

The Many Uses For  
**Kangen Water**

2.5 pH  
**Strong Acidic**  
aka  
**Hypochlorous Acid**

For  
**Self Care**

### **Vomiting**

To stop vomiting, take 1-2 Tablespoons of 2.5 pH.

### **Pink Eye**

Spray infected eye with 2.5 pH several times throughout the day.

### **Sore Throat, Strep Throat, Cough**

Gargle with 2.5 pH 3-4x per day or put in a spray bottle & spray into throat.

### **Sinus Infection**

Spray 2.5 pH in nose 2x a day for 2 days. Spray 2.5 pH then wait 2 minutes, then flush with 11.5 pH.

### **Open Wounds, Burns, Infections, Bleeding, Candida**

2.5 pH Strong Acidic kills bacteria & pathogens. Use on cuts & scrapes to stop bleeding. Clean twice daily until healed. Don't use other ointments as they attract microbes by keeping the area moist & sticky.

### **Teeth & Oral Care**

Gargle with 2.5 pH, then wait one minute and rinse with 9.5 to balance pH. This procedure will prevent periodontal disease & thrush and avoid root canals. Kills bacteria that causes gingivitis.

### **Moles & Warts**

If you see something abnormal on your skin, you may want to soak a bandaid with 2.5pH & apply. Change bandaid at least once a day. Often this requires 30-60 days before seeing results.

### **Facial Lifting & Tightening**

Spray 2.5pH on face & let dry. Finish with 6.0pH to tone skin.

### **Poison Oak/Ivy**

Spray 2.5pH on infected area as often as needed. Will slow down itching + dry up poison oak & ivy much quicker.

### **Antipersperant**

Stop odor by spraying 2.5pH to kill odor causing bacteria.

### **Nail Fungus**

Spray 2.5pH twice a day or soak.

### **Fever Blisters, Canker Sores**

Spray or gargle with 2.5pH to stop sores from getting worse & dry them up.

### **Acne**

Apply 2.5pH on pimples to eliminate bacteria & viruses & speed up healing. Spray with 6.0 pH after.

2.5 pH  
**Strong Acidic**  
aka  
**Hypochlorous Acid**

For  
**Cleaning**

**Hard Water Spots & Rust**

Use 2.5 pH to clean hard water spots & rust off of metal surfaces.

**Anti-Bacterial**

Use 2.5 pH water in place of anti-bacterial soaps or sprays.

**Clothes & Linen Bleaching**

Instead of chemical bleach, soak in 2.5 pH overnight then put through a rinse cycle in the washer before continuing to wash on a regular machine cycle.

**Kills All Microbes**

Pre-rinse all fruits, vegetables & meat in 2.5 pH & let sit for 1 minute before soaking in 11.5pH. This will kill all microbes. Will kill MRSA & infections.

**Rugs & Carpets**

Pet odors can be eliminated with 2.5 pH without removing or fading the colors of the carpet or rug. For overall clean, use a steam cleaner with 2.5 pH & 11.5 pH. To add a fresh scent, add 10 drops of essential oil to the final rinse.

**Soap Scum**

Spray 2.5 pH on tile & surfaces to remove soap scum.

**Limescale**

Detach the shower head & soak in a bowl of 2.5pH for at least 30 minutes, then scrub with a medium bristle brush.

**Protein Based Stains**

Use 2.5pH to clean up protein based stains. For oil based stains, use 11.5pH.

**Disinfecting**

Use 2.5pH for disinfecting everything.

**Beds**

Spray 2.5pH on mattress, pad, blankets & pillows as an anti-microbial. A fine mist is adequate.

**Coffee & Tea Stains**

Use 2.5pH to clean coffee & tea stains from cups.



6.0 pH  
**Beauty  
Water**



**Facial Soap**

Clean face twice a day. Spray with 6.0 pH after cleaning.



**Hair Conditioner**

Spray hair with 6.0 pH after showering as this conditions your hair.  
Use in place of conditioners that leave a film.



**Skin Toner**

Use 6.0 pH as a face rinse in or after the shower or bath to tone & firm skin.



**Rashes, Diaper Rash**

Spray 6.0 pH on skin to soothe & heal rashes, including diaper rash.

**Hardwood Floors, Ceramic Tiles**



Use 6.0 pH for polishing & housecleaning hardwood floors, laminate & ceramic tile.

**Anthocyanins**



Use 6.0 pH to wash & prepare fruits & veggies containing anthocyanin (plums, grapes, cherries, strawberries, red cabbage, eggplant, soybeans, asparagus...)



For  
**Self Care, Food  
& Cleaning**



**Lines, Wrinkles**

Mix 6.0 pH with essential oils, spray on skin to hydrate reduce lines & wrinkles, tone skin & produce younger, healthier skin.



**Freezing Food**

Spray 6.0 pH on food before freezing. (including fish & shrimp) so food doesn't lose it's flavor.



**Fabric Softener**

Use 1 gallon of 6.0 pH in the rinse cycle during laundry instead of fabric softener.

**Eyeglasses**



Use 6.0 pH to clean lenses.



**Window Cleaner**

Beauty water 6.0 pH replaces all window & mirror cleansers.

**Plants**

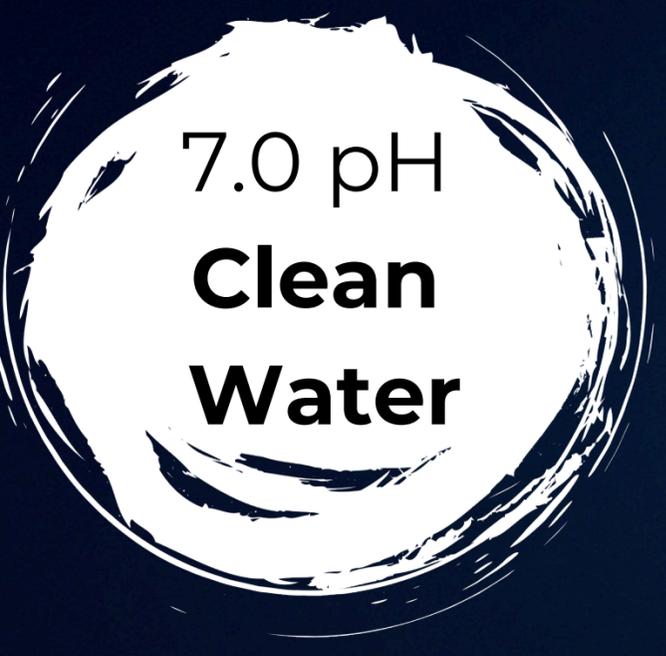


Water indoor & outdoor plants for vigorous growth. Can revive dying plants.

**Pets**



Bathe pets with 6.0 pH for more lustrous coats.



7.0 pH  
**Clean  
Water**



For  
**Self Care**



### **Meals**

Drink 7.0 pH with meals only if necessary. (It is not recommended to drink 8.5 pH-9.5 pH water within 45 minutes after meals in order for food to digest properly..)



### **Baby Formula**

Use 7.0 pH water for baby formula.



### **Medication**

Drink 7.0 pH Clean Water for medications that are time release. (Kangen drinking waters 8.5 pH-9.5 pH would dissolve medication too quickly.)

8.5 pH -9.5 pH  
**Kangen Water**

For  
**Self Care**

**Stir Fry**

Stir Fry with 9.5 pH to steam.

**Weight Loss**

Drink a glass of 9.5 pH when you're about to snack. Wait 30 minutes, eat if hungry. Most people are dehydrated & think they are hungry.

**Grey Hair**

Drinking 9.5 pH Kangen water can often return original hair color due to cells regenerating.

**Vision**

Drinking Kangen Water can help improve vision.

**Spider Veins**

Drinking Kangen Water 9.5 pH can help improve spider veins over time due to cells repairing.

**Drinking Water**

When starting Kangen Water, start at 8.5 pH & move up to 9.5 pH gradually. Drink at least 1 gallon of Kangen Water per day. Kangen Water is high in molecular hydrogen, antioxidants & minerals.

**Aromatherapy, Spritzer**

Put any herb in a spray bottle with Kangen Water 9.5 pH. Let set for a few hours & use as a spritzer & air freshener.

**Coffee, Tea**

Make coffee, tea & espresso with Kangen Water 9.5 pH to increase flavors, colors nutritional value & decrease acidity of coffee.

**Pets**

Pets drink 8.5 pH only.

**Cooking**

Use Kangen Water as liquid for cooking potatoes, grains, dried beans or peas, pasta, etc. to increase flavor & alkalinity.

**Broth**

Use Kangen Water as base for broth to extract the maximum vitamins & minerals from the vegetables & meat.

**Protein Shakes**

Kangen Water in protein shakes dissolves the powder more rapidly & allows nutrients to be absorbed more efficiently.

**Soups**

Cook all soups with 9.5 pH Kangen water for more flavor.

## 11.5 pH Strong Kangen Water

## For Self Care

### **Sleep Aid**

Drink 1/2 ounce of 11.5 pH before bedtime to help release Melatonin for a great night's sleep.

### **Bug Repellant, Sunburn, Bug Bites**

Spray or soak areas with towel soaked in 11.5pH & keep wet by continuously adding 11.5 pH for at least 1/2 hour. 1 hour is even more effective.

### **Makeup Remover**

Spray 11.5pH on face & eyes as needed to dissolve & remove makeup.

### **Heart Burn, Indigestion, Food Poisoning, Stomach Flu**

Drink 1/4 cup of fresh 11.5 pH immediately followed by 25 ounces of 9.5pH. Do not eat or drink for 45 minutes following.

### **Hot Bath Soak**

Use 1 gallon of 11.5 pH added right to the tub after filling. This replaces Epsom salts or another remedy. This works even better with the Anespa DX.

### **Stroke**

Drink as much 11.5 pH as you are able if you feel a stroke coming on, this provides potent alkalinity to overcome severe acidosis causing the stroke. Seek medical attention immediately.

### **Eye Wash**

Soak eye cup with 2.5 pH Strong Acidic water for 1-2 minutes prior to use. Rinse cup with 11.5pH then fill cup & wash eye with 11.5 pH Strong Alkaline Water. Toss water away & disinfect with 2.5pH again. Repeat the steps for the second eye. This can be repeated 1-3x per week. For eye infection, 2x daily.

### **Allergies, Cold Symptoms, Snoring**

Use 11.5 pH as a nasal rinse when sinuses are plugged. Due to the reduction of inflammation, this can reduce snoring.

### **Hangovers, Migraines**

11.5 pH can prevent hangovers. Drink several ounces before you feel a migraine coming on.

### **Puffy Eyes**

Spray 11.5 pH on eyes to reduce puffiness.

### **Arthritis, Gout, Muscle Soreness or Tissue Injuries**

High alkalinity draws out acids, you can use the 11.5 pH to soak in to 'pull out' acids associated with inflammation, injury & pain.

### **Grease In Eye**

Spray 11.5 pH as needed to soothe & heal eye.

### **Detox**

Soak feet in 11.5 pH for 20 minutes 1-2x per week to help with detoxification.

### **Chemotherapy**

Drink 11.5 pH with chemotherapy. The benefits are that side effects are lessened, it reverses metabolic acidosis & the antioxidants are good during chemo. Apply 11.5pH on skin for chemotherapy burns.

### **Food Digestion**

Drink 1 ounce of 11.5 pH 45 minutes before meals to enhance digestion. Don't drink anything during the meal & 30 minutes after.

## 11.5 pH Strong Kangen Water

## For Cleaning

### **Laundry Soap**

Use 1-2 Liters = (close to 1 gallon) of 11.5 pH per load in place of laundry soap. Works well for greasy smells. Add a few drops of essential oils for fresh scent.

### **Stains - Clothing, Rugs & Carpet**

Use 11.5 pH as a degreaser for any type of cleaning. Clean oil based stains by soaking the area & letting sit for 20-30 minutes, then blot out of carpets & wash clothes by following the Laundry Soap instructions above.

### **Polish Silver**

Soak silver in 11.5 pH & polish.

### **Clean Oven, Clogged Sinks & Tubs**

Clean ovens with 11.5 pH. Replaces chemical cleansers that dissolve grease & grime. Use for clogged sinks & bathtubs.

### **Soaps & Lotions**

Use 11.5 pH to emulsify oils for making soaps & lotions.

### **Dark Clothing Dye**

Use 11.5 pH to dye dark colored clothing.

### **Replace 'Goo Gone'**

Use 11.5 pH to remove greasy, gooey, gummy, sticky problems.

### **Paint Thinner**

After using oil based paints use 11.5 pH to clean up brushes & drips.

### **Clothes, Linen Spray**

Mix 11.5 pH with a few drops of essential oils in a spray bottle.

Use to refresh linens.



11.5 pH  
**Strong Kangen  
Water**



For  
**Food**



**Fruits & Veggies**

Soak in 11.5 pH for a minimum of 5 minutes to emulsify & clean off oil based pesticides, then rinse with 9.5 pH. This will clean & revitalize. Use 6.0pH to wash & prepare fruits & veggies containing anthocyanin (plums, grapes, cherries, strawberries, red cabbage, eggplant, soybeans, asparagus...)



**Ice Cubes**

Make ice cubes with 11.5 pH to off-set acidic drinks like alcohol, soda & coffee.



**Rice, Beans, Legumes**

Soak in 11.5 pH for 5-10 minutes, rinse clean with low flow 9.5 pH. Soak dried beans & peas for 1 hour to speed up cook time.



**Meats**

Soak all meats in 11.5 pH for 5-10 minutes for cleaning & tenderizing.



**Salad**

Add 1 Tablespoon of 11.5 pH to salad dressings to keep oil emulsified.



**Fish, Chicken**

Soak fish & chicken in 11.5 pH to clean & tenderize.



**Steam Or Blanch Veggies**

Use 11.5 pH to enhance flavor when steaming or blanching vegetables.

# Plants, Growing & IPM

## Seeds

Soak seeds in the 2.5 pH HOCl to kill any pathogens or viruses. Seeds can also be soaked in 11.5 pH for 30 minutes for faster germination after the 2.5 pH. Use 6.0 pH to water & keep moist during sprouting & after.

## Water/Irrigating

Use 6.0 pH as this is the closest pH to rainwater. If you need to revive a plant that is sick, you can water with the 6.0 pH.

## Pest Management, Foliar Spray

The 2.5 pH Hypochlorous Acid & the 11.5 pH Sodium Hydroxide are being used successfully for pest management replacing chemicals.

## Outsourced Cuttings

Put 2.5 pH in a bucket, dip cuttings into the 2.5 pH & spray regularly to kill any pests, diseases, bacteria & viruses.

## Cut Flowers

Use Kangen Water for vases of cut flowers to extend fresh appearance.

## Nutritional Mixes

Use 6.0 pH with whatever you normally use for nutritional sprays.

## Propagation

Use 2.5 pH in a bucket, after taking cuttings, submerge in the 2.5 pH & foliar spray regularly.

## Post Harvest

If you currently do a post harvest dunk, 2.5 pH can be used instead of hydrogen peroxide or other chemicals to kill pathogens & remove any particulates.

## Powdery Mildew, Mold

Rotate 2.5 pH & 11.5 pH spraying regularly to kill or prevent pathogens.

## Wildfire Smoke

Blow off any ash that has accumulated on the plants. Use 2.5 pH spray & rotate 11.5 pH at least 3x per week to remove the smoke smell & particulates.