

HOW TO DRINK KANGEN WATER

The World's Healthiest Drinking Water

How much *Kangen Water* should I drink?

Do not drink a lot of alkaline water at random. Instead, make it a rule to drink three or four times a day, including a glass early in the morning, and two or three glasses on an empty stomach between meals. If you experience sluggishness or heaviness in the bowels, or have a swollen face or legs in the morning, you may be drinking too much *Kangen Water*. Keep it in mind that water by itself is non-nutritious, and you must eat meals with plenty of protein and vegetables. Another way to judge whether you are drinking the optimum amount of *Kangen Water*, is to check that you have lubricated stools. Many *Kangen Water* drinkers have said that only a glass in the morning was effective when they were physically weakened. Body conditions can differ greatly from one person to another, so the way of drinking *Kangen Water* may not be specified in terms of volume. It is essential that everyone recognize his/her own condition and determine the best way to drink. Instead of drinking or not drinking when you feel like it, try to make it a habit to drink *Kangen Water* regularly, and lead a regular life. **A detox process may occur when you first consume *Kangen Water*; therefore, you may want to start with one glass on your first day, two on your second, and so on, so that your body can adjust accordingly.**

NOTE: THE ANTIOXIDANT(ORP) POWER OF *KANGEN WATER* IS STONGEST FOR THE FIRST THREE(3) DAYS AFTER IT IS MADE. IT WILL ALWAYS BE HIGH-ALKALINE AND SAFE TO DRINK AFTER THAT PERIOD, BUT THE ORP STARTS TO DIMINISH GREATLY ON THE FOURTH DAY.

When and how often should I drink *Kangen Water*?

Orderly, timely and rhythmical behavior is important to the human body in every respect. This also applies to the habit of drinking water, which should be done regularly 30 minutes to an hour before eating a meal. By doing so, the water that you drink is already in the intestines by the time you eat, and your appetite will not be affected by water in your stomach. In addition, your stomach acid will not be diluted by the water. The *Kangen Water*® you drink before food, will help to curb your appetite as well. **DO NOT DRINK *KANGEN WATER* WITH FOOD.** After eating at around 6:00 or 7:00 in the evening, you should not eat or drink much. Some people think that drinking a lot of water at bedtime is fine, but it is better to limit it to one glass. In general, you can get moisture from the food you eat, but the effects of drinking fresh water are significant. Regularly drinking the water keeps the gastrointestinal system clean, and keeps you feeling young and beautiful. The health of your body can be maintained by the smooth circulation of water. Your drinking habits can be tailored to the seasons; for example, we recommend drinking warm *Kangen Water* in the winter.

Can I take medicine with *Kangen Water*?

We recommend that you drink *Kangen* on an empty stomach, in order to enhance its absorption in the gastrointestinal system. **YOU SHOULD NOT USE IT TO TAKE MEDICINE.** Waiting one hour before, and after medication is taken, is the best practice.

What are the favorable reactions to drinking *Kangen Water*?

It is clear that drinking *Kangen Water* is good for the gastrointestinal system; however, in rare cases, drinkers may suffer from constipation or diarrhea for several days or several weeks after starting to drink, depending on his/her body-build or way of drinking. This is similar to the strong effect called the Mengen reaction (literally dizziness and improvement reaction) in Chinese herbal medicine. If you experience this reaction, reduce your drinking volume down to a half or a quarter for a period of time. When the symptoms subside, resume regular drinking of the water, but in smaller volumes than the before. Ceasing to drink produces a negative bodily reaction, so you should continue drinking. If the symptoms do not subside, consult with a doctor or a pharmacist.

What or who should NOT drink *Kangen Water*?

In the case of infants (until about a year old), since breast milk or milk is the only thing they consume, the intestinal movement is generally different from adults, and the use of alkaline water is not encouraged until the infant begins to consume more sophisticated foods. In any case, *Kangen Water* should NOT be used to make powdered milk for infants. Anaciditas, also known as gastric acholrhidria, is found in people with stomach acidity higher than the average human pH level of 1.8pH. This makes it harder for them to digest food. These people should not drink the water. It is also NOT recommended for birds and reptiles. Cats, dogs, and horses do thrive on *Kangen Water*®.

CLOUDY BOTTLE and WATER NOTE: A white, cloudy film on your water container, or in your *Kangen Water*® is completely normal and safe to consume. It is simply the high amount of natural and healthy calcium generated through the ionization process. A little white vinegar removes it well.

CONTACT:

Michael Katz

Kangen Water® System Sales Consultant

Cellular & Text: 954-993-3295

Office: 754-779-7657

E-mail: HealthOptions@Hushmail.com

Website: <http://6131241.yourbodyiswater.com/>