

# WHAT IS KANGEN WATER?

**KANGEN WATER** is a medical grade water produced by a 41 year old company from Japan called Enagic. Enagic is endorsed by the prestigious Japanese Association of Preventative Medicine for Adult Diseases made up of 6,500 medical doctors. Enagic has also been honored with certification from the Water Quality Association, and has won the Gold Standard, which is the highest achievement anyone or company can receive.

The word Kangen means, "**Return to Origin**". When your body is balanced it can heal itself. Kangen Water is found in nature in several different areas of the world, for example, at the bottom of waterfalls, glaciers, or deep in caves in the mountains. These are places where the environment has been untouched by the pollutants of the world.

In the early 1900's, researchers traveled the world to study why certain civilizations in remote areas were living well over 100 years old being healthy and active. The scientists and researchers studied the lifestyles, food and environment of these civilizations and found that the secret was in the water. Scientist started to find a way to mimic this water without using any inorganic materials or chemicals, and they made what we know now as Kangen Water.

**There are three properties that made the water those civilizations consumed as well as what makes Kangen Water so unique. These three properties are:**

- **Antioxidant rich** (-ORP *Oxidation Reduction Potential*)
- **Alkalized** (pH *Balanced*)
- **Micro Molecules** (*Molecular Hydrogen*)

**ANTIOXIDANTS** neutralize free radicals. We are exposed to free radicals on a daily basis through cellular phones, microwaves, pollution, etc. In order to avoid these free radicals, we literally have to stop breathing. These free radicals cause oxidation throughout our body. Oxidation in the body is the same as rust on metal, or when an avocado turns brown after you cut it in half. The same process is occurring in the human body. Free radical oxidation causes sickness and aging to the human body.

Kangen Water provides the highest forms of antioxidants which the human body can absorb. What makes Kangen Water so unique is it is absorbed into the body instead of being digested. Antioxidant rich foods like blueberries, apples, or strawberries are digested and turn into free radicals themselves after the digestion process. Kangen Water does not go through the digestion process, so it does not turn into a free radical. Instead, it penetrates the cell wall and neutralizes the free radicals and in turn reverses the oxidation process.

## **ALKALIZED (pH BALANCED)**

Our blood maintains a pH level between 7.3 and 7.45 on the pH scale. The amount of free radical oxidation from the foods we eat and the liquids we drink determine whether we put our body into an acidic, neutral, or alkaline state. But the natural buffer systems in our body as well as our daily habits will keep the body from being too alkaline. The more we can keep our body at neutral or a little above it, the healthier we will be. When our body becomes too acidic from free radical oxidation, our body is exposed to diseases and sicknesses like cancer, fibromyalgia, and arthritis just to name a few.

The type of foods and liquids we consume have a large effect on the acidity levels of our body. The majority of foods and liquids that we do consume are acidic. Kangen Water is very alkaline. It is a 9.5 on the pH scale. Bottled, filtered and tap waters, as well as sodas and sports drinks cause acidity in our body. Kangen Water is the only liquid that is alkaline when compared to these products. Other Alkaline waters are changed with adding minerals and chemicals, Kangen Water is changed through an electrical process that restructures water molecules.

## **BETTER ABSORBED**

Kangen Water is absorbed better by the body. Meaning it is "smaller water". Micro-clustered is another way of absorption into the body. Kangen water is comprised of 5-6 molecules while other waters are made of 15-20 larger clusters of molecules.

When we drink any water besides Kangen Water, our body is only absorbing 15% of that water. When we drink Kangen Water, we absorb 85% to 90% of it. When we can absorb more water into our body, we are better hydrated. When better hydrated, our body can absorb things like vitamins and nutrients. Better hydration will allow our body to function at an optimal level and flush out toxins.

When consuming Kangen Water, you will notice it is smooth taste. When you rub your fingers through the water, you will notice the texture is silkier and smoother. This is the micro-clustering.

In Closing...

Kangen Water is truly an amazing thing. But the best way to understand it, is to come and experience one of the Kangen Water demonstrations in person and drink the water for yourself :D