

## **What exactly is Kangen (a Japanese word meaning return to origin) Water®?**

*The ionizer manufactured as a medical device by Enagic in Japan produces true Kangen Water®. Because of the standard of manufacture, the quality of its components and the care that goes into building each unit, it is the only ionizer in the world that can legally claim to make true Kangen Water®. Ionization means to gain or lose an electron. Water that has been ionized becomes either alkaline or acidic, meaning that the pH has been adjusted up or down. The ability of a system to continuously and safely create true ionized water, true Kangen Water®, is based upon the quality of its manufacture.*

*Kangen Water® water is full of Hydroxyl ions. (Hydroxyl – consists of oxygen and a hydrogen atom held together by a covalent bond and carrying a negative charge.) This is the water we drink that has many benefits for the user. The acidic water produced is full of positively charged Hydrogen ions. This is water that we apply only to the outside of our body. It is also ideal for plant growth.*

## **How does Enagic's Water Ionizers produce Kangen Water®?**

*Water is run over positive and negative electrodes which ionize the water. It is then separated into alkaline and acidic water as it passes through membranes. It accomplishes this by repelling the water that has been “charged” into positive and negative ions.*

## **What are the electrodes of each unit composed of?**

*The electrodes are Titanium, a very hard metal, double coated with platinum, a very conductive metal.*

## **Why should I drink Kangen Water®?**

*There are three main benefits to Kangen Water®. First and foremost, it is a powerful antioxidant. People often spend hundreds of dollars a month purchasing antioxidants because they are important anti-disease, anti-aging, anti-cancer substances which they accomplish through neutralizing free radicals. Free Radical damage causes us to age and suffer from disease. Since Kangen Water® is a liquid, electrically created antioxidant, it is easily absorbed into the body which makes it a very effective and powerful antioxidant.*

*Once the Ionized antioxidant in the form of Hydroxyl Ions (oxygen molecule with an extra electron) donates its extra electrons to free radicals (oxygen molecule that is missing one electron) you are left with lots of oxygen. Kangen Water® gives you energy by providing your body with lots of oxygen! This is one of the most incredible aspects of Kangen Water®.*

**Secondly**, Kangen Water® balances body pH because it is very alkaline. Our diet is often extremely acidic. Soft drinks, fast foods and processed foods deposit acid waste in our bodies that builds up over time and creates an ideal environment for diseases of all kinds to thrive.

Chronic soft drink consumers put themselves in grave danger by allowing their bodies to build up acid waste. Some end up with serious diseases at a very young age. Maintaining an alkaline pH (anywhere in the range from 6.9-7.2) helps us to maintain an environment in our bodies that is NOT conducive to disease. It may take years to get to this state (depending on how acidic your body is), but Kangen Water®, because of its ionized properties, will flush acid waste from our bodies.

**Thirdly**, Kangen Water® has a different molecular cluster size. It contains only five to six water molecules instead of the ten to thirteen that conventional water molecule clusters have. It is changed from an irregular shape that is 10-13 molecules to a hexagonal regular shape that is half that size. This smaller or “reduced” water is much more hydrating than conventional water. **There are two additional consequences of this.**

**#1**, Kangen Water® hydrates the cells more efficiently and, **#2** it is extremely detoxifying.

The detoxification properties of Kangen Water® are powerful. Enagic’s ionizers have different levels of intensity because the average person cannot start out drinking the strongest level of Kangen Water®. This is particularly true of the elderly, who need to start out at the lowest level and work their way up slowly. People who have spent a lifetime building up acid waste in their bodies will suffer headaches and diarrhea if they drink too much too soon.

**How does Kangen Water® taste compared with conventional water?**

A common remark regarding the taste of Kangen Water® is that it tastes smoother than conventional water. This is because of the molecule cluster size and shape. It is small with a hexagonal shape so it feels smooth because it is. Because it is easily absorbed by the cells in the body it does not fill you up and cause you to bloat the way conventional water can do if you drink large amounts at once.

**How long does Kangen Water® stay ionized?**

The antioxidants (hydroxyl ions) will last approximately 12-54 hours depending on the power of the equipment and the number of ionizing plates in the machine. The higher pH (alkaline properties) will last approximately 1-2 weeks. The smaller molecule cluster size will last approximately 1-3 months.

## **Does Kangen Water® have any negative effects?**

*Absolutely none, as long as it is used properly. Only the alkaline water should be consumed. Do Not Drink the Acidic Water as this is not to be used internally. There is no negative effect from Kangen Water® as long as it is used properly.*

**Note:** *There are some illnesses such as congestive heart failure and some rare kidney diseases that require fluid restriction. In these cases a medical doctor should be consulted before drinking Kangen Water®.*

## **Who should drink Kangen Water®?**

*Anyone and everyone, young and old, human or animal. It is beneficial to some degree to nearly everyone and everything it comes in contact with.*

## **How should I start drinking Kangen Water®?**

*Start out slowly at the 8.5 pH level, drinking 1-3 glasses per day. If you do not experience the effects of detoxification, increase the amount you drink to a minimum of 1/2 ounce per pound of your body weight each day. When your body has adjusted to the water and you no longer experience the detoxifying effects of the water, increase the strength of the water to the next level of 9.0 pH. The stronger the better, but take your time in building up to the higher levels. The antioxidant is most powerful on the high levels. You will, of course, experience more energy at the higher levels, but the fresher the Kangen Water® is, the stronger these properties are. The detoxification effects can be unmistakable. However, it only lasts a short time and if you begin drinking at the lower level, these effects are normally very mild.*

## **Is it dangerous to drink Ionized Water at these high pH levels?**

*It is **NOT** dangerous to drink water at this pH level. Kangen Water® should ideally be consumed between a pH of 8.5 and 9.5.*

## **Are there any advantages to drinking Kangen Water® at these higher pH and higher negative ORP (oxidation reduction potential) levels?**

*You will be consuming a liquid that has an extremely low negative charge or ORP (oxidation reduction potential) somewhere in the neighborhood of -300 to -500 Mv, depending on water source. This means it is a rich source of antioxidants that can neutralize free radicals in your body.*

## **Is the water filtered before it is ionized?**

*Yes, each Kangen Water® unit contains a high grade filter that will reduce or eliminate many of the objectionable components from tap water before the water is ionized.*

## **Will the filter remove fluoride from the water?**

**No**, the high grade filter will not remove fluoride. The only filter that will remove fluoride is an alum filter. Minerals are not removed from water through normal filtration. However, since fluoride is an acidic mineral carrying a positive charge, it will be removed from the alkaline side to the acidic side of the ionized water.

This will reduce the amount of fluoride found in the alkaline water, which is the water we consume. Thus, we can effectively remove Much of the fluoride from tap water. Combined with an external filter that Does Remove Fluoride such as the Hannish Filter (there are others that do a great job as well) you can remove all Fluoride.

## **Can Kangen Water® be used commercially?**

**Yes.** Kangen Water® is used in the dairy industry with live stock and in growing healthier, faster growing crops as well as in many other applications. All this is now being demonstrated in these industries. Kangen Water® should be fed to the animals. The Acidic Ionized Water will benefit the crops, and the low pH acid water will provide a cleaner and more disease free environment, keeping in mind that the 2.5 pH acidic water will kill bacteria and retard bacterial growth. Tests are underway in various industries demonstrating the positive effects of Kangen Water® but they are still in their infancy.

## **How does Kangen Water® effect athletes?**

*In an extremely positive way, as you might expect. Blood oxygen levels will rise in varying degrees with regular use of Kangen Water®. This increases stamina, endurance, and provides the muscles, tissue and organs with high amounts of oxygen which the human body often lacks, even in athletes because of inadequate diets. Professional and amateur sports are discovering this and it is rapidly becoming one of the most established benefits to athletes everywhere.*

## **Why should I consider purchasing an Enagic® Ionizer that produces true Kangen Water® after my free trial period is over?**

*Enagic® is the only ionizer that is manufactured in an ISO 13485 facility which is the standard required to build a true medical device. It is the only ionizer so credentialed. Because of the care and standard of manufacture, it is the ionizer that is used in numerous hospitals and thousands of clinics in Japan and the only ionizer certified for use by over 6500 medical doctors in Japan. Because it is a certified medical device from Japan, it is safe for you and your family to drink from. Do not be misled by copycats that are not certified medical devices built in an ISO 13485 facility. This is extremely important to your health and well being.*

*Cheaper can come at a very high cost. If price is a real concern to you, Enagic® offers a true medical grade ionizer at a price that rivals the prices competitors charge for ionizers that are not built to medical standards.*

*Having an Enagic® Ionizer in your home gives you the advantage of drinking fresh Kangen Water® that delivers the greatest benefits to you that are available from drinking ionized water. And not only do you benefit the most from drinking fresh Kangen® Water but you also have on hand acidic water for use on your skin as well as for cleaning and sterilizing and 11.5 pH water for removing pesticides and insecticides from fruit and vegetables, and that alone is worth the price of the Enagic® Ionizer.*

***Once you have begun to use it and take advantage of its incredible properties, you will know that you have made the right decision to have one in your home.***

***\*Information provided by Mary Thomas & Lisa Holden of Colorado Springs, Colorado.***

[\*http://www.watersistersco.com/index.html\*](http://www.watersistersco.com/index.html)