

## The Ways To Use Kangen Water

### 11.5pH

1. **GOOD NIGHT SLEEP:** Drink 1/2-1 ounce (15-30ml) of 11.5pH before bedtime to help release Melatonin for a great night's sleep.
2. **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.
3. **GREASE IN EYE:** Spray 11.5pH as needed to soothe and heal the eye.
4. **MAKE UP REMOVER:** Spray on eyes to dissolve and remove makeup.
5. **PUFFY EYES:** Spray on eyes to reduce puffiness.
6. **HOT BATH SOAK:** Use 1 gallon of 11.5pH added right at the end of filling the tub. This replaces Epsom Salts or another remedy. This works even better if you have the Anespa DX from Enagic™.
7. **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.
8. **BUG SPRAY REPELLENT, SUNBURN, PAIN, BUG BITES, SWELLING:** Spray or soak areas with towel soaked in 11.5pH and keep wet by adding small amounts of 11.5pH to the towel for a minimum of 30 minutes twice a day. It works even better if done for 1 hour twice daily.
9. **HEARTBURN, INDIGESTION, FOOD**
10. **POISONING, STOMACH FLU:** Drink 1/4 cup (or 60ml) of fresh 11.5pH immediately followed by 25 ounces (740ml) of 9.5pH then do not eat or drink anything for 45 minutes. Repeat the next day only if necessary.
11. **ARTHRITIS, GOUT, MUSCLE SORENESS, TISSUE INJURIES:** Since high alkalinity draws out acids, you can use the 11.5pH to soak in to 'pull out' acids associated with inflammation, injury, and pain.
12. **HANGOVERS, MIGRAINES:** 11.5pH can prevent hangovers, drink several ounces as soon as you feel the migraine coming on.
13. **CHEMOTHERAPY:** Drink 11.5pH with chemotherapy. The benefits are that side effects are lessened, it reverses metabolic acidosis, and the antioxidants are good for any point in chemotherapy. Apply 11.5pH on the skin twice a day for burns due to chemotherapy.
14. **STROKE:** Drink as much 11.5pH as you are able if you feel a stroke coming on, to provide potent alkalinity to overcome severe acidosis causing the stroke.
15. **FRUITS & VEGGIES:** Soak in 11.5pH for a minimum of 5 minutes to emulsify and clean off pesticides, then rinse with 9.5pH. Clean and revitalise.
16. **ICE CUBES:** Make ice cubes with 11.5pH to help off-set acidic drinks like soda and coffee.

17. RICE, BEANS, LEGUMES: Soak in 11.5pH for 5-10 minutes and rinse clean with low flow 9.5pH. Soak dried beans and peas for 1 hour to speed up cooking.
18. MEAT: Soak all in 11.5pH for 5-10 minutes for cleaning and tenderizing.
19. LAUNDRY SOAP: Use 1-2L of 11.5pH per load in place of laundry soap. Works beautifully for greasy smells like Fast-Food restaurant work clothes. Add a few drops of essential oils for a fresh smell.
20. STAINS ON CLOTHES, RUGS, CARPETS: Use 11.5pH as a degreaser for any type of cleaning. Clean oil-based stains by soaking the area and letting it sit for 10-20 minutes and then blot out of carpets or wash clothes by following number 18 of this document.
21. CLEAN OVEN, CLOGGED SINKS, TUBS: Clean oven with scratch pad and 11.5pH. Replaces chemical cleaner when dissolving grease and grime in the kitchen. Use instead of chemical products for clogged sinks and bathtubs.
22. POLISH SILVER: Soak silver in 11.5pH and polish. 22.PAINT THINNER: After using oil-based paints, use 11.5pH to clean up.
23. 'GOO GONE': Use 11.5pH to remove greasy, gooey, gummy, sticky problems.
24. SPROUTING: Soak nuts, seeds, or grains in 11.5pH for 1 hour to speed up sprouting.
25. SALAD: Add 1 tbs of 11.5pH to salad dressings to keep the oil emulsified.
26. FISH, CHICKEN: Soak fish and chicken at 11.5pH to clean and tenderize.
27. DIGESTION: Drink 1 ounce (30ml) of 11.5pH 45 minutes before meals to enhance digestion. Do not drink anything during the meal and 30 minutes after.
28. STEAM OR BLANCH VEGGIES: Use 11.5pH to enhance the flavour when making steam or blanch vegetables.
29. CLOTHES, LINEN SPRAY: Mix 11.5pH with a few drops of essential oils in a spray bottle. Use as refreshing linen spray.
30. SOAP & LOTIONS: Use 11.5pH to emulsify oils for making soaps and lotions.
31. DARK CLOTHING DYE: Use 11.5pH to dye dark colored clothing.
32. DETOX: Soak your feet at 11.5pH for 20 minutes one or more times a week to aid your body's detoxification process.

## 9.5pH

33. SOUPS: Cook all soups with 9.5pH Kangen Water™ for more flavour.
34. STIR FRY: Stir fry with 9.5pH to steam.
35. WEIGHT LOSS: Drink a glass of 9.5pH Kangen Water™ when you are thinking about having a snack. Wait 30 minutes and if you are still hungry eat the snack. Most people are so dehydrated that their first mechanism is to think they are hungry and really, they just need water.
36. GREY HAIR: Drinking Kangen Water™ 9.5pH can often return original hair colour due to the cells repairing.
37. VISION: Drinking Kangen Water™ 9.5pH can improve vision.
38. SPIDER VEINS: Drinking Kangen Water™ 9.5pH can over time improve spider veins due to the cells repairing.
39. AROMATHERAPY, SPRITZER: Put any herb like rosemary or lavender in a spray bottle filled with Kangen Water™ 9.5pH, let set for a couple of hours and use as a spritzer in your house for aromatherapy and an air freshener.

40. COFFEE, TEA: Make coffee and tea with Kangen Water™ 9.5pH to increase flavours, colours, nutritional value, and decrease the acidity of coffee.
41. PETS: Use Kangen Water™ as drinking water for pets, they love it!
42. COOKING: Use Kangen Water™ as cooking liquid for potatoes, grains, dried beans or peas, pasta, etc. to increase flavour and alkalinity.
43. BROTH: Use Kangen Water™ as the cooking liquid for broth to extract the maximum vitamins and minerals from the vegetables and meats.
44. PLANTS: Water seedlings or sick plants with Kangen Water™.
45. FLOWERS: Use Kangen Water™ for vases of cut flowers to extend fresh appearance.
46. PROTEIN SHAKES: Use Kangen Water™ 8.5-9.5pH to make protein shakes. Dissolves the powder more rapidly and absorbs nutrients more efficiently.
47. DRINKING WATER: Drink at least 3L of Kangen Water™ everyday. Kangen Water™ is high in molecular hydrogen, antioxidants, and minerals. It improves health at every level since day 1 and in the long term by hydrating and repairing each cell of the body down to its DNA.

## 7.0pH

48. MEALS: Drink with meals only if necessary. (It is not recommended to drink water 30 minutes before a meal and up to 45 minutes after eating in order for the body to digest the food correctly.)
49. BABY FORMULA: Use Clean Water 7.0pH for making baby formula.
50. MEDICATION: Drink Clean Water 7.0pH with fast dissolving medication. (Kangen Water™ would dissolve them too quickly and could diminish their effect.)

## 6.0pH

51. FACIAL SOAP: Use 6.0pH to clean the face twice a day as a facial soap. Spray on the face after cleaning.
52. HAIR CONDITIONER: Rinse your hair with 6.0pH after showering or bathing to soften hair instead of conditioner. Try not to use conditioner of any kind as this coats the hair. Makes your hair soft, shiny, and healthy. Many users report significant hair re-growth.
53. SKIN TONER: Use 6.0pH as final rinse in shower or bath to tone and firm skin.
54. RASHES, DIAPER RASH: Spray 6.0pH on skin to soothe and heal rashes, including diaper rash.  
PETS: Bathe pets with 6.0pH for more lustrous coats. PLANTS: Water indoor and outdoor plants with 6.0pH for vigorous growth. Can revive dying plants.
55. FREEZING FOOD: Spray 6.0pH on food before freezing (including fish and shrimps) so that food does not lose its flavour.
56. ANTHOCYANINS: Use 6.0pH to wash and prepare fruits and veggies containing anthocyanin (plums, grapes, cherries, strawberries, red cabbage, eggplant, soybeans, asparagus...)
57. FABRIC SOFTENER: Use 1 gallon of 6.0pH in the rinse cycle during laundry instead of fabric softener.
58. EYEGLASSES: Use 6.0pH to clean lenses.
59. REPLACES 'WINDEX': Beauty Water 6.0pH replaces all window and mirror cleaners.

60. HARDWOOD FLOORS, CERAMIC TILES: Use 6.0pH for polishing and house cleaning (hardwood floors, ceramic tiles, etc.).
61. LINES, WRINKLES: Mix 6.0pH with essential oils, spray on skin to hydrate, reduce lines and wrinkles, tone skin and produce younger, healthier skin.

## 2.5pH

62. MICROBES: Pre rinse or spray all fruits, veggies, and meat with 2.5pH and let sit for 1 minute before soaking in 11.5pH (see number 14-17-26). This will eliminate all microbes, MRSA and infections.
63. DISINFECTING: Use 2.5pH for disinfecting anything instead of using chemical unhealthy products.
64. ANTIBACTERIAL SOAP: Use 2.5pH in place of antibacterial soap for a chemical free disinfection.
65. HARD WATER SPOTS, RUST: Clean hard water spots off chrome and rust off metal with 2.5pH.
66. FACIAL LIFTING AND TIGHTENING: Spray face and neck (not eyes!) with 2.5pH and rub skin upward until dry. Finish by spraying with Beauty Water 6.0pH to tone skin.
67. TEETH: After brushing teeth, gargle with 2.5pH for 1 minute (do not swallow!) and then rinse with Kangen Water™ for 30 seconds to restore the natural pH. This procedure will prevent or resolve periodontal disease and thrush and avoid root canals. Kills the bacteria that causes gingivitis, and provides a gentle, safe bleaching of the teeth.
68. VOMITING: Drink 1-2 Tbsp of 2.5pH to stop vomiting.
69. OPEN WOUNDS, BURNS, INFECTIONS, BLEEDING, CANDIDA: Hypochlorous acid kills pathogens and bacteria. Use 2.5pH to disinfect and aid in healing cuts, scrapes, burns, etc. Clean twice a day until healed. Do not use any other ointments as they only attract microbes by keeping the area moist and sticky.
70. INFECTED SINUSES: Fill up a nasal spray bottle with 2.5pH and a second one with Strong alkaline water 11.5pH. Spray in each nostril and wait 2 minutes, then flush with 11.5pH. Repeat this procedure twice a day for 2 days.
71. NAIL FUNGUS: Spray or soak in 2.5pH twice a day until healed.
72. PINK EYE: Spray infected eye several times through the day and it will clear up.
73. SORE THROAT, STREP THROAT, COUGH: Gargle with 2.5pH 3-4 times a day or put some 2.5pH into a spray bottle and spray into throat.
74. POISON IVY: Spray 2.5pH on the infected area as often as needed. It will slow down itching and dry up poison ivy much quicker.
75. FEVER BLISTERS, CANCER SORES: Spray or gargle with 2.5pH to stop and dry up both.
76. MOLES & WARTS: If you see something abnormal on your skin you may want to soak a gauze pad on a band aid with 2.5pH and apply over the area. Change the band aid at least once a day. Often this process requires 30-60 days before seeing results.
77. DEODORANT: Spray armpits with 11.5pH (you can add a few drops of essential oils if desired) then spray with 2.5pH to eliminate bacteria.
78. FLEAS: Spray 2.5pH on the fur of pets with fleas. If needed, spray and clean the house with 2.5pH to eliminate fleas.
79. PLANTS: Spray plants with 11.5pH first. Let dry then spray with 2.5pH instead of chemical insect repellent.
80. ACNE: Apply 2.5pH on pimples to eliminate bacteria and viruses and speed up healing.

81. HAND SANITIZER: Carry some 2.5pH in a small spray bottle to use as a hand sanitizer.
82. PLANTS: Water acid loving plants with 2.5pH 3 times during the growing season to produce vigorous growth and more blossoms.
83. COFFEE & TEA: Use 2.5pH to clean coffee and tea stains from cups.
84. CLOTHES & LINEN BLEACHING: Soak in 2.5pH overnight instead of using chemical bleach, then put them through a rinse cycle in the washer before continuing with the instructions of general laundry (see number 18).
85. BABIES: Use 2.5pH to clean and disinfect babies' toys, highchairs, diaper changing surfaces, crib rails, etc. For safe cleaning without chemicals.
86. RUGS AND CARPETS: Pet odours can be eliminated with 2.5pH without removing or fading the colours of the carpet or rug, including hand woven Persian rugs. For an overall clean, use a steam cleaner and 11.5pH strong Kangen Water™. To add a fresh scent to your carpets, add 10 drops of essential oil to the final rinse water.
87. SOAP SCUM: Spray 2.5pH on tiles to remove soap scum.
88. HARD WATER: Spray 2.5pH on hard water spots and rings then scrub with a soft brush.
89. LIMESCALE: Detach the shower head and soak in a basin of 2.5pH for at least 30 minutes, then scrub with a medium bristle brush.
90. PROTEIN-BASED STAINS: Use 2.5pH to clean up protein-based stains. For oil-based stains, clean with 11.5pH strong Kangen Water™. BEDS: Spray 2.5pH on mattress, pad, blankets, and pillows as an antimicrobial. A fine mist is adequate. Allow them to fully dry then follow up with a light misting with your room spray (see number 29)