LEARN THE 5 TYPES AND OVER 100 EVERYDAY USES OF KANGEN WATER

PRESENTATION BY: CARRIE SIMS
CONSCIOUSNESS & CLARITY
THE MEANING OF KANGEN

“Kangen means "return to origin" in Japanese. Kangen Water® is alkaline water produced by Enagic’s alkaline ionizer and water filtration machines. For more than 45 years, Kangen Water® has been used in Japan to help restore the body to its original state of optimal health. These machines can transform your ordinary tap water into healthy, fresh tasting ionized alkaline drinking water. Kangen Water® is superior to tap and purified water.” ~Enagic.com

In fact, there are over 100 different uses for the various pH levels of Kangen Water!
You can see these in detail by visiting
5 Types of Kangen Water®: Benefits and Everyday Uses | Consciousness and Clarity
11.5 pH STRONG KANGEN WATER (STRONG ALKALINE)

Strong Kangen Water® is the strongest alkaline pH water that can be produced by the machine. It has the power to emulsify oils and can act as an exceptional cleaning agent.

CLEAN FRUITS & VEGGIES:
Soak fruits and veggies in Strong Kangen Water® (pH 11.5) for 60 seconds to clean off dirt, pesticides and other contaminants. Rinse with Clean Water (pH 7.0).

COOK VEGGIES:
Parboiling certain veggies in Strong Kangen Water® (pH 11.5) can enhance the flavor of veggies such as broccoli, onions, and bamboo.

RICE, BEAN, LEGUMES:
Soak rice, beans and legumes for 5 to 10 minutes in Strong Kangen Water® (pH 11.5), then rinse clean with low flow Kangen Water® (pH 9.5).

MEATS, FISH, POULTRY:
Soak for 5 to 10 minutes in Strong Kangen Water® (pH 11.5) for cleaning and tenderizing.

SPROUTING:
Soak nuts, seeds or grains in Strong Kangen Water® (pH 11.5) for 1 hour to speed up sprouting.

SALAD DRESSING:
Add 1 Tbs of Strong Kangen Water® (pH 11.5) to salad dressings to keep the oil emulsified.

STEAM OR BLANCH VEGGIES:
Use Strong Kangen Water® (pH 11.5) to enhance the flavor when making steam or blanched vegetables.

ICE CUBES:
Make ice cubes using Strong Kangen Water® (pH 11.5). Can be used to help off-set the acidity in other drinks.
11.5 pH STRONG KANGEN WATER  
(STRONG ALKALINE)

**LAUNDRY:**
Use 1 to 2 quarts of Strong Kangen Water® (pH 11.5) per load in place of laundry detergent.
This also works wonderful for greasy smells in work clothes.
(Tip: add a few drops of your favorite essential oils to the 11.5pH for a nice clean scent.)

**REMOVE STAINS ON CLOTHES, RUGS, CARPETS:**
Strong Kangen Water® (pH 11.5) can be used 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 or launder if necessary.

**CLEAN OVEN, MICROWAVE, AND KITCHEN APPLIANCES:**
Strong Kangen Water® (pH 11.5) can be used with a gentle scratch pad type sponge to clean your oven. It can replace your standard toxic chemical kitchen cleaners when dissolving grease and grime in kitchen. Clean cutting boards and dishcloths. Good for cleaning oil and tough grime from vents, as well as for general cleaning in the kitchen.

**CLEAN BATHROOMS:**
Strong Kangen Water® (pH 11.5) can be used in bathrooms for cleaning of tubs, sinks and toilets. It’s also great for getting out stubborn toilet bowl stains.

**UNBLOCK CLOGGED SINKS & TUBS:**
Strong Kangen Water® (pH 11.5) can be used instead of Drano or other toxic chemicals for clogged sinks and bathtubs.

**POLISH SILVER:**
Strong Kangen Water® (pH 11.5) can be used to soak and polish silver.

**PAINT THINNER:**
Strong Kangen Water® (pH 11.5) can be used to thin oil based paints. After using oil base paints, Strong Kangen Water® (pH 11.5) is also great to use for clean up.

**USE INSTEAD OF “GOO GONE”:**
Strong Kangen Water® (pH 11.5) can be used to remove greasy, gooey, gummy, sticky problems.
11.5 pH STRONG KANGEN WATER (STRONG ALKALINE)

DARK CLOTHING DYE:
Use Strong Kangen Water® (pH 11.5) to dye dark colored clothing, to help the clothing absorb the dye.

HOT BATH SOAK:
Once your bathtub is filled, add one gallon of Strong Kangen Water® (pH 11.5) to the bath. This can be used to replace Epsom Salts. NOTE: This works even better when combined with the Anespa™ from Enagic.

IMPROVE QUALITY OF SLEEP:
Drink ½ to 1 ounce of Strong Kangen Water® (pH 11.5) before bedtime to help release Melatonin for improved quality of sleep.

MAKE UP REMOVER:
Spray Strong Kangen Water® (pH 11.5) on eyes to dissolve and remove make up.

MAKE UP BRUSH CLEANER:
Spray Strong Kangen Water® (pH 11.5) on makeup brushes to remove makeup. Then spray with Strong Acidic Water (pH 2.5) to sanitize brushes.

SOAP & LOTIONS:
Use Strong Kangen Water® (pH 11.5) to emulsify oils for making soaps and lotions.

LINEN SPRAY:
Mix Strong Kangen Water® (pH 11.5) with a few drops of essential oils in a spray bottle. Use as refreshing linen spray to refresh clothes.

PUFFY EYES:
Spray Strong Kangen Water® (pH 11.5) on to eyes to reduce puffiness.

GREASE IN EYE:
Spray Strong Kangen Water® (pH 11.5) as needed to soothe and heal eye.
11.5 pH STRONG KANGEN WATER
(STRONG ALKALINE)

BODY DETOXIFICATION:
Soak your feet in Strong Kangen Water® (pH 11.5) for 15-20 minutes one or more times a week to aid in your body’s natural detoxification process.

MIGRAINES:
Strong Kangen Water® (pH 11.5) can help prevent migraine headaches. As soon as you feel a migraine coming on, drink several ounces of the water.

PREVENT HANGOVERS
Strong Kangen Water® (pH 11.5) can help prevent (or reduce) hangovers by simply drinking a few ounces of the 11.5 pH water either during, or immediately after consuming alcohol.

ALLERGIES, COLD SYMPTOMS, SNORING:
Use Strong Kangen Water® (pH 11.5) as a nasal wash when sinuses are plugged. Due to the reduction in inflammation of nasal passages this technique can also reduce snoring!

SUNBURN, PAIN, BUG BITES, SWELLING:
Spray or soak areas with a towel soaked in Strong Kangen Water® (pH 11.5) and keep it wet by adding small amounts of Strong Kangen Water® (pH 11.5) to the towel. Soak for a minimum of 30-60 minutes twice a day.

HEART BURN, INDIGESTION, FOOD POISONING, STOMACH FLU:
Drink ¼ cup of FRESH Strong Kangen Water® (pH 11.5) immediately followed by 25 ounces of 9.5 pH Kangen Water®. Then wait 45 minutes before eating or drinking. Repeat before meals until issue is resolved.

ARTHRITIS, GOUT, MUSCLE SORENESS OR TISSUE INJURIES:
Since high alkalinity draws out acids, you can utilize Strong Kangen Water® (pH 11.5) to soak in to “pull out” acids associated with inflammation, injury and pain.

STROKE:
Drinking as much Strong Kangen Water® (pH 11.5) as one is able to drink at the onset of a stroke, may provide the alkalinity needed to overcome the severe acidosis causing the stroke.
**11.5 pH STRONG KANGEN WATER (STRONG ALKALINE)**

**CHEMOTHERAPY:**
When drinking the water while undergoing Chemotherapy treatments, some people have experienced that the side effects are lessened, and that metabolic acidosis is reversed. The antioxidants are wonderful at any point on chemotherapy. If any burns have resulted from the Chemotherapy, you can put Strong Kangen Water® (pH 11.5) on the skin twice daily to help the skin heal quickly.

**EYE INFECTION / EYE WASH:**
Instructions to rinse eyes with an eye cup:
1. Upon removing the eye cup from its packaging, soak it in Strong Acid Water (pH 2.5) for 1-2 minutes to clean and disinfect.
2. Rinse the eye cup thoroughly with Strong Alkaline Water (pH 11.5)
3. Fill the cup, following package directions, with Strong Alkaline Water (pH 11.5)
4. 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.
5. Now that you have completed one eye, toss the water away.
6. Rinse the eye cup thoroughly with Strong Acid Water (pH 2.5)
7. Repeat 1-6 steps for your other eye.
8. To maintain healthy eyes follow this protocol 1-3 times per week. When working to improve an existing eye condition, follow this protocol at least 2 times daily and up to 10 times per day.
8.5-9.5 pH - KANGEN WATER (MILD ALKALINE)

DRINKING WATER:
Drink Kangen Water® (8.5 pH to 9.5 pH) every day. Kangen Water™ is electrically charged, high in antioxidants (molecular hydrogen), and contains beneficial minerals. It is capable of improving health at every level by providing cellular hydration, and assisting the body in repairing damage caused by free radicals. See the section on “Drinking Kangen Water” for full details.

BROTH:
Use Kangen Water® (8.5 pH to 9.5 pH) when making broth. This will extract the maximum amount of vitamins and minerals from the vegetables and meats.

SOUPS & STEWS:
Kangen Water® draws out the flavor of ingredients, so it is often suggested to make all soups using 9.5 pH Kangen Water®.

STIR FRY:
Stir fry with Kangen Water® (8.5 pH to 9.5 pH) to steam. Kangen Water® draws out the flavor of the ingredients, and they get tender and juicy. Often less seasonings such as salt or soy sauce are needed when cooking with Kangen Water.

COOK RICE:
Boil and cook rice with Kangen Water® (8.5 pH to 9.5 pH) for light and fluffy rice.

COFFEE / TEA
Use Kangen Water® (8.5 pH to 9.5 pH) when making coffee and tea to increase flavors, colors, nutritional value, and to counteract the natural acidity of the coffee. You will be surprised at the improved color, taste, and aroma of your coffee and tea when using Kangen Water®. You can also use less coffee or tea and still achieve a full rich taste due to the water’s high solubility.

PROTEIN SHAKES / SMOOTHIES:
Use Kangen Water® (8.5 pH to 9.5 pH) to make protein shakes and smoothies. Dissolves the powder more rapidly and allows the body to absorb nutrients more efficiently.
8.5-9.5 pH - KANGEN WATER (MILD ALKALINE)

REMOVE FOOD ODORS AND HARSH TASTES:
Use Kangen Water® (8.5 pH to 9.5 pH) to remove the 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.

WATERING PLANTS:
Some plants and flowers prefer the Kangen Water® (8.5 pH to 9.5 pH) over mild acidic water. Kangen Water® is great for seedlings, and can also be used to treat sick or dying plants.

CUT FLOWERS:
Use Kangen Water® (8.5 pH to 9.5 pH) in a vase for fresh cut flowers to extend their freshness and appearance.

PAINT AND CRAFT PROJECTS
Excellent for dyeing cloth or creating tie-dye art projects, water-color painting, and many other craft projects. You will love the vibrant colors obtained when using

AIR FRESHENER / AROMA THERAPY SPRITZER:
Put any fragrant herb (rosemary, lavender, etc.) in a spray bottle filled with Kangen Water® (8.5 pH to 9.5 pH) and let it soak for a couple of hours. Use as an aroma therapy spritzer or an air freshener in your home or vehicle.

WEIGHT LOSS:
Drink a glass of Kangen Water® (8.5 pH to 9.5 pH) before you snack and before meals... wait 30 minutes and eat a meal (or a snack) if you are still hungry. Often people’s bodies are dehydrated, and their thirst mechanism is so weak, that they mistake their thirst for hunger. Drinking a full glass of Kangen Water® and then waiting, can allow you to then evaluate if you are actually hungry.
8.5-9.5 pH - KANGEN WATER
(MILD ALKALINE)

**SPIDER VEINS:**
Some have experienced an improvement or reduction in spider veins.

**GREY HAIR:**
Some have experienced a reduction in grey hair,
or a return to original hair color in new growth.

**VISION:**
Some have experienced improvement in their vision.

**DRINKING WATER FOR PETS:**
Pets LOVE Kangen Water®! When determining what pH water to give you pet – it is often helpful to set down 3 glass bowls of water (8.5, 9.0, and 9.5 pH) and to see which water bowl the pet chooses… they often seem to naturally know what pH their bodies need.

When starting your pet out with water, if they don't seem to have a preference, just as with people it is recommended to start out with 8.5pH and slowly move up in pH as they get adjusted.
Of course, with any questions, please ask your veterinarian for advice on choosing the right water for your furry friend.
7.0 pH - CLEAN WATER  
(NEUTRAL pH)

Kangen™ Clean Water is similar to the pH range of standard tap water, and can be used as a substitute for tap water in cooking and drinking – it is called Clean Water because it has been filtered and many impurities have been removed.

USE WHEN TAKING MEDICINE
It is recommended to Drink Kangen™ Clean Water (pH 7.0) when taking any medications, and to wait 30 minutes after taking medications to consume higher pH levels of Kangen Water®.

WITH MEALS:
Drink Kangen™ Clean Water (pH 7.0) with meals (only if necessary).  
TIP: In order to ensure proper digestion, it is not recommended to drink any type of water 30 minutes before a meal and up to 45 minutes after a meal.

BABY FORMULA
Use Kangen™ Clean Water (pH 7.0) for making baby formula.
6.0 pH - BEAUTY WATER (MILD ACIDIC WATER)

Beauty Water and Shine Water in in the pH range (4.0 - 6.0 pH).
This is most similar to rain water and mildly acidic.

EGGS & PASTA:
Use Kangen™ Beauty Water (pH 6.0) to boil eggs and pasta.

COOKING LEGUMES:
Various types of beans, such as kidney beans and green peas, will cook to perfection when cooked with Kangen Beauty Water (pH 6.0). Since acidic water will speed up the cooking time, take care not to overcook it.

FRIED FOOD:
Fried food comes out nice and crispy when the batter is made with Kangen Beauty Water (6.0 pH).

FREEZING FOOD:
Spray Kangen™ Beauty Water (pH 6.0) on foods before freezing (including fish and shrimp) so that foods do not lose their flavor.

ANTHOCYANINS:
Use Kangen™ Beauty Water (pH 6.0) for washing and preparing any fruits and vegetables containing anthocyanins: plums, grapes, cherries, strawberries, red cabbage, eggplant, soy beans, asparagus.

ASTRINGENT / SKIN TONER:
Use Kangen™ Beauty Water (pH 6.0) as final rinse in shower or bath to tone and firm the skin. Splash or mist onto skin and let dry. Also makes an excellent toner after shaving.

FACIAL WASH:
Clean face twice a day. Spray with Kangen™ Beauty Water (pH 6.0) after cleaning.

HAIR CONDITIONER:
Spray hair with Kangen™ Beauty Water (pH 6.0) after showering to condition your hair. It is suggested to not use an in-shower conditioner as it can coat the hair.
6.0 pH - BEAUTY WATER
(MILD ACIDIC WATER)

**BATH WATER**
Add Kangen™ Beauty Water (pH 6.0) to your bath to keep your tub free of bathtub rings. Bathing in this water also warms the body and keeps skin hydrated and beautiful.

**REJUVENATING BODY MIST:**
Use Kangen™ Beauty Water (pH 6.0) in a spray bottle as light refreshing body mist. TIP: add a few drops of your favorite essential oils for a great refreshing aromatherapy spritzer.

**REDUCE FINE LINES & WRINKLES:**
Mix Kangen™ Beauty Water (pH 6.0) with essential oils, spray on skin to hydrate. Reduce fine lines and wrinkles, tone skin and produce younger, healthier skin.

**RASHES, DIAPER RASH:**
Spray Kangen™ Beauty Water (pH 6.0) on the skin to soothe and heal rashes, including diaper rash.

**EYEGLASS CLEANER:**
Use Kangen™ Beauty Water (pH 6.0) to clean eyeglass lenses.

**BATHING PETS:**
Bathe pets in Kangen™ Beauty Water (pH 6.0) for more lustrous coats.

**WATERING PLANTS:**
Water indoor and outdoor plants with Kangen™ Beauty Water (pH 6.0) for vigorous growth. This can also revive dying plants.

**FABRIC SOFTENER:**
Use Kangen™ Beauty Water (pH 6.0) in rinse cycle during laundry as a fabric softener. One gallon per load.

**REPLACE WINDEX:**
Replace all window and mirror cleaners with Kangen™ Beauty Water (pH 6.0) for a non-toxic, chemical free glass cleaner.

**CLEAN HARDWOOD FLOORS & CERAMIC TILES:**
Kangen™ Beauty Water (pH 6.0) can be used for polishing and cleaning hardwood floors, ceramic tiles, etc.
2.5 pH - HYPOCHLOROUS ACID
(STRONG ACIDIC WATER)

Strong Acidic Water is also known as Hypochlorous Acid water. It is a non-toxic disinfectant, killing germs, microbes, bacteria, viruses and other pathogens.

CLEAN PRODUCE AND MEATS:
Pre-rinse all raw vegetables, fruits and meats in Strong Acidic Water (pH 2.5) to kill any germs or microbes. Let sit in the water for 30 seconds. Then transfer to soak in Strong Kangen Water® (11.5pH) for 60 seconds to remove pesticides/contaminants. Rinse with Clean Water (7.0 pH)

DISINFECTING & SANITIZING:
Strong Acidic Water (pH 2.5) can be use for disinfecting anything. It is a non-toxic disinfectant that is great for household cleaning. When disinfecting – spray the area with Strong Acidic Water (pH 2.5) and let sit for at least 30 seconds before wiping. Sanitize knives, cutting boards, dish towels, kitchen cloths, etc. with this water. For a more powerful cleaning effect, clean with Strong Kangen Water® before using Strong Acidic Water. Because of the strong acidity, a metal that rusts easily should be wiped with a dry cloth.

ANTI-BACTERIAL SOAP:
Strong Acidic Water (pH 2.5) can be used in place of anti-bacterial soap because it kills bacteria and viruses. Be sure to wish your hands for a minimum of 30 seconds to be effective.

HAND SANITIZER SPRAY:
Strong Acidic Water (pH 2.5) can be used in place of sanitizing sprays and alcohol-based hand-sanitizers because it kills bacteria, microbes, viruses and pathogens. Spray and let set for 30 seconds to ensure effectiveness.

CLEAN BATHROOMS:
Strong Acidic Water (pH 2.5) can be used in general bathroom cleaning of tubs, sinks and toilets. It kills bacteria and viruses, providing a non-toxic chemical free cleaning option.
2.5 pH - HYPOCHLOROUS ACID
(STRONG ACIDIC WATER)

CLEAN KITCHENS:
It is a non-toxic disinfectant that is great for household cleaning, sanitizing, and disinfecting - kitchen countertops, sinks, oven tops, microwaves, cutting boards, knives, and any other household surfaces that need to be kept sanitized.

BLEACHING CLOTHES & LINENS:
Soak in Strong Acidic Water (pH 2.5) overnight instead of using chemical bleach, then put them through a rinse cycle in the washer before continuing with the instructions of general laundry. (See 11.5 pH section.)

DISINFECT CHILDREN’S TOYS AND AREAS:
Use Strong Acidic Water (pH 2.5) to clean and disinfect children’s toys, high chairs, diaper changing surfaces, crib rails, etc. Provides safe and effective cleaning and disinfecting without dangerous toxic chemicals.

COFFEE & TEA STAIN REMOVER:
Use Strong Acidic Water (pH 2.5) to clean coffee and tea stains from cups

REMOVE PROTEIN-BASED STAINS:
Use Strong Acidic Water (pH 2.5) to clean up protein-based stains.
* For oil-based stains, clean with Strong Kangen Water (pH 11.5).

REMOVE SOAP SCUM:
Spray Strong Acidic Water (pH 2.5) on tiles to remove soap scum.

HARD WATER SPOTS & RUST:
Strong Acidic Water (pH 2.5) can be used to clean hard water spots off of chrome and rust off of metal.
Spray Strong Acidic Water (pH 2.5) on hard water spots and rings then scrub with a soft brush.

REMOVE LIMESCALE:
Detach the shower head and soak in a basin of Strong Acidic Water (pH 2.5) for at least 30 minutes, then scrub with a medium bristle brush.
SANITIZE BEDS:
Spray Strong Acidic Water (pH 2.5) on mattress, pad, blankets and pillows as an anti-microbial. A fine mist is adequate.
Allow them to fully dry then follow up with a light misting with your Kangen Water room spray of choice.

ELIMINATE PET ODORS:
Pet odors can be eliminated with Strong Acidic Water (pH 2.5) without removing or fading the colors of the carpet or rug, including hand woven Persian rugs.
* For an overall deep clean, use a steam cleaner and Strong Kangen Water (pH 11.5).
To add a fresh scent to your carpets, add 10 drops of essential oil to the final rinse water.

ELIMINATE FLEAS:
Spray Strong Acidic Water (pH 2.5) on the fur of pets with fleas.
If needed, spray and clean house with Strong Acidic Water (pH 2.5) to eliminate fleas.

PLANTS – INSECT REPELLENT:
Spray plants with Strong Kangen Water (pH 11.5) first. Let dry.
Then spray with Strong Acidic Water (pH 2.5) instead of chemical insect repellent or herbicide/pesticide.

PLANTS:
Water acid loving plants with Strong Acidic Water (pH 2.5) three times during the growing season to produce vigorous growth and more blossoms.

FACIAL LIFTING & TIGHTENING:
Strong Acidic Water (pH 2.5) can be used for lifting and tightening of the face.
Simply spray your face and neck (not eyes) and rub skin upward until dry.
Finish with Beauty Water (pH 6.0) to tone skin.

ACNE:
Apply Strong Acidic Water (pH 2.5) on acne to eliminate bacteria and viruses and speed up healing.
(See additional skin treatments below for specific acne treatment regimen.)
2.5 pH - HYPOCHLOROUS ACID
(STRONG ACIDIC WATER)

DEODORANT:
Spray underarms with Strong Kangen Water (pH 11.5),
you can add a few drops of essential oils to that 11.5 pH if desired,
then spray with Strong Acidic Water (pH 2.5) to eliminate bacteria.

ANTISEPTIC:
Strong Acidic Water (pH 2.5) kills bacteria and pathogens,
and can be used as an antiseptic to clean minor cuts and scrapes.
Clean twice daily until healed.
When using Strong Acidic Water (pH 2.5) as an antiseptic,
it is not recommended to use any other ointments
as they can remain sticky and attract microbes.

MENSTRUAL CUP:
Soak cup in Strong Acidic Water (pH 2.5) for a few minutes
to disinfect and eliminate odors, then rinse with Clean Water (7.0 pH).

BURNS, INFECTIONS, KILLS CANDIDA, OPEN WOUNDS, STOPS BLEEDING:
Strong Acidic Water (pH 2.5) kills bacteria and pathogens, including Candida,
and can be used to treat open wounds, burns and infections.
Unlike many antiseptic treatments,
Strong Acidic Water (pH 2.5) does not sting or burn, and is not painful to use.

BRUSH & GARGLE (CONTROL BAD BREATH)
Brush and Gargle with Strong Acidic Water (pH 2.5), wait one minute,
and then rinse with Kangen Water® (pH 9.5) water for 30 seconds to restore the natural pH.

SORE THROAT, STREP THROAT, COUGH:
To relieve sore throat symptoms, gargle 3–4 times per day with Strong Acidic Water (pH 2.5).
You can also put it into a clean spray bottle and spray directly into throat.

RESOLVE PERIODONTAL DISEASE & THRUSH, PREVENT ROOT CANALS:
Brush and Gargle with Strong Acidic Water (pH 2.5), wait one minute,
and then rinse with Kangen Water® (pH 9.5) water for 30 seconds to restore the natural pH.
This procedure can help prevent or resolve periodontal disease & thrush,
& to help avoid root canals.
2.5 pH - HYPOCHLOROUS ACID
(STRONG ACIDIC WATER)

FEVER BLISTERS, CANKER SORES:
Spray or gargle with Strong Acidic Water (pH 2.5) to heal canker sores and fever blisters.

VOMITING:
To stop vomiting take 1-2 Tbsp. of Strong Acidic Water (pH 2.5)

INFECTED SINUSES:
Spray Strong Acidic Water (pH 2.5) in nose 2x/day for 2 days.
Wait 2 minutes, then flush with Strong Kangen Water® (pH 11.5).

NAIL FUNGUS:
Spray nails twice a day or soak in Strong Acidic Water (pH 2.5)
to eliminate nail fungal infections.

PINK EYE:
Gently spray the infected eye several times thru the day with Strong Acidic Water (pH 2.5)
and the infection should clear up quickly.

POISON IVY:
Spray Strong Acidic Water (pH 2.5) on the infected area as often as needed.
This should reduce the itching and dry up poison ivy much more quickly.

SKIN ABNORMALITIES:
If you see something abnormal on your skin such as a mole or wart,
you may want to target the area.
To do this, soak a gauze pad on a band aid with the Strong Acidic Water (pH 2.5)
and apply it to the area.
Change the band aid at least once a day. Results may vary, and may take 30-60 days.

COMMERCIAL OPERATIONS:
Beauty salons, hair salons, restaurants, agricultural colleges, daycare centers, pet shops,
and nursing homes all benefit greatly from the use of Strong Acidic Water (Ph 2.5).
## Skin Care & Personal Hygiene
- Brush/Gargle (pH 2.5)
- Skin Treatments (pH 2.5)
- Blemishes (pH 2.5)
- Nail Fungus (pH 2.5)
- Fever Blisters (pH 2.5)
- Canker Sores (pH 2.5)
- Decerant (pH 2.5)
- Personal Hygiene (pH 2.5)
- Makeup Brush Cleaner (pH 2.5)
- Facial Toner (pH 6.0)
- Skin Treatments (pH 6.0)
- Face Wash (pH 6.0)
- Hair Conditioner (pH 6.0)
- Weight Loss (pH 8.5-9.5)
- Increase Energy (pH 8.5-9.5)
- Aromatherapy (pH 8.5-9.5)
- Grey Hair (pH 8.5-9.5)
- Improve Sleep (pH 11.5)
- Makeup Remover (pH 11.5)
- Hot Bath Soak (pH 11.5)
- Eye Rinse (pH 11.5)
- Puffy Eyes (pH 11.5)

## Food Prep & Cooking
- Rinse Meat/Veggies (pH 2.5)
- Boil Eggs (pH 6.0)
- Boil Pasta (pH 6.0)
- Freezing Food (pH 6.0)
- Baby Formula (pH 7.0)
- Make Soups (pH 8.5-9.5)
- Stir-Fry (Steam) (pH 8.5-9.5)
- Cook Rice (pH 8.5-9.5)
- Drinking Water (pH 8.5-9.5)
- Soak Beans & Rice (pH 11.5)
- Soak Meats (pH 11.5)
- Salad Dressing (pH 11.5)
- Make Ice Cubes (pH 11.5)
- Wash Fruits & Veggies (pH 11.5)

## Household & Cleaning
- Disinfectant (pH 2.5)
- Anti-Bacterial (pH 2.5)
- Anti-Microbial (pH 2.5)
- Anti-Fungal (pH 2.5)
- Anti-Viral (pH 2.5)
- Sanitizing Spray (pH 2.5)
- Hard Water Spots (pH 2.5)
- Bleach Clothes (pH 2.5)
- Remove Rust (pH 2.5)
- Treat Fleas & Mites (pH 2.5)
- Remove Pet Odors (pH 2.5)
- Plant Insect Repellent (pH 2.5)
- Bathe Pets (pH 6.0)
- Watering Plants (pH 6.0)
- Fabric Softener (pH 6.0)
- Glass Cleaner (pH 6.0)
- Floor/Tile Cleaner (pH 6.0)
- Aromatherapy (pH 11.5)
- Laundry Soap (pH 11.5)
- Remove Stains (pH 11.5)
- Degreaser (pH 11.5)
- Polish Silver (pH 11.5)
- Clogged Drains (pH 11.5)
- Replace GooGone (pH 11.5)
- Paint Thinner (pH 11.5)

## Health & Wellness
- Antiseptic (pH 2.5)
- Stop Vomiting (pH 2.5)
- Infected Sinuses (pH 2.5)
- Treat Pink Eye (pH 2.5)
- Sore Throat (pH 2.5)
- Strep Throat (pH 2.5)
- Cough (pH 2.5)
- Poison Ivy (pH 2.5)
- Rashes & Burns (pH 6.0)
- Eczema (pH 6.0)
- Psoriasis (pH 6.0)
- Take Medications (pH 7.0)
- Improve Vision (pH 8.5-9.5)
- Spider Veins (pH 8.5-9.5)
- Cellular Hydration (pH 8.5-9.5)
- Hangover Cure (pH 11.5)
- Allergies & Colds (pH 11.5)
- Snoring (pH 11.5)
- Sunburn (pH 11.5)
- Bug Bites (pH 11.5)
- Migranes (pH 11.5)
- Heart Burn (pH 11.5)
- Food Poisoning (pH 11.5)
- Stomach Flu (pH 11.5)
- Arthritis & Gout (pH 11.5)
- Muscle Soreness (pH 11.5)
- Muscle Injuries (pH 11.5)
- Chemotherapy (pH 11.5)
- Stroke (pH 11.5)
WHAT'S NEXT?

If you'd like to continue learning about the health benefits of Kangen Water, or to dig deeper into the science behind the water... here's your next steps.

1) Follow me on Instagram @consciousnessandclarity & send me a DM to say Hi!

2) Request Your EBOOK "What the Heck is Kangen Water?"

3) Book a free Discovery Call to Learn More about Kangen
   Schedule Your 20min Call

4) Check out all the Videos on my YouTube Channel
   Be sure to Like & Subscribe!
Thank You!

If you would like to learn more about the incredible health benefits and amazing financial opportunities with Kangen Water®, or to schedule a free discovery call with me, please visit:

ConsciousnessAndClarity.com

The life of your dreams is waiting for you... what are you waiting for?