

85+ WAYS TO USE YOUR KANGEN WATER MACHINE

Kangen water replaces countless household, beauty and health products to help you live a healthier, more non-toxic lifestyle (which in turn helps you slow down your plastic waste - yay for helping the environment!).

Here's how:

The machine has several settings which produce 7 types of water - 4 alkaline, 2 acidic and 1 neutral. And these different settings/waters hold many uses to them which will be broken down here.

While you read through this list - keep in mind how much money (and plastic) you will save in the duration of owning this machine which has a guaranteed lifespan of 20+ years!



11.5pH Strong Water —

** a potent cleaning agent that can be used in place of detergents and cleansers, a perful grease cutting agent. After cleaning surfaces with ph 11.5, spray the surface with ph2.5 as an anti-microbial. It also acts as an anti-inflammatory.*

1. **SLEEP:** Drink 1/2-1 ounce of 11.5 before bedtime to help release Melatonin for a great night sleep
2. **EYE WASH:** Rinse eyes with an eye cup. Upon removing the eye cup from its packaging, soak in Strong Acid Water (pH 2.5) for 1-2 minutes to clean and disinfect. Rinse the eye cup thoroughly with Strong Alkaline Water (pH 11.5) Fill the cup, following package directions, with Strong Alkaline Water (pH 11.5) Place cup firmly around one eye, keeping your eye open, tilt your head back and gently roll your eye as though you were attempting to look up, down, and from side to side. Continue this for approximately 1 minute. Now that you have completed one eye, toss the water away. Rinse the eye cup thoroughly with Strong Acid Water (pH 2.5) Repeat steps for your other eye. To maintain healthy eyes follow this protocol 1-3 times per week. When working to improve any eye condition, follow this protocol at least 2 times daily and up to 10 times per day.
3. **GREASE IN EYE:** Spray 11.5 as needed to soothe and heal the eye.
4. **MAKE UP REMOVER:** Spray on eyes to dissolve and remove makeup.
5. **PUFFY EYES:** Spray on eyes to reduce puffiness.
6. **HOT BATH SOAK:** Use one gallon of 11.5 added right at the end of filling the tub. This replaces Epsom Salts or any other remedy. This works even better if you have the Anespa from Enagic.
7. **ALLERGIES, COLD SYMPTOMS, SNORING:** Use as a nasal wash when sinuses are plugged. Due to the reduction in inflammation of nasal passages this technique can also reduce snoring!
8. **SUNBURN, BURNS, PAIN, BUG BITES, SWELLING:** Spray or soak areas with towel soaked in 11.5 and keep wet by adding small amounts of 11.5 to the towel for a minimum of 30 minutes twice a day...better if one hour twice daily - follow with beauty water (6.0pH).Pulls toxins from bee stings, insect bites, spider bites.
9. **HEARTBURN, INDIGESTION, FOOD POISONING, STOMACH FLU:** Drink ¼ cup FRESH 11.5 immediately followed by 25 ounces of 9.5 then do not eat or drink anything for 45 minutes. Repeat the next day only if necessary.
10. **ARTHRITIS, GOUT, MUSCLE SORENESS OR TISSUE INJURIES:** Since high alkalinity draws out acids, you can utilise 11.5 to soak in to “pull out” acids associated with inflammation, injury and pain.
11. **HANGOVERS & MIGRAINES:** can prevent hangovers, as soon as you feel migraine coming on, drink several oz.
12. **CHEMOTHERAPY:** Drink the water with chemotherapy. The benefits are that side effects are lessened, it reverses metabolic acidosis, and the antioxidants are good for any point on chemo. Put 11.5 on the skin twice a day for burns from chemo.
13. **CLOTHES, LINEN SPRAY:** Mix with a few drops of essential oils in a spray bottle. Use as a refreshing linen spray.
14. **FRUITS & VEGGIES:** Soak for a minimum of 5 minutes to clean off pesticides. Also remves the bitter tastes to certain vegetables.

15. **ICE CUBES:** To help off-set acidic drinks.

16. **RICE, BEAN, LEGUMES:** Soak for 5 to 10 minutes and rinse clean with low flow 9.5. Soak dried beans and peas for 1hr to speed up the cooking process.

17. **MEATS (FISH, CHICKEN, BEEF...):** Soak all for 5 to 10 minutes for cleaning and tenderising. This also removes the gamey flavors of the meats. Use 9.5pH if 11.5 is not available to you.

18. **LAUNDRY SOAP:** Use 1 to 2 quarts per load in place of laundry soap. Works beautifully for greasy smells like Fast-food Restaurant work clothes. Add a few drops of your favourite essential oil to add a fresh scent. For those who are sensitive to detergents, this is the ultimate hack. There is also no soap residue left in the clothes which makes them last longer as residue wears out clothes.

19. **STAINS ON CLOTHES, RUGS, CARPETS:** Use as a degreaser for any type of cleaning. Clean oil based stains by soaking the area and letting it sit for 10 to 20 minutes and then blot out the carpets and wash in laundry as mentioned in step 18.

20. **CLEAN OVEN, CLOGGED SINKS & TUBS, REPLACE DRANO:** Clean with a scratch pad. Replaces chemical cleaners when dissolving grease and grime in the kitchen. Use instead of Drano or other chemicals for clogged sinks and bathtubs.

21. **POLISH SILVER:** Soak and polish.

22. **PAINT THINNER:** After using oil based paints, use to clean up.

23. **USE INSTEAD OF "GOO GONE":** Removes greasy, gooey, gummy, sticky problems.

24. **SPROUTING:** Soak nuts, seeds and grains for 1hr to speed up sprouting.

25. **SALAD:** Add 1 tbsp when making salad dressing to keep oil emulsified.

26. **DIGESTION:** Drink 1 ounce (30ml) 45 minutes BEFORE meals to enhance digestion. Do not drink anything during the meal or 30 minutes after.

27. **SOAPS, LOTIONS:** to emulsify oils while making soaps & lotions.

28. **DYES:** Use for mixing dyes for clothing, easter eggs, artwork or for mixing paints - the colors are more vibrant and set better.

29. **DETOX:** Soak your feet in 11.5ph for 20 minutes one or more times a week to aid your body's detoxification process.

8.5 pH - 9.5 pH alkaline water (ideal drinking water) —

30. **COOKING:** Alkaline water reduces cooking time by 25-30% and lowers the boiling point of water. Steamed vegetables retain more of their natural flavour and colour. Stocks and soups are more flavorful. The micro-clustering properties of Kangen water allows it to pull more nutrients out of bones and into stock making stock more nutritious and nutrient dense.

31. **STIR FRY:** Stir fry with 9.5 to steam.

32. **WEIGHT LOSS:** Drink before you snack and before meals. Wait 30 minutes and eat if still hungry. Most people are so dehydrated and their first reaction is to eat when they are simply thirsty.

33. **GREY HAIR:** Drinking 9.5 can often return original hair colour due to the cells repairing.

34. **VISION:** Can improve eye vision with drinking the water on a regular, long-term basis.

35. **SPIDER VEINS:** Over time of drinking the water and cell repairing, spider veins can improve.

36. **AROMATHERAPY/ SPRITZER:** Put any herb like rosemary or lavender in a spray bottle filled with Kangen water, let sit for a couple of hours and use it as a spritzer in your house for aromatherapy and an air freshener.

37. **COFFEE/ TEA:** will retain their full taste without being bitter. Coffee made with tpa water is typically a pH of 4. When made with 9.5pH, the coffee pH will be closer to 6, making it less acidic then when made with tap water. Teas that have health enhancing properties will have those properties magnified due to the micro-clustering aspect of Kangen Waterl.

38. **PETS:** use 8.5 for drinking water for pets - they love it!

39. **DRINKING WATER:** Drink 2-3L a day. Kangen water is high in molecular hydrogen, antioxidants and minerals. It improves health on every level starting from day 1 and in the long term by hydrating and repairing each cell of the body down to its DNA.

7.0 pH neutral, clean water —

40. **MEALS:** Drink with meals only if necessary. (it's not recommended to drink water 30 minutes before or after eating in order to let the body digest properly).

41. **BABY FORMULA:** Use for making baby formula

42. **MEDICATION:** Use for taking pharmaceutical medicines. These are designed to be time released; the majority of medication should not be absorbed by your body, but rather urinated out. Therefore do not take them with micro-clustered water (8.5-9.5ph) as the medication will be taken rapidly to the cellular level of the body, making it hyper-effective. When takin medication, do not drink kangen water 15-20 minutes prior to taking your medication and wait 30 minutes after taking meds.

6.0pH (Beauty Water) —

pH is similar to rain water

- 43. **FACIAL SOAP:** Use when cleaning your face twice a day. Spray after cleaning.
- 44. **HAIR CONDITIONER:** Spray hair after showering as this conditions your hair. Try not to use conditioner of any kind as this coats the hair. Tightens scalp, reduces tangles and brings a radiant shine to your hair. Promotes re-growth.
- 45. **SKIN TONER:** Use as final rinse in shower or bath to tone and firm skin. can help eliminate a vast spectrum of facial blemishes with daily, regular use.
- 46. **RASHES, DIAPER RASH:** Spray on skin to soothe and heal rashes, including diaper rash.
- 47. **PETS:** Bathe pets for more lustrous coats.
- 48. **PLANTS:** Water indoor and outdoor plants for vigorous growth. Can revive dying plants.
- 49. **FREEZING FOOD:** Spray on foods before freezing including fish and shrimp so that foods do not lose their flavour.
- 50. **ANTHOCYANINS:** For washing and preparing fruits and vegetables containing anthocyanins: plums, grapes, cherries, strawberries, red cabbage, eggplant, soy beans, asparagus.
- 51. **FABRIC SOFTENER:** Use one gallon during the rinse cycle when doing laundry.
- 52. **EYEGLASSES:** Clean lenses.
- 53. **REPLACE WINDEX:** Replace all window and mirror cleaners with Beauty Water.
- 54. **HARDWOOD FLOORS & CERAMIC TILE:** For polishing and house cleaning: hardwood floors, ceramic tiles, etc.
- 55. **PASTAS & RICE:** cook in 6.0pH water to help cook faster, taste better, and be fluffier.
- 56. **FRYING FOODS:** use water in the batter for fried foods to make them crispier, remain crispy longer, and be less oily.
- 57. **BOILING EGGS:** will not leak if they crack and will peel more easily.

2.5 pH Strong Acidic Water (hypochlorous acid) —

** has very potent anti-microbial properties and kills microbes on surfaces within seconds. Has a chlorine-like smell.*

58. **MICROBES:** Pre-rinse all fruits, vegetables and meat and let sit for one minute before soaking in 11.5. This will kill all microbes. Will also kill MRSA and infections. *2.5ph has been approved for use in disinfecting food products in the US in 2002 in accordance with food hygiene law as hypochlorous acid.*

59. **DISINFECTING:** Put in a spray bottle and use it for disinfecting anything.

60. **ANTIBACTERIAL SOAP:** Use in place of antibacterial soap.

61. **HARD WATER SPOTS, SOAP SCUM & RUST:** Clean hard water spots off of chrome and rust off of metal. Let tough deposits sit overnight in acidic water.

62. **FACIAL LIFTING & TIGHTENING:** Spray face and neck (not eyes) and rub skin upward until dry. Finish with Beauty Water to tone skin.

63. **ORAL HEALTH:** After brushing teeth, gargle with 2.5ph for one minute (dont swallow!) and then rinse with 9.5 water for 30 seconds to restore the natural pH. This procedure will prevent or resolve periodontal disease & thrush, & avoid root canals. Kills the bacteria that causes gingivitis and provides a gentle, safe bleaching of the teeth. 2.5pH can also be used to disinfect toothbrushes.

64. **VOMITING:** To stop vomiting take 1-2 Tbsp.

65. **OPEN WOUNDS, BURNS, INFECTIONS, STOP BLEEDING, KILLS CANDIDA:** Kills bacteria and pathogens. Use on cuts, scrapes to help stop bleeding. Clean twice daily until healed. Do not use any other ointments as they only attract microbes by keeping the area moist and sticky.

66. **INFECTED SINUSES:** Fill up a nasal spray bottle with 2.5ph water and a second one with 11.5pH. Spray the 2.5 in each nostril then wait 2 minutes and flush with 11.5. Repeat this procedure twice a day for 2 days in a row.

67. **NAIL FUNGUS :** soak, wrap or Spray twice a day.

68. **PINK EYE:** Spray infected eye several times thru the day and will clear up.

69. **ATHLETE'S FOOT:** soak, wrap or Spray twice a day.

70. **SORE THROAT, STREP THROAT, COUGH:** Gargle 3-4 times per day or put in spray bottle and spray into throat.

71. **POISON IVY:** Spray on infected area as often as needed. Will slow down itching and dry up poison ivy much quicker.

72. **FEVER BLISTERS, CANKER SORES:** Spray or gargle to stop and dry up both.

73. **MOLES & WARTS:** If you see something abnormal on your skin you may want to soak a gauze pad on a band aid with the 2.5 and apply over the area. Change the band aid at least once a day. Often this process requires 30-60 days before seeing results.

74. **MENSTRUAL CUPS:** Soak your cup in 2.5 for a few minutes then rinse with clean neutral water (7.0). This will disinfect & eliminate odours.

75. **FLEAS & PESTS:** Spray on the fur of pets with fleas. If needed, spray and clean house as well to eliminate fleas in the home. 2.5pH also kills slugs, mosquitoes, flies, ants and spiders.

76. **PLANTS:** Spray plants with 11.5ph first. Let dry, then spray with 2.5ph instead of chemical insect repellent.

77. **PLANTS(2):** Water acid loving plants with 2.5ph 3 times during the growing season to produce vigorous growth and more blossoms.

78. **HAND SANITIZER:** spray on hands and use as you would hand sanitizer.

79. **COFFEE & TEA STAINS:** use to remove stains from cups.

80. **CLOTHES & LINEN BLEACHING:** Soak in 2.5pH overnight instead of using (chemical) bleach, then put through a rinse cycle in the washer before continuing with general laundry steps.

81. **BABIES:** Use to disinfect toys, highchairs, cribs, etc. for safe chemical-free cleaning.

82. **RUGS & CARPETS:** Pet odours can be eliminated with 2.5ph without removing or fading the colours of the carpet or rug, including hand woven Persian rugs. For an overall clean, use a steam cleaner and 11.5ph water. To add a fresh scent to your carpets, add 10 drops of essential oil to the final rinse water.

83. **LIMESCALE:** Detach the shower head and soak in a basin of 2.5ph for 30 minutes, then scrub with a medium bristle brush.

84. **BEDS:** Spray on mattress, pad, protector, blankets and pillows as an anti-microbial. A fine mist is adequate. Allow them to fully dry and then follow-up with a light misting with your room spray (see #13).

85. **INSECT BITES:** stops the itching when applied on the bite.

* Additional use: 2.5pH acidic water is widely used in hospitals and restaurants to reduce the spread of infections and cross contamination, to disinfect equipment and surfaces, for cleaning and for handwashing.



Additional skin condition remedies:

Acne, Eczema, Psoriasis, Rashes, and Burns:

1. Rinse with pH 11.5 Strong Alkaline Water to remove excess oils from the skin.
2. Cleanse with non-soap cleanser and pH 4-6 Mild Acidic Water.
3. With a cotton swab dab 2.5pH on any active blemishes or broken skin.
4. Tone with 6.0pH Water in a glass bottle with a fine spray mister.
5. Repeat morning and bedtime.

6. Tone multiple times per day to keep skin hydrated.

Diaper Rash:

1. Cleanse with non-soap cleanser and pH 4-5 Mild Acidic Water & pat dry.
2. With a cotton swab dab 2.5 Strong Acid Water on any broken skin and let dry.
3. Hydrate the skin with pH 4-6 Mild Acidic Water in a glass bottle with a fine spray mist setting.
4. Repeat after each diaper change.

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

A word on Antiperspirants:

Sweat is one of your body's natural methods for ridding itself of toxins, so stopping that natural function can create a serious backlash in your lymphatic system. Odours are simply bacteria thriving in the dark, damp area. So **to stop the odour simply mist with pH 2.5 Strong Acid Water**. If you tend to sweat a lot, keep a small spray bottle in your purse or desk drawer for occasional touch ups throughout the day.

FURTHER READING ON THE BENEFITS FOR USE ON KANGEN WATER & PLANTS:

The micro-clustering of Kangen Water allows water to be more easily absorbed by plants. Plants grow larger root balls and become larger, healthier and more vibrant. Produce from plants watered with kangen water is sweeter and contains more nutrients, in Japan this water is used commercially to improve agriculture.

The type of water used depends on the plant and the soil. Different kinds of plants prefer different kinds of water. Look up the plants you are interested in to determine if they prefer acid or alkaline water. For instance, blueberry bushes and roses prefer Beauty Water (6.0pH) which is slightly acidic.

CUT FLOWERS:

Use Beauty Water (6.0pH) or Drinking Water (8.5-9.5) depending on the type of flower and they can last 2 weeks or more.

FRUITS & VEGGIES:

Soak or spray in Strong Acidic Water (2.5pH) for 2-3 minutes; stir the water to work it into rough textured produce like broccoli, lettuces, etc. This kills microbes that may be on the produce (like e-coli). Then soak produce in Strong Alkaline Water (11.5pH) for 5-10 minutes to clean the produce, remove herbicides and pesticides, enhance shelf life and flavour as youve eliminated the bacterias that cause produce to decay.

*Among the many awards and certificates Enagic has received is the WQA (Water Quality Association) **Gold Seal Certification**. Enagic is the Only ionizer company in the world to hold this certification.*

*In Japan, the **Kangen Water Machine** is classified as a **Medical Device**. Once again the only water purifier in the world with this distinction.*

***Voted Best by 6,500 Japanese Doctors** – In 2002, Enagic was awarded honorable endorsements from the Japanese Association of Preventive Medicine for Adult Disease (an organization of over 6,500 doctors) This organization selects only one company, per industry, to receive their two awards: Product Recognition and Endorsement Recognition. From a field of over 30 Japanese ionizer companies, Enagic and Kangen Water received both of these awards.*

***ISO Awards** – Enagic has three ISO Awards for Quality Management, Environment Management, and Management Systems.*

These awards are not only difficult to achieve, but they require annual re-qualifications, assuring Enagic customers of ongoing accreditation.

***Environmental Award** – A “Green Company” Enagic received the EEU Environment Award from International Earth Environment University.*

FURTHER READING:

One of the reasons that the life of an Enagic ionizers is so extensive is due to their self-cleaning capacity. With proper care, Enagic ionizers are built to last 25+ years. Enagic has physical offices all over the world. Try to call any other company's service department or bring in another company's machine that promises a lifetime warranty and you could find that the virtual office or P.O box has mysteriously moved. In the unlikely event that you do need a repair, Enagic will provide you with a loaner machine so you are never without your Kangen Water.

Single Technician Assembly and Outstanding Quality Control

Enagic does not use mass production methods as each machine is assembled by one technician at a time and goes through 22 different quality control inspections by a total of five people for each machine.

All steps of the manufacturing process are performed in the Enagic factory.

The Enagic Corporation Quality Control System is entrusted with the highest responsibility and deepest trust to create ultimate quality products! This leads to the most outstanding quality control in the ionizer industry, producing a product worthy of being a medical device.

Medical Grade Titanium and Platinum

Enagic uses only “medical grade” titanium and platinum in their electrode plates. No other company on the market does this. Many use cheap inferior and unsafe metals such as aluminium, copper, stainless steel, white gold and other alloys.

Even those that use platinum and titanium do not use medical grade but rather a cheaper grade that is not pure and can contain other alloys such as cadmium, lead and nickel which can lead to heavy metal poisoning, especially in those machines using the inferior design of “mesh plates”. Be aware that there are serious differences in the quality of the materials which are used in various ionisers.