

pH 11.5 Water Strong Kangen (Top Hose)

1. GOOD NIGHT 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 eye.

4. MAKE UP REMOVER: Spray on eyes to dissolve and remove make up.

5. PUFFY EYES: Spray on to 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. BUG SPRAY REPELLENT, SUNBURN, 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.

9. HEAT BURN, INDIGESTION, FOOD POISONING, STOMACH FLU: Drink 1/4 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 utilize 11.5 to soak in to "pull out" acids associated with inflammation, injury and pain.

11. HANGOVERS & MIGRAINES: can prevent hang overs, as soon as feel migraine coming on, drink several oz.

12. **CHEMOTHERAPY:** Drink 1/4 cup 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. **STROKE:** Drink as much as able if feel a stroke coming on to provide potent alkalinity to overcome severe acidosis causing the stroke.

14. **FRUITS & VEGGIES:** Soak for a minimum of 5 minutes to clean off pesticides.

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.

17. **MEATS:** Soak all for 5 to 10 minutes for cleaning and tenderizing.

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.

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 sit for 10 to 20 minutes and then blot out of carpets and wash if laundry stain as mentioned in step 17.

20. **CLEAN OVEN, CLOGGED SINKS & TUBS, REPLACE 409 CLEANER & DRANO:** Clean with a scratch pad. Replaces 409 cleaner when dissolving grease and grime in 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 base paints, use to clean up.

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