

USES FOR IONIZED WATER

Ionized alkaline water for Food preparation (Level 3):

- Soaking & Sprouting seeds, nuts, legumes, grains & more
- Smoothies
- Soups
- Storage of fruits & vegetables - they last much longer
- Removes pesticides, herbicides, waxes & more from fruits & vegetables
- Any recipe that calls for water
- Add to acidic fruit juices to make them alkaline
many people's stomachs react to acidic juices and this allows them to drink fruit juices

Cooking with Ionized Water (Level 3)

- Use alkaline water when cooking to get the best tasting food. Acidic tap water breaks down the food, so you tend not to get the real flavor. The taste comes out full, food is tender, and not as much seasoning is required.
- Fresh Meat and Astringent-Tasting Vegetables can be soaked in alkaline water for twenty to thirty minutes before they are cooked. This will create a wonderful taste with less odor and more taste.
- Red meats and liver soaked in alkaline water for twenty to thirty minutes will draw the blood out and eliminate odors.
- Marinate meats to tenderize them. Tough meats can turn out really nice using this method.
- Fish turns firm and juicy with less odor when soaking and then cooking it with alkaline water.
- Rice cooked in alkaline water is fluffier - First wash the rice on alkaline level one. Next, soak them in alkaline level four for twenty to thirty minutes. Cook the rice in this high alkaline water that it was soaking in and you will create moist, soft rice.
- Boil your eggs in acidic water and the yolks turnout bright yellow not gray, and are perfectly symmetrical and taste better. The shells come off with such ease too!
- Vegetables will be a brighter green since the chlorophyll isn't broken down. Acids are also neutralized, so any harsh tastes will be removed.
- Fried dishes coated in acidic water will help the food to be crispier.

Alkalize your body with beverages (Level 2)

- Add to acidic squash or fruit juices to make them alkaline.
- Tea with alkaline water will make the color of the tea vivid, lessen the astringency, and make it mellow and delicious.

- Coffee with alkaline water allows you to use fewer grounds with the same flavor and strength. Bitterness will be replaced by a smooth, aromatic experience.
- Alcohol: imparts a mellow and delicious taste and prevents the negative physical reactions associated with drinking alcohol as it will neutralize the acid. When drinking alcohol, drink three to four cups of alkaline level two water before and after drinking to prevent effects. You can also add it to cocktails to soften and smooth the taste.

More Uses of Alkaline Water:

Alkaline Water helps to regulate your physical condition. Here are some examples of conditions alkaline water can help with:

- **Gastrointestinal Fermentation:** If you drink alkaline water on an empty stomach, it will ease your discomfort.
- **Constipation:** Drink alkaline water before you eat and it will hydrate your bowels and improve this condition.
- **Diarrhea:** Since you quickly become dehydrated with diarrhea, alkaline water, with three times the concentration of water molecules, will help keep you hydrated and reduce discomfort.
- **High or Low Blood Pressure:** Alkaline water will help regulate your blood pressure if you drink it one hour before eating.
- **Blood Sugar Levels:** Drink three cups or more on an empty stomach.

Here are the steps to follow when starting out drinking Tvent Alkaline Water (Drink half your body weight in ounces daily)

- Alkaline Level 1 Drink 6-8 glasses daily for 2-3 weeks
- Alkaline Level 2 Drink 6-8 glasses daily for 2-3 weeks
- Alkaline Level 3 Drink 6-8 glasses daily and continue

Other Uses of Alkaline Water:

Animals and pets:

- Level 1 is normally used for their drinking water to maintain their health & fewer odors in feces.

Dying Garments:

- Results in vivid colors.

Plants and Flowers:

- Healthier
- Live Longer
- Need Less Water
- Won't need pesticides
- Extends the life of cut flowers

Uses for Acidic Ionized Water (Level 1):

Acidic ionized water has an astringent and constricting effect on what it comes in contact with. For this reason, it will tighten and smoothen your skin. It is particularly effective in the treatment and prevention of pimples and rashes.

- **Your Face:** improves the health of your face, makes it smoother, and more compatible with makeup.
- **Shampooing:** Use acidic water before and after shampooing. This will protect your hair, prevent hair loss, itching, and dandruff. It leaves your hair soft and non-sticky.
- **Bathing:** Mix in six to ten liters of acidic water in your bath; it will improve the overall health and beauty of your skin.

Home Remedies with Acidic Water (Level 2):

Natural acidic water has a slight disinfecting and sterilizing ability, which makes it effective in treating minor skin wounds. It even kills the bacteria that cause bad breath. Here are some other benefits:

- **Gargling:** Prevents infection of germs by killing the microbes that cause colds and tonsillitis.
- **Burns:** Alleviates the pain of burns and hastens recovery.
- **Chapped Hands:** Accelerates recovery from chapped hands.
- **Sunburn:** relieves inflammation and accelerates recovery.
- **Abrasions and Cuts:** disinfects and accelerates recovery.
- **Eczema, Psoriasis and Acne:** kills bacteria, keeps skin clean, improves its' condition.

Other uses for acidic water (Level 2):

Natural acidic water has a slight bleaching effect. Here are some useful cleaning applications:

- **House cleaning:** dirt and grime are removed.
- **Polishing:** effectively cleans mirrors, glass, knives, and eyeglasses.
- **Washing Vehicles:** dirt is removed easily.
- **Baths:** the bath water is quickly heated, scale won't adhere to tub. Great for use in your hot tub.
- **Cutting Board:** quickly washes and disinfects.
- **Pots and pans with baked food:** when soaked overnight, stains and burns are removed.
- **Sponges:** Fungal and bacterial growth is stopped, preventing bad smells and contamination.
- **Odors on your hands:** smell is removed and the itching is eliminated.
- **Pets:** Acid water is great for bathing your pets as it helps prevent skin disease and itching and leads to an overall healthier coat of fur.

Bath and washing:

- Acidic water helps replenish your skin to be smoother and feel younger.

- After washing hair with soap, rinse off with acidic water. It neutralizes the alkaline of the soap and makes your hair lustrous.

Cleaning tableware and chopping boards:

- It works as an agent to sterilizing, preventing odors and whitening. It removes unseen germs.
- Soak chopping boards, dishcloths, knives into the acidic water for 20-30 minutes once a week and you will have a fresh kitchen.

Brushing teeth and shaving (Level 2):

- If you make a habit of using acidic water for brushing teeth, it helps you to maintain healthy teeth with sterilizing and disinfecting results. Use acidic water as an astringent instead of toner or lotion for irritated skin after shaving.

Sterilization Effect:

- Acidic water is effective agent for sterilizing bug bites to ease itching and also disinfects them.

Flower Arrangement:

- Coat the stem of the flowers into diluted acidic water. This helps the flowers to be fresher for a longer time.