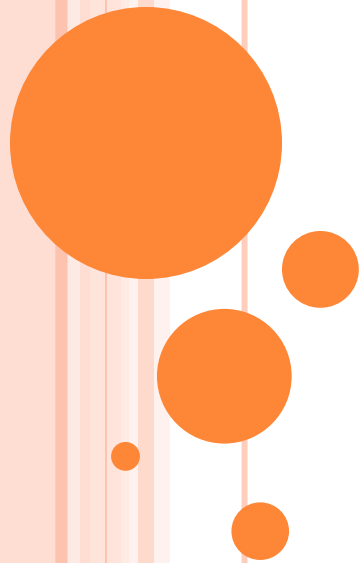
- If you experience these symptoms after increasing the pH of the water you are consuming.
- Then go back to the last pH setting that you were able to drink without experiencing these symptoms and increase the amount of water that you consume until these symptoms stop.
- If the reaction gets too severe, one should back off of the pH but INCREASE the volume of water ingested.



8. CLEANSING SYMPTOMS

- Some of the symptoms
 - Headaches
 - Skin eruptions
 - Loose bowels
 - Coughing
 - Dry throat





THANK YOU