

Drinking Kangen Water™

Congratulations on starting what we believe to be the simplest, most powerful thing you can do to improve your health, drinking Kangen Water. Although drinking water is simple this short info sheet is to help you achieve the desired results as efficiently and quickly as possible.

How Much Water Should I Drink?

It is different for everyone because we are all different sizes, shapes and weights. Here is the calculation most health experts agree on:

Drink a minimum of 1 oz. of water for every 2 lbs. of body weight daily. So divide your body weight in half. That number in ounces is the minimum you need to drink daily. 1 quart = 32 ounces.

If you weigh:

100 lbs you need to drink a minimum of
50 oz. of water a day

150 lbs you need to drink a minimum of
75 oz. of water a day

200 lbs you need to drink a minimum of
100 oz. of water a day

This is a minimum amount of water you need to drink every day just to hydrate.

YOU CANNOT GET RESULTS BY LOOKING AT THE WATER!

The easiest time to consume water is first thing in the morning. Get out of bed, walk to the kitchen and pour yourself a glass of water. It is very easy to consume a liter or more of water in the first few hours you are awake and before breakfast. Not only will Kangen Water get your engine going but it will do wonders for your eliminations. It is amazing what happens when you start drinking the amount of Kangen Water that is right for you.

**Water is important for your health.
Become more conscious of your
water consumption!**

Which Water Should I Drink?

Everyone should start with 8.5, the lowest level of the alkaline water and then progress from there at intervals of two weeks. First two weeks – 8.5 pH, Next two weeks – 9.0 pH, there after – 9.5 pH

If at any time you feel it is too strong go back to the last level and spend a little more time there before moving to a higher pH level. When people feel healing symptoms (headaches, light-headed, lack of energy etc.) the tendency is to drink less water. During this cleansing you should increase the amount of water you are drinking. These healing symptoms are the effects of toxins being stirred up. Now that we've got them moving we want to make sure they are moving out and being eliminated. Drink more water!

Carry a Water Bottle!

Get the best water bottle possible: #1 Glass, #2 Stainless Steel, #3 Best plastic possible. This way you are ready when you are thirsty and do not have to purchase another water or beverage that may not be as healthy for you. Secondly, carrying a water bottle is an easy way to tell how much water you have consumed in a day. It is harder to keep track if you drink a glass here and a glass there. Once you are more conscious about your water consumption you will be surprised how easy it is to reach your minimum daily amount.

Be Well!

How Long Will the Water Last?

The properties of the water do not last forever. Some properties are very stable, others, like the anti-oxidant property dissipate quickly.

If you have a machine – There is no need to store water for regular use. When you are thirsty or need water, go to your machine, turn on the water and fill your glass or pot. That is the most potent water with the highest health benefits and why you purchased the machine.

If someone is sharing water with you - Take only as much water as your can drink in 3 days. After that, water your garden with whatever you have left and refill your containers.

If You are Taking Doctor Prescribed Medications:

Do not take doctor prescribed medication with Kangen Water. Take the actual pill with Clean Water or other purified water. 15-20 minutes after you take the medication you can drink all the Kangen Water you want. Drinking medications with Kangen Water will push the medication into the system faster than intended. Vitamins, minerals and herbs are not doctor prescribed medications, they are considered foods.

Do not drink Kangen Water™ during your meals.

Drink 15 minutes before and 1 hour after a meal. If you absolutely need to drink water during the meal drink “Clean” water and limit it to 1 cup max.

Other important Considerations:

Commit to drinking Kangen water for the next 2-4 weeks and stop drinking sodas or sports drinks. They are very acidic and counteract the healthy benefits of the water. Drinking just one soda can counteract the beneficial effects of the Kangen Water for the next 3-6 days.

Do not consume “Diet” anything. Additives and artificial sweeteners will slow down your progress.

Cut back or eliminate black coffee and tea. The caffeine, tannic acid and chemical remnants cause major gastric problems. We want to eliminate problems. If you must drink coffee and tea 2-3 cups is the max. per day and by all means make them with Kangen Water. Herbal teas are preferred.

But Water Doesn't Have a Taste!

Water is not supposed to. Learn to enjoy drinking water. If it was supposed to have a taste your body would be 75% lemonade, root beer or tea. Water is the second most important supplement for your body. Drinking Kangen Water is the simplest thing you can do to improve your health.

Yes, babies and young children can drink the water.

Generally 8.5 works best.

Yes, pets can drink the water.

Generally 8.5 works best.

There is a White Film on My Water Bottle.

You may notice a white film build up on your water bottles. This is a mineral build up and it only happens because the water is anti-oxidant. It is harmless and can be rinsed out of your water bottle using a little vinegar.

Make Kangen Water™ a Part of Your Daily Routine

By all means let us know when you are ready to make Kangen Water a part of your family's daily routine. If you have seen results during this shared water period, your results will be accelerated even more when you have fresh Kangen Water daily in your kitchen for the entire family.

If Someone is Sharing Water with You:

Help them by rinsing your water bottle out with a little vinegar and then rinsing with regular water. This will clean the container, remove any mineral accumulation and make it ready for filling again. The person sharing water has made a commitment to provide water for you, please help them out and return washed water bottles ready to be filled?

Our Water Policy

Our policy is to provide water to interested individuals for up to 30 days; provided that within those 30 days they attend one of the many live presentations in the area and they read or view the materials that will be provided. Our commitment to you is to provide water and materials. Your commitment is to educate yourself on the benefits and properties of Kangen Water and improve your health.

**If you have any questions, concerns or
if you would like to order a machine please contact:**

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Be Well!