



# THE 68 USES OF KANGEN WATER

CHANGE YOUR WATER  
CHANGE YOUR LIFE

BREAKAWAY MOVEMENT

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pH 11.5 ~ Strong Alkaline Water

II

pH 8.5 -9.5 Kangen Water

III

pH 7.0 Clean Water

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pH 2.5 Strong Acidic Water

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Skin Conditions

BREAKAWAY MOVEMENT

CHANGE YOUR WATER  
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CHAPTER I

pH 11.5

"STRONG ALKALINE WATER "

BREAKAWAY MOVEMENT

CHAPTER ONE  
pH 11.5 Strong Alkaline Water

**GOOD NIGHT SLEEP:** Drink 1/2-1 ounce of pH 11.5 before bedtime to help release melatonin.

**EYE WASH:**

- Rinse eyes with an eye cup. Remove the eye cup from its packaging,
- Soak it in Strong Acidic 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 the 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.

**GREASE IN EYE:** Spray pH 11.5 as needed to sooth & heal the eye.

**PUFFY EYES:** Spray pH 11.5 on to eyes to reduce puffiness.

**HEAT BURN, INDIGESTION, FOOD POISONING, STOMACH FLU:** Drink ¼ cup of FRESH pH 11.5 immediately followed by 25 ounces of pH 9.5 then do not eat or drink anything for 45 minutes. Repeat the next day only if necessary.

**HOT BATH SOAK:** Add 1 gallon (approx. 4 liters) just before the end of filling the tub. This can replace Epsom Salts and other remedies (works best if tub is filled with Anespa, Enagic).

**ALLERGIES, COLD SYMPTOMS & SNORING:** Use as a nasal wash when sinuses are plugged. The reduction of inflammation in the nasal passage, reduces snoring.

CHAPTER ONE  
pH 11.5 Strong Alkaline Water

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

**HANGOVERS & MIGRAINES:** Can prevent hangovers, as soon as feel migraine coming on, drink several ounces.

**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 pH 11.5 on the skin twice a day for burns from chemo.

**STROKE:** Drink pH 11.5 as much as you are able to if feel a stroke coming on to provide potent alkalinity to overcome severe acidosis causing the stroke.

**MAKE UP REMOVER:** Spray pH 11.5 on eyes (closed) and face to dissolve and remove make up.

**BUG SPRAY REPELLENT, SUNBURN, PAIN, BUG BITES, SWELLING**  
Spray or soak areas with a towel soaked in pH 11.5 water and keep wet by adding small amounts of pH 11.5 to the towel for a minimum of 30 minutes twice a day (recommended 1 hour twice daily).

**FRUITS & VEGGIES:** Soak in pH 11.5 for a minimum of 5 minutes to clean off pesticides.

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

**RICE, BEAN, LEGUMES:** Soak in pH 11.5 for 5 to 10 minutes and rinse clean with low flow pH 9.5 Kangen water.

CHAPTER I  
pH 11.5 Strong Alkaline Water

**MEATS:** Soak in pH 11.5 for 5 to 10 minutes for cleaning and tenderising.

**LAUNDRY SOAP:** Use 1 to 2 quarts per load of pH 11.5 in place of laundry soap. Works beautifully for greasy smells like Fast-food Restaurant work clothes.

**STAINS ON CLOTHES, RUGS, CARPETS:** Use pH 11.5 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 above.

**CLEAN OVEN, CLOGGED SINKS & TUBS, REPLACE 409 CLEANER & DRANO:** Use pH 11.5 to 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.

**POLISH SILVER:** Soak and polish.

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

**USE INSTEAD OF “GOO GONE”:** Removes greasy, gooey, gummy, sticky problems.

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CHAPTER II

pH 8.5-9.5

KANGEN WATER

BREAKAWAY MOVEMENT

CHAPTER II  
pH 8.5-9.5 KANGEN Water

**SOUPS:** Cook all soups with pH 9.5 water.

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

**WEIGHT LOSS:** Drink before snacking and meals...wait 30 minutes and eat. A lot of people confuse hunger for dehydration. Drinking Kangen water improves hydration and eliminates feelings of "false" hunger, thus aiding in weight loss.

**GREY HAIR:** Often can return original hair colour.

**VISION:** Can improve eye vision.

**SPIDER VEINS:** Drinking Kangen water over time induces and aids cell repair, as a consequence spider veins can improve.

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

BREAKAWAY MOVEMENT



CHAPTER II  
pH 8.5-9.5 KANGEN Water

**Getting Started drinking Kangen Water: It is recommended to start by drinking pH 8.5 water for two weeks. This water is dispensed through the TOP flexible hose.**

Drink at least  $\frac{1}{2}$  of your body weight in ounces each day.

Athletes, individuals doing physically demanding work and those recovering from sickness are advised to drink at least  $\frac{3}{4}$  Kangen water to promote body homeostasis.

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  $\frac{3}{4}$  of their body weight in ounces of Kangen water per day see the quickest results.

If you do not experience any "discomfort" you can increase the water pH to 9.0 and drink Kangen pH 9.0 water for two weeks.

If you do not experience any "discomfort" you can increase the water pH to 9.5. Every cell in your body will be grateful for the hydration and healing boost you provide them every time you drink!

\*Note frequency of urination should not be considered as "discomfort". Your body is detoxing, it is important to keep drinking to flush out toxins and waste.

## CLEANSING SYMPTOMS

These are typically caused by the body releasing stored toxins and acidic waste.

- Headaches
- Skin eruptions
- Loose bowels
- Coughing

If you experience cleansing symptoms on the pH 8.5 water, increase the amount of water you are drinking to help neutralize and flush the toxins from your system.

If you are experiencing 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.

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CHAPTER III

pH 7.0

CLEAN WATER

BREAKAWAY MOVEMENT

CHAPTER III  
pH 7.0 Clean Water

- Drink with meals only if necessary.
- Use for making baby formula.
- Drink with fast dissolving medication.

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CHAPTER IV

pH 6.0

BEAUTY WATER

BREAKAWAY MOVEMENT

CHAPTER IV  
pH 6.0 Beauty Water

**FACIAL SOAP:** Use to replace soap, at least twice a day. Spray after cleaning.

**HAIR CONDITIONER:** Spray hair after showering as this conditions your hair. Try not to use conditioner of any kind as this coats the hair.

**TONE SKIN:** Use as final rinse in shower or bath to tone and firm skin.

**RASHES, DIAPER RASH:** Spray on skin to soothe and heal rashes, including diaper rash.

**PETS:** Bathe pets for more lustrous coats.

**PLANTS:** Water indoor and outdoor plants for vigorous growth. Can revive dying plants.

**EGGS & PASTA:** Use to boil eggs and pasta.

**FREEZING FOOD:** Spray on foods before freezing including fish and shrimp so that foods do not lose their flavor.

**ANTHOCYANINS:** For washing and preparing fruits and vegetables containing anthocyanins: plums, grapes, cherries, strawberries, red cabbage, eggplant, soy beans, asparagus.

**FABRIC SOFTENER:** Use in rinse cycle during laundry. One gallon per load.

**EYEGLASSES:** Clean lenses.

**REPLACE WINDEX:** Replace all window and mirror cleaners with pH 6.0 Beauty Water.

**HARDWOOD FLOORS & CERAMIC TILE:** For polishing and housecleaning: wood floors, ceramic tiles, etc.

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CHAPTER V

pH 2.5

STRONG ACIDIC WATER

BREAKAWAY MOVEMENT

CHAPTER V  
pH2.5 Strong Acidic Water

**KILL ALL MICROBES:** Pre-rinse all fruits, vegetables and meat and let sit for one minute before soaking in pH 11.5. This will kill all microbes, including

**DISINFECTING:** Strong acidic water forms hypochlorous acid, a very effective non-toxic disinfecting agent against bacteria and viruses. sanitiser.

**ANTI-BACTERIAL SOAP:** Use in place of anti-bacterial soap.

**HARD WATER SPOTS & RUST:** Clean hard water spots off of chrome and rust off of metal.

**FACIAL LIFTING & TIGHTENING:** Spray face and neck (not eyes) and rub skin upward until dry. Finish with pH 6.0 Beauty Water to tone skin.

**BRUSH & GARGLE, RESOLVE PERIODONTAL DISEASE & THRUSH, PREVENT ROOT CANALS:** Wait one minute and then rinse with pH 9.5 water for 30 seconds to restore the natural pH. This procedure will prevent or resolve periodontal disease & thrush, & avoid root canals.

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

**OPEN WOUNDS, BURNS, INFECTIONS, STOP BLEEDING, KILLS CANDIDA:** Kills bacteria and pathogens. Use on cuts and 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.

**INFECTED SINUSES:** Spray in nose twice a day for 2 days. Wait 2 minutes, then flush with pH 11.5.



CHAPTER V  
pH2.5 Strong Acidic Water

**NAIL FUNGUS:** Spray twice a day or soak.

**PINK EYE:** Spray infected eye several times throughout the day to aid healing.

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

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

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

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

## CHAPTER VI SKIN CONDITIONS

### **SKIN ROUTINE FOR: Acne, Eczema & Psoriasis, Rashes & Burns, Diaper rash**

- Remove excess oils from skin by rinsing with pH 11.5 Strong Alkaline water
- Cleanse with non-soap cleaner and with pH 6.0 Beauty water.
- With a cotton swab dab pH 2.5 Strong Acidic water on any active blemishes or broken skin
- Tone with pH 6.0 Beauty water in glass bottle with a fine spray mister
- Repeat morning and night time
- Tone multiple times a day to keep skin hydrated
- \*Repeat after each diaper change

Diaper rash occurs when urine and feces are too acidic. To prevent rashes, keep your baby hydrated with pH 8.5-9.5 Kangen water. Replace baby wipes with a container filled with soft or non-bleached paper towels and pH 6.0 Beauty water. To assist keeping the skin hydrated and skin pH balanced, use this to cleanse diaper area every time you change your baby, pat dry and apply a fine mist on the skin.

### **Step AWAY from Antiperspirant**

Sweat is our bodies natural mechanism to continuously release toxins. Stopping this natural process can cause a significant backlash in the lymphatic system. Odors are the byproduct of bacteria thriving in a "dark", damp area.

### **Instead of Antiperspirant**

- Mist with pH 2.5 Strong Acidic water.
- If you tend to sweat a lot, keep a small spray bottle with you throughout the day.

**Want to know more about Kangen water?**

**GET IN TOUCH**

**WISH YOU  
A BLISSFUL  
CHEMICAL FREE LIFE!**



**Blessings & Abundance to YOU.**