



Some Beneficial Uses of Kangen Water

Strong Kangen—11.0 & UP

Beneficial Attributes:

Emulsifies oil on contact
Extracts nutrients effectively
Highest –ORP values

- Clean and revitalize fruits and veggies by soaking for 20 minutes
- Soak dried beans and peas for 1 hour to speed up sprouting or cooking
- Soak nuts, seeds or grains for 1 hour to speed up sprouting
- Add 1 Tbs to salad dressings to keep oil emulsified
- Soak fish or chicken for 10-15 min.
- Drink small amounts 45 minutes before meals to enhance digestion
- Enhances the flavor when used to steam or blanch vegetables
- Clean greasy messes
- Soak clothes with grease spots
- Disburses fats and proteins from cutting boards, knives and countertops
- Removes stubborn toilet bowl stains
- Mix with essential oil as a refreshing linen spray
- Add 1 liter to each load of laundry to replace laundry detergent
- Use to emulsify oils for making soaps and lotions
- Use to dye dark colored clothing
- Accelerates seed germination
- Soak your feet for 20 minutes one or more times each week to aid your body's detoxification process

Drinking Water—pH 8.5 to 9.5

Beneficial Attributes:

Revitalizes tissues
Promotes pH balance
High –ORP values

- Drink 3-6 liters of water per day
- Brew coffee and tea to improve flavor, color, and nutritive values
- Use as drinking water for pets
- Rinse beans, peas, nuts, seeds & grains when sprouting to increase germination and speed the sprouting process
- Use as cooking liquid for potatoes, grains, dried beans or peas, & pasta to increase flavor and increase alkalinity
- Use as the cooking liquid for broth to extract the maximum vitamins and minerals from the vegetables and meats
- Water seedlings or sick plants
- Water for vases of cut flowers to extend fresh appearance

Beauty Water—pH 4.0 to 6.5

Beneficial Attributes:

pH similar to rain water
Tones skin
Softens hair & adds shine

- Use as final rinse water after shower or bath to firm skin and soften hair—many users report significant hair re-growth
- Mix with essential oil, spray on skin to hydrate, reduce lines & wrinkles, even skin tone and produce younger, healthier skin

- Spray on to sooth rashes
- Bathe pets for more lustrous coats
- Water indoor or outdoor plants for vigorous growth
- Water seedlings and plants in the garden
- Wash your hardwood and tile floors

Strong Acid—2.7 & Lower

Beneficial Attributes:

- Brush teeth and gargle for 1 minute to kill the bacteria that causes gingivitis, also provides a gentle, safe bleaching of the teeth
- Clean cuts and scrapes to remove bacteria
- Use for all wound care
- Soak feet to resolve fungal toenails and athlete's foot
- Dab on cold sores, pimples and other break outs to kill bacteria or viruses & speed healing
- Carry in small spray bottle to use as a hand sanitizer
- Water acid loving plants 3 times during the growing season to produce vigorous growth & more blossoms
- Cleans coffee and tea stains from cups
- Removes stains from clothes without removing color & safely bleaches white clothes
- Spray on kitchen and bathroom surfaces to clean, polish and disinfect
- Clean and disinfect baby toys, high chairs and diaper changing areas

To determine how much water your body needs to be hydrated, divide your body weight in half and convert that number to ounces, i.e. a person weighing 150 lbs would need to drink a minimum of 75 ounces of water per day to be appropriately hydrated.

To obtain therapeutic results:

⇒ Increase the amount of water by an additional 20 to 40%

⇒ 45 min before meals drink 4oz pH 11.5 water followed by 20-32 ounces pH 9.5 water. With the first bites of food swallow 2-4 TBS pH 2.5 water. Wait at least 30 minutes after meals to drink any additional liquids.

⇒ Sip the remaining water throughout the day.