

Congratulations!



With Your New Enagic Ionizer...you can

Change Your Water...Change Your Life!



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Helpful Hints ~ Installation & Use

For the New Enagic Ionizer Owner

Your Faucet

The only faucet that will require a change is the faucet that combines the spray with the spout. This just won't work. Your customer will need to get a new faucet or add a cold water supply faucet. This can replace a soap dispenser or spray. The options can be affected by a variety of things so you'll need to take a look at the sink, the counter top, the existing faucet holes (under the plate) etc. to make the best decision.

When you install the machine, all you will need is a pair of channel-lock pliers. Take the fitting from the end of the faucet that contains the screen that softens the flow from the faucet by unscrewing to the left with the pliers. Follow the directions in the machine's Manual to hook it up.

99% of the time, everything works easily and you'll be finished in about two minutes!

However...in that **1% of the time**, it may get a bit more complicated.

What if the Fittings Don't Fit...

On occasion, the supplied fittings will not connect to the new owner's faucet. It's a very simple thing to correct if you know how...maybe these experiences will save you time and some energy!

If so, the best option is to take the fitting (from the faucet - that you just removed) along with the fittings supplied with their machine, including the diverter (that allows the switching from tap water to shower spray to Kangen Water™) to Home Depot, Lowe's or your local hardware store.

Ask for the head of the plumbing department - or someone who clearly has experience (NOTE: ➔ I have had people who assured me that they knew it all and then tried to get me to accept a fitting that was obviously a mismatched thread.)

Now, show that person the end that came from the faucet and tell them that you need the female or male counterpart to that fitting that would attach to any of the fittings supplied with your machine that would allow the diverter to be connected to the sink.

There is typically an area in the plumbing department that will have a metal plate (about 5" X 8") displayed and this plate will have multiple male and female fitting threads.

Your faucet fitting will screw easily into one of these. Now that you know what you have, look for the counterpart that will attach easily and smoothly to one of your company supplied fittings. The one that you need will be on a rack below the plate with all of the thread combinations. It will cost about three dollars.

Instructions For Use...

You must read the entire manual. Every word. You do not need to memorize it...but you need to know where the information is. I leave my manual in the kitchen and refer to it almost every day!

Here are a couple of helpful tips for using your machine...

The extra suction cup slides down the gray, lower hose easily if you put a drop or two of dishwashing liquid in the hole. This suction cup keeps the lower hose out of the way.

Look at the filter (on the left side of the device)...the filter will last for approximately 3000 gallons. Replace your filter cartridge when told by the machine. Each cartridge generally lasts for 3000 gallons. However, this may vary depending on your water supply.

The reset button is on the left top of the filter. After you replace the filter, you are to press this button and the microprocessor will start counting off another 3000 gallons. This is covered in the owner's manual.

The way to check to see if the filter is working regardless of the micro-processor count is to check for chlorine. If there is no chlorine in the water after it passes through the machine then the filter is still filtering it out.

Take a look at the lock ring that must be moved to the left to release the filter. When you lift the filter out, you will see the O-Rings at the base of the filter. Insure that these are back in place so the machine does not leak. Also...be sure the old O-Rings are taken out.

The Cleaning Cartridge - (One Comes with Your Machine)

The **Cleaning Cartridge is not a spare filter.** The Cleaning cartridge contains citric acid, which when input into the machine and left to stand for an hour...as in the full instructions for use of the cleaning cartridge located inside the cleaning cartridge box.

→ **Daily Maintenance:** Run the Beauty Water 5.5 - for at least two - three minutes per day - to reverse the polarity of the electrode plates and get rid of any calcium build-up. Takashi Fukuda, General Manager, Enagic USA recently provided this information. This will prevent the cloudy, flaky calcium crystals in your water. See more detailed information in the FAQ.

If your water source is a well, you should use also order the 2-Stage KDF Filter from Enagic. This is actually a pre-filter. It currently sells for \$98.00.

Depending on the water quality going into the machine, you may need to use a cleaning cartridge as often as every 2 to 6 months. Extremely highly mineralized water requires this more often; less mineralized...less often. **The cleaning cartridge is for a one-time use...**one was included with your machine shipment. You can reorder as needed. They are \$18.00.

When your machine says "**notice of cleaning,**" it is saying that the next time the machine is used that it will clean itself. **Do not collect water while cleaning.** The water that has just been collected right before the machine said "notice of cleaning" is fine to use.

Only when it says "Cleans" should **you not collect water.** Wait to collect your water until after the indicator light stops flashing before beginning to collect water again.

What is happening during this cleaning process is the polarity of the plates is being reversed in order to remove any mineral build up. This will happen when (about) every ten gallons of water passed through the machine **and every time the machine is used for making Strong Acidic Water...and is switched to any other type of water.**

Any time you want to clean the device manually, simply make Beauty water. Making Beauty water every day will help keep your machine cleaner. See "Daily Maintenance" paragraph above.

When making Kangen water™, always make sure that the upper hose outlet is above the lower hose. Also insure that water is flowing from both hoses. If it is not, adjust the flow. If the water is not coming from both hoses the water is not being split into the negative charged alkaline water and the positively charged acidic water.

Basic Information to Remember...

Effective conductivity is the primary determinant of effective delivery of the current or voltage into the water needed to create electrolysis. The flow rate through the machine determines how long the water is actually in contact with the electrodes receiving the voltage and the effects of electrolysis.

If your water flow is fast (say you could fill a quart or liter in 15 seconds) then the

water is not processing very long and not receiving much alteration.

Conversely, with a **slow flow rate** (the same quart or liter took 60 seconds) the water is in the chamber in contact with the electrodes longer and will receive more alteration.

It's best to run the water at a fairly slow speed...if it is too slow, the machine will tell you to "increase flow." Very smart machine! 😊

- You can always achieve higher pH and lower ORP readings with reduced flow rates. So controlling the flow is an important variable in performance.
- You can adjust the flow rate by using your faucet or tap. If your faucet is all the way "on," the water will process very fast through the machine.
- If your faucet is just barely "on," this reduces the flow and the water will process for much longer. If your flow is too slow, the machine will tell you to increase the flow.
- With a fast flow rate you may only achieve slight alteration in pH and ORP, slow it down and you will get a higher pH and a lower ORP.
- Simply put...speed it up, you get a less alteration; slow it down and you'll get more.

The strength of the water being made can be adjusted by regulating the flow as well (turning the faucet higher or lower). **The slower the water runs, the stronger the produced water becomes - as in a stronger alkalinity.**

On the alkaline side, it is possible to produce as much as 10.5 pH when set on 9.5, depending upon your speed of flow, water supply and mineral content.

When making the 2.5 Acidic water, the slower the flow, the stronger the acidic water. When collecting the 2.5 water have a large container under the upper hose to collect your strong Alkaline water for cleaning while having a smaller container under the lower hose to collect the strong acid.

When you are finished collecting the 2.5 water, remove your container instantly when you turn off the water flow. This is important because the lower hose is the drain for the entire machine and flows by gravity.

The 2.5 Acid Water is the only water that requires the electronic enhancer liquid (salt solution) to produce. You can make all the beauty water that you like without the solution.

In addition, the only way to produce the strong Kangen Water™ is while the 2.5, strong acid is being made. **It is smart to collect both.**

When you first put the electronic enhancer liquid into the machine and start making the 2.5 and 11.5 water, just let it run with water flowing from the faucet, but make it slow.

The machine will most likely say “refill specified solution” - just wait and let it flow. The machine has not yet monitored that there is solution. It will stop saying that as soon as it recognizes the solution is there. If not, press the reset button.

Keep the bottle that the electronic enhancer liquid comes in – you’ll need it for storage when you travel.

Speaking of storage, Enagic has a wonderful assortment of storage bottles and containers. It is important that your Strong Kangen Water™ is stored in the Enagic black containers, which come in a variety of sizes – even spray bottles.



WARNING – per Enagic



- Do not move or tilt the machine while the electronic enhancer liquid is in the machine.
- Machine failure due from leaking liquids will occur if care is not taken.
- When moving or shipping the machine, either empty the enhancer tank or remove the tank completely from the machine.
- Any machine failure due to improper handling of the machine – including the internal spilling of enhancer liquid – will NOT be covered by the Warranty.
- If the electronic enhancer liquid is left in the machine and the machine tips and spills the solution, the solution can ruin your microprocessor with the salt solution and that voids the warranty.



13 Suggestions...

How To Drink Kangen Water™

Kangen Water™ Ionizers have several levels of alkalinity. Enagic recommends that you begin by drinking mildly alkaline water, slowly increasing the alkalinity to cleanse your body of acid wastes.

Weeks 1 and 2:	Drink 8.5 Kangen Water™
Weeks 3 and 4:	Drink 9.0 Kangen Water™
Week 5 - Forward:	Drink 9.5 Kangen Water™

1) When you first get up in the morning, drink 1 liter of electron rich alkaline Kangen Water™. Drink your water before brushing your teeth. This helps flush out your kidneys, bladder and bowels and rehydrates and energizes or recharges your body with extra electrons.

2) Brush and clean the mouth but do not eat or drink anything for 45 minutes. After 45 minutes you may eat and drink as normal.

3) Drink at least 6 – 8 liters (based on your weight...read on for specifics) of electron-rich, alkaline, structured Kangen Water™ daily. Drink one 16-ounce glass every hour or 1 liter every 2 hours. You may have to work up to this, but this should be your best-case healthy goal.

Those who are old or sick and are unable to drink four glasses of water at the beginning may commence by taking little water and gradually increase it to four glasses per day.

Your stomach, kidneys and bladder will be "happy" to accommodate this effort if you keep at it with determination. If you weigh less than 120 pounds, decrease by about 20%; if you weigh 190 to 250 pounds, increase about 20%; if you weigh more than 250 pounds, increase 30%.

4) Most scientists agree that it is best to drink half an hour before eating and between meals instead of WITH your meals. Drink pure, CLEAN water (neutral pH) with your meals if needed. You don't want to interfere with the stomach's manufacturing and use of gastric juices important for proper digestion.

5) Drink electron-rich, alkaline, Kangen Water™ at habitual times throughout the day. Don't wait until you are hungry or thirsty because many times when you feel hungry, your body is really thirsty. Thirst always indicates a present state of mild dehydration.

6) Increase your drinking by drinking at least 1 liter of electron-rich, structured, pH Kangen Water™ for each one hour of exercise or stressful mental activity.

7) Learn to listen to your body:

- Do you feel dehydrated?
- Is your mouth dry?
- Are you experiencing fatigue or light-headedness?

Your body is crying out for water! Over time, with healthy food, water, and detoxification, your need for medication may very well be reduced or eliminated.

8) Drink at least 1 liter per 30 pounds of weight of electron-rich, structured, Kangen Water™ with green veggie powder or diluted fresh juices to maintain hydration during illness, extreme weight loss, muscle building or weight gain. (Once you've alkalized your body, you may be able to reduce the amount of water to 1/2 or 3/4 ounce per pound of body weight.)

9) Avoid commercial sport drinks, energy drinks, caffeinated sodas, tea, coffee, chocolate drinks, alcohol and/or beer.

10) Drink only electron-rich, alkaline, pH Kangen Water™ - with or without the green powder or diluted fresh green juices.

11) End each day with 16 ounces of electron-rich, structured, alkaline pH Kangen Water™.

12) To help elimination if congested or constipated, drink the electron-rich, alkaline pH Kangen Water™ warm.

13) Remember, you must "pee or perspire" your way to incredible health, energy, and vitality and you can speed the path dramatically by drinking pH Kangen Water™.



NOTES:

1) DO NOT DRINK KANGEN WATER™ WITH MEDICATIONS. Wait at least one hour after taking meds to drink Kangen water, which could interfere with the time-release medications.

2) If the child or adult increases activity through exercise or sport, they should increase their hydration to 1 1/2 to 2 liters per 30 lb of body weight. This will help to maintain the delicate pH balance and integrity of the internal fluids, which will be expressed in a healthy and energetic mind and body. It is recommended that a non-active child or adult drink at least 1 liter of water per 30 lb of total body weight per day for minimum hydration.

3) Dr. Dave Carpenter explains... "Drink plenty of alkaline water. Ideally one will drink 1/2 - 1 ounce of water per pound of body weight per day of good, structured water. Remember that the earth is 70% water, the body is 70% water, a cell is 70% water and DNA is 70% water!"

Is this just a coincidence? There is a direct connection between the quality and content of the water in our body and how the body responds to disease and ageing. The brain is 83% water, the kidneys are 82% water, the lung is 80% water, the heart 79% water, the bones 22% water and the blood 90% water!

Researchers share that the body at death has only a 50% hydration level so let's increase our water levels and live longer and healthier!"

An Introduction to

How Your Ionizer Works



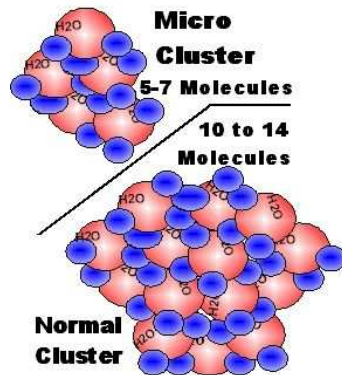
First developed in Japan almost forty years ago, Enagic water ionizers use an electrical charge to split water into alkaline water (with a pH above 7.0) and acidic water (with a pH below 7.0). The higher the pH of the drinking water, the more effective it is at combating the damaging effects of acids in the body.

The process of electrolysis

- Water ionizers run water-already filtered to remove contaminants-over positive and negative electrodes in a process known as electrolysis.
- The electrodes ionize the water, negatively and positively, creating acidic and alkaline water at the same time.
- Acidic water is shunted into one chamber while alkaline water is shunted into another.

Micro-clustering

- Water molecules typically cluster in groups of 11 to 16 molecules
- Water ionizers break large water molecule clusters apart, creating smaller clusters of 5 to 6 molecules.



- Smaller clusters of water molecules are more easily absorbed at the cellular level, improving hydration and detoxification, as well as improving the delivery of nutrients at a cellular level.

Both alkaline and acidic water provide serious benefits.

Alkaline water is ideal for drinking, cleaning vegetables, and cooking. Its antioxidant properties promote health.



On the other hand, acidic water is a natural cleanser and disinfectant.



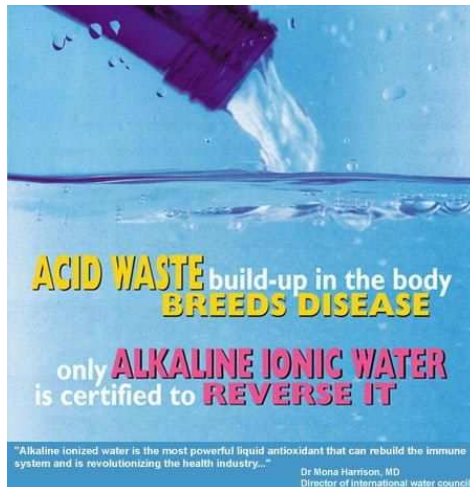
- The astringent properties of acidic water in the 4.0 to 6.0 range are ideal for cleaning and toning the skin.
- Used as a rinse when washing your hair, acidic water helps the scalp, reduces tangles and gives hair a radiant shine. It also helps the hair and skin of pets.
- In higher concentrations, acidic water has strong disinfecting properties and can be used for cleaning around the house and for cleaning toothbrushes, hands, and even as a mouth wash.



Don't miss the details on the many uses of Kangen Water™ starting on page 86 of this eBook!

An Introduction to

Alkaline Water Benefits



Kangen Water™ helps restore the pH balance in the body.

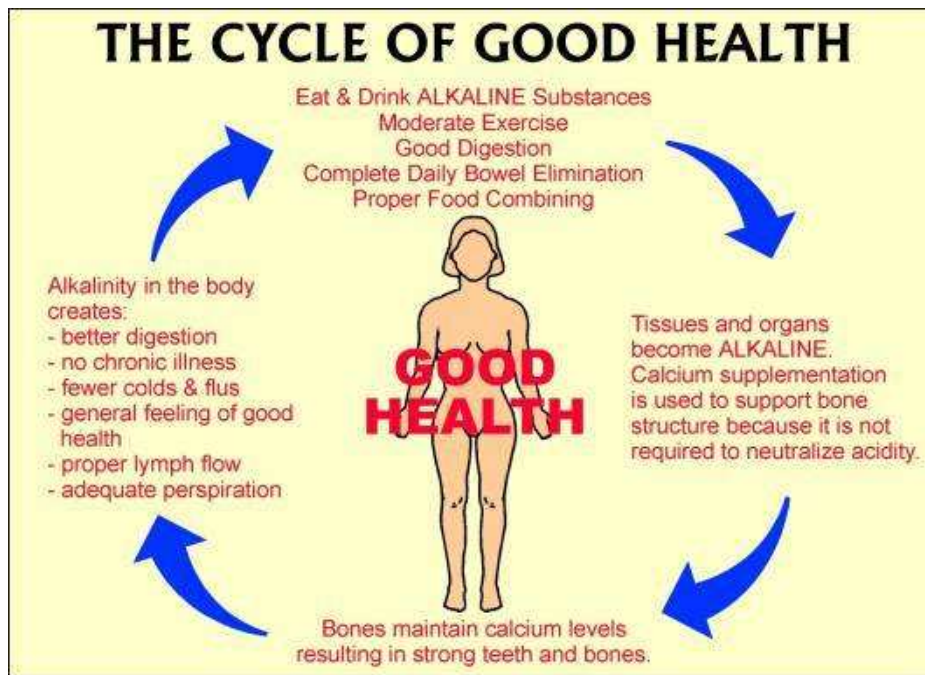
- Alkaline water can neutralize the acidity of the body caused by stress, modern diet, air pollution, and many bottled waters.
- A higher pH in the body reduces the need for fat and cholesterol to protect the body from damaging acids.
- Alkaline water is negatively charged and an "antioxidant." Antioxidants reduce cellular and DNA damage caused by free radicals.
- Negatively charged alkaline water creates energy by giving up ions to positive ions.
- Alkaline water tastes lighter with a pleasantly sweet flavor.
- Using water with a higher pH level improves the taste of beverages and food.
- Cooking with alkaline water improves the taste and quality of foods and using acidic water when boiling eggs improves their quality.

Kangen Water™ provides superior hydration and nutrition at the cellular level.

- Ionization breaks clusters of water molecules into smaller micro-clusters, reducing the size of the clusters from the 11-16 molecules in standard water to just 5-6 molecules in ionized water. Smaller clusters pass through cell walls more easily and hydrate the cells more quickly.
- Faster hydration allows the body to regulate its temperature more efficiently.
- Micro-clusters of mineral-bearing ionized water also deliver nutrients more efficiently to the cells.

Kangen Water™ detoxifies cells more efficiently than standard drinking water.

- Due to their smaller size, micro-clusters of ionized water molecules are expelled from the cells more efficiently, carrying damaging toxins out of the cells and flushing them out of the system.
- The negative charge of ionized alkaline water will attract the positive ions of acids and neutralize them within the body.



An Introduction to **Acidity in the Body**



The human body creates acid, all day, every day, as a byproduct of metabolism. In addition, acid is introduced into the system through eating and digestion.

Many secreted and digested acids are swept away by the blood stream, filtered out by the kidneys, and released from the body in the urine. Other acids leave the body through perspiration.

Your body can only process a certain amount of acids, however, so it is possible to overload the system and for the body to become acidic.

The American diet is extremely acidic.

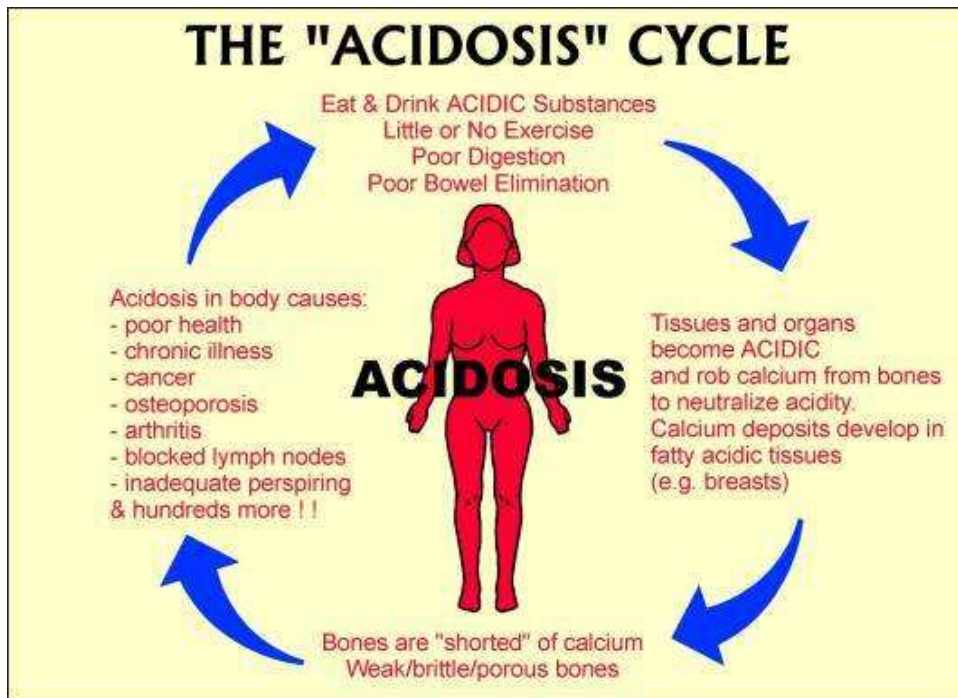
- Meat, including **beef, pork, chicken** and **turkey** are acidic.
- Dairy such as **milk, butter** and **cheese** are acidic.
- Grains such as **rice** and **barley** are acidic.
- Beverages such **coffee, tea,** and **soft drinks** are very acidic.
- **Fruit** and **fruit juices** contain high concentrations of acid.
- Simple carbohydrates such as **potatoes, pasta,** and **bread** contain large amounts of acids.

Acidity in the body is related to disease.

- **Acid reflux** is a painful condition that occurs when acidic stomach liquid backs up (refluxes) into the esophagus, causing irritation, inflammation and damage to the lining of the esophagus.

- **High cholesterol** occurs when the body produces excessive amounts of cholesterol to neutralize large amounts of acids in the blood stream before they damage living cells.
- **Heart disease** is the result of a build-up of cholesterol in the coronary arteries that reduces the blood flow to the heart muscle. As stated above, cholesterol forms to protect the arterial wall from acidity in the blood.
- **Fat** is produced by the body to trap and neutralize acidic waste in the body. As Robert O. Young, PhD, author of *The pH Miracle for Weight Loss*, puts it, "The body retains fat as a protection against the overproduction of acids produced by the typical American diet....Your fat is actually saving your life."
- **Inflammatory** related diseases such as allergies, arthritis, fibromyalgia, psoriasis, and even stroke are related to low-grade metabolic acidosis.

Drinking alkaline water can help restore the body's pH balance and reduce its acidity.



An Introduction to

Anti-Aging



Getting older and aging are not the same thing.

- Getting older relates to the passage of time.
- Aging relates to the breakdown of tissues in the body.
- The outward signs of aging include wrinkles, sagging, and gray hair.
- Getting older by itself does not cause aging.

Aging is the result of damage to bodily tissues by organic acids and by active oxygen (free radicals).

- Organic acids in the body break down tissues, causing aging and age-related diseases.
- Common waste products in the body include acetic acid, carbonic acid, fatty acids, lactic acid, and uric acid.
- Active oxygen (free radicals) causes oxidative damage to molecules within cells of the body.



- Free radicals are associated with a numerous diseases, including cancer, arthritis, atherosclerosis, Alzheimer's disease, and diabetes.

Drinking ionized alkaline water can help neutralize acids and scavenge free radicals in the body.

- Drinking ionized alkaline water causes the stomach to produce bicarbonates, which are absorbed into the blood stream and can neutralize acids.
- A proven scavenger for active oxygen is active hydrogen. ¹
- Active hydrogen is produced in water using electrolysis, the process used to ionize drinking water.

"As we start to lose bicarbonates in our blood, around age 45, we begin to age physiologically," writes Sang Whang, author of *Aging and Reverse Aging*. "All we have to do to stop aging and maintain good health is to recharge bicarbonates to the blood." ²

¹Shirahata, S.; Kabayama, S.; Nakano, M.; Miura, T.; Kusumoto, K.; Gotoh, M.; Hayashi, H.; Otsubo, K.; Morisawa, S.; Katakura, Y. (1997). "Electrolyzed--Reduced Water Scavenges Active Oxygen Species and Protects DNA from Oxidative Damage". *Biochemical and Biophysical Research Communications* 234 (1): 269-274.

²Whang, Sang, *Aging and Reverse Aging*. Miami: JSP Publishing, 2005, p. 11.

You Need to Know

Dangers of Drinking Energy & Soft Drinks



Originating in Japan in the early 1960s, energy drinks such as Red Bull are sold in 134 countries worldwide. Global sales have surpassed \$5 billion a year and are projected to hit \$10 billion by 2010.

The popularity of diet soda continues to grow amid concerns about obesity, with 59% of Americans saying they drink diet soda and worldwide sales surpassing \$20 billion a year.

Sales of sports drinks, which originally were designed to help athletes rehydrate, total \$3 billion a year. While each of these beverages may offer some benefits, all contribute to acidity in the body.

Energy drinks cause dehydration and increase bodily acid.

- The key ingredient in most energy drinks is **caffeine**, often from guarana or yerba mate.
- **Caffeine** is the source of much the energy boost, but it also **causes dehydration**. To rehydrate, you need to drink two cups of water for every cup of energy drink consumed.
- **Energy drinks** are extremely acidic. For example, Red Bull has a pH level of 3.26, almost **10,000 times more acidic than pH neutral water**.¹



Diet soda has been linked to weight gains and acidity.

- A 2008 study at Purdue University found that rats on diets containing the **artificial sweetener** saccharin **gained more weight** than rats given sugary food, ² perhaps because the body does not receive a signal to "rev up" the metabolism. ³
- An eight-year study with 1,550 participants conducted at University of Texas Health Science Center, San Antonio, found that drinkers of **diet soft drinks** had a **greater risk of gaining weight** than drinkers of regular soft drinks. ⁴
- **Diet soda** is even more acidic than energy drinks. Diet Coke has a pH level of 2.97, **more than 10,000 times more acidic than pH neutral water.** ⁵

Sports drinks are designed for athletes exercising more than two hours.

- **Sports drinks** contain electrolytes, **carbohydrates**, and other nutrients burned up through extended periods of exercise.
- Most sports drinks have between **13 and 19 grams sugar** per eight ounce serving. Drinking sports drinks without working out increases caloric intake.
- **Sports drinks** are even more acidic than energy drinks and diet soda. Gatorade has a pH level of 2.95, **more than 10,000 times more acidic than pH neutral water.** ⁶

Americans are spending billions of dollars each year on beverages that may provide a short-term boost but also increase the likelihood of gaining weight and increasing acidity in the body.

A better solution is to hydrate frequently with ionized alkaline drinking water, which hydrates better than diet soda and energy drinks and helps to neutralize the acidity of the body.

¹Young, Dr. Robert O., *The pH Miracle for Weight Loss*. New York: Grand Central Publishing, 2005, p. 125.

²"A Role for Sweet Taste: Calorie Predictive Relations in Energy Regulation by Rats," Susan E. Swithers, PhD and Terry L. Davidson, PhD, Purdue University; *Behavioral Neuroscience*, Vol. 122, No. 1.

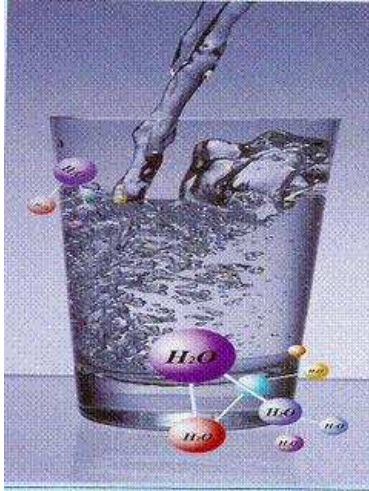
³American Psychological Association (2008, February 11). Artificial Sweeteners Linked To Weight Gain. ScienceDaily.

⁴Abstract 1058-P. Sharon P. Fowler, MPH, University of Texas Health Science Center School of Medicine, San Antonio.

⁵Young, Dr. Robert O., *The pH Miracle for Weight Loss*. New York: Grand Central Publishing, 2005, p. 125.

⁶Young, Dr. Robert O., *The pH Miracle for Weight Loss*. New York: Grand Central Publishing, 2005, p. 125.

Acidity and Alkalinity



[Ed. Note: This chapter holds the key to understanding the value and the benefits of Kangen water™ and your new Enagic Ionizer. It would be difficult to understand the benefits of alkalizing with our water if you don't understand this! Every benefit goes back to understanding the absolute IMPORTANCE of Acidity and Alkalinity!]

Our blood system is always working to keep itself at that narrow range of pH 7.3 to 7.45. This process is called homeostasis.

When we drink a popular soft drink like colas, which has an acidic pH of 2.5, the bloodstream does not lower itself to that level. Rather, the sugars and other elements in the drink are processed by the blood into acid wastes: some are eliminated and others are stored at various locations in the body.

Excess acidity is a condition that weakens all body systems. Excess acidity forces the body to borrow minerals – including calcium, sodium, potassium and magnesium – from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body.

As a result, the body can suffer severe and prolonged ‘corrosion’ due to high acidity – a condition that may go undetected for years.

It affects virtually every person in our society because of the way we live, the way we eat, and the environment we live in. The result is an internal environment where disease can easily manifest, as opposed to a pH-balanced environment, which allows normal body function necessary for the body to resist disease.

It is true that if we have a healthy body we will maintain sufficient alkaline reserves to meet emergency demands. However when excess acids must be continually neutralized, our alkaline reserves are depleted, leaving the body in a weakened, disease-prone condition.

Unfortunately, there are still many practitioners who believe that the body can somehow miraculously and 'naturally' balance its pH – as if we are still living in the woods, eating raw foods and herbs.

The truth is so far beyond this ideal.

In fact the truth - according to Dr. Lynda Frassetto, acid/alkaline researcher from the University of California, is that we have turned an evolutionary corner. We do not handle acid waste the way we used to.

Dr. Lynda Frassetto from the University of California believes that humans, in evolutionary terms, have changed. Once upon a time, our bodies used to break down food and dispose of the acid waste with our kidneys and livers.

But now, because of the sheer amount of acid waste the average American produces, she sees our inner bodies being turned into a war zone, where our body is fighting to protect its most strategic reserves --- our kidney and liver -- from total degradation and failure.

To prove this theory, Dr. Frassetto studied 1000 people and discovered that we are indeed stockpiling acid waste in our fatty deposits instead of eliminating it with our kidneys and liver. Cholesterol and crystallized uric acid are solidified acids that have been dumped within the body for later disposal, which never comes.

Our bodies have made the choice to preserve our kidney and liver instead of processing the acid waste.

Of course, there is a cost. It's called obesity, lowered immunity, lack of energy and the whole host of acid related diseases we are subject to including cancer, diabetes, osteo-arthritis and more - much more.

When our bodies are excessively acidic, they borrow essential minerals such as calcium, sodium, potassium, and magnesium from our vital organs and bones to buffer or neutralize the acid. The result is our bodies suffer from prolonged degradation or corrosion which manifests into these debilitating conditions.



The reason is simple -- the average American diet contains way too much acid.

- **Diet coke and other sodas are probably the most acidic food people consume at a pH of 2.5**
- **Beer and meat are at 3.5**
- **Then there's dairy, white pasta, most water, wine, hard alcohol, nuts and butters, beans, oils -- all acidic foods.**

All -of the above - produce acid waste in our bodies that they can't handle.

Then there's the problem of disease. The stomach works by producing acid to break down food. Whenever this acid is made, alkaline buffers are also created and sent through our blood stream, naturally alkalizing our body.

A healthy balanced body has alkaline reserves to battle diseases, infections, and viruses. But if excessive acid must be continuously neutralized or stored, our alkaline reserves will be depleted, leaving our bodies weakened and disease prone.

Acid comes from three sources... food, pollution, and stress.

The concept of acid/alkaline imbalance as the cause of disease isn't a new one.

One of the first people who talked about the need to alkalize the body was the great "Sleeping Prophet," Edgar Cayce. He always referred to body detoxification with herbs, colonics, fasting, massage, steam baths and diet modification with the aim of alkalizing the body.

Way back in 1933, Dr. William Howard Hay published a ground-breaking book, "A New Health Era," in which he maintained that all disease is caused by 'auto-toxication' (or "self poisoning") due to acid accumulation in the body:

"Now, we depart from health in just the proportion to which we have allowed our alkalis to be dissipated by introduction of acid forming food in too great amount.

It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so.”

More recently (well not so recent – 1991), in his remarkable book, “Alkalize or Die,” Dr. Theodore Baroody, says essentially the same thing: “The countless names of illnesses do not really matter. What does matter is that they all come from the same basic root cause...too much acid tissue waste in the body!”

Unfortunately, according to Sang Whang, author of “Reverse Aging,” even if we eat the best of organic fruit and vegetables, 97% of our food still consists of carbon, nitrogen, hydrogen and oxygen, which will still be reduced to acid waste. He says that it is not what we put into our bodies...**it's what stays in our bodies as waste** that creates our over-acidic condition and causes us to age prematurely.

He says that in terms of acid/alkaline balance, the only difference between “good” food and “bad food” is that “good” food will have less acid waste and more acid neutralizing result.

So we'll take a look at what foods, lifestyles and just which supplements contribute to a 'clean house' within; where our metabolism can operate as it is supposed to instead of acting as a continual janitor in an increasingly overloaded toxic warehouse.

What Causes Acid Wastes?

Bad Diets – includes meat and potatoes, fried food, soft drink colas, sucrose and other sugars – build up acid salts in the body. Often these deposits, by having to be stored away from blood flow, can remain in the body for decades.

Bad diet can cause acid wastes to be stored in the body. A meat and potato diet, for example, can cause the body to become more acidic. When acid wastes enter the bloodstream, the blood, in order to maintain that narrow pH range (7.35 pH to 7.45 pH), must store these wastes somewhere. These wastes, lodged in the body over decades, will overburden the whole system.

Stress – both mental and physical – can also form acid deposits in the body. Mental stress can make you feel depressed. While the physiology, scientific connection to stress in the body has not been completely established, there exists a school of thought in psychology, called psychosomatics, which maintains that one's mental state will influence health. Doctors in Japan, following more than forty years of research and testing, believe that daily drinking of alkaline water can lift depression.

The body uses the bloodstream system to dispose of wastes; these are removed in liquid form, and are often deposited in the lungs and kidneys.

If there are too many wastes to handle, they are deposited in various organ systems, like the heart, or the pancreas, or the liver, or the colon, or in other locations.

Sometimes these wastes are left on the walls of arteries, and over the years can spread throughout the body.

The break-down of this disposal process, especially of acid wastes, is how we define the aging process. To slow down and reverse this direction, one must begin removing acid wastes from the body.

Leftover Acid Wastes

Very few if any of us are physically capable of ridding our bodies of all the acids we create from food, stress and our own metabolism.

These acid wastes move around the body via the blood and lymphatic system until our overloaded kidneys decide to dump them or, as we have mentioned, they can be stored in fat. Cholesterol and crystallized uric acid are solidified acids that have been dumped within the body for 'later' removal- the 'later' that never comes.

Acid Effects

Acid coagulates blood. Blood has major problems flowing around fatty acids. Capillaries clog up and die. The skin, deprived of life-giving healthy blood, loses elasticity and begins to wrinkle. Even with a face-lift or liposuction, the acid remains and continues its relentless advance.

Without a basic acid/alkaline balancing plan, every part of your body works ever harder to maintain health - because every system; all the organs, the lungs, even the skin – are involved in the maintenance of correct blood pH.

Within your body, your organs and cells are totally subservient to your blood. All organs work to keep your blood at a balanced pH, to the point where your body is willing to inflict major damage on organs if they appear to stand in the way of correct blood pH.

If your blood's pH dips from its optimum pH 7.36 down to pH 7, you will lapse into a coma and die.

That's why you get such a charge from a can of Cola. Its pH 2.5 acidity sets alarm bells ringing all over your body. Alkaline chemical stores that should be used elsewhere are sacrificed to the call of the needed adrenalin that floods your system.

The “high” you have learned to expect is no different to the high a drug user gets as he experiences his artificial sensory elevation. It is your body screaming “Help,” and you, enjoying the thrill of the fear. It’s “The Real thing.”

It's not just a glass of Cola that causes such effect. (32 glasses of alkaline pH water are needed to balance one glass of Cola) Most of us already have a running battle within, as our body struggles to counteract acid-producing foods, acid-producing pollution and acid producing stress.



You MUST stop drinking all soft drinks today.

Acid and Stress

In fact - of all acidifying factors - stress is the greatest. It can neutralize and acidify an alkaline diet with one surge of adrenalin. So stress management as well as diet management is essential to maintaining an alkaline body.

The worst case scenario in which many Westerners fit into is where we work 40-50 hour stressful weeks with hardly any breaks to calm ourselves down. We consume fast food and coffee for quick bursts of artificial energy to just get through our work day. Then we come home to family stresses, household chores, bills, and more and never really relax and give our bodies a chance to neutralize all the acid we produced through stress and from eating very acidic foods.

So acid in our bodies build up until we begin to show symptoms -- digestive problems, headaches, overweight, bone pains, elimination issues, muscle tension and pain, heart problems, high blood pressure, and more.

We spend our lives giving ourselves to our jobs and families and never take the time to nourish our bodies, mind, and soul.

Long-term Acidity: It's like rust...

Acidity corrodes our tissue, eating into our 96,000 kilometers of veins and arteries. Left unchecked, it eventually interrupts all cellular activities and functions, from the beating of our heart to the neural firing of our brain.

In summary, over-acidification interferes with *life itself* leading to virtually all sickness and disease! Finally, it ages us...then kills us. When we die, it *celebrates* by turning the whole body acid, inviting foreign antagonistic organisms to the party!

Dr. Baroody expresses it very well: "*Too much acidity in the body is like having too little oil in the car. It just grinds to a halt one lazy Sunday afternoon. There you are - stuck.*

The body does the same thing. It starts creaking to a stop along the byways of life and you find yourself in some kind of discomfort. I watch with great concern as people of all classes and lifestyles suffer from this excess."

He attributes no less than 68 major health conditions to a prior existent acidic inner terrain.

Why Acidosis Ages Us

We all hear that excess acid in our system ages us. Few of us ask why this is so. It's because the cells produce the proteins required for cellular repair. They can't repair themselves, as so they age. It's so basic.

Sometimes these acid wastes are left on the walls of arteries, and over the years can spread throughout the body.

The break-down of this disposal process, especially of acid wastes, is how we define the aging process.

Of course acidosis also weakens all of the body's organs. They don't do the job they were given by 'team body' and so they let down the next (also dysfunctional) organ in the chain of functional command. Acidosis also diminishes proper cognitive and mental function. The latest German research also says that our energy reserves are also reduced under an acidic environment.

Ever wondered why we lose muscle as we age? Sure, the old adage '*use it or lose it*' is still true; a couch potato only has a good thumb muscle from using the remote, but did you know that acidic people actually *eat their own muscles* to manufacture glutamine, which is then used to make ammonia, an alkali resorted to when nothing else is available to neutralize acids!

Why are We Westerners so Prone to Obesity?

Is it just food? Of course, the food we eat, its quantity and quality has a large effect on our waist measurement. But because the body has made a habit of its "last chance" solution (*pirating calcium from the bones and teeth*) of what to do with excess toxic acid waste, there is another reason we deposit fat.

As Dr. Frassetto discovered, when we are faced with shortage of options due to an acid-besieged inner terrain, we dump toxic wastes in fatty deposits as far away from the organs and heart as possible; on the buttocks, the chest, the thighs and the belly.

Many health care professionals now believe that obesity is not a fat problem but an over acidic problem from acidic lifestyle and dietary choices. The body retains fat to protect the body from harmful acidic metabolic waste products that are not being properly eliminated through urination, perspiration, defecation or respiration.”

The acidity or alkalinity of our internal fluids has a profound effect even at the individual cellular level in our bodies. Our entire metabolic process is dependent upon balance, right down to the cellular level.

Our 75 trillion cells are slightly acidic within, dependent on our inner sea - the surrounding alkaline interstitial fluid to surround them. Without this relationship, no useful chemical or energy interchange will occur because no pH balance exists.

pH opposites - acid and alkaline - in the body are the chemical method for electricity to flow.

Without sufficient “polarity” between the interior of the cell and the fluid surrounding it, the energy of the cell has difficulty flowing into the surrounding tissues.

Weight loss and the regaining of energy occur more easily when we take the first steps toward an Alkaline “re-balance.”

Alkalinity and Your Blood

Blood is always slightly alkaline (*or at least it should be!*)...

As the only transport system for nutrients to every part of your body, blood cannot afford to be acidic. It needs to stay within a pH range that will maintain resistance to decay or putrefaction, and growth of malevolent organisms.

Therefore, pH 7.365 is the ideal environment in which microorganisms remain in co-existent or symbiotic harmony with the body.

Allow the blood to shift slightly either way and results will be felt in every part of the body. Beneficial microforms die, and aggressive microforms sustained by an acidic environment begin to multiply and mutate, taking the form of aggressive, parasitic and pathogenic agents.

Scientists studying live blood using dark field microscopy can see the changes in the blood taking place and correlate it with the progression of the disease process.

They witness a repetitive pattern unfolding that has prompted them to state that the over-acidification of the body, caused by improper eating and living, causes a proliferation of those antagonistic microforms, which debilitate the body and, if not corrected, may ultimately cause our demise.

Alkalinity and Mineral Absorption

If only people were aware of what causes minerals to be assimilated or rejected, we could save hundreds of millions in wasted supplement consumption every year. pH balance determines - and limits - mineral assimilation. Every mineral has its own 'signature' pH level that permits assimilation by your body.

If we look at an atomic scale chart of elements, those at the lower end are capable of assimilation over a broader pH range. Those 'higher' on the chart need a progressively narrower pH range to be assimilated.

Summarizing, if you are not balanced, your body will simply reject most minerals. Why is this relevant?

Let's look at iodine as an example. High up on the atomic scale, it requires near perfect pH for its assimilation into the body. Iodine is required for a healthy thyroid gland. But our thyroid will receive no iodine unless the body pH is almost perfect. Thyroid deterioration has been connected to arthritis, heart attacks, diabetes, cancer, depression, obesity, and fatigue.

Today, inadequate mineral supply to the body is extremely common due to the depletion of minerals in our agricultural land. The supply and absorption of adequate minerals determines our health and well being because it determines the conductivity of electricity in our bodies.

Electrical conductivity is the basis of an effective nervous system, which in turn monitors and reports on how well our various organs and sub- systems are performing. The effectiveness with which our nervous system can operate, therefore, is subject to a correct pH, just like every biochemical process we perform.

By eating and living in a way that causes imbalances to our internal pH, we actually 'kill the messenger'; the nervous system that keeps us updated on how our body systems are fulfilling their allotted tasks.

Mercury and Other Heavy Metals

The more acidic a body is, the more it holds onto heavy metals such as mercury. Heavy metals create a high oxidative stress that acidifies the body, making it even worse. The latest worldwide survey of all current Alzheimer's research has identified mercury as the prime suspect as causative factor.

The good news is that alkaline water has been shown to have an immediate detoxifying effect on the body. People experience the normalizing of bowel movements and classic detoxification symptoms such as itching, body aches, and headaches as the toxins leave their bodies.

Dr. W.R. Kellas, Ph.D., co-author of numerous books including *Surviving in a Toxic World* says that the pH factor plays an important part in ridding the body of mercury and other toxins. He says, "the best pH is around 7.35 because the more acidic the body is (below 6.5) the more it holds on to (heavy) metals. Heavy metals in turn create a high oxidative stress that acidifies the body."

Dr. Kellas's clinic in California sends out pH strips along with their medical treatment and products, similar to those supplies we use with Enagic, to measure body pH. They have consistently seen better results when the pH factor is incorporated in their detoxification program.

Many people who have embarked on an alkaline water regime have found that immediate detoxification occurs, bowel movements normalize after years of malfunction, and energy returns. They also experience classic symptoms of detoxification including headaches, body aches, itching etc. as the toxic, acidic minerals are washed out of the body.

Alkalizing With Food

There is one important diet concept that everyone is in agreement on: To achieve a balance, health practitioners recommend an **80/20 mix of alkaline and acid foods**.

As you'll discover, unless you are like 'Popeye' and just love spinach, silver beet, and broccoli, you may find this rule rather hard to keep.

Alkalizing with diet alone is very difficult. We know many people who have tried every alternative method – progressing from diet to alkaline powders, to volcanic water with drops. Without much success. We hear this all the time, "I just couldn't beat my acidity with food." Yet, these very same people have been able to alkalize with alkaline water.

I've read of a few dedicated "green food people" who do manage, but most enlist the help of alkaline supplements or alkaline water.

Green supplements

There are many formulations of alkalizing green food on the market. They all work, and are a workable answer for a busy parent or businessperson because you need only down it once a day. Ingredients may include barley grass, wheat grass and all manner of green vegetables and alkalizing herbs. Few are organic so take care in selection.

Calcium and Magnesium

We've all seen on TV and in magazines for calcium supplements. Remember Coral Calcium? We aren't so bombarded with those ads anymore.

But...calcium will certainly replace lost alkalinity, and it is constantly being raided in the acidic body. After talking to literally thousands of acidic people, we agree that calcium is a viable method for rebalancing, but the question remains about whether it is, as some would say, not actually a cure, but a palliative.

An unbalanced acidic system will always hunger for calcium but unless the cause is corrected, the hunger may continue forever. Be sure to choose a calcium that has the correct ratio of calcium and magnesium in an ionic form for fast assimilation and the vital 2:1 ratio.

Alkaline Water

Sang Whang, scientist, inventor and a drinker of alkaline water for 17 years, says the problem with trying to alkalize using food is that unless you can afford organic, you will metabolize a large amount of pesticides, herbicides, fungicides and other chemical residues.

He adds that if you 'overdose' by drinking too much alkaline water, it will simply pass through the kidneys and flush away any germs that may have taken up residence as it passes through.

Alkaline water is used by millions of Japanese and American families, and has been a part of their culture since the 1980's. Alkaline water is used in hospitals and in clinics all over Japan.

Note that your tap water may already be slightly alkaline, but Japanese scientists at Shiga University say that you should have water at **pH 8.5 or above**.

What Can I Do to Get Rid Of the Acid Wastes?

To slow down and reverse this aging direction, one must begin removing acid wastes from the body.

The best way we have found to do this is to drink Kangen Water™. This water, having a pH of between 8.5 and 9.5, will first neutralize harmful stored acid wastes, and if you consume it every day, will gently remove them from your body.

Yet, since the water is ionized, it will not leach out valuable alkaline minerals like calcium, magnesium, potassium, or sodium.

Your new Enagic home Water Ionizer filters your water of all major impurities including chlorine and then separates and removes acid minerals, giving an unlimited stream of purified and powerful alkaline water that has important side benefits.

The water molecules are greatly reduced in size, offering far greater hydrative ability. The minerals in the water are negatively charged, making them far more effectively absorbed. The water is also loaded with bound oxygen, plus negative hydrogen ions that are nature's original antioxidant.

Japanese doctors have treated their patients for over four decades with alkaline water. They believe that the immune system loses its power to throw off disease when the body becomes too acidic.

Asian medicine assigns two categories to human diseases: communicable and adult.

1. Contagious or communicable diseases are caused by viruses and bacteria. Influenza, the common cold, aids, plagues, all fall into this category, and medical doctors are quite proficient at treating them.
2. Adult diseases include heart disease, cancer, diabetes, high blood pressure, gout, arthritis, kidney diseases, hemorrhoids, asthma, hay fever, allergies, obesity, tooth and gum disease, skin disorders, and many others.

These diseases are caused by poor circulation, by deficient cellular activity, and by the accumulation of acid wastes in the body. Asian medicine says that many adult diseases can be treated by alkalizing the bloodstream.



So...drink up!

What to Expect from Drinking Kangen Water™



*“Here are your waters and your watering place.
Drink and be whole again beyond confusion.”*

~ Robert Frost

What should you expect from drinking Kangen Water™?

As expected...the answer to this will depend on what level of health you have.

Kangen Water™ provides your body with lots of oxygen, which is why it gives us energy. *Kangen Water™* is much smoother tasting than conventional water. It makes better coffee, tea, etc. Alkaline water is wonderful to cook with because it hydrates the food and brings out the flavors.

Other changes in your body may be much more subtle and make take some time. If you have accumulated acid waste in your system...it probably took years for you to get into that condition and it will take some time to reverse it.

As the body is slowly brought into pH balance (homeostasis) by drinking *Kangen Water™*, it will naturally begin to function more efficiently and the body will begin to correct the problems. This is one of the great benefits of *Kangen Water™*.

Ionized water helps bring your body into balance naturally by providing it with the oxygen, alkalinity and the basic minerals it needs so it can heal itself and prevent diseases from occurring in the first place.

The first thing that *Kangen Water*[™] does for the body - when a person begins drinking it - is flush out the digestive tract, which is the best place for detoxification to start. This cleansing alone will significantly improve your potential for better health.

The body cannot take in nutrients if the digestive tract is not clean. Enzymes continue their chemical attack on the food to break it down throughout the digestive process until it is small enough to pass through the lining of the small intestine and into the blood. Once there, the nutrients are carried away to the liver and other body parts to be processed, stored and distributed.

None of this would happen if the digestive tract were not cleaned of debris.

Detoxifying

Living on a cooked-food diet over a long period of time creates a layer of mucous throughout the digestive tract known as mucoïd plaque, which deposits on the intestines where nutrients are absorbed into the body. Mucoïd plaque is a dark greenish substance that has the consistency of rubber. As it becomes thicker over the years we develop nutritional deficiencies even though we eat three meals a day that we believe are healthy.

Our intestines become museums of partially digested, putrefying foods, drugs and other toxins that have never found their way out of the body. The intestines can swell to many times its size with only a pencil-size opening for feces to pass through.

Even though we may be overeating, we are starving ourselves under these conditions because the body cannot absorb nutrients. Eating should never be confused with health. Many parents believe that as long as their child is eating, they are healthy and this certainly is *not* the case. All that matters when it comes to health is what foods we put in our body, not the frequency or quantity.

Hydrating

If your small intestines are not clean and the actual lining wall isn't exposed, nutrients cannot get into the blood stream to be used by the body.

Kangen Water[™] is a terrific cleanser of the digestive tract because of its small water molecule clusters. It is said to penetrate the mucoïd plaque that is attached to the intestinal lining helping to remove it; once the surface of the lining is clean, the water then penetrates the lining itself to further cleanse and hydrate it so nutrients can pass into the blood with greater ease. When this happens, assimilation of nutrients to the

body returns and the early stages of cellular rejuvenation can begin.

People comment how often they have to go to the bathroom when they first start drinking *Kangen Water*[™]. This is because the water is cleansing your digestive tract quite thoroughly. It will subside once your body becomes accustomed to drinking *Kangen Water*[™].

Alkalizing

Drinking the right quantity *Kangen Water*[™] will help change the body's acid level as it balances the body's overall pH - which is not measured through the blood, but through the urine or saliva.

However, raising the overall body pH will most likely take some time. Acid wastes do not accumulate throughout the body overnight and will not be flushed out overnight. Years of accumulated acid waste in the joints, around the organs, in the brain and throughout the body takes months and even years to completely expunge. As to how quickly you will rid the body of acid waste will of course also depend on your diet and the amount of water you drink daily.

Oxygenating

Consistently drinking *Kangen Water*[™] increases blood oxygen and energy levels. Oxygen sharpens alertness because the brain is functioning closer to capacity when it is highly oxygenated. Oxygen is a nutrient that can become saturated in the blood, but the body cannot store it. Thus it is crucial that we constantly provide our bodies with a steady intake of oxygen.

This can be achieved with *Kangen Water*[™] *fresh out of the machine* because that is when it is at its greatest potential to provide the body with oxygen. Oxygen carries nutrients around the body, provides us with energy, and kills bacteria, viruses and even cancer cells.

Millions of years ago the atmosphere contained as much as 30% more oxygen than it does today. We evolved in a richer oxygen environment than we find ourselves in today, thus our need for oxygen is of great importance.

Antioxidants

The oxygen derived from *Kangen Water*[™] arrives to the body in the form of an extremely potent antioxidant that has an extra electron attached to it and is known as a hydroxyl ion (OH⁻). It is produced when water is run over positive and negative electrodes and there is a shift of electrons from one molecule to another.

This hydroxyl ion has an oxygen molecule that carries an extra electron which is donated to a free radical in the body therefore it is considered a free radical scavenger.

What remains are two stable oxygen molecules and a higher blood oxygen level instead of only one free radical that will cause damage.

Consuming *Kangen Water*[™] bathes the interior of the body in a negatively charged liquid, which promotes rejuvenation of each bodily system at a cellular level.

All fresh *raw foods* also have a negative charge or ORP.

Fresh squeezed orange juice carries a negative ORP of -50 to -300 ORP (mμ).

The lower the negative number, the better it is for the body; the higher the positive number, the worse it is.

On average, chlorinated city water has a positive +700 ORP, thus it is quite oxidizing and should never be consumed.

Anything that is being oxidized, or has the potential to oxidize another substance, has a positive ORP. Our bodies are constantly being attacked by oxidation in the form of free radicals; the older we are, the higher our body's ORP becomes.

When we drink negatively charged substances such as *Kangen Water*[™], this oxidation is retarded and our body's cells are in a better position to rejuvenate, or de-age, themselves.

Water has a low atomic weight (18) and when ionized through electrolysis, it becomes the **most absorbable antioxidant known**.

Essentially, we are reversing the aging process.

Anti- Oxidants = Anti Aging

Of course, we don't become younger in chronological years, which mean that if we are 40 years old we do not become 20 again. Rather, we possess the body we had when we were in our twenties *at a cellular level*.

This means that the cells that make up your body are as active, productive, communicative and functional as those you had when you supposedly in your prime and even potentially better. Thus, you have potentially reversed your biological clock.

After you've been drinking *Kangen Water*[™] for a while, you will become more sensitive to whether or not you are actually dehydrated. For example, you will become aware that

your body needs water after only an hour or so of not drinking any water.

Simply by keeping your body constantly hydrated, you will be accomplishing many things that are necessary to achieve great health. Staying hydrated helps stave off disease better than anything else we can possibly do for ourselves.

When we are hydrated our blood is never too thin or too thick because of the lack of water or salt. Most enlightened scientists agree that we will not retain salt nor have high blood pressure when we drink enough water.

Our organs function optimally because they are not starved for water, especially the kidneys. Like any muscle, regular use of the kidneys only strengthens them. A common misconception is that drinking too much water can overtax the kidneys. If you have weak kidneys from living on a cooked-food diet, start by drinking weak *Kangen Water*[™] (8.5 pH) then increase it slightly each day.

When we provide the body with real nutrients from *raw foods* and drink enough water, weak kidneys can become powerful, flexing muscles once again, the way they were meant to be. This is true of any muscle or organ in the body.

In the first few days of drinking *Kangen Water*[™] you will not be able to quench your thirst.

This is because your body is crying out for something it has rarely, if ever, experienced before: true hydration of its cells. The thirst mechanism in your body has been turned on for the first time in years, perhaps the first time in your life.

We develop many ways to turn off our thirst or ignore it completely with foods or liquids that couldn't possibly hydrate us.

Everyone's body has various degrees of toxicity, thus the effects of *Kangen Water*[™] on your body will be slightly different than everyone else. It will depend on your historical and current diet, how much water you consume, how much you exercise, how positive a person you are, how stressful your life is, how much medicine you take now and in the past and how toxic you are.

Regardless of that...

***Kangen Water*[™]**

Benefits Everyone Who Consumes It.



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How Does Kangen Water™ Compare?

Benefits	Kangen Water™	Bottled Water	Tap Water	Well Water
Powerful Antioxidant	Yes	No	No	No
Balance Body pH	Yes	No	No	No
Powerful Detoxifier	Yes	No	No	No
Superior Hydrator	Yes	No	No	No
Enhances Mineral Absorption	Yes	No	No	No
Increases Oxygen	Yes	No	No	No
Low Cost	Yes	No	No	No



How to Use Kangen Water™

by: Dr. Dave Carpenter, N.D., C. Ac., C.C.I.

The Enagic Kangen Water™ Generator technology produces seven different types of water...three different levels of alkaline Kangen Water™ Drinking Water, Clean Water, Beauty Water, Strong Alkaline Water and Strong Acidic Water.

Although Kangen Water™ has special properties...**it does not cure anything.** It has however, been shown to assist the body in creating better balance or homeostasis.

To help achieve this homeostasis I've found the approaches and information listed below to be helpful

Getting Started Drinking Kangen Water™

It is recommended that everyone who chooses to drink Kangen Water™ start by drinking the 8.5 Ph 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. This drinking water is dispensed through the TOP flexible hose.

Drink at least 1/2 of your body weight in ounces each day.

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 these situations, it is recommended that you drink at least $\frac{3}{4}$ of your body weight in ounces, and drinking 1 ounce per pound of body weight per day produces real miracles.

It is my observation that those people who drink a minimum of $\frac{3}{4}$ of their body weight in ounces of Kangen Water™ per day are the ones who see the quickest results.

After successfully drinking the suggested amount of 8.5 pH water for two weeks (“successfully” means that you are not experiencing any discomfort while drinking the water...other than frequency of urination), then you may choose to increase the water pH level up to the 9.0 pH setting. Continue drinking the suggested amount of water at this setting each day for at least two more weeks.

After successfully drinking the suggested amount of 9.0 pH water (again meaning that you are not experiencing any discomfort while drinking the water other than frequency of urination) then you may choose to increase the water pH level up to the 9.5 pH setting.

Cleansing Symptoms

Occasionally we find people that experience “cleansing” symptoms, which are typically caused by the body releasing stored toxins and acidic wastes.

If you experience any “cleansing” types of symptoms (such as headaches, skin eruptions, loose bowels, coughing, etc.) when you start on the 8.5 pH water, then you should increase the amount of water you are drinking to help neutralize and flush the toxins from your system.

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. There is no prize for getting to the 9.5 pH water quicker than someone else.

Using The “Other” Waters Produced By The Technology

Clean Water – is neutral 7.0 pH water that is obtained by pushing the green button on the Enagic ionizer. The Clean water is dispensed through the TOP flexible hose. This water has been through the cleaning filter portion of the system but it has not gone through the electrolysis process. ***This is the water that should be consumed when taking prescription medication.***

When taking prescription medications: Discontinue drinking the Kangen Water™ 10 to 15 minutes prior to taking your medication. Use the Clean water to take your prescriptions, and then give yourself at least 30 - 60 minutes before resuming drinking the Kangen Water™.

You will also want to use the Clean water when preparing Baby formula.

It is also suggested that if you feel the need to drink water with a meal and the meal contains a concentrated protein (animal product), that you consume Clean water rather than Kangen Water™ with that meal.

Beauty water – is made by pushing the yellow button on the machine and collecting the Beauty water from the TOP flexible hose. Alternately, it can be collected while making Kangen Water™ for drinking. This is accomplished by collecting the beauty water from the secondary hose (that runs from the bottom part of your machine) while you are collecting your Kangen drinking water from the TOP flexible hose.

Beauty water has amazing astringent properties and is extremely good for the skin and hair. Spray it on, splash it on, soak in it...but get it on your skin if you want to have the best looking/feeling skin around!

Strong Acidic Water (2.5 pH) – is made by pushing the bottom button (orange) on your Enagic ionizer.

Note: You must add the saline Electrolysis Enhancer in the electrolysis enhancer tank (on the right side of the machine behind the removable panel) in order to produce the Strong Acidic and Strong Alkaline waters.

Collect the Strong Acidic water out of the secondary hose (that runs from the bottom part of your machine). This water has very potent anti-microbial properties and may be used on cutting boards, counter tops, etc.

Strong Acidic water was approved for disinfecting food products in June 2002, in accordance with the Food Hygiene Law, under the name hypochlorous acid water.

I like to use large spray bottles for the Strong Acidic water because it makes it easier to use on the skin, countertops, produce, etc.

[Ed. Note: It is best to store this water in dark containers and refrigerate it. See Enagic Bottles - the black ones - they are great!]

Strong Alkaline Water (11.5 pH) – The Strong Alkaline water is produced at the same time as the Strong Acidic water. Collect the Strong Alkaline water from the TOP flexible hose on the Enagic ionizer.

This water is highly alkaline and is a potent cleaning agent that can be used in place of detergents and cleansers. It is a tremendous grease-cutting agent. After cleaning your surfaces with this water, it is recommended that you spray the Strong Acidic water (2.5 pH) on the surface as an anti-microbial agent, and then let it air dry.

Note: It is best to store this water in dark containers and refrigerate it.

Specific Uses of the Various Waters

Fruits and Veggies:

Soak (or spray on surface) in Strong Acidic water (2.5 pH) for 2 to 3 minutes and stir water to work it into rough textured produce like lettuce, broccoli, etc. This kills microbes that might be on the produce.

When finished with this process soak in Strong Alkaline water (11.5 pH) for at least FIVE minutes to clean the produce, remove pesticides and herbicides, and enhance shelf life.

Laundry – Put 1 to 2 quarts of Strong Alkaline water (11.5 pH) in the liquid detergent tank of your washer and wash just as you would with detergent but without the detergent. The amount of Strong Alkaline water is determined by your source water's hardness. Clothes come out cleaner and brighter than with detergents and for those with chemical sensitivities there are no side effects.

Cleaning floors – (hardwood, ceramic tiles), windows, eyeglasses, washing dishes, and many other cleaning situations: Use the Beauty water. In some cases the Strong Alkaline water (11.5 pH) works well too.

Acne – there are a few different ways to use the water on acne, depending on the type and severity. None of them will hurt you so if one approach doesn't seem to be producing the results you desire try a different one.

(1) Where there appears to be inflammation and infection (outbreaks that are sore and irritated) I recommend that you spray on the Strong Acidic water (2.5 pH) and let it air dry. When it's completely dried apply a cloth soaked in Strong Alkaline water (11.5 pH) to the area(s) *for at least 5 minutes*. This helps the body neutralize the acids, which are causing the acne. Dry the area and then spray on the Beauty water (4.5 to 5.5 pH) and allow it to dry. *Repeat at least twice per day*.

(2) Where there does not appear to be any inflammation or infection I'd just use the Beauty water on the area. For best results drink at least $\frac{3}{4}$ oz of Kangen Water™ for every pound that you weigh each day.

Psoriasis and Eczema – I've found that the most effective approach is the same as the one we use for the nastier acne outbreaks. Again, this depends on severity. I've seen a lot of success with both conditions just spraying on the Beauty water 3 to 6 times per day and letting it air dry. If I am working with someone with a tougher outbreak, I recommend that they spray on the Strong Acidic water (2.5 pH) and let it air dry.

When it's completely dried, apply a cloth soaked in Strong Alkaline water (11.5 pH) to the area(s) *for at least 5 minutes*. This helps the body neutralize the acids, which are causing the outbreaks. Dry the area and then spray on the Beauty water (4.5 to 5.5 pH) and allow it to dry. *Repeat at least twice per day*.

I highly recommend with these challenges that you spray Beauty water on the area at least every 2 waking hours.

For best results drink at least $\frac{3}{4}$ oz of Kangen Water™ for every pound that you weigh each day.

Cuts and scrapes – Anytime the skin has been torn, I recommend that you spray on the Strong Acidic water (2.5 pH) at least once a day. This helps the immune system deal with the microorganisms like bacteria, viruses, etc. that may be able to get into the body through the hole in the skin.

Then soak the wound or scrape (it may be easier to soak a cloth and apply to the area instead) for at least 3 minutes in the Beauty water and allow it to air dry. This helps tighten the pores in the tissue and almost always takes away the pain.

For best results drink at least $\frac{3}{4}$ oz of Kangen Water™ for every pound that you weigh each day.

Sunburns – If the sunburn is not severe enough for medical treatment spray the Strong Alkaline water (11.5 pH) on the skin or soak a cloth in this water and apply to sunburned area. When you are finished with that session spray Beauty water on the entire area and let it air dry before covering with clothing. Repeat as desired.

For best results drink at least ¾ oz of Kangen Water™ for every pound that you weigh each day.

Moles, warts, etc. – If you have something abnormal on your skin you may want to try using the Strong Acidic water (2.5 pH) on this to see what it will do. In most cases the easiest way to use is to soak the gauze pad on a band-aid with the water and apply over the area. Change bandage at least once a day. Most people have reported that they've had to continue this process for 30 to 60 days before seeing results. If it's in an area that is difficult to apply a band-aid to while you are at work or in public just apply the rest of the time when you are at home and see if it works.

Sore Throats – When one has a sore throat we've learned that gargling with the Strong Acidic water (2.5 pH) 3 or 4 times per day works extremely well. If you have a child that cannot gargle just put the Strong Acidic water in a spray bottle and spray it into their throat (10 pumps) three or four times per day. (It will not hurt them if they swallow this water.) Typically the kids tell us that their throats are no longer sore within minutes.

Mouthwash – use the Strong Acidic water (2.5 pH) to swish and gargle with as a mouthwash. The high ORP of this water has been shown to destroy bacteria and other microorganisms with exposure times of less than a minute. It's the bacteria breaking down the foods in your mouth that produce the acids that cause tooth decay.

Cooking – Kangen Water™ (8.5 to 9.5 pH) is excellent to cook with and enhances the flavors and texture of your food.

Some fruits and vegetables such as cherries, plums, grapes, strawberries, cabbage, eggplants, soybeans, and asparagus contain anthocyanins and are best cooked or washed in the Beauty water.

Be aware that foods cook faster than you are used to when you are using Kangen Water™.

Be prepared to have people asking you what you are doing to your food to make it taste so much better!

By Dr. Dave Carpenter, N.D., C. Ac., C.C.I.
Used With Permission.



Thanks Dr. Dave!

Your Alkaline Lifestyle...

Get Started Today!



I know how hard it is to get started! More often than not, getting started is what stands between you and the greatness you could have in your life.

Research shows that over 90% of people never get past the first chapter of the books they buy. This article is meant to change that...

Start Where You Are...

You have already made a decision to change your life for the better by reading this. It would be a shame if you became one of the statistics. Let's not waste time worrying about whether you're doing this right... you're going to make mistakes, and that's part of life.

What's for sure is that you'll be better off than you were before you started, even when you make mistakes!

So start where you are.

No need to prepare.

No need to wait.

You already have everything you need to get started... so let's go!

Alkalizing Today

If you have never alkalized before, follow these steps, and you'll be alkalizing in the next 15 minutes:

Step #1. Go to your kitchen and pour water into four tall glasses.

Drink one right there on the spot, and set the other 3 aside. Drink these before you go to sleep tonight. Why?

Because the most important point about alkalizing is hydrating with good, alkaline waters... and you must start this right now.

Increase your alkaline water intake according to the guidelines in the manual. Basically, you want to drink about 1 Liter for every 30 pounds you weigh. You will need to work up to this.

But - today...start where you are. Increase your water consumption.

Don't wait. Today is the day!

Step #2.

Grab a pen and a piece of paper. Go to your fridge, and write down everything you have in the fridge.

Circle all the raw vegetables (not frozen, cooked, fried, nuked, toasted, boiled or sautéed).

Do you have enough for a big, fresh salad?

If you do, make a point of eating the biggest salad you can make with your next meals of the day (of course, share with the rest of your family!)

If you don't, make sure you go shopping for salad ingredients right away.

Step #3.

Write down everything you ate or drank today.

Do not miss anything... if it passed your lips, it goes on the list.

Then circle everything that was frozen, cooked, fried, nuked, toasted, boiled, or sautéed.

Everything you circled was probably acidic!

Step #4.

Take out your calendar, and block off 2 hours each week for the next 6 weeks...a time where you will not be disturbed. Make a date with yourself to review all the alkaline diet information you have. Commit to doing that during this time.

If you don't do this, you could very well join the statistics I mentioned above.

I can't emphasize enough how important it is to do this!

Keep your date with success - every week.

NO excuses!

So what did you accomplish in these four simple steps?

1. You began hydrating your body for better health.
2. You took a tally of what you have to work with.
3. You (hopefully) will be adding a significant alkaline food to the rest of your meals today.
4. You started to take note of what you're feeding your body.
5. **You started to alkalize!**

See, that wasn't so hard...was it?

Now that you've gotten started, we need to make sure you stay on course.

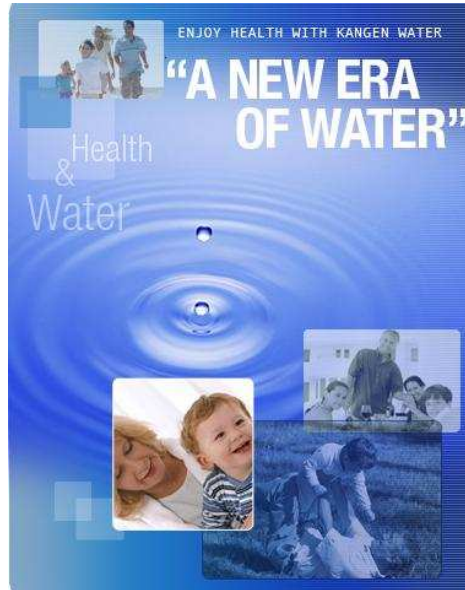
That's easy!

Simply follow these steps every day. Develop the habit of keeping your word to yourself. If you don't, your odds of experiencing the greatness you deserve in your life are slim to none!



Questions and Answers

From Enagic



Why does Kangen Water™ sometimes smell funny?

Unpurified water has minerals in it. LeveLuk is designed to handle a standard amount of minerals. When the amount of minerals or free carbon dioxide is greater than usual, the minerals occasionally react with the anti-bacterial feature of the water supply hose, giving off a smell.

We have prepared a water supply hose for such cases. When running water through the appliance for the first time, please set it on purified water and let it run for two to three minutes longer than usual.

a) Minerals: Ca (calcium), Mg (Magnesium), Na (Sodium), Ka (Potassium) and other nutrients found in food and water. Minerals found in water are said to be especially good for the health in optimum amounts.

b) Free carbon dioxide: Carbon Dioxide found in water. Some people prefer the taste of water with carbon dioxide, which tends to have lower pH levels.

Water with less carbon dioxide is said to be better for the health. Japanese sake tastes better when there is a moderate amount of carbon dioxide in it.

c) Anti-Bacterial feature: Appliances such as the LeveLuk that produce something for human consumption are given anti-bacterial treatment. These appliances often comprise many different parts, and it is especially important that the parts where water passes through are not contaminated.

Why is the appliance leaking?

It is most likely that the ring (stopper) on the cartridge came off during transportation, or that you have forgotten to take off the O-ring when replacing the cartridge. It is highly unlikely that the leaking has been caused by a mechanical fault in the appliance.

O-ring: Small, round rubber gasket that prevents leakage when connecting the various pipes to the appliance.

How do you remove the lead in tap water?

According to a program aired by NHK around 9 p.m. on March 15th, 2003, approximately 18 to 20% of Japanese households (450,000) rely on lead pipes for their tap water, and that lead in our water is beginning to have serious effects on our health.

The WHO * (World Health Organization) allows up to 0.01ppm of lead in drinking water, but in some cases in Japan 0.05 ppm of lead was detected, raising serious concerns about stomach and brain illness.

Lead pipes are cheap and relatively easy to produce, they began to be used after the end of the war. Since these lead pipes were not used for main or branching pipes, but for pipes inside homes, the waterworks department does not have data on where they were installed, and are therefore unable to replace them.

In addition to the standard filter that comes with the LeveLuk, we also offer filters that remove lead and chlorine from the water. These filters contain soluble ions, calcium and activated charcoal. It can filter up to 1,500 gallons of water, which means it should last for about 6 months for a family with four or five people. Please do not forget to replace the filter when the time comes.

WHO: The World Health Organization is a UN agency founded in 1946 to "promote health maintenance of humankind," and that has been active since 1948.

What should I do if there is no cartridge replacement notice even after a year?

The display screen on the LeveLuk will notify you when the total volume of water produced reaches 3,000 gallons. The microcomputer controls this notification mechanism, so please ensure to press the reset switch to activate the microcomputer when you put in a new filter.

The reset switch is located on the top right of the cartridge section (inside the black cover on the left). Please press it until it beeps. **This microcomputer controls other information for the LeveLuk as well, so please make sure not to forget to press the reset button.**

How do I use Kangen Water™ for beauty care?

Winter is the coldest season of the year and the air becomes extremely dry. Skin care becomes especially important at this time. If you do not take care of your skin properly, you will suffer from dry/rough skin, chilblain and so on.

Bodily fluids play an important role in maintaining your body temperature. It naturally also affects health, and since it is important to maintain the pH level of your skin between 5.0 and 6.0, please spray acidic water□1 on your skin at regular intervals, or use acidic water to make your bath during the winter when it is difficult to control the moisture of your skin.

We also recommend that you eat foods and fruits that include high levels of vitamin C, A and E. Treating your skin with beauty water will let you enjoy life even more by giving you smooth and youthful skin.

□1) Acidic water: Acidic ionized water produced by electrolysis with a pH between 4.0 and 6.5. Its astringent effect is certified by the Japanese Ministry of Health, Labor and Welfare. Excellent for skincare.

The upper flexible pipe leaks acidic water when I set the appliance on beauty care water. What can I do to stop the leaking?

Before pouring water through the flexible pipe, you need to take off the scales□1 (mineral clusters) stuck to the electrode plate□2 by reversing the voltage□3, that is, changing the plus and minus of the electric current. This is necessary for producing proper acidic water.

By removing the scales and running acidic water through the flexible pipes even when you are not using acidic water, you can keep the electrode plate clean and increase its durability. Moreover, using the upper flexible pipe makes the appliance easier to use especially when washing your face or pouring water into a plastic bottle.

1) Scales: Ca, Mg, Na, Ka and other mineral clusters are produced when water is electrolyzed. These clusters are called scales and are not harmful even if consumed.

2) Electrode plate: A metal board that conducts electricity during electrolysis. It is made of titanium and plated in platinum. It has superb electrolysis capacity and high durability.

3) Reversing the voltage: In order to electrolyze water, the plus and minus of the direct currents must be clear. When mineral clusters get attached to the electrode plate, there is a need to reverse the plus and minus of the current to remove the clusters. This basically sets the appliance on a cleaning function, similar to when it is placed on the "beauty water" setting.

What does cleaning the Ionizer consist of?

LeveLuk has an automatic cleaning system. The amount of minerals in the supply water, such as Ca and Mg can vary greatly, and mineral clusters inevitably stick to the electrode plates. They can be broken off, however, easily by reversing the electric current (switching the +,-polarity).

Mineral clusters attached to the electrode plate decrease the electrolysis capacity of the appliance, resulting in a failure to produce primary Kangen Water™. The amount of minerals attached to the electrolysis cell varies according to the quantity of minerals in the tap water.

LeveLuk's automatic cleaning mechanism is activated for 20 seconds when continual electrolysis reaches 15 minutes.

When using LeveLuk in areas where the water has a high mineral content, change the setting to "beauty water" (2nd from bottom) and turn on the tap slightly so the water is running gently. This will reverse the electric current and remove the crystals in the electrolysis cell after 2-3 minutes.

Changing the setting to "beauty water" once a day for 30 seconds is another way to clean the electrolysis cell. The cleaning function is necessary to maximize the life span of the electrolysis cell.

4) Minerals: Ca (calcium), Mg (Magnesium), Na (Sodium), K (Potassium) and other nutrients found in food and water. Minerals found in water are said to be especially good for the health in optimum amounts.

What should I do if I notice a build-up of white, floating clusters in my water?

Small amounts of minerals are found in unpurified water (tap water/sewage water). During electrolysis, minerals become concentrated on the minus side of the electrolysis circuit, causing clusters to attach to the electrode plate.

LeveLuk can remove the clusters by reversing the voltage, but sometimes these clusters fall off naturally. When you pour this water into a stainless container or glass, the clusters stick to the bottom and sides. It is difficult to remove these clusters by scraping with metallic objects, etc. Instead, please pour vinegar into the container and leave it for 12 to 15 hours. You could substitute citric acid for vinegar if you like.

These clusters are not harmful even if consumed, so please do not worry.

Furthermore, if you set the machine on beauty water (acidic water) , and let the water run for two to three minutes, you can decrease the amount of minerals significantly.

Please clean containers that you put Kangen Water™ in at least once every three months by the abovementioned method.

□1) Citric acid: Citric acid is extracted from apples. It has the ability to dissolve clusters of minerals such as Ca and Mg. An ideal and safe way of cleaning water production appliances is to circulate citric acid through the appliance.

What is "calcium addition"?

In ancient times, the Japanese archipelago was connected to what is now China, but over the years it broke off and drifted toward the Pacific Ocean. Japan's soil was acidic back then, and since there are many volcanoes along the Sea of Japan, the soil has remained acidic, and has not become neutral or alkaline. As a result, the water in areas toward the Sea of Japan is more acidic than in areas closer to the Pacific Ocean.

Although acidic water, which has an astringent effect□1, is good for the skin if used for everyday chores and facial treatment, it is not suitable for drinking. Even when this water is electrolyzed, it does not produce water with standard pH levels. This water is much better for consumption than unpurified water.

An ORP measuring device is the best way to see this for yourself, in which case there is a need to add calcium glycerophosphate□2 to the water. By doing so, pH levels can be increased in intervals of 0.5.

We recommend that people living in regions on the side of the Sea of Japan add calcium to their water.

□1) Astringent effect: Acidic water contains a small amount of chlorine ions and has an astringent effect. This water is good for toning your skin.

□2) Calcium glycerophosphate (Calcium powder): If the pH level does not increase even after electrolyzing water (especially when using well water or tap water in areas toward the Sea of Japan), adding calcium powder will increase the pH level.

How many years does the electrolysis cell remain effective?

The electrode plate in LeveLuk's electrolysis cell is thicker and larger than other company's product. The appliance is designed this way in order to increase electrolysis capacity and durability.

Another important reason is to guarantee the production of maximum volumes of water. The electrode plates are made of top quality titanium, and the welded terminals are plated with platinum. Needless to say, due to this choice of materials, the electrode plate is completely rustproof.

The electrolysis cell is to a water production appliance what the engine generator is to a car. We can recommend our products with the utmost confidence because we use only the best materials. Our electrolysis cell and control (PCB)□3 secures a high ORP,□4 and produces safe, healthy and delicious water.

The automatic cleaning mechanism ensures that the electrolysis cell is always clean, and it should last 15 years.

□3) Control PCB (Print Circuit Board): A board comprising print circuits that manage various data related to the appliance. Hi-tech components/condenser also built in.

□4) ORP (Oxidation Reduction Potential): Electrical potential needed to reduce or slow down rusting and decay (oxidization). This process is also known as deoxidization. ORP is measured in terms of negative mVs. The ideal ORP level for the human body is said to be between -150mV and -400mV.

How do you use the reset switch?

There is a square switch situated under the black cover on the front-left of the appliance. Please make sure to push this button (it should make a beeping sound) when you first set up the LeveLuk or when replacing the filter.

This allows for the correct display on the monitor (liquid crystal display) of all the information stored in the LeveLuk microcomputer.

This reset button must be pushed in order for information to be displayed on the LCD screen. It notifies the user of when there is too much or too little water, sets off an alarm when heated water passes through by mistake, and informs you to monitor the water flow. Delivery of safe and healthy water by LeveLuk is assured by operating such tasks correctly.

What is beauty water (acidic water) and strong acidic water?

“Beauty water” is acidic water that has a pH of around 5.5-6.5 and strong acidic water has a pH of lower than 2.7.

The Japanese Ministry of Health, Labour and Welfare has certified acidic water as an astringent□1,2.

Since strong acidic water or "hypochlorous acid water" is known to have bactericidal effects, we have been applying for certification from the Ministry of Health, Labour and Welfare. Strong acidic water was certified as a food additive in Japan in June 2002.

□3) Astringent: Acidic water works as an astringent for toning you skin.

□4) Astringent water: Refers to acidic beauty water. Has an astringent effect.

What is the proper amount/method of drinking Kangen Water™?

Although there are no specific settings, the LeveLuk has a switch that allows you to produce water at three different pH levels between pH8.5 to pH9.5.

For healthy individuals, the selection depends on the age, such as 8.5 for children and 9.5 for adults. In the end, however, it is up to individuals to choose the pH of their drinking water.

If the purpose of drinking Kangen Water™ is to alleviate various chronic illnesses, we recommend water with pH 9.5 (delivering electrolytic water with high content of dissolved hydrogen and a low content of hydrogen ions).

The idea is not to drink as much Kangen Water™ as possible. It is ideal to have 1-1.5 cups of water first thing in the morning by pouring water into a cup with the spout to avoid unnecessary mixing of oxygen from the air. Then, drink in small portions throughout the day so that you drink over a liter (ideally 2 liters) of Kangen Water™.

We recommend that you take a bottle of Kangen Water™ with you when leaving the house.

What is the relationship between the oxidation-reduction potential (ORP) and pH?

The oxidization reduction potential is the electrical potential needed to reduce or slow down rusting and decay (oxidization.)

The ORP□1 also represents the reduction capacity to attract active oxygen. The optimum levels for the human body is between -150-- -400mV.

The ORP is also closely related to pH levels. When the pH increases, the ORP also increases. It is also possible to increase ORP through electrolysis.

The value depends greatly on the original water supply. An ideal ORP may not be achieved if the original water has a pH lower than 7.0.

Please make sure to examine the properties of your original water, for failure to do so may lead to inexplicable errors.

□1) ORP (Oxidation-Reduction Potential): Electrical potential needed to reduce or slow down rusting and decay (oxidization). This process is also known as deoxidization. ODR is measures in terms of negative mVs. The ideal ODR level for the human body is said to be between -150mV and -400mV. This is commonly called anti-oxidation.

How should I consume Kangen Water™ in order to improve my health?

People need to drink more than 0.7 gallons of water a day in order to live. The large intestine absorbs water supplied by liquids and moisture in foods consumed by the people.

To maximize the health benefits gained from drinking Kangen Water™, drink more than 0.5 gallons throughout the day in small portions, without boiling it.

The most effective way is to drink over 0.15 gallons of Kangen Water™ first thing in the morning prior to breakfast. Not only does the first drink in the morning replenish the water lost during the night through breathing and sweating, but the power of Kangen Water™ speeds up your metabolism□1, improving your health, alleviating constipation, fatigue and even a hangover.

Please consult a physician or pharmacist before using if you are receiving medical treatment or notice any abnormalities in your health.

□1) Metabolism: The process of eliminating old supplies and replacing them with new ones. The process in living organisms where necessary substances are taken in - while the unnecessary substances are discharged.

How does the automatic draining system work?

LeveLuk is equipped with an automatic water-draining system that prevents contamination and proliferation of germs in residue water. The automatic water draining system is activated once the water stops.

It takes approximately 30 seconds for all water in the electrolysis cell, water purification cartridge, and all channels to be drained through the hose (gray).

Please note that the automatic water draining system is activated when the water level drops, and positioning the spout higher than the base of the appliance for any reason (pooling of acidic water in the tank, hanging the hose from a rack because of its length) may result in a failure to discharge residue water.

Leaving water behind may cause problems with taste and smell. Please be sure to have the spout hose lower than the appliance before turning the tap off.

Some white bits are floating in the Kangen Water™. What are they?

Your original tap water supply always contains some minerals. Especially on the pacific side of Japan, including Okinawa, the land is more alkaline and minerals crystallize readily onto the electrolysis plates and some break off into the water.

Although they look like foreign substances, there is no harm in drinking these mineral clusters. In order to prevent the mineral clusters from falling into the water, we

recommend changing the setting to "beauty water mode" at 5.5 pH (run reverse voltage) and increase the pressure and quantity of water once or twice a day for 3-4 minutes to clean out the appliance.

Because of the caustic lime□1 situation in Okinawa, we recommend people living in this area to use the pre-filter□2 (sold separately).

Depending on the situation, it may be appropriate to use both filters together.

When mineral clusters stick to aluminum or anodized aluminum□3, it turns brown and becomes difficult to take off. Please refrain from using aluminum or anodized aluminum pans and pots as much as possible.

□1) Caustic lime: Okinawa is said to exist on top of coral. As a result, the water in Okinawa has a high mineral content.

□2) Pre-filter: A filter used in situations where the original water supply contains a high percentage of well water or chemical substance. The transparent filter makes it easy to tell when the cartridge needs changing.

□3) Anodized aluminum: An aluminum alloy often used in household pots.

What is the difference between LeveLuk's electrolysis cell and those of other companies?

Electrolysis of water requires high quality electrolysis plates, and its size, thickness, and number becomes crucial in maintaining durability.

The "double cross line" method□4 used by other companies has the appliance's overall durability in mind. In these appliances, two small electrolysis cells are used in turn to provide resting time, but this limits the volume of water than can be produced at one time.

LeveLuk on the other hand, has five or seven electrolysis plates, the largest number in the industry, and while maintaining durability via their large surface area and thickness, they allow the appliance to produce large volumes of water (maximum Kangen Water™: 0.8-2.0 gallons/minute).

Every function, such as supplying voltage according to switching of the pH setting and producing highly acidic water in the same electrolysis cell, is carefully monitored by the microcomputer. It ensures that the appliance can be used safely for a long period of time.

We recommend that you produce "beauty water" once a day for at least three minutes to improve the appliance's durability.

□4) Double cross line method: Also referred to as the auto cross changer method. An electrolysis system where the appliance is equipped with two small electrolysis cells in order to enhance durability by alternating the cells with each water flow.

What is the proper method of strong Kangen Water™ strong acidic water, and how long do they last?

Among the five types of water produced by LeveLuk, the two types for drinking (purified water/Kangen Water™) can go bad easily due to the container or temperature, because chlorine, which works as a bactericide, has been removed from the water.

For this reason, greater care must be given to the storing of purified water and Kangen Water™.

Please keep these two types of water in the refrigerator for no more than 4-5 days and replace the water in your take-out bottle every day.

For water used for domestic purposes, including acidic water, strong acidic water and strong Kangen Water™, less care is required, but we recommend changing your supply once a week.

To store, please place the water in a lightproof container□1, fill it to the very top to avoid unnecessary contact with air, and store it in a cool, dark place (the refrigerator is ideal).

□1) Lightproof container: Container that keeps light out.

What optional purification parts are available for the LeveLuk?

We provide a variety of optional accessories to maximize the benefits of LeveLuk DX.

- Flexible pipe: 32 inches of pipe, compared to the standard 19 inches. When lowering it on your own, support the base with one hand and twist anti-clockwise to secure it. This product is ideal for restaurants, etc.
- Hoses for supplying and discharging water: Although any length of your choice is available (in 40 inch units), shorter hoses are easier to use for this purpose. The hose offered by our company has special anti-bacterial□1 properties that distinguish them from general products.
- Pre-filter: Useful in the removal of foreign substances such as, iron rust, dirt, and sand especially when the original water supply is from a well. It can also clear some lime and helps protect the appliance.
- Branching stopper (for middle of the appliance):
The very tip of the appliance is fitted with a branching stopper. A similar branching stopper is also available for the end of the pipes. You will need a pipe wrench to attach it.

□1) Anti-bacterial coating: All the parts in the LeveLuk, but especially those that come in contact with the water in the process of filtering, have had anti-bacterial treatment to avoid any kind of contamination.

What is the most effective way of using beauty care water (acidic water)?

As we mentioned before, acidic water has been approved □2,3 by the Japanese Ministry of Health, Labor and Welfare as an astringent. You can keep your skin moist by spraying it on to your skin when the air is dry.

□2) Astringent effect: Tones skin

□3) Acidic water can be used as an astringent for toning your skin.

What is the oxidation-reduction potential (ORP)?

The oxidization reduction potential is the electrical potential needed to reduce or slow down rusting and decay (oxidization).

Kangen Water™ must have a negative ORP□1 in order to be considered good, especially for drinking.

ORP is the strength to bond with active oxygen□2 reducing power, and can be measured through electronic designs in the hardware.

Although a negative value is desirable for deoxidization power, the actual value varies from region to region. For example, in Osaka city, tap water records an ORP of +580-600mV, but after using LeveLuk, the ORP becomes pH9.5 and records the ideal from -150mV to -400mV.

When the original water supply's ORP increases, the ORP of Kangen Water™ moves in direct proportion. On the Japanese archipelago, LeveLuk is capable of producing water with negative levels of ORP at pH9.5 even where original water supply marks the highest positive levels of ORP.

□1) Oxidation-reduction potential (ORP): Electrical potential needed to reduce or slow down rusting and decay (oxidization). This process is also known as deoxidization. ODR is measures in terms of negative mVs. The ideal ODR level for the human body is said to be between -150mV and -400mV.

□2) Active oxygen: Also known as free radicals. Medically it is known to enter the body when one's daily rhythm of life or diet goes astray when under stress. It is the type of oxygen that causes illness and aging. Maintaining a daily rhythm will help keep this oxygen from entering your body!

Why doesn't Kangen Water™ always turn the pH testing solution blue (purple)?

Kangen Water™ produces a yellow/green color (neutral reading) in pH testing solutions even if it is made on the setting for pH 9.5. This phenomenon is often observed in areas where well water is used.

Even water that tests neutral has been through the electrolytic process and has the benefits. This is caused by the carbon dioxide in well water, which is produced from decomposing organic matter.

Carbon dioxide readily dissolves in water, making it acidic. Water with carbon dioxide can be electrolyzed, however, the carbon dioxide is neutralized during the process. Therefore the water tests neutral on the pH scale.

Driving out the carbon dioxide from Kangen Water™ will result in the Kangen Water™ expressing blue in pH test liquid. When measuring the pH using a pH testing solution, place a few drops in the flask before pouring in freshly made Kangen Water™. There is carbon dioxide in your Kangen Water™ if the color turns blue initially, but eventually turns yellow.

What is the cluster theory of deoxidized water?

Approximately 15 years ago, with the help of nuclear magnetic resonance (NMR) □1 appliance, it was confirmed that water does not exist in single unit molecules, but forms a molecular population (cluster) □2 out of approximately 13 water molecules.

These clusters are constantly repeating an aggregation-disaggregation process. The quality of water depends on the size of its clusters. For example, small clusters have active molecules that increase the capacity of water to dissolve elements (solubility), let elements pass through (permeability), and let heat pass through (conduction).

Electrolysis causes the water clusters to break, and Kangen Water™ has clusters made up of five to six water molecules resulting in a lower molecular weight. This is approximately half of that of tap water (12-15 water molecules/cluster) and is most beneficial for your health.

□1) Nuclear magnetic resonance apparatus (NMR):An apparatus that utilizes electromagnetic waves to measure/determine the molecular population in water. It is used in research on the composition of matter as well as in medical fields.

□2) Molecular cluster: Water molecules stick together to form a grape-like structure. Approximately thirteen water molecules form a molecular population which is known as a cluster.

What is special about LeveLuk's strong acidic water production system?

Traditionally, strong acidic water could only be produced with large devices for institutional use (at the time, strong acidic water was called hyper acidic water). We thought that it would be highly beneficial for people's hygiene if they could produce and use strong acidic water in their homes. The LeveLuk makes it possible to produce fairly large quantities of strong acidic water and strong Kangen Water™ at home.

Caution regarding the use of LeveLuk in cold regions.

LeveLuk is designed for use anywhere, but cold districts especially must be aware how to freeze-proof the device during the winter. When you turn off the water, the LeveLuk activates the automatic water draining system and drains the remaining water through the gray hose, thereby ensuring that no water is left in the appliance.

Although there have not yet been any reports of accidents or breakdowns caused by freezing, if acidic water is left in the tank intentionally by lifting the hose or if the hose is positioned higher than the bottom of the LeveLuk due to space constraints, the automatic water draining system will not operate, and the remaining water may freeze, leading to accidents.

Be sure to keep the hose lower than the base of the LeveLuk when turning off the water flow.

What aspects of the Medical Practitioner's Law and Pharmaceutical Law are related to Kangen Water™?

The Japanese Ministry of Health, Labor, and Welfare serves as the information source for maintaining the health of the Japanese people and controls various forms of amateur doctoring. The law prohibits actions or speech that surpasses procedures or talk by doctors and pharmacists.

The only aspects of Kangen Water™ we are allowed to speak of or write about are abnormal gastro-intestinal fermentation, chronic diarrhea, indigestion, hyperacidity, and the astringent effect.

Although these are the bases of more significant illnesses, speaking of them is against the law. There are numerous cases in clinical studies conducted by doctors or pharmacists that found drinking Kangen Water™ cures various illnesses.

It is also known that driving out active oxygen from the body with Kangen Water™ inevitably boosts the natural healing power□1.

In reality, the fields of water within medical circles are already introducing the mechanism of Kangen Water™ in the human body through books and the media.

Please be aware of the Medical Practitioner's Law and Pharmaceutical Law when recommending LeveLuk.

□1) Natural healing power: When animals fall ill, they have the ability to heal themselves naturally. Animals in the wilderness have especially strong natural healing powers.

Changes to the Kangen Water™ outlet as a result of switching water production mode?

Electrolyzing water produces Kangen Water™ (alkaline) on the negative pole and acidic water on the positive pole.

LeveLuk is designed so that the flexible pipe attached to the top is connected to the negative electrolysis cell, while the discharge (gray) hose, attached to the base of the LeveLuk is connected to the positive electrolysis cell.

For this reason, Kangen Water™ and strong Kangen Water™ come out of the flexible pipe, and acidic water and strong acidic water comes out of the discharge hose.

Of the four production modes, when the appliance is set on the "beauty water" mode, the electric current is reversed, as it is done for cleaning, so acidic water comes out the flexible pipe and Kangen Water™ comes out the discharge hose.

This is the only time the waters are discharged on the opposite ends. Since the acidic mode reverses polarity, it has the effect of breaking off calcium crystals attached to the negative pole and can be used as a manual cleaning mode.

The flexible pipe is not allowing for the smooth flow of water... What should I do?

When the original tap water supply is high in minerals (most often seen with well water), a large amount of crystals are formed in the electrolysis cell. If this progresses, chunks of crystals can become stuck in the net before the flexible pipe, obstructing the water outflow. In order to remove this clog, poke the area with a piece of wire and blow air into the LeveLuk from the spout. Please remove the flexible pipe from LeveLuk when cleaning in this manner.

Can the LeveLuk be used overseas?

LeveLuk is made to be used in USA. When using LeveLuk in other countries, it must be adjusted to the particular voltage (110V-240V) and water quality of the country. Since there are few countries where you can drink tap water straight from the tap, and many countries where the water has extremely high calcium content, we recommend selecting a filter that suits the country. Many laws must be taken into consideration for exporting

goods, but individual use overseas is not a problem - IF the electrical voltage is the 110V-240V. If it is not...do not use a transformer to correct this. **You should call Enagic or your sales associate for expert advice on this.**

What is the white foginess in Kangen Water™?

The white foginess apparent in Kangen Water™ is simply a result of hydrogen gas being released through electrolysis, and does not pose a problem.

If you rest the glass for a while the white foginess should disappear.

Research focused on dissolved hydrogen released through electrolysis of water was presented at The Japan Functional Water Association Meeting□1 in late December of 2002. It reported that Kangen Water™ is **effective in controlling the oxidation of lipids in the body.**

It also reported that **dissolved hydrogen**□2 present in the colloidal□3 state has a higher activity level than active hydrogen□4 produced at the instance of reaction. Based on this report, the need for broader data collection and further scientific analysis was recognized.

□1) The Japan Functional Water Association Meeting

The Japan Functional Water Association Workshop was established on September 13, 2002. In December of the same year, the first Japan Functional Water Association Academic Convention was held in Tokyo.

□2) Dissolved hydrogen

Most commonly measured using a diaphragm polarograph-type dissolved hydrogen electrode. The solubility of dissolved hydrogen is about 1.5mg/L.

□3) Colloidal

Low molecular weight (colloidal) particles dispersed in liquid. Each particle is between 1mμ and 0.1μ. The majority of substances that make up organisms are colloidal and have complex movements.

□4) Active hydrogen

Professor Sanetaka SHIRAHATA of Kyushu University announced the "active hydrogen deoxidized water theory" on removing the active hydrogen in Kangen Water™. Related academic circles are debating whether or not active hydrogen exists in a stable state, given that it is an unstable free radical.

What about differences in quality of raw water?

The type of original tap water used affects the quality of Kangen Water™ and acidic water produced by electrolysis.

Although water produced with municipal city water is not affected, the efficiency of electrolysis drops when well water is used since it tends to hold a lot of free carbon dioxide□2, as well as in cases where water comprising only a small amount of electrolytic minerals is used.

Conversely, in cases where the water has excess minerals, the taste may be affected, or Kangen Water™ produced may be too high in pH level.

Since the water pressure of the faucet affects the production of water, it is important to confirm that genuine Kangen Water™ is being produced by regularly checking that it is set at the correct pH level, and checking the bubbles. In order to take into account the differences in the quality of the original tap water, please run a check on a daily basis.

□2) Free Carbon Dioxide: Carbon Dioxide found in water. Some people prefer the taste of water with carbon dioxide, which tends to have lower pH levels. Water with less carbon dioxide is said to be better for the health. Japanese sake tastes better when there is a moderate amount of carbon dioxide in it.

Can Kangen Water™ be used to take medication?

The Japanese Ministry of Health, Labor and Welfare gives the following directions:

1) Do not take medication with machine-produced water, 2) do not drink machine-produced water if you have anaciditas□1, and 3) seek help from a doctor or pharmacist if you feel an abnormality in the body, or continued intake does not appear to improve symptoms. This is because the effectiveness of medication using Kangen Water™ has not yet been tested.

The pH level of stomach acids is about 1.8pH, and medication is prescribed in accordance to this pH level in order for it to take effect past the stomach. Therefore, to ensure full effect of the medication, we recommend leaving some time between taking the medication and drinking Kangen Water™.

※1) Anaciditas: This symptom, also known as gastric acholrhydria, is found in people with a stomach acidity higher than the average human pH level of 1.8pH. This makes it harder for them to digest food. These people should not drink alkaline Kangen Water™.

http://www.enagic.com/water_health/faq.html

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Machine Maintenance



Information provided by Takashi Fukuda, General Manager, Enagic USA.

Daily: Run the Beauty Water 5.5 - for at least two - three minutes per day - to reverse the polarity of the electrode plates and get rid of any calcium build-up.

Cleaning Cartridge: Use every three to 6 months.

Replace your filter cartridge when told by the machine. Each cartridge generally lasts for approximately 3,000 gallons. However, this may vary depending on your water supply.

If your water source is a **well, you should also use a Pre-Filter.** Enagic recommends and sells an excellent one by KDF. Please call the office for more information.

About...

Ionized Alkaline Kangen Water™



Ionized Alkaline Water produced by your Enagic Ionizer has many of the same "living qualities" as found in high altitude, free-flowing, spring-fresh mountain water. Mountain stream water is naturally purified and oxygenated as it passes over the streambed across rocks and terrain.

This movement creates water that is micro clustered, that is, the water is formed into small clusters of 5-6 water molecules. It will inherently have a negative Oxidative Reduction Potential (ORP), which gives it the ability to neutralize free radicals in the body when it is consumed. Because of minerals in the soil, mountain stream water is naturally alkaline.

Enagic Ionized Alkaline Water produced by the unique health appliance called the Enagic Water Ionizer, has the same characteristics as water from a free-flowing stream:

- Purified through Superior Filtration
- Alkalinity through concentrate of minerals
- High levels of oxygen from the ionizer process
- Micro-clustered to more effectively hydrate deeply into tissues
- Antioxidant activity - free radical neutralizer

This is why we call our Alkaline Ionized Water: "Kangen Water™ - a Return to Origin."

In the following pages you will discover the unique value and benefits of alkaline water. It can give you greater energy, boost immunity, help you detoxify your body and maintain proper pH balance.

Water: Importance and Function in the Human Body

Water is necessary for every body function and proper daily intake is essential for optimal health. The average adult body contains over 40 quarts of water, about 70% of body mass. Blood is: 83% water, muscles, brain and heart 75%, lungs 86%, kidney 83%, and eyes 95%.

Water is necessary for digestion, absorption of nutrients, circulation, lubrication, and elimination. It is a flushing agent and cleanser for all body liquids. Water facilitates the transport of toxins away from cells and tissues, and ultimate elimination through the kidneys.

As a major component of blood plasma, water is necessary in bringing life-giving nutrients to every cell of the body.

If the body is dehydrated, water will be allocated from less vital functions to critical areas such as the cardiovascular, nervous, and muscular systems. Over time insufficient water intake can lead to chronic dehydration, imbalance your body's pH, and cause serious health problems.

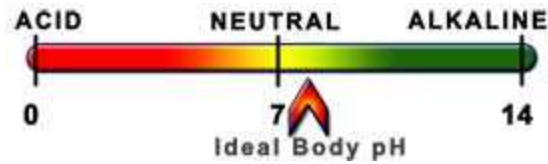
How Much Water Should You Drink?

Drinking sufficient water each day is not only essential for life, but also a basic requirement for maintaining optimal health. When evaluating the amount of water you consume each day, you cannot include such liquid as coffee, soft drinks, or alcohol.

These liquids will ultimately dehydrate the body as they cause a net loss of body water reserves. The amount each person should drink depends on body size, climate, and your exercise regimen. The other major factor affecting the amount of water needed is your body's acidity.

Maintaining Proper Body Acid / Alkaline Balance

Whether a liquid is alkaline or acidic is determined by its pH, a chemistry term that means "potential hydrogen". When we calculate the pH of a liquid we are measuring the number of Hydroxyl (OH⁻) ions, which are negative, and therefore alkaline-forming, as opposed to the amount of hydrogen (H⁺) ions that are positive and therefore acid-forming.



Neutrality is measured as 7 on the acid/alkaline scale. The pH scale ranges from 0 (the highest acidity) to 14 (the highest alkalinity).

Chemists measure the degree of acidity of a liquid by the level of concentration of water-bound hydrogen ions, and the level of alkalinity by the number of Hydroxyl ions present.

The following shows the pH of several body fluids:

Blood	7.37 - 7.43
Saliva	7.2 - 7.5
Bile	7.5 - 8.8
Urine	6.2
Pancreatic Secretions	7.5 - 8.8
Gastric Juice	2.5

The human body has several complex systems for maintaining its critical acid/alkaline balance. Lungs breathe out increased amounts of carbon dioxide (CO₂) when there are excessive amounts present. When CO₂ is dissolved in liquid it forms carbonic acid.

The kidney eliminates acid through urine. The blood is also equipped with complex systems to maintain proper pH. It is essential that blood pH be maintained at a level of about 7.4 which is in the alkaline range?

When the body is unable to maintain proper pH balance, there is danger that it will become overly acidic. Acids will then accumulate and are deposited in the body causing illness in the body.

Although it is possible for the body to become overly alkaline, it is rare and usually caused by metabolic disorders. The most common condition is a tendency toward acidosis, caused by improper diet, environmental toxins, and stress. In the next chapter we will examine the causes and symptoms of acidosis and the dangers it presents to maintaining optimal health.

The Dangers of Acidosis: Causes, Symptoms, and Solutions

Acidosis can be defined as the condition in which the acid/alkaline balance of the body has shifted unfavorably, and the body fluids have become overly acidic. Acidosis has been recognized as a contributing factor in many health conditions including gout, heartburn, gastritis, sore muscles, osteoarthritis, osteoporosis, skin diseases, obesity, frequent colds and flu's, and more serious conditions such as heart disease and cancer.

An acidic body state creates an environment that can lead to disease, and speed up the aging process. Disease thrives in an acidic condition; the more acidic a person is, the more susceptible he is to disease.

Symptoms of Acidosis

Some of the symptoms of acidosis can include lack of energy, constipation, digestive problems such as indigestion and gas, gout, joint pain, chronic skin rashes, allergies, high blood pressure, reduced immune functions, and weight gain.

Causes of Acidosis

The causes of acidosis can include: inadequate or improper nutrition, insufficient intake of water, stress and too little or excessive exercise.

1) Nutrition and Acidosis

The over consumption of acid-forming foods can be a major contributor to chronic acidosis. Certain foods such as meats, dairy products, and fried foods when consumed excessively can lead to an acid condition. Liquids such as coffee and alcohol can also create acidity in the body.

2) Water and Acidosis

Insufficient intake of water can be another cause of acidosis, as water is necessary to wash acid wastes out of the body tissues. As we will see in future chapters, the proper type and amount of water consumed can be critical in maintaining proper pH balance in the body.

3) Stress

Both physical and mental stress can lead to chronic acidosis. When the body is under stress, body systems produce acids as a natural reaction. The adrenal gland in particular is involved in secreting the stress hormones, cortisol and adrenaline. These hormonal secretions lead to an accelerated metabolic stage that increases acid levels in the body.

4) Exercise Level and pH Balance

Lack of exercise can contribute to the accumulation of acids in the body. When we exercise, the body is stimulated to burn fatty acids as well as accumulated acids. Increased circulation improves the elimination of acid wastes from body tissues.

On the other hand, excessive or overly intense exercise can result in the buildup of lactic acid in the muscles. Your approach to exercise should consist of moderate physical activity with a period of rest to allow the lactic acid levels to return to normal.

5) Reversing Chronic Metabolic Acidosis

In designing a program to reduce acidity in the body and promote alkalinity, you must remove the direct causes of acidosis. Consume alkaline foods such as fresh vegetables, green salads, and fruits such as bananas, and melons; and reduce the intake of acid foods. Reduce stress and exercise moderately.

Finally, the amount and type of water you drink can greatly assist you in reversing acidosis.

Kangen Water™ ~ Ionized Alkaline Water

Characteristics and Benefits of Kangen Water™

Produced by Your Water Ionizer



Kangen Water™ is produced by a unique health appliance called an Enagic Water Ionizer. The Water Ionizer first passes the water from your kitchen faucet through an advanced filter to remove pesticides, chlorine, and contaminants. The water is then put through the ionization chamber and electrically splits the filtered water into alkaline water and acid water. This is done by the water running over the platinum plated Titanium electrodes.

The negative electrode attracts positive minerals, which are the alkaline minerals, to its chamber, while the positive electrode attracts negatively charged minerals, which are acid minerals, to its chamber. This ionization process takes place while the water is running through the water ionizer. A stream of alkaline water comes out of a hose at the top of the unit, and the acid water comes out of a back hose. Approximately 70% of the water produced is alkaline and 30% is acid water.

The common alkaline minerals concentrated by the water ionizer to produce alkaline water are calcium, magnesium, manganese and potassium. The acid minerals that are discarded include chlorine, fluoride, sulfur, phosphorus, bromine, silicon and copper.

Enagic Water Ionizers were developed over 40 years ago in Japan by several Japanese Agricultural Universities.

After the health benefits were well researched and demonstrated, the **Enagic Water Ionizers were approved as a Health Improvement Medical Device by the Health and Rehabilitation Ministry of the Japanese government.**

Some of the most profound benefits of the Enagic Ionizers are:

1) Alkalinity

Our lifestyle with high stress, exposure to environmental toxins, and poor eating habits, overload our body's natural defensive systems against acidity. The human body uses alkaline minerals to offset acids. When the body does not have sufficient alkaline mineral reserves it will pull them from other body organs and tissues like bones, the heart, and the teeth. A water ionizer provides a rich source of important alkaline minerals that the body can use to maintain proper pH balance.

2) Better Tasting

A water ionizer produces water that is cleaner, healthier, and better tasting. When used in cooking, alkaline water helps bring out the natural taste of food.

Sweeter Tasting Juices

Using alkaline water to reconstitute your juices from concentrates will result in a sweeter taste with less bite because the acids will be neutralized.

Better Tasting Coffee

As with juices, all your beverages made with ionized water will be less acid tasting.

Natural Colored Vegetables

Vegetables will retain a natural texture and color, bright greens and yellows.

Fluffier Grains

Rice and rolled oats will be fluffier after being boiled in water from a water ionizer.

3) Microclustered & Hexagonal

Water from a Water Ionizer is "microclustered", meaning it is grouped together in smaller clusters of 5-6 water molecules like clusters found in natural flowing spring water, instead of the 12-15 found in bottled or tap water. This makes it "microclustered" so it will be more quickly and easily absorbed and will hydrate cells and tissues more effectively.

The hexagonal molecular structure resulting from electrolysis is what makes ionized

water "wetter" than tap or bottles water. It is up to 6 times more hydrating than typical tap water. Therefore it permeates cellular membranes quickly to provide a natural energy lift.

4) Antioxidant

Ionized Water has two antioxidant qualities - its negative charge and the presence of Hydroxyl ions. All liquids have an Oxidative Reduction Potential (ORP). Normal tap water has an ORP of +300 to +400 mv and does not have any potential for reducing oxidation because its ORP is positive.

Only a negative ORP can reduce or negate oxidation. Water produced by an ENAGIC Ionizer typically has an ORP of about -250 to -800 mv, meaning it can act as an antioxidant that can reduce oxidation, neutralize harmful free radicals, and retard the aging process.

Alkaline water acts as an antioxidant, scavenging for and neutralizing free radicals. Because alkaline water has the ability to give up electrons, it can effectively neutralize and block free radical damage to the body.

Enagic Ionized Alkaline Water seeks out free radicals and converts them into oxygen, which your body can use for energy production and tissue oxygenation.

5) Increased Oxygen

Water produced by an Enagic Water Ionizer will contain a cloud of tiny bubbles in the water. This is oxygen that is consumed to produce higher levels of oxygen in the blood.

As Kangen Water™ is produced, Hydroxyl ions are created. These are oxygen molecules with an extra electron attached to them. In the same way mountain stream water passing over the surface of rocks picks up electrons and oxygen, Kangen Water™ has high levels of Hydroxyl ions and oxygen.

In the body, Hydroxyl ions scavenge for free radicals, which are unstable oxygen molecules that cause cellular damage. When the Hydroxyl molecule and the free radical collide, the body is provided with high levels of oxygen, which improves energy levels. Energy derived from oxygen is the best form of energy. It keeps us alert, invigorates our bodies, and carries vital nutrients throughout the body.

Drinking Kangen Water™ on a regular basis will increase the levels of oxygen in the blood.

This can be especially important for cancer patients who are often fatigued because their blood oxygen levels are low after being depleted by the process of mutual destruction between cancer cells and oxygen molecules.

6) Detoxification Benefits

Ionized Water flushes acid wastes from the cells and tissues. Its greater permeability allows it to penetrate more deeply into body tissues. The flushing action provides an effective yet gentle form of detoxification.

Ionized Alkaline Water: A Potent Detoxifier

Water is essential for detoxification of the accumulated acid wastes in the body. It is the means by which toxins are flushed out of the body tissues for excretion through the kidneys. Modern living exposes us to a broad spectrum of toxins, including those we consume in the food we eat, toxins produced naturally in the body as a by product of normal metabolism, heavy metal exposure, and air pollution.

Common symptoms of excessive toxins include bad breath, coated tongue, frequent fatigue, headaches, digestive problems, allergies, and skin disorders such as acne or rashes.

Toxins We Consume

Even the best of diets, those from unprocessed organic foods, contain natural toxic substances that need to be neutralized and eliminated. Common examples of these natural toxins are glycoalkaloids in certain vegetables, lectins in beans, molds and fungi found in grain, peanuts, and some fruits.

Chemicals and Additives in Our Food

It has been said that there are approximately 3,000 additives in use in the commercial production and preparation of foods including preservatives, stabilizers, artificial coloring and flavoring.

Large amount of chemicals, pesticides, and insecticides are finding their way into our foods. Antibiotics are used in meat products as growth enhancers, which eventually are found in meat and milk products.

In addition, common prescription drugs and over-the-counter medicine contain substances that must be neutralized and detoxified by the body.

Toxins Produced in the Body

The body produces certain by-products during normal metabolic process that must be detoxified and eliminated. A good example is the toxins produced during protein digestion. Both urea and ammonia must be detoxified and eliminated mainly by the kidneys, which need to be supported by the adequate consumption of quality water.

Heavy Metal Detoxification

Common heavy metals such as lead, cadmium, arsenic, and aluminum are found in our environment and can be absorbed by the body.

Sources of heavy metals include pesticide sprays, cooking utensils containing aluminum, cigarette smoke, dental fillings, anti-perspirants, and antacid medication. The absorption of these heavy metals from our environment takes place over long periods of time, resulting in a slow buildup.

However, the body must neutralize and detoxify these heavy metals if it is to maintain good health.

Detoxification Benefits of your Enagic Water Ionizer

The body can be detoxified by the daily use of Ionized Alkaline Water. Acid wastes collected in the body over years of improper diet, daily stress, and exposure to environmental toxins can be neutralized and washed out of the body.



Life is more fun when you're alkaline!

How-To Order Supplies

Order supplies online from our Enagic USA, Inc. website.

Click the “Shop” tab to safely and securely order supplies through the United States. Look for Canadian orders soon! * **No foreign orders accepted at this time.** *

<http://www.enagic.com/archives/137>

There's a nicely categorized catalogue of Enagic tools and supplies online too!

You can order special bottles, Electrolysis Enhancer, filters etc. from Enagic - at this link:

<http://www.enagic.com/archives/category/products/supplies-order-form>
<http://www.enagic-shop.com/shop4>

To Order by FAX:

There are two pages to the Order form. You should download those at the Enagic website, At the very bottom of that page are 2 PDF files...you will need both of them.

Please talk with your sales agent to discuss any questions about your order!

<http://www.enagic.com/archives/category/products/supplies-order-form>

To place an order by fax: Simply complete the Promotional Items Order Form and then fax it to the Los Angeles Office:

Supply Orders:

310-542-1700

On the next page is a list of the most highly recommended and most commonly used items. Be careful with the numbers because we have a new numbering system being installed now.

Recommended Supplies



Cartridges



#0305: High Grade Filter

\$120.00

Water Filter for replacement High-grade type...

Replacement water filter applicable to dissolvable lead, residual chlorine, odor, corrosion residue. Replace when told by the machine - about every 3,000 gallons. Other filters are available. Please call the office for details.



#0303: Cleaning Cartridge:

\$18.00 each

Cleaning cartridge set for Leveluk series.

The purification filter can be replaced with this cleaning filter to clean the inside of the appliances and restore the capability. Clean every 3 to 6 months



0407: Electrolysis Enhancer 3 bottles \$10.00

Electrolysis enhancer for Leveluk SD501,DXII, JrII.
(Salt) Salt with a purity of 99% or higher, individually packaged for one-time use of generating strong acidic water.

Containers



0201: Black Spray 500ml

\$3.00 each

Light-resistant container - Recommended for Strong Alkaline Water - 11.5
The tip nozzle allows one-touch switching between mist and straight spray.



0205: Black Bottle 2 Liters

\$5.50 Each

Light-resistant container - recommended for storing Strong Alkaline water. (11.5 pH)
Storage bottle for strong acid/strong Kangen Water™.

HDPE (High-density polyethylene) 2L capacity

[Ed. Note: We recommend getting at least two of these because the 11.5 water is most effective after a day or two.]

Kangen Water™...

for the Every Day Quality of Your Life

The Many Uses of Kangen Water™

People around the world are experiencing the benefits of Enagic water. True health is not only maintained through the water we consume but with all the water we use in our daily lives... water for **drinking, cooking, personal care, general cleansing and sanitation.**

With the Kangen Water™ Electrolysis technology, you can easily and efficiently make the water you want with the touch of a button. Electrolysis is the process that separates water into alkaline and acidic water. The water's pH level decides which water type that is being produced.

The chart below shows the available pH effects, and this page gives an overview of how each water type can be used.

Enagic produces many types of Kangen Water™:



This is achieved through a process of purification, removing chlorine odor, and electrolysis of tap water...with beneficial effects on everything from general health to personal care and beauty.

Acidic Water Benefits

As a complexion enhancement, this natural astringent removes skin oil and greasy dirt without harsh chemicals.

Soothes dry, itchy skin.

Reduces acne. Simply apply as a mist.

Excellent natural hair conditioner and rinse.

Highly antiseptic for cuts, abrasions, and wounds helping them to heal faster.

Use for brushing teeth.

Use as a mouthwash after brushing teeth.

Soaking in warm acidic water improves healing from athletes foot, rashes, and nail fungus infections.

Sterilizes burns or heat rash.

Cut flowers will last longer in acidic water.

Promotes plant growth. Live plants thrive when watered with acidic water because it is much like rain water.

Reduces fungus on rose bushes. Apply by spraying them.



Important Note!

Never consume acidic water - NOT for Internal Use

Alkaline Water Benefits

Excellent natural anti-oxidant that will scavenge free radicals before they oxidize cell tissue.

Buffers against lactic acid build up so that recovery time after exercising is decreased.

Provides more available oxygen to your body than ordinary tap water.

Increases energy and improves capacity for aerobic activities.

“Reverses the aging process, lowers blood pressure and helps the heart work less hard.” (“Reverse Aging” - Sang Whang).

Neutralizes and flushes toxins and acidic waste from your body. Your body can focus on achieving optimal health.

The electrolysis process rearranges healthy minerals that are native to your tap water according to their electrical charge. As a result, alkaline water contains essential calcium, magnesium, sodium, and potassium minerals in a form that can be assimilated.

Cancer does not thrive in an oxygenated and alkaline environment. A healthy pH balance promotes good health.

Ionized water contains smaller hexagonal molecule clusters which help the body assimilate more water and to hydrate better.

Using alkaline water to reconstitute your juices from concentrate will result in a sweeter taste with less bite because the acid will be neutralized. The same will hold true for coffee and teas.

Natural texture and color is retained in vegetables cooked in alkaline water. Rice will be fluffier after being boiled in ionized water.

Helps with weight control and curbs your hunger when dieting

Drink at least 8 glasses of alkaline water a day.



**Strong Kangen Water™
pH 11 & Up**

⚠ Not Suitable for Drinking

Strong Kangen Water™ (alkaline) water has a strong cleaning effect and helps to preserve hygiene in your daily life.

Food Preparation - Use to quickly wash meats, vegetables, and fish before cooking. Also use for quick effect to remove rawness of vegetables. Enhance the flavor of broccoli, onions, and other vegetables by pre-boiling them in Strong Kangen Water™.

Cleaning - Clean cutting boards and dishcloths. Good for cleaning oil and tough grime from vents, as well as for general cleaning in the kitchen.

Stain Removal - The extra strength, absorption power will remove coffee, soy sauce and oil stain with ease. Great for wiping from kitchen counters, cleaning floors, drains, and other cleaning implements. Also works great for getting out stubborn toilet bowl stains.

Dishes - Use less detergent when washing your dishes. Save on water bills, as only one-third to one-fourth of the usual amount of water is adequate for rinsing of detergent

Unleash the power to remove tough grease from exhaust fans and range hoods and your oven, and to take away the oily film from your cutting board, knives, and dishes.

Use to remove pesticides and preservatives from all your fruits and vegetables.



Kangen Water™- pH 8.0 to 9.5

For Drinking

We recommend using Kangen Water™ - for drinking - with a pH of 8.0 and 9.5.

Make your everyday cooking more healthy and nutritious.

Drinking - Drink 2-3 cups of water first thing in the morning. Compared to tap water, Kangen Water™ has no unpleasant odor, tastes lighter, and has a pleasantly sweet flavor.

Food Preparation - Kangen Water™ Makes Everyday Meals Even Better. Use Kangen Water™ to remove harsh taste of onions, bamboo shoots or the like. Leave liver and other meats, which have a bad odor to soak in Kangen Water™ for 20-30 minutes to reduce strong smells.

It is important to include vegetables in your diet, when eating substantial amounts of acidic foods such as egg yolk, white rice, chicken, pork and beef, drinking alkaline Kangen Water™ is equally important because it balances the acidic and alkaline effects of these foods.

For Steamed Cooking: Bring out the flavor of vegetables that are soft when finished. Use fewer condiments, and reduce your salt intake.

Rice - Use it for washing and cooking, the result is delicious and fluffy rice. When the Kangen Water™ is used for cooking rice, you will notice a dramatic improvement in the flavor and an increased fluffiness in the rice. When used for rinsing and cooking rice, a nice sheen is produced when boiled. Recently harvested rice is plump when boiled, even if not pre-soaked for a long time.

With Coffee, Tea, Or Green Tea - for which taste and aroma is everything, you will be surprised at the improved color, taste, and aroma. And you can use less coffee, tea, or green tea, and still achieve a full rich taste due to its extractive ability. It increases the color, brightness, and aroma of full-flavored and fragrant tea. With strong extraction power, a small amount of leaves works very well.

Balance highly Acidic Foods: Drink Kangen Water™ when eating acidic foods such as meat or egg yolks and the like; the alkaline water will help your body balance the acidic effects of those foods.

In Soups and Stews: Kangen Water™ draws out the natural flavor of ingredients so they cook up tender and juicy. Therefore, seasonings such as salt and soy sauce are needed in smaller amounts. It is perfect for people trying to reduce their salt intake.

Your Health - Through continuous use, the acidic tendency of your body can be gradually corrected to an alkaline constitution. Drink at least 2 liters a day in order to gradually change an acidic constitution to a slightly alkaline constitution.

Calcium: Continued use will replenish your calcium levels. Helps to reduce irritability, and improves the general health of children.

Colon cleansing: Warm the water to body temperature and use colon cleansing unit to remove accumulated debris and waste.

It is recognized that Kangen Water™ assists in gastrointestinal movement. And, its antacid properties alleviate indigestion and acid indigestion... also helps control chronic diarrhea, abnormal gastrointestinal fermentation.

Animals - Your animal's health will improve dramatically. Unpleasant body odor will decrease, as well as the odor of feces and urine. Give your animals (dogs and cats) 8.5 water for 2 -3 weeks...then graduate them to 9.0 water. **Do not go with a higher pH.**

Crafts - Excellent for dyeing cloths, as well as other craft projects. You will love the vibrant colors obtained when using this water.

Other Uses: One theory is what this water reduces free radicals. Recently, this water has been acclaimed as "Free Radical Water". It slows down aging, and stabilizes body temperature.



Everything is better with Kangen!



Clean Water - pH 7.0

Safe for Drinking

Pure Clean Water

Drinking - The three-layered, high-powered water cleaning filter removes not only chlorine but also matters such as rust, impurities, and lead, and you will obtain delicious clean water that contains minerals.

Medication – Because Kangen Water™ is quickly absorbed by the body, it's a good idea to use this "Clean" water when taking medication. Medications are designed with the body's normal absorption rates in mind; those effects may vary with Kangen Water™ so Clean water should be used when taking medicine.

Baby food - Use Clean water when preparing baby formula

Note: The value "pH 7.0" of this mode may differ depending on the properties of your local water.



Acidic Water - pH 6.0 - 4.0

⚠️ **Not Suitable for Drinking**

For weak acidic beauty water that creates healthy skin...

Using Acidic Water For Healthy Skin is known to be beneficial in firming and toning the skin, and it is produced simultaneously with Kangen Water™_ exiting from the secondary hose. Acidic water, which is output when generating Kangen Water™, is recognized as having a firming effect on the skin.

Astringent (firming) water - It is effective to help tone your skin after a bath or shower, or after shaving, when your pores are open. You can also add Acidic Water to your bathwater for similar benefits to your skin. Pat the skin and leave to dry. Also, it is excellent as a toner after shaving.

Hair care - Use instead of a conditioner - after shampooing. Reduces annoying tangles and brings out a radiant shine.

Bath water - Add Acidic water to your bath to keep your tub free of bathtub rings. Bathing in this water warms the body and keeps skin beautiful.

Pet care - Great for grooming your pet, brush with it to obtain soft and shiny fur.

Rinse cycle - Soaking in acidic water before the spin cycle will soften your clothes.

Use as water for boiling Pasta and Batters for Fried Foods: All types of noodles and pasta come out with a nice sheen and firm texture. It will also give you extra crispy fried foods, which won't hold so much oil. Provides a nice texture and luster to pasta, etc. Also perfect for noodle rinsing, tempura batters, and boiled eggs.

Cooking beans - Various types of beans, such as kidney beans and green peas, will cook to perfection. Since using acidic will speed up the cooking time, take care not to overcook.

Washing vegetables and fruit - Vibrant colors of strawberries, red cabbage, asparagus and eggplants will not change when washed and prepared with this water.

Frozen food - Spray foods with Acidic water when freezing so that the food, including fish and shrimp, do not lose their flavor when thawed out.

Stains - To remove stains, grime and grease, leave to soak in water for 24 hours.

Dishes - When washing dishes and glasses in this water, they will come out sparkling clean.

Polishing - Polish mirrors, eyeglasses, glass objects, and windows to a high sheen.

Housecleaning - Remove dirt from hardwood floors, ceramic tiles etc., without leaving a sticky residue.



It simplified my life and saves me lots of \$\$\$.

Plus I feel great!



**Strong Acidic Water
pH 2.7 &**

⚠ Not Suitable for Drinking

Strong acidic water has excellent disinfecting power that can prevent food poisoning.

Strong Acidic water was approved for disinfecting food products in June 2002, in accordance with Food Hygiene Law of Japan, under the name *hypochlorous acid water*.

Because hygienic cleaning is performed with our strong Acidic water, there is nothing safer than this. Strong Acidic water is the strongest disinfecting power of its kind; **it kills all known germs and bacteria on contact.**

As a Disinfecting Water for everyday life: Disinfecting Strong acidic water has extraordinary disinfecting properties. Electrolyzed Acidic Water was accepted for food product disinfections in June of 2002 in Japan. It is used to disinfect food items, washing and cleaning of food production facilities among a wide number of other uses.

As a Daily Cleaning Solution: Pay attention to that is powerful disinfecting properties. Use this water as a safe means of general sanitation. Clean and disinfect in and around the kitchen, which is a breeding ground for germs. For a more powerful disinfecting effect, clean with strong Kangen Water™ before using strong acidic water. Because of the strong acidity, metal that rusts easily should be wiped with a dry cloth.

For Cleaning Cutting Boards, Knives, and Wash Rags: It kills germs that are normally spread easily around your kitchen. Furthermore, you can increase the disinfecting effect by cleaning thoroughly with Strong Kangen Water™ before washing with Strong Acidic Water.

Hygiene - Disinfect your hands, your toothbrush or use the water to brush your teeth with or as mouth-wash.

Strong Acidic water was approved for disinfecting food products in June 2002, in accordance with Food Hygiene Law, under the name *hypochlorous acid water*.

It is now used for a wide range of applications, including the cleaning and disinfecting of foods and cooking facilities.

For Washing Hands and Sanitation: It is powerful in killing germs. Strong acidic water is a powerful disinfectant for germs on your hands. There are also numerous uses such as cleaning toothbrushes, brushing your teeth, washing your skin, and gargling.

Acidic Water's disinfecting power can be used in a variety of other ways, such as for cleaning toothbrushes and brushing teeth, as water for gargling, for cleaning skin, etc. Use also for removing tea stains.

Other Uses:

- Home Sanitation & Disinfecting / Beauty salons / Hair salons
- Food processing
- Nursery schools / Daycare centers / Kindergartens
- Food Processing Facilities, Agriculture/Greenhouses
- Families with elderly members / Pet shops
- Nursing homes, etc.

Remember that Strong Acidic Water is corrosive if it is left on metal items, so please wipe with a dry towel after cleaning.

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Thank You!

We appreciate you and your business.

Do NOT hesitate to call if you have any questions at all!

Now...it's time to...

Change Your Water and Change Your Life!

