



Specific Uses and Therapies of the Various Kangen Waters

This document is for information purposes and is not intended to be a substitute for the advice of a doctor or a health care professional or a recommendation for any particular treatment plan. It is important that you rely on the advice of a doctor or a health care professional for your specific condition.

Different pH levels:

- Drinking Kangen Water pH 9.5
- Drinking Kangen Water pH 9.0
- Drinking Kangen Water pH 8.5
- Clean Water pH 7.0
- Beauty Water pH 4.5 to 6.0 (not suitable for drinking)
- Strong Alkaline Water pH 11.5 (not suitable for drinking)
- Strong Acidic Water pH 2.5 (not suitable for drinking)

PERSONAL



Acne, eczema, psoriasis & inflammation

Spray with 2.5pH to neutralise any bacteria that may be present. When that has completely air-dried, apply a cloth soaked in pH 11.5 Strong Alkaline Water. Leave it on for 5-15 minutes; follow with Beauty Water. Repeat this procedure at least twice per day. Where inflammation or infection is not evident, use Beauty Water on target area.

Sunburn

Wrap sunburned areas in a cloth soaked in 11.5pH and leave for 15- 20 minutes. Follow with Beauty water and let dry. This works any burns that do not require hospitalisation.

Cuts and scrapes

Anytime skin has been torn, use pH 2.5 Strong Acid Water at least once a day. This helps our immune systems deal with the micro-organisms like bacteria, viruses, etc that may gain entry into the body through a breach in skin. Soak wound or graze in Beauty Water (it may be easier to soak a cloth and apply to the area) for at least 3 minutes and allow to air dry. This helps tighten pores and alleviates pain. It may also help to stop bleeding and control pain. Most people have stopped bleeding by spraying or soaking in Strong Acid Water.

Food Poisoning

2 x glasses of 2.5pH per day

Taking Medications

When taking pharmaceutical medications, discontinue drinking Kangen Water 15- 20 minutes prior to taking your medication. Use clean water to take prescriptions, and wait at least 30 minutes after medication before drinking Kangen Water.

Baby Formula

Use clean water (7.0pH) when preparing baby formulas.

Dry Skin

Beauty water can be used frequently as a spray throughout your day, frequently used for best results. While internally your body is healthiest if it is alkaline, your skin pH is ideally around pH 6.0. Beauty Water makes your skin feel soft and moisturised like you have used lotions or oils; it makes your skin feel hydrated. Warning: We strongly advise for you not to run hot water through the unit; if you do so, the unit will issue a warning. Should you require warm Beauty Water, we recommend slowly heating it on a stove/cooker to the desired safe temperature. Collect in a bowl or in a spray bottle and massage or spray over your body after a bath or shower. Your skin can feel tight and dry after showering; using Beauty Water in this way leaves your skin hydrated and feeling like you have used lotion. It also closes all your pores.

Hair

When used instead of a conditioner after shampoo, it tightens your scalp, reduces tangles and brings a radiant shine to your hair. In fact, many users report significant hair re-growth. Beauty Water is astringent and oxidative, making it beneficial for the overall health and beauty of your skin and hair.

Facial Blemishes

Beauty Water can eliminate a vast spectrum of facial blemishes.

Shaving

Beauty Water is great to use as a toner after shaving - leaving your skin soft and feeling good.

Anti-Aging

Mix Beauty Water with essential oils, spray on skin to hydrate, reduce lines & wrinkles, even skin tone and produce younger, healthier skin.

Bathing

Add Beauty Water to your bath water to keep the tub free of rings as it warms the body and keeps your skin beautiful!

Other uses of 2.5pH

- Athletes foot
- Nail fungus
- Insect bites/stings
- Rashes (also relief from the itching of measles and chicken pox)
- Sunburn
- Cold sores/Canker sores
- Nappy rash
- Burns
- Minor cuts and scrapes
- Bleeding cuts
- Pain
- Pink Eye / eye infections
- Eye sties

Detoxing

Soak your feet for 20 minutes one or more times each week in 11.5pH to aid your body's detoxification process.

Oral Hygiene

2.5pH works as a mouthwash and gargle to kill bacteria in the mouth and throat that cause dental infections, sore throat (strep throat), bad breath, and cavities. Brush teeth and gargle for 1 minute to kill the bacteria that causes gingivitis.

2.5pH water can be used to disinfect toothbrushes. It also provides a gentle, safe bleaching of the teeth. (Rinse your mouth with neutral or alkaline water when you are finished.) People have been known to eliminate strep throat within hours by using pH 2.5 acid water in the throat.

Arthritis / Inflammation

If you have arthritis or another inflammatory condition, soaking or wrapping with 11.5pH can be extremely helpful.

Strains, sprains bruising & sore muscles

As an anti-inflammatory, pH 11.5 water also relieves strains, sprains, sore muscles, any condition where there is pain due to inflammation.

Sore Throats

Gargle with 2.5pH acidic water 3-4 times per day. For children finding it difficult to gargle, spray 2.5 acidic water to throat area (10 pumps) 3-4 times per day.

Sunburn

If sunburn does not require medical treatment, spray with pH 11.5 Strong Alkaline Water or soak a cloth in this water and hold on sunburned area. Once this has dried, spray on Beauty Water and allow to air dry.

Moles, warts, etc.

For abnormalities on your skin use Strong Acidic Water pH 2.5. Soak a gauze pad in 2.5pH water and apply to target area using a bandage. Change bandage at least once per day. It has been found to take from 30-60 days to see results.

Teeth Whitening

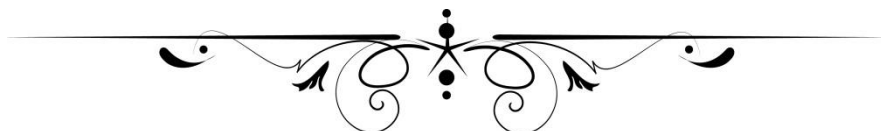
Brush teeth with pH 2.5 acid water

Periodontal Disease

In Japan numerous documented studies show that pH 2.5 water eliminates periodontal disease and many other infections of the mouth. Follow gargling with pH 2.5 strong acid water and rinse with alkaline drinking water so your mouth is not left acidic.

Sanitiser

2.5pH acidic water is widely used in hospitals and restaurants to reduce the spread of infection, to disinfect medical equipment, for cleaning, and as a hand wash. You can carry it in a spray bottle and use it as a hand sanitiser all day, to prevent the spread of infections and cross contamination.



GARDEN



The micro-clustering allows water to be more easily absorbed by plants. They grow larger root balls and become larger, healthier and more vibrant.

Produce from plants watered with Kangen Water is sweeter and contains more nutrients. In Japan this water is used commercially to improve agriculture.

The type of water used depends on the plant and the soil, and different kinds of plants prefer different kinds of water. Look up the plants you are interested in to determine if they prefer acid or alkaline water. For instance, blueberry bushes and roses prefer Beauty Water, which is slightly acidic.

Cut Flowers

Use Beauty Water or Drinking Water for cut flowers (depending on type of flower) and they can last two weeks or more

Spiders

Spray 2.5pH to kill small spider infestations on a plant

Acid-Loving Plants

Water acid-loving plants 3 times during the growing season with 2.5pH to produce vigorous growth & more blossoms

Seed Germination

11.5pH will accelerate seed germination

Plants that Prefer Slightly Alkaline Kangen Water (pH 8.5 - 9.5)

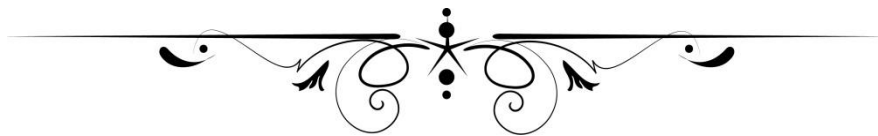
Most of these plants show optimal growth in the 7.5 - 8.5, so you can experiment between Kangen Water 8.5 and Neutral Water (pH 7.0) to find the best results. The pH of your soil will have a big impact on which water you should use. These plants include: asparagus, beets, cabbage, cauliflower, celery, carrots, mushrooms, parsley, geraniums, irises, phlox, vinca, hydrangeas (for pink blooms), and lilacs. Hydrangeas are a rare plant, as the pH of your water will change the colour of the blooms.

Plants that Prefer Slightly Acidic Water (pH 4.0 - 6.0)

Some plants prefer slightly acidic water and soil. Set your machine to pH 5.0 for the following vegetables and plants: rhododendrons, begonias, azaleas, heathers, hydrangeas (for blue blooms), peanuts, cucumbers, potatoes, dill, leeks, chili peppers, eggplant, garlic, chives, artichoke, tomatoes, and most berries. Roses grow most vibrantly with pH 5.5 - 6.5, so you may want to experiment with Slightly Acidic Water (set at pH 6.0) and Neutral Water (pH 7.0) to see which one yields the healthiest roses with your particular soil. Remember to always take into consideration the pH of your soil when you choose which Enagic® Water to use on your plants.

Plants that Prefer Neutral Water (pH 7.0)

Many vegetables and plants thrive in a neutral pH. These plants include spinach, parsnips, dahlias, chrysanthemums, Brussels sprouts, sweet peas, broccoli, asparagus, beans, avocado, cantaloupe, kiwi, mint, lettuce, onions, yams, radishes, squash, bell peppers, and tulips.



HOUSE



11.5pH:

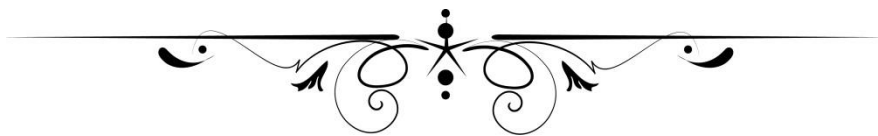
- clean greasy messes
- removes grease and other stains on clothes
- stains on carpets
- stoves, ovens, pots and pans
- remove grease spots from clothes
- cleaning tools – removes greasy grime
- disperse fats and proteins from cutting boards, knives and countertops
- mix with essential oils to spray on skin, fabrics, anywhere
- remove dirt and grime from hardwood floors. It leaves no soap build-up or residue on the floor
- put 1-2 litres in your washing machine with no soap and wash just as you would with soap

Beauty Water:

- clean eyeglasses, mirrors, glass objects, knife sharpeners – it leaves no streaks or residue
- groom pets – it makes their fur soft and shiny
- use in the rinse cycle of your washing machine to soften clothes
- remove stains from tea cups and tea pots – soak for up to 24 hours

2.5pH:

- removes stubborn toilet bowl stains
- soak dish towels to disinfect them
- cleans glass – use as any other glass cleaner
- cleans door knobs and light switches - all high traffic areas where infections can generally spread.
- cleans coffee and tea stains from cups
- removes hard water stains on chrome, windows, and ceramic fixtures.
- disinfects countertops and cutting boards
- removes hard water deposits on glass and ceramic surfaces
- prevents mould from growing and can eliminate some moulds
- kills slugs, mosquitoes, flies, ants, fleas and spiders
- cleans and disinfects baby toys, high chairs and diaper changing area
- removes stains from clothes without removing colour
- safely bleaches white clothes
- eliminates odours such as cat urine
- spray on your pets regularly to reduce/eliminate flea infestations.



KITCHEN



- Use 2.5pH water to kill microbial bacteria on produce and meats - eliminates the possibility of e-coli or other illness caused by bacterial growth on food.

- Use 9.5pH to make tea or coffee. Herbal teas that have health enhancing properties will have those properties magnified by the micro-clustering aspect of Kangen Water.
- Soak or spray fruits and vegetables and meats in 2.5pH for 2-3 minutes; stir the water to work it into rough textured produce like broccoli, lettuces, etc. This kills microbes that may be on produce (like e-coli). Then soak produce in Strong Alkaline Kangen Water (pH 11.5) for at least 5 minutes to clean the produce, remove herbicides and pesticides, enhance shelf life and flavour.
- When it comes to cooking, alkaline water (pH 8.5 to 9.5) reduces cooking time by 25 to 30% which is good for the environment and saves you money. Steamed vegetables retain more of their natural flavour and colour.
- Stocks and soups made with Kangen Water are more flavourful. The micro-clustering properties of Kangen Water allows it to pull more nutrients out of bones and into stock making stock more nutritious and nutrient dense.
- Using Kangen Water when cooking lowers the boiling point of water, again saving you time, energy and money.
- Blanch green vegetables in pH 8.5-9.5 Kangen Water to preserve vibrant colours and enhance flavour.
- Pastas and rice can be cooked in Beauty water as they cook faster, taste better, and are fluffier.
- Use Beauty Water in the batter for fried foods as they will be crispier, remain crispy longer, and be less oily.
- Boil eggs in Beauty Water they will not leak if they crack and they will peel more easily.
- Spray vegetables with Beauty Water prior to freezing as they will maintain more colour and flavour.

Uses of pH 11.5 water:

- cleans and revitalises fruits and veggies by soaking for 20 minutes
- soak dried beans and peas for 1 hour to speed up cooking
- soak nuts, seeds or grains for 1 hour to speed up sprouting
- add 1 tablespoon to salad dressings to keep oil emulsified
- soak fish or chicken for 10-15 minutes to remove gamey flavours
- enhances flavours when used to steam or blanch vegetables