

Estimated Monthly Savings* for Molnar Family (2 adults, 1 child & 4 pets)

\$263.97

SA = Strong Acidic (Sanitizing) Water

KW = Kangen Drinking Water

Yearly Savings Of: **\$3,167.64**

HA = High Alkaline (Degreasing) Water

BW = Beauty (Mild Acidic) Water

Figures updated: April 2010

Item	Monthly Cost (pro-rated)	Replaced By: *	Eliminated - 100%	Nearly Eliminated - 80%	Greatly Reduced - 50%
Health Care				Savings Total =	\$81.87
H.A. Joint Supplement	\$34.67	KW	\$34.67		
Allergy pills	\$10.00	KW	\$10.00		
Antacid	\$10.00	KW	\$10.00		
Nasal spray	\$5.00	KW	\$5.00		
Ibuprofen	\$3.00	KW		\$2.40	
Melatonin	\$3.00	KW	\$3.00		
Acetaminophen	\$1.00	KW		\$0.80	
Nutritional supplements	\$20.00	KW		\$16.00	
First Aid				Savings Total =	\$4.30
Muscle rubs/ointment	\$2.00	KW	\$2.00		
Antibacterial ointment	\$1.00	SA		\$0.80	
Pain patches	\$1.00	KW	\$1.00		
First Aid disinfectant	\$0.50	SA	\$0.50		
Grooming & Toiletries				Savings Total =	\$46.60
Misc. Skin Care	\$10.00	KW/BW			\$5.00
Mouthwash	\$5.00	SA	\$5.00		
Daily conditioner (hair)	\$5.00	BW	\$5.00		
Oily skin products	\$5.00	SA/BW	\$5.00		
Skin moisturizers	\$10.00	SA			\$5.00
Acne/blemish products	\$5.00	SA	\$10.00		
Detangler (hair)	\$3.00	BW	\$3.00		
Anti-frizz/smoothie (hair)	\$1.00	HA	\$1.00		
Hand sanitizer	\$3.00	SA	\$3.00		
Facial toner	\$2.00	BW	\$2.00		
Makeup - foundation	\$2.00	KW/BW			\$1.00
Deodorant	\$2.00	KW/SA/HA		\$1.60	
Cleaning Products				Savings Total =	\$23.60
Carpet stain remover	\$5.00	HA	\$5.00		
Fabric stain remover	\$3.00	HA	\$3.00		
General Cleaning Spray	\$2.00	SA/HA	\$2.00		
Disinfectant spray	\$2.00	SA	\$2.00		
Odor removing spray	\$2.00	SA	\$2.00		
Air Freshener	\$1.00	SA/HA	\$1.00		
Window cleaner	\$1.00	SA	\$1.00		
Floor cleaner	\$1.00	BW	\$1.00		
Vegetable wash	\$1.00	HA	\$1.00		
Soft Scrub	\$0.50	HA	\$0.50		
Bleach/bleach products	\$2.00	SA/HA		\$1.60	
Laundry detergent	\$5.00	HA			\$2.50
Dish soap	\$2.00	HA			\$1.00
Food & Drink				Savings Total =	\$94.50
Restaurant soft drinks	\$25.00	KW		\$20.00	
Bottled water	\$10.00	KW	\$10.00		
Fruit juice	\$10.00	KW		\$8.00	
Soda	\$10.00	KW	\$10.00		
Sports drinks/waters	\$10.00	KW	\$10.00		
Brita filters	\$2.00	KW	\$2.00		
Coffee/Tea	\$15.00	KW	\$15.00		\$7.50
Produce loss (spoilage)	\$15.00	SA/HA		\$12.00	
Pets				Savings Total =	\$13.10
Ear cleaner (pet)	\$5.00	SA	\$5.00		
Clean Teeth Supplement	\$5.00	KW/SA	\$5.00		
First aid supplies (OTC)	\$2.00	SA		\$1.60	
Grooming supplies	\$3.00	BW/SA/HA			\$1.50

* Monthly estimate DOES NOT include savings for professional medical costs or loss of vacation time/pay due to illness.

Household Savings Worksheet - www.whynothealth.com - (206) 446-1153

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