

## pH 8.5 Water to pH 9.5 Water (Top Hose)

1. **SOUPS:** Cook all soups with 9.5 water. 2. **STIR FRY:** Stir fry with 9.5 to steam.
3. **WEIGHT LOSS:** Drink before you snack and before meals...wait 30 minutes and eat meal or if still hungry eat snack...most folks are so dehydrated that their thirst mechanism is so weak, that they think they are hungry.
4. **GREY HAIR:** Often can return original hair color.
5. **VISION:** Can improve eye vision.
6. **SPIDER VEINS:** Over time of drinking the water and cell repairing, spider veins can improve.
7. **AROMA THERAPY/SPRITZER:** Put any herb like rosemary or lavender in a spray bottle filled with Kangen water, let set for a couple of hours and use as a spritzer in your house for aroma therapy and an air freshener.

### 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 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 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 3/4 of their body weight in ounces of Kangen™ water per day 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. These 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. If the reaction gets too severe, one should back off of the pH but INCREASE the volume of water ingested.