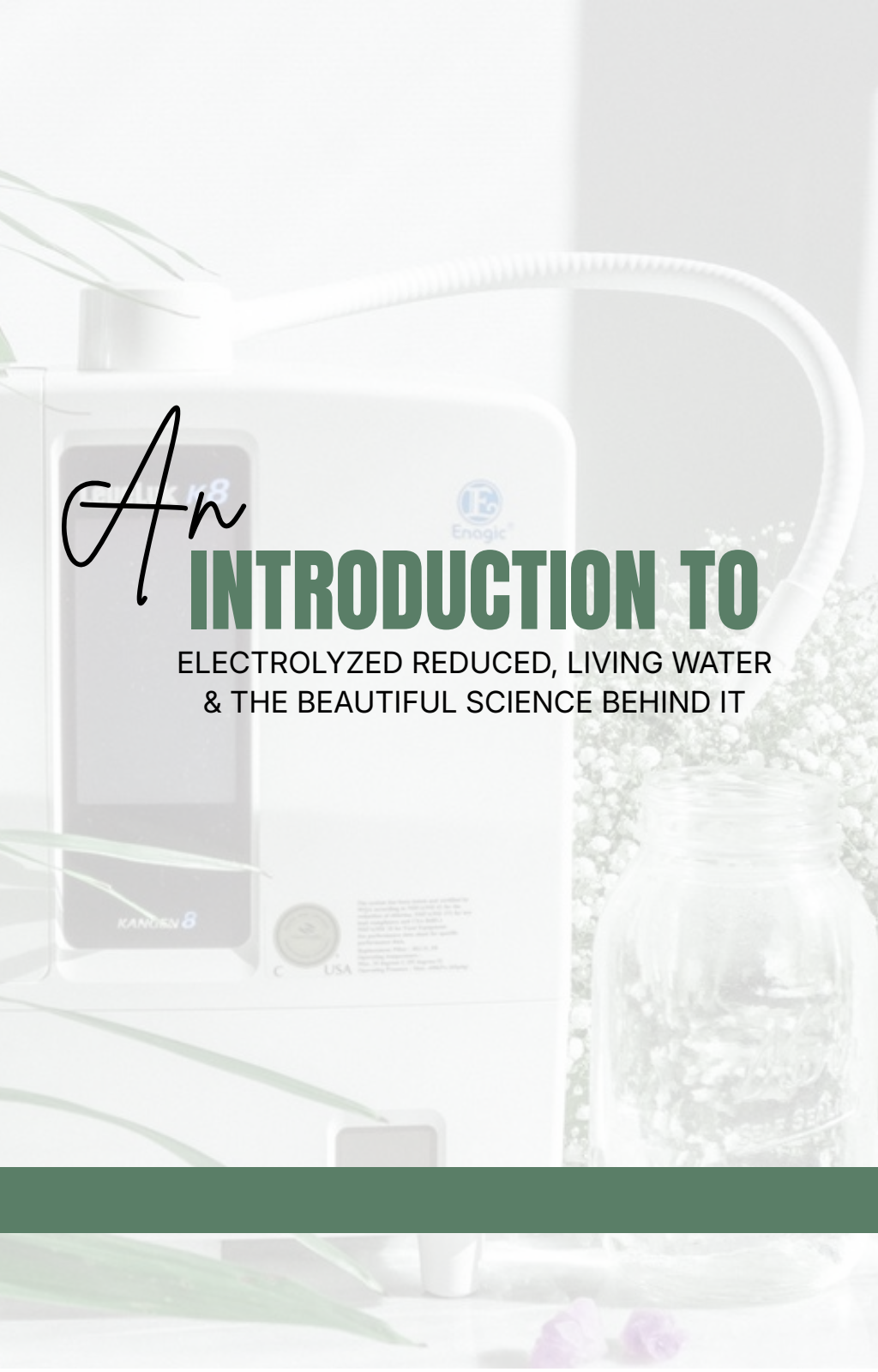




An

INTRODUCTION TO

ELECTROLYZED REDUCED, LIVING WATER
& THE BEAUTIFUL SCIENCE BEHIND IT

WATER IS LIFE

Over 60% of your body is water -- but so many people are drinking water that's working *against* them. In this eye-opening guide, you'll learn how one simple change can support real hydration, detox, and healing – right from your kitchen sink.

You'll also learn how this system produces many pH specific waters that can replace toxic household cleaners, remove pesticide residues from produce, and replace everyday beauty products and sanitizers.

NOT ALL WATER IS CREATED EQUAL

When it comes to water, most people assume that if it's clear then it's safe and healthy. Unfortunately, that couldn't be further from reality. The truth is that not all water is created equal. **Many common water sources carry hidden risks** that can impact your long-term health. From the tap in your kitchen to the plastic bottle you grab on the go, even the ones labelled as "purified" options.



TAP WATER

- Contains known neurotoxins and carcinogens
- May include heavy metals, chlorine, and fluoride
- Linked to long-term health risks

PLASTIC BOTTLED WATER

- Leach hormone-disrupting chemicals
- Contain carcinogens, especially when heated
- Harmful to both your health and the environment



REVERSE OSMOSIS

- Stripped of essential minerals
- Becomes acidic and corrosive
- Similar risks with distilled and rainwater

WHAT SHOULD WATER ACTUALLY DO?

Most people think water's job is just to hydrate. But water can and does so much more.

The right water:

- Hydrates at the cellular level
- Aids your body in natural detox
- Neutralizes harmful free radicals
- Supports your gut health, brain, skin, and immune system
- Replaces toxic products in your home
- Promotes balance, energy and clarity

**But this water only occurs naturally
in a few places around the world**

NATURALLY-ALKALINE HYDROGEN-RICH WATER

Across the world, there are springs that produce naturally alkaline, hydrogen rich water at geothermal and hydrodynamic hotspots. This water is charged by the Earth, making it naturally “alive” and full of vitality.

THE PRIMARY BENEFITS OF THIS WATER ARE:

- Reduced surface tension – for superior cellular hydration
- Hydrogen rich – delivering powerful antioxidant properties
- Naturally alkaline – full of essential minerals to support health

THESE NATURAL SPRINGS ARE RARE – BUT DECADES OF RESEARCH AND INNOVATION IN JAPAN HAVE LED TO THE ABILITY TO REPLICATE THIS KIND OF WATER IN YOUR HOME EVERY SINGLE DAY.



This is...Elecrolyzed Reduced Water (ERW). It has increased molecular hydrogen content.

Clinical studies and peer-reviewed research found that ERW and H₂ water was an effective therapy for many serious health conditions such as:

- | | |
|--------------------|-------------------------------|
| • Eczema | • Autoimmunity |
| • Psoriasis | • Digestive problems |
| • Heart conditions | • Neurological conditions |
| • Brain comdtions | • Diabetes-related conditions |
| • Inflammation | |

HOW DOES IT WORK?

Kangen machines turn regular tap water into pH-controlled, hydrogen-rich water using advanced Japanese technology.

01

FILTERS THE WATER

Tap water first passes through a built-in, high quality filter that reduces common contaminants – giving you a clean starting point before ionization**

02

IONIZES THE WATER

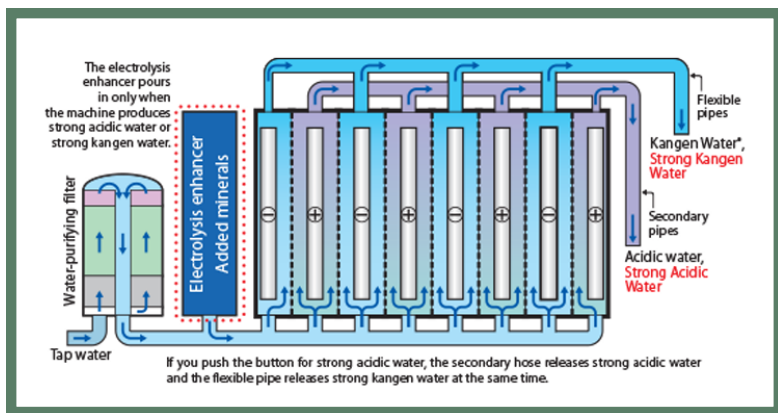
The filtered water flows over medical-grade titanium plates coated in platinum, where a gentle electrical current is applied. This process separates the water into two streams:

- Alkaline, antioxidant rich water for drinking
- Acidic water for external use, cleaning, and skincare.

03

PRODUCES MOLECULAR HYDRATION

During electrolysis, molecular hydrogen (H_2) is generated in the alkaline stream – a powerful, selective antioxidant that helps fight harmful free radicals in the body.



** in areas with exceptionally hard water, high levels of sediment, or specific contaminants, additional prefilters may be recommended to optimize performance and longevity.

3 HIDDEN CAUSES OF MOST ILLNESSES



DEHYDRATION

Every cell, tissue and organ in your body needs water to function. So many people are chronically dehydrated and don't even realize it. When you're dehydrated, your body can't detox properly, digestion slows, energy drops, and you may feel brain fog or fatigue. Long-term, it can contribute to joint pain, headaches, premature aging, and more.



GUT IMBALANCE

Your gut is home to trillions of microbes that affect everything from digestion to mood and immunity. When that balance is disrupted due to poor diet, stress, medication, or toxins. It can lead to bloating, food sensitivity, skin issues, brain fog and even autoimmune problems.



INFLAMMATION + OXIDATIVE STRESS

Oxidation is naturally occurring in all of us all of the time. Our current lifestyle & toxic environments amplify oxidation.

Chronic inflammation due to oxidative stress has been implicated in many modern conditions such as:

- Cancer
- Cardiovascular conditions
- Alzheimer's disease
- Inflammatory disorders
- Diabetes
- Asthma

HIDDEN CAUSE #1: DEHYDRATION

WHY HYDRATION MATTERS SO MUCH MORE THAN YOU THINK

Water isn't just something you need when you feel thirsty – it's the most important nutrient in your body. Every system you rely on, from digestion and detox to energy and mood – is directly affected by your hydration levels.

**EVEN 1-2% DEHYDRATION CAN AFFECT YOUR
PHYSICAL PERFORMANCE, MENTAL FOCUS, AND
BODY'S ABILITY TO DETOX**



Signs You Might Be Dehydrated (Even Mildly):

- Brain fog or fatigue
- Headaches
- Constipation or sluggish digestion
- Muscle cramps or joint pain
- Dull skin or acne
- Bloating or water retention
- Mood swings or anxiety

WHAT HAPPENS WHEN YOU'RE PROPERLY HYDRATED?

- Joints feel more fluid
- Skin glows
- Energy increases
- You think clearer
- Your cells function efficiently
- Nutrients get delivered where they're needed
- Waste is flushed out
- Your metabolism runs better

Hydration is the foundation of every healing process!

HYDRATION-SUPPORTING PROPERTIES OF KANGEN WATER

NEGATIVELY-CHARGED:

- Helps protect and stabilize cell membranes, creating an optimal environment for water to move efficiently into your cells for deeper hydration.

ELEVATED PH (HYDROXIDE RICH):

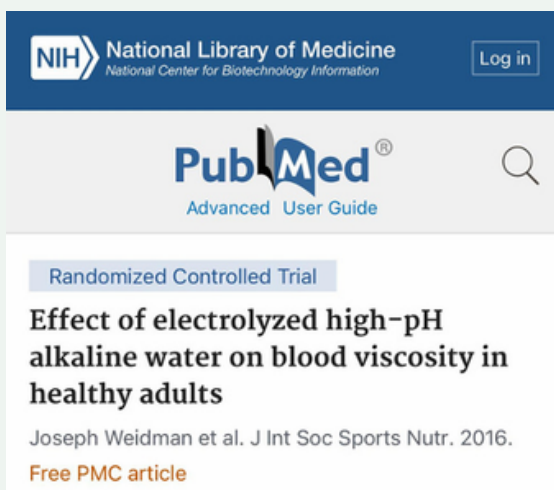
- Produced through electrolysis, the higher concentration of hydroxide ions (OH-) supports acid-based regulations during stress or exertion, helping the body stay in balance and better absorb water.

MINERAL & ELECTROLYTE-RICH:

- Naturally contains hydration supporting minerals like calcium, potassium, and magnesium. All of which help transport water into your cells and maintain fluid balance.

RESEARCH IS GROWING

Multiple studies have explored the effects of electrolyzed reduced water on hydration, recovery, and acid-base balance — particularly in physically active or dehydrated individuals. Findings suggest it may support more efficient rehydration and improved performance outcomes. Here are a couple of examples:



The image is a screenshot of a PubMed search result. At the top, there is a blue header with the NIH logo and the text "National Library of Medicine" and "National Center for Biotechnology Information". To the right of the header is a "Log in" button. Below the header is the PubMed logo, which includes the text "PubMed" and "Advanced User Guide". To the right of the logo is a magnifying glass icon. Below the logo is a search result card. The card has a blue header with the text "Randomized Controlled Trial". The title of the study is "Effect of electrolyzed high-pH alkaline water on blood viscosity in healthy adults". Below the title is the author information "Joseph Weidman et al. J Int Soc Sports Nutr. 2016." and a link to the full text "Free PMC article".

NIH National Library of Medicine
National Center for Biotechnology Information

Log in

PubMed[®]
Advanced User Guide

Randomized Controlled Trial

Effect of electrolyzed high-pH alkaline water on blood viscosity in healthy adults

Joseph Weidman et al. J Int Soc Sports Nutr. 2016.
[Free PMC article](#)

"A significant difference in whole blood viscosity was detected in this study when assessing a high-pH, electrolyte water versus an acceptable standard purified water during the recovery phase following strenuous exercise induced dehydration."



[PLoS One](#). 2018; 13(11): e0205708. Published online
2018 Nov 19. doi: [10.1371/journal.pone.0205708](https://doi.org/10.1371/journal.pone.0205708)

PMCID: PMC6242303 | PMID: [30452459](https://pubmed.ncbi.nlm.nih.gov/30452459/)

Alkaline water improves exercise-induced metabolic acidosis and enhances anaerobic exercise performance in combat sport athletes

"The results of the present study indicate that drinking alkalized water improves hydration status, acid-base balance, and high intensity anaerobic exercise performance. It appears that both greater muscle buffering capacity and enhanced removal of protons, resulting in increased glycolytic ATP production, may be responsible for these effects. Considering the energy demands and the intense sweat rate of combat sport athletes, the authors recommend the daily intake of 3–4 L of highly alkaline mineralized water to improve hydration and anaerobic performance during training and competition."

HIDDEN CAUSE #2: GUT IMBALANCE

OUR GUT IS MORE THAN JUST YOUR DIGESTION SYSTEM – IT'S A CRITICAL CONTROL CENTER FOR YOUR ENTIRE BODY.

Home to trillions of microbes, your gut microbiome plays a direct role in:

- Nutrient absorption
- Immune regulation
- Hormone production
- Brain function
- Skin clarity
- Inflammation levels



BUT TODAY'S ENVIRONMENT – FILLED WITH ANTIBIOTICS, PROCESSED FOODS, PESTICIDES, AND TOXINS – DISRUPTS THIS DELICATE BALANCE.

IMBALANCES IN THE GUT MICROBIOTA HAVE BEEN LINKED TO A WIDE RANGE OF HEALTH ISSUES, BOTH DIGESTIVE AND SYSTEMIC.

GASTROINTESTINAL DISORDERS:

- Inflammatory Bowel Disease (IBD)
- Inflammatory Bowel Syndrome (IBS)
- Leaky gut & food sensitivities

SYSTEMIC CONDITIONS:

- Obesity
- Type 2 diabetes
- Atopic diseases (e.g. eczema, asthma, allergies)
- Autoimmunity
- Mental health issues like anxiety and depression

HOW THIS WATER SUPPORTS GUT HEALTH

While this certainly isn't a cure-all, hydrogen-rich water can support gut health by creating conditions that promote microbial balance and cellular repair.

- Helps reduce oxidative stress in the gut lining, protecting against damage and inflammation
- May support the gut-brain axis, with molecular hydrogen shown in studies to positively influence mood and neurological health
- Supports detoxification, helping remove toxins that contribute to microbial imbalance
- Hydration improves motility, digestion, and nutrient delivery

When your cells are properly hydrated and protected from oxidative stress, your body is in a better position to repair, detox, and rebalance – making this a foundational tool for long-term digestive health and whole-body resilience.



RESEARCH IS EMERGING

Several studies have explored the potential benefits of molecular hydrogen and electrolyzed-reduced water (ERW) in supporting gastrointestinal health. Here are a couple of them:

DOI: 10.4103/2045-9912.318858 • Corpus ID: 235712965

The effects of ingestion of hydrogen-dissolved alkaline electrolyzed water on stool consistency and gut microbiota: a double-blind randomized trial

Yoshinori Tanaka, Masataka Kiuchi, +2 authors K. Koyama • Published in *Medical Gas Research* 28 June 2021 • Environmental Science, Medicine

TLDR Drinking AEW was confirmed to cause an increase in Bifidobacterium, and the AEW group saw stool consistency significantly converge to Bristol stool scale Type 4 ("normal"), suggesting it is highly likely that the gut microbiota will be changed by drinking AEW.

"Drinking AEW was confirmed to cause an increase in Bifidobacterium."

****Bifidobacterium a beneficial type of bacteria that is known to promote gut health.



[PLoS One](#). 2019; 14(10): e0223238. Published online
2019 Oct 10. doi: [10.1371/journal.pone.0223238](https://doi.org/10.1371/journal.pone.0223238)

PMCID: PMC6786615 | PMID: [31600256](https://pubmed.ncbi.nlm.nih.gov/31600256/)

Positive effect of an electrolyzed reduced water on gut permeability, fecal microbiota and liver in an animal model of Parkinson's disease

"ERW produced from tap water by electrolyzing device exhibits low dissolved oxygen, extremely high dissolved molecular hydrogen, and most importantly, shows ROS scavenging activity and protective effects against oxidative damage as demonstrated in a MPTP mouse model of Parkinson's disease. A clinical study shows that the negative ORP of ERW creates a gut environment by which protective microbiota, especially anaerobic bacteria, thrives allowing a protection against pathogenic bacteria in patients with irritable bowel syndrome."

HIDDEN CAUSE #3: OXIDATIVE STRESS & INFLAMMATION

Oxidation is a natural part of life — it happens every time we breathe, exercise, or metabolize food. But in today's world, we're exposed to far more oxidative stress than our bodies were designed to handle — thanks to processed foods, chronic stress, pollution, poor sleep, EMFs, and environmental toxins. This overload creates inflammation at the cellular level — the kind that doesn't always cause immediate symptoms but slowly contributes to breakdowns in the body over time.

Chronic Inflammation Has Been Linked To:

- Cancer
- Alzheimer's and Parkinson's diseases
- Diabetes and insulin resistance
- Cardiovascular conditions
- Asthma and other inflammatory disorders
- Autoimmune diseases
- Skin conditions and premature aging
- Inflammation isn't always loud - sometimes it just looks like fatigue, brain fog, bloating, or a body that never fully recovers.



HOW MOLECULAR HYDROGEN HELPS

Electrolyzed Reduced Water (ERW), such as Kangen Water, is rich in molecular hydrogen (H_2) — the smallest and most selective antioxidant in existence.

- It neutralizes only the most harmful free radicals, like the hydroxyl radical ($\bullet OH$), without disrupting healthy cellular function
- It crosses the blood-brain barrier, offering protection to your brain and nervous system
- It supports the body's own production of antioxidant enzymes, such as glutathione and superoxide dismutase
- It reduces oxidative stress, which helps calm systemic inflammation and promotes healing



What makes this especially exciting is how effortlessly it integrates into your daily life. By simply changing the water you drink, you're equipping your body with a powerful, natural defense system that supports energy, focus, and cellular health—without the need for extra supplements.

SCIENTIFIC INTEREST IS ACCELERATING

Researchers have been increasingly studying molecular hydrogen for its unique ability to reduce oxidative stress — a key driver of inflammation and cellular aging.

A screenshot of a PubMed search result. At the top is the NIH National Library of Medicine logo and a 'Log in' button. Below is the PubMed logo with a search icon. The article title is 'Hydrogen-rich water reduces inflammatory responses and prevents apoptosis of peripheral blood cells in healthy adults: a randomized, double-blind, controlled trial'. The author is 'Minju Sim et al. Sci Rep. 2020.' and there is a link to the 'Free PMC article'.

"Apoptosis (or cell death) of peripheral blood mononuclear cells (PBMCs) was significantly less in the HW group."

****This suggests that molecular hydrogen may help protect immune cells from oxidative damage, preserving their ability to respond to inflammation and illness..

MEET THE TECHNOLOGY BEHIND THE TRANSFORMATION!

After learning how dehydration, gut imbalance, and oxidative stress affect nearly every aspect of your health, the natural question is:

WHAT CAN I DO ABOUT IT?



THE ANSWER: CHANGE YOUR WATER.



KANGEN WATER

Produced by medical-grade water ionizers manufactured in Japan by Enagic®, a 50 year-old company with certifications in medical device manufacturing and a global reputation for excellence.

THIS ISN'T A TREND.

It's a clinically recognized technology used in hospitals and homes around the world to support better health through better hydration.

THE ENAGIC DIFFERENCE

- Manufactured in Japan with strict quality control
- Medical-grade titanium and platinum plates
- Certified as a medical device in Japan
- Generates 5 types of functional water for drinking, detox, cleaning, skincare, and sanitizing
- Lasts 15–25 years with minimal maintenance



TRUE WELLNESS DOESN'T COME FROM DOING MORE — IT COMES FROM STARTING WITH THE RIGHT FOUNDATION. AND THAT FOUNDATION IS WATER.

BACKED BY SCIENCE BUILT FOR DAILY LIFE

Kangen Water supports the body's natural ability to hydrate, detox, and repair — all with the push of a button, from your own kitchen sink.

Whether you're struggling with chronic symptoms or simply looking to optimize your wellness, this is one of the most **foundational changes you can make.**

READY TO EXPERIENCE THE BENEFITS FOR YOURSELF?

If you've made it this far, you're not just curious — you're informed. And now you know: **not all water is created equal.**

You deserve water that supports your health, energy, recovery, and longevity — not water that silently works against you.

KANGEN WATER IS THE ONE INVESTMENT YOU'LL USE EVERY SINGLE DAY TO SUPPORT EVERY SYSTEM IN YOUR BODY

HERE'S WHAT TO DO NEXT:

If you're ready to:

- Reduce your toxic load
- Hydrate your body at the cellular level
- Support your family's wellness
- And simplify your life with one device that does it all...



Reach out to the person who shared this guide with you to learn about machine options, pricing, and ordering support.

They'll help you choose the right model for your home and walk you through the simple next steps.

**THE BEST TIME TO INVEST IN YOUR HEALTH
WAS YESTERDAY. THE SECOND BEST TIME?
RIGHT NOW.**



WANT TO SHARE THIS WITH OTHERS?

Many people who invest in a Kangen machine quickly realize they can't keep it to themselves — and choose to share it with others. If you're:

- Passionate about health + wellness
- Excited to empower others
- Curious about earning income from sharing something you believe in...

Then we'd love to connect and show you what's possible.

OUR TEAM OFFERS:

- Step-by-step mentorship
- No monthly minimums
- High-ticket commissions
- Personal brand + marketing support
- Automations & done-for-you resources
- An aligned community of health-minded leaders

Ask the person who shared this guide about the distributorship opportunity — or mention you'd like to learn more when you reach out about your machine.

**HOWEVER THIS FITS INTO YOUR JOURNEY —
WHETHER FOR YOUR PERSONAL HEALTH OR A
BIGGER PURPOSE — WE'RE HERE TO SUPPORT
YOU EVERY STEP OF THE WAY.**