



# Attracting Wellness with Kangen Water™

*Change Your Water, Change Your Body ... Change Your Life*



The "Baby Boom" generation is advancing in years, with millions approaching (or having already reached) age 60 every month. So it's no surprise that there has been a parallel upsurge of interest about maintaining life energy, vitality, and overall fitness or wellness, improving health and slowing the aging process. In addition, the generations that followed the Boomers are experiencing the onset of chronic diseases at an earlier age than their predecessors, and are paying the price both in terms of money and their compromised health and wellbeing.

According to conventional medicine, physiology and natural health experts, subtle changes in the pH of the body's "inner sea" can affect overall health, feeling of wellbeing, level of fatigue, pain, weight and athletic performance. pH balance and acid buffering are crucial to human health and determine how fast we rust, wear out, decay, break down, or age.

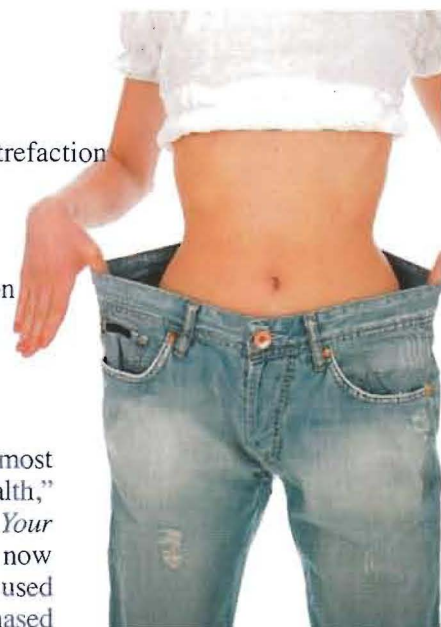
***"It is well known that many chronic diseases result in excess acidity of the body (metabolic acidosis). We also know that the body tends to become more acidic due to modern dietary habits and lifestyles and the aging process itself. By drinking high negative ORP alkaline water, you combat metabolic acidosis and improve absorption of nutrients."***

**Ray Kurzweil, Author,  
*Fantastic Voyage: Live Long  
Enough to Live Forever***

The purpose of this report is to provide easy to understand, accurate information about diet and lifestyle changes that lead to optimal pH balance. The water you choose to drink is critical to achieving long-term optimal pH.

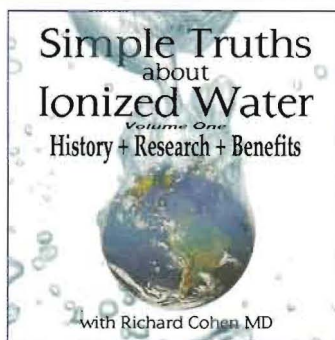
In Japan, hospitals and clinics have used purified, electrically restructured, hexagonal, ionized, alkaline water, for over 30 years to treat a number of disease conditions. Numerous peer reviewed scientific studies performed worldwide in well respected universities and hospitals show the following benefits of restructured ionized water:

- Release of excess body fat and stored toxins
- Normalization of blood sugar and insulin
- Normalization of blood pressure
- Elimination of abnormal gastro-intestinal putrefaction
- Support of healthy colon function
- Resolution of urinary tract infections
- Reduction of candida and fungus proliferation
- Reduction of chronic pain
- Improved wound healing



"I think that drinking Kangen Water™ is the most important thing a person can do for their health," says Dr. David Carpenter, N.D., Author, *Change Your Water, Change Your Life*. Kangen Water™ is now available to US consumers. The medical device used in Japanese hospitals and clinics can now be purchased for home use.

## New DVD from Kangen Power Tools



Learn the history, the research and benefits of ionized water from a holistic MD. See page 4.

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# Four Good Reasons to Drink Restructured Ionized Water

1

## Increase Hydration

The process of ionization reduces the size of the water molecular cluster by two-thirds. The cluster of water molecules takes on a hexagonal shape when ionized. Smaller, hexagonal water clusters are more able to penetrate the cellular membranes, enhancing tissue repair and waste removal. The amount of hexagonal water produced depends on the surface area of the electrolysis plates and the electrical power devoted to ionization.<sup>11</sup>



## Hexagonal Water

Biological organisms prefer hexagonal water, which is comprised of six molecules of water in a ring-shaped cluster. In nature, it is found in water from melting snow or ice. It can be produced by ionization of water containing certain alkaline minerals like calcium.

## pH

pH is a measure of the acidity or alkalinity of a solution. As the pH scale is logarithmic, it does not start at zero. Thus the most acidic of liquids encountered can have a pH as low as 2.5. Restructured ionized drinking water typically has a pH of 8.5 to 9.5, which is alkaline.

## Free Radicals

Free radicals are atoms or molecules which contain unpaired electrons. Active oxygen is a free radical because it is missing one electron. Free radicals indiscriminately steal electrons from other atoms, converting them into free radicals, which can cause substantial biological damage, leading to aging and illness.

## Oxidation

When the oxygen molecule loses an electron, it becomes a free radical and begins to search for any molecule that might have an extra electron. Oxidation occurs when an electron is taken from a molecule by oxygen. Oxidation is how our bodies age, resulting in wrinkles, degeneration of organs, bones, muscles, tendons and cellular membranes.

## Oxidation-Reduction Potential (ORP)

ORP is a measure of antioxidant power and is measured in millivolts (mV). It measures the presence of free electrons. A negative ORP means that a substance can donate free electrons, making it an antioxidant. A positive ORP means that a substance is taking electrons, making it a free radical or pro-oxidant.

2

## Balance Body pH

Ionization raises tap water pH by ionizing or splitting the water molecule ( $H_2O$ ) resulting in the ions  $H^+$  (hydrogen with a positive electrical charge), and  $OH^-$  (hydroxyl with a negative electrical charge), as well as ionic alkaline minerals. This abundance of  $OH^-$  ions increases the bicarbonate buffers in the blood, balancing the body and neutralizing and excreting acids and toxins.<sup>16</sup>

3

## Increase Blood Oxygenation

Strong, fresh restructured ionized water contains an abundance of hydroxyl ions ( $OH^-$ ) which donate free electrons to unstable oxygen free radicals, resulting in stable oxygen molecules. According to experts, drinking restructured ionized water on a regular basis will increase the amount of dissolved oxygen in the blood.<sup>16</sup> Stable oxygen (a nonreactive oxygen molecule with evenly paired electrons – no electrical charge) provides us with mental alertness and is invigorating and energizing to the body.

4

## Neutralize Free Radicals

According to Dr. Hidemitsu Hayashi, Director of The Water Institute in Tokyo, Japan, because active oxygen is a free radical and can damage normal tissue, it is essential to remove it or neutralize it before it can cause damage to healthy tissue. "If we can find an effective method to block the oxidation of healthy tissue by active oxygen, then we can attempt to prevent disease," Dr. Hayashi explains.<sup>10</sup>

Restructured ionized water, with an abundance of hydroxyl ions ( $OH^-$ ), provides extra electrons that neutralize destructive free radicals circulating throughout the body. Restructured ionized water carries a high negative ORP (Oxidation-Reduction Potential) when it is first produced, making it a potent antioxidant. "When taken internally, the reduced ionized water with its redox potential, or ORP, of -250 to -350 mV readily donates its electrons to oddball oxygen radicals and blocks the interaction of the active oxygen with normal molecules," Dr. Hayashi adds.



# What Is Kangen Water™ ?

Kangen means “Return to Origin” in Japanese. The use of the word is regulated in Japan by the Japanese government. In the US, *Kangen Water™* is a trademark of Enagic USA, Inc. In order to be called Kangen, water must be alkaline, micro-clustered, pure, and have a high negative ORP, or oxidation-reduction potential. Kangen Water is also known as ionized water, microwater, spa water, alkaline water or living water. The micro-clustered form of the molecular structure appears to be critical in this report; this quality is included as an attribute of *Kangen Water™*.

- Kangen Water is used in over 100 hospitals and medical clinics in Japan for its scientifically documented health benefits. It is produced by a medical device which is prescribed for home use by Japanese physicians.
- Kangen Water is a “free radical scavenger” with measurable antioxidant properties which are many times higher than any food or nutritional supplement on the market. Research shows that Kangen Water assists in repairing damaged DNA strands.<sup>2</sup>
- Kangen Water provides a way for toxins to exit the body by neutralizing the positive, cationic charge with its abundant free electrons. Toxins stored in fat cells, tissues, organs, and lymphatic fluids are released, resulting in fat loss.<sup>13</sup>

- Kangen Water is “living water” that deeply hydrates the cells. It is absorbed six times faster than tap or bottled water because the cluster size of the water molecule is smaller and it has more hexagonal structures.<sup>11</sup>

- Kangen Water is rich in ionic minerals, like calcium. Research has shown that it significantly increases bone density.<sup>5</sup>

- Kangen Water is alkaline – it is able to neutralize and balance a chronic acidic state. Chronic over-acidity is the underlying cause of many disease states, including pain and inflammation. The body draws upon alkaline minerals stored in the bones and tissues to buffer the over-acid state caused by the foods we eat, the fluids we drink, and our stressful lives. Kangen Water helps the body preserve and maintain its calcium, magnesium, and potassium reserves by providing ionic minerals and negative hydroxyl ions to buffer excess acids.<sup>11</sup>

Based on our research, we have concluded that only one company, Enagic USA, Inc., offers an ionizing water device for home use that consistently produces the highest Kangen-grade water with a significant amount of micro-clustered molecular structures. This device, the *Leveluk SD501*, produces several different kinds of water for consumption and external use. (For details, see page 14.)

There are, of course, many other devices marketed as water ionizers in the US. As you will read elsewhere in this report, none compare to the results produced by the Enagic *Leveluk SD501*.

## Water Restructuring Through Electrolysis



Electrolysis is a process where electricity is passed through electrodes composed of precious metals with the ability to attract ions that conduct electricity. The ions that are naturally present in water are then concentrated into clusters of positively and negatively charged ions and then separated by a membrane. This process restructures the original water clusters into smaller hexagonal clusters that are either positively or negatively charged. This simultaneously creates both alkaline 8.5 – 9.5 pH water for drinking, and acidic 4.5 – 5.5 pH acid, ionized water for topical use.

Acidic water is also known as *electro-oxidizing water* and has unique characteristics including high positive ORP, low pH, and a high concentration of dissolved chloride and oxygen. Skin ulcers with **MRSA** (Methycillin Resistant Staphylococcus Aureus) infections by are difficult to heal; Japanese plastic and reconstructive surgeons use electro-oxidizing water to successfully treat these skin ulcers.

While the basic technology is the same from manufacturer to manufacturer, the quality, reliability and consistency of production of restructured ionized water depends on two factors: the size or surface area of the electrolysis plates and the amount of electrical power used to accomplish electrolysis. While many water ionizers produce “alkaline” water, when tested under normal operating conditions, the pH and ORP measurements of water produced by these ionizers are inconsistent due to the use of a cost-cutting design that uses small electrolysis plates and low power. The presence of hexagonal clusters is also dependent upon the size and power of the electrolysis plates.



# Intracellular Hydration

by Richard Cohen, MD

## Benefits of Optimal Hydration:

- Increased oxygenation
- Muscles producing more power
- Increased endurance
- Less cramping in muscles
- Faster recovery
- Enhanced nutritional supplement absorption
- Removal of toxins
- Serves as a powerful anti-oxidant
- Promotes cellular communication

Our bodies are made up of 70% or more water. Water composes 75% percent of all muscle tissue, 80% of our blood and 90% of our brain. Nearly all of the biochemical reactions that occur in body cells depend on water and normal metabolic activity can only occur when cells are at least 65% water body.

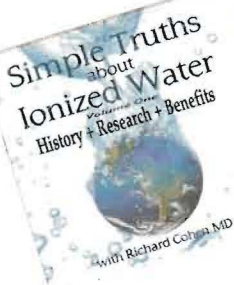
Water molecules not only fill space between cells, but they also help form the structures of macro-molecules such as proteins and glycogen. As the primary fluid in the body, water serves as a solvent for minerals, vitamins, amino acids, glucose, and many other nutrients. Water also plays a key role in the digestion, absorption, transportation, and use of nutrients. Water is the medium for the safe elimination of toxins and waste products and whole-body thermoregulation is critically dependent on it. Water is also critical for enhanced immune system function and faster recovery from surgery and illness including colds. From energy production to joint lubrication to reproduction, there is no system in the body that does not depend on water.

There are two types of water in the body, intra-cellular and extra-cellular. Extra-cellular is the fluid outside an individual cell while intra-cellular is the fluid found inside the cell. Both of these types of water are necessary for optimal wellness. In

order for the cells to be biologically active they must absorb water. When the cells *hydrate* it triggers an anabolic phase, one of the healing mechanisms in the body. This phase enhances nitrogen balance, protein synthesis and growth hormone. Improved cellular hydration also results in a reduction of cell acidity, enhanced immunity, increased fat burning, DNA repair, and increased resistance to viruses. When cells *dehydrate*, they put into motion the catabolic phase which includes muscle wasting, cell hypoxia (oxygen starvation), DNA damage, and accelerated aging. As a result the cell becomes more sensitive to free radicals and more susceptible to viruses and autoimmune diseases. Virtually all symptoms of aging can be traced to cellular dehydration accompanied by free radical damage.

In its natural state, water flows over rocks and through streams and falls through the sky in the form of rain and snow. It contains hexagonal water clusters which are much smaller than those found in altered water; they are easily and deeply absorbed at the cellular level. Natural water is alkaline; it contains an abundant supply of free electrons which makes it a potent free radical scavenger. Because of its direct contact with the life-enhancing forces of the earth, it contains beneficial organic minerals and is completely chemical-free. The technology of ionization is one way that ancestral, natural water can be made available to us today, providing free electrons, smaller hexagonal molecular clusters and alkaline minerals.

Dr. Cohen focuses on working with competitive athletes and individuals interested in natural anti-aging strategies. See the complete interview with Dr. Cohen on the DVD *Simple Truths about Ionized Water*. Preview this 45 minute DVD and order from [www.kangenpowertools.com](http://www.kangenpowertools.com).



## Enagic USA is the Gold Standard

Enagic USA, Inc., is not only one of the oldest manufacturers for Kangen Water™, it remains the “best in class.” Here are some of the unique features of the LeveLuk SD501 that make it the “gold standard” in the industry:

- 5 year product warranty
- 15–20 year life span
- Comprehensive maintenance program
- Superior automatic self-cleaning system
- Approved medical device in Japan.
- Seven platinum coated titanium plates for electrolysis



Enagic, Inc. is a 30 year-old company using water ionizing technology that is over 42 years old with a proven track record. Enagic makes one of the few water ionizing devices that is officially approved, based on health merits, by the Japanese Ministry of Health, Labour and Welfare. Over one hundred hospitals in Japan utilize Enagic's device, enabling them to treat their patients with Kangen Water.

Enagic owns and operates the manufacturing plant where each component part is created. Each machine is assembled by hand, and their quality control is the best in the industry. They produce several models for home and commercial use. Enagic is the only company in the water industry endorsed by the Japanese Association for the Prevention of Geriatric Diseases, an association of over 6,500 doctors and surgeons.



# The True Cost of Bottled Water

How much do you spend on bottled water? Have you ever stopped to calculate it? Speciality waters that imply some kind of health benefit typically sell for about \$2 or more per liter. If you consumed your body's daily needs for water (3–4 liters/day) from specialty bottled water, it would cost \$8–10 a day per person. Over 15 years, (the life-span of the Enagic LeveLuk SD501), you would spend about \$50,000 for water that promised some kind of special benefit!

Do they deliver on their promise of health benefits? Most brands we tested for pH were mildly acidic. Drinking such water will contribute to the chronic over-acidity that underlies many of our adult, life-style-related diseases. These waters typically measure a +100 or higher on an ORP meter, meaning they are a source of free radicals, not anti-oxidants, and drinking them may cause oxidative damage to your body.

You could save over \$50,000 dollars by owning your own *fountain of youth*, generating unlimited quantities of health-promoting restructured ionized water for yourself, your friends, and your entire family for just pennies a gallon.

Finally, by making your own anti-oxidant, restructured ionized water, you can also stop contributing to the environmental waste that is created by discarding empty plastic water bottles!

## Facts About Bottled Water:

- Billions of plastic water bottles a year end up in the trash and 90% end up in landfills.<sup>6</sup>
- Over 250 million barrels of oil per year are used to produce plastic bottles.<sup>6</sup>
- Over 40% of bottled water is from purified, filtered municipal water; some bottled waters are *more* contaminated than municipal water.
- Almost all bottled water is acidic.
- Plastic bottles can leach dioxin, a known carcinogen, and other chemicals into the fluid contents.

## What about using tap water as an alternative?

- Tap water may contain up to 90 legally allowable chemicals.
- Tap water contains chlorine and chlorine by-products which have been linked to bladder, breast and other cancers.<sup>18</sup>
- The chlorine used to kill bacteria in tap water also kills healthy bacteria in your gut.

The alternative? Get a simple carbon water filter and drink your own tap water. Fill a glass, stainless steel or hard plastic container to take to work or school. But be aware; purification is just the first step. Many health experts recommend consumption of restructured ionized water because it provides ample anti-oxidant power, is vastly more hydrating compared to any other kind of water, and is alkaline.

*It would cost about \$50,000 over 15 years to provide your body's requirement in bottled "designer" water! A waste of money, since designer water is usually acidic and has no anti-oxidant impact.*



## Horse Sense and Water

*Editors Note: We know that 50% of men and women are placebo responders ... if they believe something will help them, they feel a positive effect. However, animals do not respond to placebos. Thus, the following story is significant.*

"I have a dozen horses – three of them ponies, one of them not quite broke yet. We keep the ponies corralled close to the house, so I decided it would be good to give them Kangen Water. The first day I brought it out in buckets, the ponies were fighting over it. Usually we have to trick the one that's not quite broke to come around human beings. On the second day when he saw me with buckets in my hand, he came running for the water. During the next three days, they drank three times as much water as they normally consume."

JulieAnn Curtis, Salem, UT

Note: Other people have reported similar responses with dogs and cats. When the animals respond to something so simple, perhaps people should listen! You'll find more information in our new brochure, which you can preview at:

[www.kangenpowerstore.com/preview](http://www.kangenpowerstore.com/preview)

**Your Pets  
Deserve the  
Best Water!**





## What The Experts Say



**I have administered over 5,000 gallons of this water for about every health situation imaginable. I feel that restructured alkaline water can benefit everyone.**

**Dr. Theodore Baroody**  
Author, *Alkalize or Die*

**Alkaline water rids the body of acid waste. After carefully evaluating the results of my advice to hundreds of individuals, I'm convinced that toxicity in the form of acidic waste is the primary cause of degenerative disease.**

**Sherry Rogers, MD**  
Author, *Detoxify or Die*

**Drinking alkaline water is a great way to neutralize and flush out all of the toxins and acids that drain from the tissues and bodily fluids, and to quickly rehydrate the body and keep the blood alkaline.**

**Daniel Reid,**  
Author, *The Tao of Detox*

**By drinking alkaline water, the aging process can be reversed and the wastes can be reduced in the long-term to a level of a much younger person. The functions of the organs can be revived.**

**Harald Tietze,**  
Author, *Youthing*

## Are You Overly Acidic?

When your cells, tissues, and interstitial fluids are overly acidic, you are more likely to experience the following effects:<sup>13</sup>

- Tire easily and become fatigued
- Find it more difficult to think clearly (brain fog)
- Develop a pessimistic outlook on life
- Lack the energy and vital spark to achieve your goals and aspirations
- More frequent colds, flu, allergies and respiratory ailments
- Stiffness, joint pain and arthritis
- Chronic fatigue, chemical sensitivities or fibromyalgia
- Chronic long-term medical problems like high blood pressure, autoimmune disorders, cancer, heart disease, diabetes, or inflammation
- Retain toxins and heavy metals

When a body is acidic, it holds onto heavy metals such as mercury, lead, and cadmium. Heavy metals, in turn, create high oxidative stress that further acidifies the body. Heavy metals are the cause of many degenerative conditions. Even minute amounts are unhealthy for the body.

Restructured ionized water has been shown to have an immediate detoxifying effect on the body because of its tendency to bind with acids and toxins, including heavy metals. When first drinking restructured ionized water, toxic individuals may experience classic detoxification symptoms such as itching, body aches, and headaches.

**"Keeping blood and body tissue at a proper pH keeps premature death at bay and makes the difference between vitality and death. This is the secret of an alkaline body."<sup>12</sup>**



### Symptoms of Toxic Overload

Headaches  
Muscle aches  
Depression  
Allergies  
Sensitivity to smells  
Chronic infection  
Joint pain  
Memory loss  
Fatigue  
Frequent colds

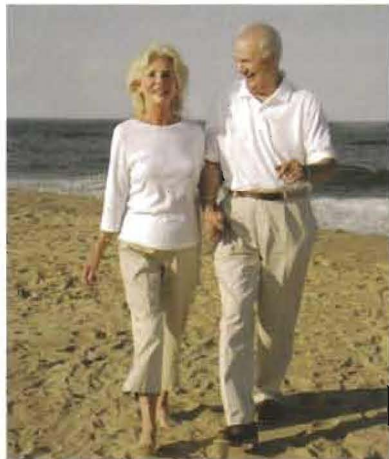
According to water researcher, Dr. Mu Shik Jhon, every metabolic function creates waste which causes acidification (hardening) of organs and tissues. Over acidification has been correlated with both disease and aging, and if an organism can eliminate wastes more efficiently, its life expectancy and overall health will be enhanced. "Hexagonal water improves cell water turnover and supports metabolic efficiency," he writes. Conversely, his research has shown that pentagonal water is associated with cancer, diabetes and other abnormal conditions. "The more structured hexagonal water in the body, the healthier you will be," he says. "An important key to health is the amount of hexagonal structured water we have in the body."<sup>11</sup>



# Slowing the Aging Process

## Diet, Lifestyle, Metabolism and Aging

The food we eat is made up of a mixture of carbohydrates, proteins and fats. At the most basic, food consists of carbon,



nitrogen, hydrogen and oxygen. To sustain life, we oxidize or burn food for its energy and nutrients. When food is burned to fuel the body, the by-products are carbonic acid, uric acid, lactic acid, fatty acids and ammonia. All food produces some amount of acid waste; some foods contain organic alkaline minerals that help neutralize that waste. Acidic wastes must be disposed of through the urine and

perspiration after being dissolved in the blood.

According to physician Susan Lark, MD,<sup>13</sup> the following lifestyle factors increase the acid load on our bodies:

- Physical and mental stress which reduce oxygenation and blood flow and increase muscle tension
- Strong emotions like anger, fear, hostility, or excitement, which produce adrenaline surges
- Vigorous exercise which produces lactic acid, pyruvic acid and CO<sub>2</sub>, decreasing muscle pH
- Frequent air plane travel with cabin air lower in oxygen and higher in CO<sub>2</sub>
- Over-the-counter and prescription medications and vitamins

If the body can't neutralize or buffer all the acid waste it produces, which is more and more common as we age, it accumulates somewhere in the body – often stored in the fat cells made for this purpose or as crystals in the joints and muscles. Arthritis and gout result when uric acid precipitates from the blood due to over-acidity. Drinking restructured ionized water will gradually balance the body's pH and dissolve excess uric acid so it can be excreted. Conditions of arthritis and gout will naturally disappear.

Here's what Robert Barrere says about the dramatic effects he experienced: "Since drinking the Kangen Water™, the most significant results have been the complete relief of joint pain throughout my body. The water has truly been a miracle in my life," he says.

Acidic minerals such as chlorine, phosphorous and sulfur also contribute to acidic waste. These minerals are abundant in acid-forming foods like meat, grains, root vegetables and soda pop. Fruits and vegetables contain the organic alkaline

minerals calcium, potassium, magnesium, and sodium. Our modern diet is typically lacking in these minerals because of the way we eat.<sup>11, 13, 16</sup>

## Free Radicals and Aging

It is clear from decades of research that free radicals are a major cause of aging. Free radicals oxidize normal tissue, impairing organ function and life itself.

Modern life exposes us to a number of sources of free radicals. Some of them are:

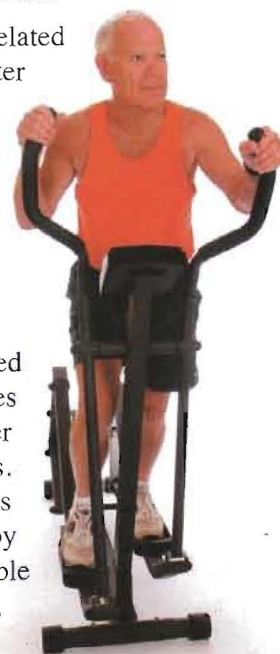
- Use of prescription, over-the-counter or street drugs, tobacco or alcohol
- Consumption of processed and irradiated foods, food additives, artificial food coloring and preservatives
- Ingestion of or exposure to heavy metals
- Consumption of polyunsaturated oils, mainly vegetable oil, rancid or partially hydrogenated oil (trans fats)
- Drinking chlorinated unfiltered tap water or showering in chlorinated water
- Excessive prolonged stress

"Water treated by electrolysis to increase its reduction potential is the best solution to the problem of providing a safe source of free electrons to block the oxidation of normal tissue by free oxygen radicals," says Dr. Hidemitsu Hayashi. "We believe that reduced water, water with an excess of free electrons to donate to active oxygen, is the best solution."<sup>10</sup>

## Slowing The Aging Process

"Water and aging are directly related and it has been shown that the water content of the body decreases with age, producing a visible wrinkling and withering effect," says water researcher Dr. Jhon. "Keep in mind that the outward signs of aging are just an indicator of what is also happening on the inside of the body."

"Cell water turnover is linked to health and aging and declines with age. It's an important marker for health and longevity," he says. "Hexagonal water clearly improves cell water turnover as measured by bio-impedance instruments. It is able to penetrate cells more rapidly, improving metabolism, nutrient absorption, and waste removal."<sup>11</sup>





# pH and Sports Performance

Competitive, elite athletes and sports trainers know that subtle changes in pH can have profound effects on overall health, feeling of wellness, level of fatigue, pain, weight, ability to train and athletic performance.<sup>8,9,13</sup> Muscles work best in a narrow range of pH. At rest, muscle pH is about 6.9, while arterial blood is about 7.4.

When we exercise, the increased use of muscle glycogen for energy produces lactic acid, pyruvic acid, and CO<sub>2</sub>, which decreases muscle pH. The harder you exercise, the quicker your muscles become acidic which leads to fatigue. Accumulation of acid also limits production of ATP, the energy molecule, and disrupts enzyme activity that produces energy. For example, the enzyme phosphofructokinase is the rate-limiting step in muscle use of glycogen. When muscle pH falls below 6.5, it stops working altogether. Acidity also reduces muscle power directly by inhibiting the contractile action of muscle fibers.<sup>13,14,17</sup>

"Endurance and elite sport athletes should be concerned about maintaining health pH balance," says Robert Burns, PhD.<sup>9</sup> He notes that lactic acid build-up or hydrogen ion excess is of most concern. As the body metabolizes food, acid waste is created which must be removed or neutralized through the lungs, kidneys (urine) and skin. "pH balance and acid buffering are crucial to human health and slowing the aging process," he explains. Athletes, coaches and practitioners of holistic and traditional medicine are paying more attention to this area. "We may be able to buffer or slow the negative effects that acidosis has on athletes as well as the many disparate maladies that share acidosis as a common thread," he concludes.

The use of restructured ionized water is proving to increase competitiveness and overall performance in world class athletes. A diet that supports alkalinity is also recommended by sports nutritionists. Consuming restructured ionized water will reduce the accumulation of acidity in exercising muscles, improving work-out intensity and recovery time. Former Denver Bronco Bill Romonowsky was introduced to the power of "ionized" water late in his career when he was doing anything legal to maintain his competitive edge.<sup>20</sup>

Competitive body builder Wade T. Lightheart (formerly known as Wade McNutt) advocates the use of

Kangen Water™ produced from the Enagic LeveLuk SD501, and credits it for motivating him to come out of retirement and win another Canadian Championship. He says he has increased his training volume by 2.5 times with decreased recovery time and no muscle soreness. In his opinion, all sports teams should be drinking Kangen Water because it will reduce injuries and allow for more efficient training.



In her book, *The Chemistry of Success: Secrets of Peak Performance*, Susan Lark, MD talks about the role of acid/alkaline balance in peak performance and health. The following is her assessment of alkaline water:

"The benefits of the alkaline water created through electrolysis far exceed just its ability to gently raise the pH of the cells and tissues of the body and to neutralize acids. Because the alkaline water has gained a significant number of free electrons through the electrolysis process, it is able to donate these electrons to active oxygen free radicals in the body, thereby becoming a super antioxidant. By donating its excess free electrons, alkaline water is able to block the oxidation of normal tissue by free oxygen radicals."

She continues by noting that another significant benefit of the electrolysis process is that the cluster size of the alkaline water is reduced by about 50 percent from the cluster size of tap water. "This allows ionized alkaline water to be much more readily absorbed by the body, thereby increasing the water's hydrating ability and its ability to carry its negative ions and alkalizing effect to all the cells and tissues of the body."

"If you are overly acidic, an alkaline water device can provide a safe, gentle, and effective way of restoring the pH balance of all the cells in your body as well as providing excess free electrons to act as super antioxidants," Lark recommends.<sup>13</sup>

Most people, including most athletes, do not consume enough alkaline mineral-rich foods, such as nuts, fruits, and vegetables.

Instead their diets contain high amounts of acid-forming foods, such as meat, fish, poultry, eggs, and dairy. Because of this dietary imbalance, they may be at risk for increased acidosis that affects overall health and sports performance. Since proper hydration is also a key factor in preventing exercise fatigue, consuming restructured ionized water before, during and after exercise can help.

## Wade T. Lightheart

Certified Sports Nutrition Advisor  
Personal Trainer, Author & Speaker



3-Time Canadian Natural Bodybuilding Champion



# The Physiology of Restructured Ionized Water

Restructured ionized water has several important properties, including:

- Lower surface tension
- Reduced molecular cluster size
- Negative oxidation-reduction potential (ORP)
- Alkaline pH from hydroxyl ions and ionic alkaline minerals
- Ability to deliver bicarbonates to the blood

According to many experts, the most important function of restructured ionized water is to increase bicarbonates in the blood. As we age, we lose bicarbonates, which buffer or neutralize acids.<sup>7</sup>

When we say that we alkalinize our body, we don't necessarily mean that the pH of the saliva or urine increases. Alkalinizing the body means increasing the amount of bicarbonate buffers available to the interstitial fluids surrounding the cells – the “inner sea.” The blood pH does not change, but the ability of our body to neutralize acid increases.

## Stomach Acid and Restructured Ionized Water

The stomach maintains its pH around 4.0 when not digesting food. When we drink high pH restructured ionized water, the water pH decreases when it gets to the stomach and stomach pH increases as a result. How high it goes up depends on the amount and the pH of the water we drink. When the stomach pH rises above 4.5, the stomach will release more hydrochloric acid to reduce the stomach pH below 4.0.

How the stomach produces hydrochloric acid is not commonly understood, even by medical doctors. The chemical formula for hydrochloric acid production in the stomach is:



Water, carbon dioxide and sodium chloride (table salt) produce hydrochloric acid and sodium bicarbonate. The hydrochloric acid goes into the stomach, and the sodium bicarbonate goes into the bloodstream.

There are several alkaline buffers that neutralize excess acid to maintain a pH of 7.365 in the blood, made up of bicarbonate ( $\text{HCO}_3^-$ ) mated with alkaline minerals. Examples are sodium bicarbonate ( $\text{NaHCO}_3$ ), potassium bicarbonate ( $\text{KHCO}_3$ ), calcium bicarbonate ( $\text{CaHCO}_3$ ) and magnesium bicarbonate ( $\text{MgHCO}_3$ ).

When the blood becomes too alkaline, the acid buffer works to bring the pH down. Acid buffer is mainly carbonic acid, a water and carbon dioxide combination. Carbohydrate completely burned becomes carbon dioxide ( $\text{CO}_2$ ) and water ( $\text{H}_2\text{O}$ ); therefore there is no shortage of acid buffer.

## Lifestyle Depletes Bicarbonates

People living and working in a polluted environment have less bicarbonates in their blood than people working in a clean environment.<sup>19</sup> Our stressful lifestyles create more acid, which causes us to use up more bicarbonates. The standard American diet is also a contributor to acid load on the body. Some foods are more acid-forming than others, especially high protein meat products and highly acidic soft drinks.

Conventional medicine considers the reduction of bicarbonates in the blood as an inevitable fact of aging. There is a great deal of recent interest in the hypothesis that, in fact, the reduction of bicarbonates in the blood is instead the *cause* of aging and disease. If we can modify our diet and lifestyle to replenish bicarbonates in the blood, perhaps we can slow the aging process.<sup>7</sup>

“The time to fix the barn is before the cow is dead,” says Dr. Mu Shik Jhon.<sup>11</sup> As the amount of disordered water in the body increases, survival rate declines. “The more structured hexagonal water in the body, the healthier you will be,” he maintains. “Several studies support the premise that consuming hexagonal water results in a general slowing of the aging process,” he emphasizes.

## When To Drink Restructured Ionized Water

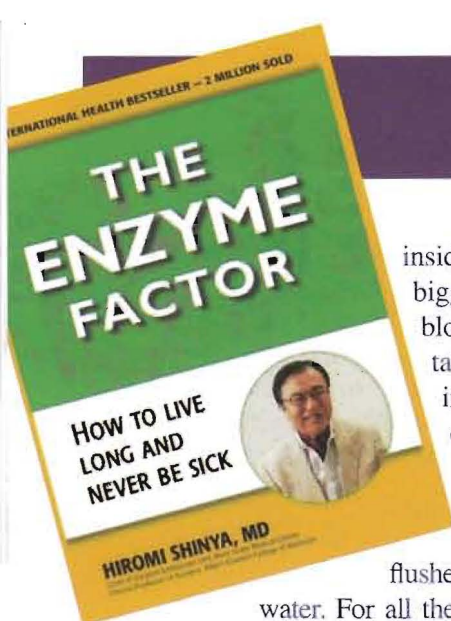
Restructured ionized water should be consumed on an empty stomach, 10-15 minutes before eating, since hydrochloric acid is necessary to digest proteins. When empty, the stomach pH value may be low (acidic), but the amount (volume) of hydrochloric acid in the stomach is small; therefore, drinking 9.5 pH restructured ionized water will raise the stomach pH relatively high. The stomach then naturally produces more hydrochloric acid to return its pH to normal, which results in more bicarbonates entering the bloodstream.

Restructured ionized water may also pass into the intestine immediately, since there is no solid food in the stomach to be digested. When that happens, the blood will absorb restructured ionized water into the bloodstream from the intestine. If restructured ionized water is introduced directly into the bloodstream from the intestine, the acid buffer (carbonic acid,  $\text{H}_2\text{CO}_3$ ) will interact with it to bring down the blood pH and the acid buffer will become the alkaline buffer.

Restructured ionized water should be consumed as soon as possible after being produced to take advantage of the presence of hexagonal molecular clusters, high negative ORP and presence of negative hydroxyl ions.

Because of its ability to increase the absorption of anything we ingest, do not use restructured ionized water to take prescription medications.





# The Importance of Consuming Good Water

by Hiromi Shinya, M.D. (excerpted from *The Enzyme Factor*)

Water has many functions inside the human body, but the biggest function is to improve blood flow and promote metabolism. It also activates intestinal bacterial flora and enzymes while excreting waste and toxins. Dioxins, pollutants, food additives and carcinogens are all

flushed out of the body by good water. For all these reasons, people who do not drink much water will get sick more easily.

## Water and the Immune System

If you drink plenty of good water, it will be harder for you to get sick. When water moistens areas of the body where bacteria and viruses can invade most easily, such as the bronchi and gastrointestinal mucosa, the immune system is activated, making those areas difficult for viruses to invade. In contrast, if not enough water is consumed, the bronchial mucous membranes dehydrate and dry out. Phlegm and mucus are produced in the bronchial tube, but if there is not enough water, they will stick to the bronchus, making it a breeding ground for bacteria and viruses.

Water is not only present inside the blood vessels, but also plays an active role inside lymph vessels, thus helping us maintain our health. If blood vessels are like a river, the lymph vessel system of the human body is like a sewage pipe. It carries out the important functions of purifying, filtering, and transporting excess water, proteins, and waste through the bloodstream. Inside the lymph vessels are antibodies called gamma globulins, which have immune functions, and enzymes called lysozymes that have antibacterial effects. In order for the immune system to function properly, good water is absolutely necessary.

## Water and Enzymes

Whether to improve the flow of the gastrointestinal system or the flow of blood and lymph fluids, water has very broad functions in the body. Providing nourishment to and receiving and disposing of waste from the body's 60 trillion cells are micro functions of water. These micro functions, which produce energy and break down free radicals, also involve many enzymes.

In other words, if water is not precisely distributed to all 60 trillion cells, enzymes will not be able sufficiently to accomplish those functions. In order for enzymes to work properly, not only are various trace nutrients such as vita-

mins and minerals needed, but they also require the medium in which these things are transported, namely, water.

## What is Good Water?

When I say "good water" I doubt that anyone thinks tap water fits this definition. In addition to chlorine, which is used as a disinfectant, tap water also contains dioxins and carcinogens, such as trichlorethylene and triphenylmethane. Tap water meets certain levels of safety for these substances, but it still contains toxins.

Tap water is sterilized with chlorine, which can kill bacteria in the water. But when chlorine is added to water, large amounts of free radicals are produced. Microorganisms die as a result of those free radicals and, therefore, people consider that sterilized water "clean." But although microorganisms die when this kind of sterilization is used, the tap water involved gets oxidized.

The level of oxidation in water can be measured with something called the "oxidation-reduction electrical potential." Oxidation, which is bad for water, is the process in which electrons either break away or get taken away from molecules. Reduction, which is good, is the opposite, in which electrons are received by molecules. Based on the measurement of these fluctuating electrons, one can determine whether the water at hand will oxidize or reduce other substances.

Therefore, the lower the electrical potential, the stronger the reduction power of the water will be (i.e., the power to reduce other substances) while water with higher electrical potential will be more likely to oxidize other substances. So, how does one find "good" water with a high reduction power?

**You can use electrical means to create water with strong reduction capability (Kangen Water). Purification devices exist that ionize and create this type of water through electrolysis.**

Dr. Hiromi Shinya, MD is well known as the developer of the field of colonoscopic surgery (the Shinya Technique). He performed the first non-invasive colon surgery. Using his own invention of the colonoscope, he discovered the ability to both examine and operate on the colon without abdominal incision. Dr. Shinya is a Clinical Professor of Surgery at Albert Einstein College of Medicine, and Chief of the Endoscopy Unit of Beth Israel Hospital in New York, as well as an advisor for the Maeda Hospital and Hanzomon Gastrointestinal Clinic in Japan. His practice in the US includes celebrities and Presidents, and is Japan's most famous doctor, treating members of Japan's royal family and top government officials.



## The Importance of Consuming Good Water (cont.)

### Ionization Creates Good Water

You can use electrical means to create water with strong reduction capability (**Kangen Water**). Purification devices exist that ionize and create this type of water through electrolysis.

Alkaline ion purifiers and minus ion purifiers also use the same mechanisms to produce water with reduction power, but when electrolysis occurs in these devices, minerals such as calcium and magnesium from the water attach themselves to the cathodes. Therefore, water that has been electrically treated can collect more minerals. Furthermore, when electrolysis occurs, active hydrogen is also produced, serving to remove excess free radicals from the body. When water passes through these purifiers, chlorine and chemical substances found in tap water get removed. The result is what I call "good water," pure, clean alkaline water with plenty of minerals. Good water means water with strong reduction power that has not been polluted with chemical substances. In order to drink plenty of good water every day, even using it for cooking, I believe it is necessary to buy and use a purifier that has strong reduction power.



According to experiments, cold water that is about 70° F will increase caloric consumption. Cold water is considered good because considerable amounts of energy get used to warm up that water to body temperature.

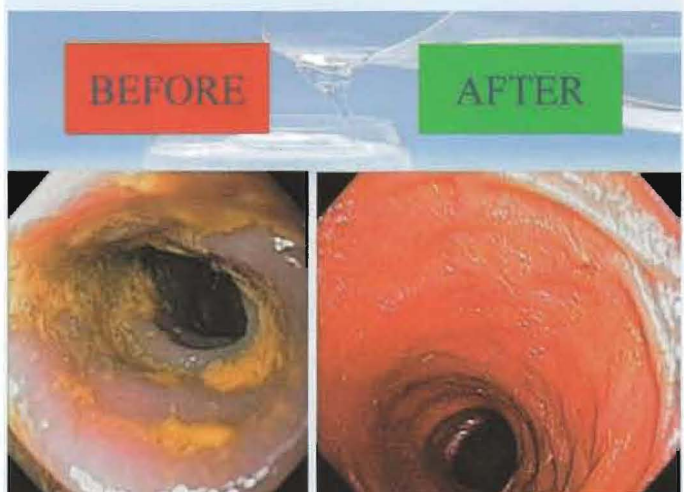
**In order to drink plenty of good water every day, even using it for cooking, I believe it is necessary to buy and use a purifier that has strong reduction power.**

### Colon Health Improves with Kangen Water

In 1968, Dr. Shinya successfully developed the technique of colonoscopy in order to visualize the colon and rectum. In 1969, he devised a snare cautery device that removed polyps. He has performed over 300,000 colonoscopy examinations and has noted a strong connection between intestinal appearances and lifestyle-related diseases.

He emphasizes the importance of lifestyle and health eating habits which are critical to longevity and maintaining optimal health. In lifestyle-related diseases such as diabetes, obesity, high blood pressure, heart disease and various cancer, are directly related to diet. If you eat a proper diet and drink good water it will prevent you from being constipated and developing diseases. The stool will not become stagnant and toxic waste will not accumulate in the bowels.

Dr. Shinya recommends the consumption of Kangen Water to his patients with unhealthy colons. Remember: you are what you eat and drink!



**Colon health dramatically improved after 3 months of good diet and drinking Kangen Water.**

**Good water means water with strong reduction power that has not been polluted with chemical substances.**

### Drink A Lot of Good Water to Lose Weight

When you drink water, the sympathetic nerves get stimulated, activating energy metabolism and increasing caloric consumption, which results in weight loss. When you stimulate the sympathetic nerves, adrenaline is secreted. Adrenaline activates the hormone-sensitive lipase found in fat tissue, which then breaks down triglycerides into fatty acids and glycerol, making it easier for your body to burn stored fat.

There have been reports of how much caloric consumption increases as a result of drinking water. According to these reports, consistently drinking a little over two cups of water three times a day increases the number of calories burned in the body by approximately 30%. Moreover, about 30 minutes after drinking water, the calorie burn rate reaches its peak.

This fact makes it clear that people with excess fat should make it a habit to drink at least 6.5 cups of good water every day. And what kind of water is most effective for this purpose? Water that is lower in temperature than your body temperature but not icy cold.



# Your Diet, Lifestyle and pH

Our diet has changed drastically in a short time period. The average person's diet contains a preponderance of acid-forming foods such as meat, poultry, dairy products, some fruits, nuts, refined sugar, corn sweeteners, artificial sweeteners, chocolate, refined flour products, soft drinks, beer, wine, coffee and black tea.<sup>13</sup> Regular and Diet sodas are probably the most acidic food people consume, at a pH of 2.5. Most people do not have enough alkaline buffer reserves to offset or neutralize the acid waste produced by consuming the Standard American Diet – also known as SAD – composed primarily of these foods.

Less acid-forming foods include vegetables, starches, non-gluten grains, legumes, seafood, eggs and certain fruits. Experts recommend that 80% of the diet should be fresh, organic fruits and vegetables, raw if possible. Soaked almonds are also a good alkalizing food, and asparagus is one of the most alkaline-forming vegetables.

If you eat meat, make sure it fits into the 20% of your food intake that is reserved for acid-forming foods. Limit servings to no more than 3 oz. portions of organic, range fed poultry, red meat, or clean, mercury-free fish. Avoid dairy and fatty meats, limit your intake of gluten grains and avoid acidic drinks like soda, sports drinks, coffee, tea, beer, wine or alcohol. And drink plenty of restructured ionized water!

## Acid Accumulation and Stress

Acid comes from three sources – food, pollution, and stress. Of these three, stress is the greatest problem. One surge of adrenaline – produced in response to a fight or flight stimulus – can negate the benefits of an alkaline diet. So stress management as well as diet management is essential to maintaining an alkaline body.

Think about it. We work 40 to 50 hours a week dealing with constant “fight or flight” stimuli with hardly any breaks to calm ourselves down. We consume fast food and coffee – both acid-forming – for quick bursts of artificial energy to just get through our work day. Then we come home to family stress, household chores, and financial obligations we can't quite meet. We never really relax and give our bodies a chance to neutralize all the acid we produced through stress and from eating very acidic foods.



Instead, we consume a beer, glass of wine or alcoholic drink, a soda, sweetened juices or sports drinks, and acid-forming snacks, adding to our acidic overload.

Acid builds up in our bodies over time. We might not notice much in our 20s and 30s, but in our 40s and 50s we begin to show symptoms of acid imbalance – digestive problems, headaches, obesity, bone pains, elimination issues, muscle tension and pain, heart problems, high blood pressure, diabetes, arthritis, and more.

For more about alkalizing your diet for health and weight loss go to [www.KangenReports.com](http://www.KangenReports.com). There you will find a number of books with more information.

## Start Good Habits Early

“The prevalence of highly acidic foods in the typical American diet is so overwhelming that our children begin to experience wear and tear on their buffering capacity practically at birth,” says Dr. Susan Lark, MD.<sup>13</sup> A recent report from the Centers for Disease Control says that nearly 300,000 children in the US have some form of arthritis, formerly a disease of the elderly.<sup>4</sup>

Childhood is the perfect time to start drinking restructured ionized water, especially if it replaces “energy” drinks, sodas, or sugared fruit juices. Get your children in the habit of drinking healthy restructured ionized water and give them the gift of health for life.



## Restructured Ionized Water Compared To a Raw Foods Diet

“Cooked foods have a deficit of electrons, a positive ORP and an abundance of positive ions. They are dry and dehydrating. They also acidify and add toxins to the body. All these qualities lead to disease and therefore are the exact opposite of what we should put in the body,” explains Bob McCauley, author of *The Miraculous Properties of Ionized water*. “Ionized water mimics many of the same attributes in nature that bring us health.”<sup>16</sup>

Ionized water has the same characteristics as raw foods:

- An abundance of free electrons
- Alkaline pH
- A negative ORP – antioxidant properties
- Hydrating and detoxifying effect





# Balancing the Body With Restructured Ionized Water

To achieve balance, many health practitioners recommend consuming an 80/20 mix of alkaline and acid-forming foods. Alkaline forming foods consist of fresh, preferably organic, fruits and vegetables and do not typically represent 80% of even a vegetarian diet. The standard American diet consists of a high proportion of extremely acid-forming foods and beverages. The effect on our bodies is compounded by the way we eat, mixing concentrated starches and proteins, adding sugar and salty foods to our habitual intake. Shifting an acidic body to alkaline is difficult, if not impossible, to do with food changes alone unless you are extremely disciplined and committed; perhaps motivated by a life-threatening illness such as cancer.

Furthermore, unless you can always buy organic fruits and vegetables, you will ingest a large amount of pesticides, herbicides, fungicides, and other chemical residue if you consume a diet of mostly raw vegetables. And regardless of how healthy such a diet may be, most people will not follow it. Drinking filtered, pure, restructured ionized water made fresh from your own faucet offers a simple way to shift the body's acid-alkaline balance. The smaller hexagonal shape and molecular cluster size of the water also hydrates your body up to three times more effectively than regular water containing larger clusters. Restructured ionized water releases stable oxygen plus negative electrons that are nature's original antioxidants.

Drink a glass in the morning when you get up, and one 5 to 10 minutes before meals. Bring a bottle to work or school. It is recommended that you start with 8.5 pH for two weeks, then increase to 9.0 pH for two weeks before stabilizing at 9.5 pH. Drink a minimum of half your weight in ounces of restructured ionized water per day, and preferably within minutes of producing it, to take advantage of the high negative ORP. *Note: Some health professionals recommend .75 to 1 ounce per pound of body weight for people who want to lose weight or change some chronic health problems.*

If you can drink restructured ionized water while also eating a sensible diet, avoiding lifestyle factors that increase acidity and incorporating alkalizing activities into your lifestyle such as meditation or prayer, your body will balance; a body that is in balance can heal. Dr. Theodore Baroody, author of *Alkalize or Die*, puts it this way: "Too much acidity in the body is like having too little oil in the car. It just grinds to a halt one lazy Sunday afternoon. There you are – stuck. The body does the same thing."<sup>1</sup>



## Over-acidity = Aging

The body will do anything it can to keep the pH of the blood at its optimum level of 7.36 because if it drops to 7 pH, it can cause a coma state and even death. Because of the logarithmic scale of pH, this seemingly small change represents a four times more acidic state. Thus, the blood varies little from the proper pH. To maintain the ability to buffer acids in the blood, the body

calls on mineral stores in our organs and bones – the body will damage its own organs before it lets the blood pH become acidic. Chronic long-term over-acidity accelerates aging of our internal organs and tissues. "Even the elderly can maintain health and vitality when the amount of hexagonal water in the body is high," says Dr. Jhon.<sup>11</sup>

While the blood pH remains in a tight alkaline range, the rest of the fluids surrounding our cells and tissues can become more acidic. Many health experts believe that in such an internal environment, beneficial microforms will die and aggressive microforms, sustained by an acidic environment, begin to multiply and mutate, becoming parasitic and pathogenic agents. This may explain why over-acidity is related to decreased resistance to colds, flu and upper respiratory and gastro-intestinal illnesses.

**Hexagonal water – comprised of small molecular units or ring-shaped clusters – moves easily within the cellular matrix of the body, helping with nutrient absorption and waste removal. It aids metabolic processes, supports the immune system, contributes to lasting vitality and acts as a carrier of dissolved oxygen. It can provide alkaline minerals to the body and it helps in the more efficient removal of acidic wastes. Drinking hexagonal water takes us in the direction of health. It supports long life and freedom from disease. Biological organisms prefer hexagonal water.**

**Dr. Mu Shik Jhon, Researcher and Author  
*The Water Puzzle and the Hexagonal Key***



# Kangen Water™: More Than Alkaline

## 7 Kinds of Kangen Water™

- Strong Acid Sanitary Water (2.7 pH or lower)
- Mild Acid Beauty Water (5.5 pH)
- Kangen Drinking Water
  - 8.5 pH
  - 9.0 pH
  - 9.5 pH
- Strong Kangen Water (11.0 pH or higher)

**Strong Acid Sanitary water (pH 2.7 or lower)** has excellent cleaning and disinfecting properties that can prevent food poisoning. It kills HIV and other viruses, staph (MRSA), strep, candida, athlete's foot fungus, E. coli, salmonella, and a host of other pathogens in 30 seconds to a minute.

**Mild Acid Beauty water (pH 5.5)** offers cleansing and astringent qualities which lends a softness to skin and tightens pores just as a "toner" would. It's great for sensitive skin and problems like psoriasis, rashes, eczema or dry skin.

**Kangen Drinking water (pH 8.5 - 9.5)** is the primary reason people purchase a home water ionizer. The properties of Kangen Water are thoroughly discussed elsewhere in this report, and consumption of it is recommended by numerous health professionals.

"After years of very positive continuous clinical experiments that I am conducting with hundreds of clients using electronically restructured alkaline water, it is my opinion that this technology will change the way in which all health providers and the public will approach their health in the coming years. My suggestion is to drink restructured alkaline water whenever possible," says Felicia Drury Kliment, MD author of *The Acid Alkaline Balance Diet*.

### Strong Kangen Water (11.5 pH or higher)

Strong Kangen Water has a detergent effect and is able to dissolve and draw out oil-based substances. With a pH greater than 11.0 it emulsifies oil, cleans oily or greasy things, removes pesticide residue from produce and infuses vegetables with negative ions that retard degeneration.



## Why Own a Kangen Water™ Generator?

As we researched this topic, we wondered why one couldn't just buy bottles of Kangen Water instead of investing in a generator for home use. We learned that to get the full benefit of Kangen Water, it must be produced on demand. The highest negative ORP and presence of hydroxyl ions occurs when the water is initially produced. Furthermore, the percentage of microclusters is at its peak when the water is first produced. The following times are estimates:

Hydroxyl ions	10 – 20 minutes
Negative ORP (mV charge)	18 – 24 hours
Alkalinity	3 – 8 days

Drinking fresh Kangen Water, with its microclustered molecules, gives the body more anti-oxidant power and deep hydration. Owning a unit also makes it possible to drink as much pure Kangen Water as your body desires every day with no waste of plastic bottles or concern about drinking plastic-contaminated water. And the cost is considerably less over the life of the generator than bottled or designer water – just pennies per gallon.

Finally, owning a unit allows you to benefit from the other types of water that can be produced.

## You Are What You Drink

	pH
Lemon juice	2.2-2.6
Soda	2.5
Sports drinks	2.5
Vitamin-enhanced water	2.5
Distilled spirits	2.5
Beer	4.0
Liqueur	4.0
Carbonated water	4.0-5.0
Distilled water	5.8-6.5
Reverse osmosis water	5.5-6.3
Orange juice	5.0
Coffee	5.0
Black tea	5.5
Wine	5.5
Green tea	6.5
Mineral or spring water	6.0-8.0
Municipal tap water	6.7-7.1

**Kangen Drinking Water**  
8.5-9.5



# Water Facts and Your Body

Your body is, on average, 70% water:<sup>22</sup>

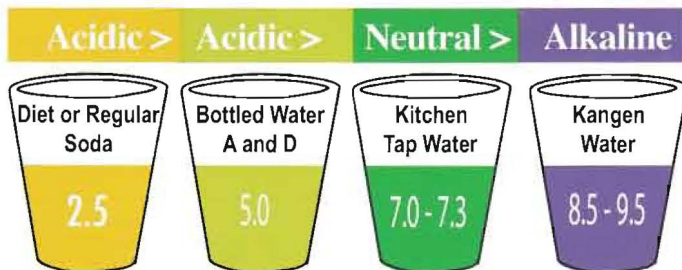
Liver 90%	Kidney 83%	Spleen 76%
Brain 85%	Heart 79%	Intestine 75%
Cells 85%	Lungs 79%	Skin 72%
Blood 83%	Muscle 76%	Bone 35%

- Some experts estimate that up to 75% of Americans are dehydrated to the extent that it affects their health.
- The main cause of daytime fatigue is simply a lack of water.
- Minimum water intake is 1/2 ounce per pound of body weight.
- As little as a 2% drop in the amount of water in your brain is responsible for mental confusion such as short-term memory loss, being unable to focus and forgetting how to do simple math calculations.
- Many people think they are hungry when they are actually thirsty. A University of Washington study showed that hunger pangs can be relieved by drinking one glass of water in 98% of the dieters surveyed.
- Research shows that about 8-10 glasses of water a day may significantly ease back pain and joint pain for up to 80% of sufferers.
- Drinking at least 5 - 16oz. glasses of pure water a day decreases the risk of getting breast cancer by 79%, colon cancer by 45% and bladder cancer by 50%.

Clinical research has documented the effect of restructured ionized water on subjects with chronic constipation.<sup>11</sup> When constipation is prolonged, it impacts other body processes and health. According to Dr. Mu Shik Jhon, consumption of hexagonal water improved transit time and frequency of bowel movements. Other research has documented the effect of Kangen Water on the prevalence of abnormal gastro-intestinal putrefaction.<sup>23</sup>

## Water Facts and pH Chart

**Not all Water is created equal!**



# Obesity is an Evolutionary Adaptation

Dr. Lynda Frassetto from the University of California believes that humans have undergone an evolutionary change.<sup>7</sup> Our bodies once used to break down food and dispose of the resulting acid waste through the kidney and liver using an ample supply of buffers, like the bicarbonates in the blood. Now, because of the sheer amount of acid waste the average person produces, the body is fighting to protect its most strategic reserves – the kidney and liver – from total degradation and failure.



Dr. Frassetto discovered that as we age, we lose bicarbonates in our blood. Insufficient amounts of bicarbonates in the blood reduces our ability to neutralize and remove the acid our body produces. This is one of the root causes of aging. The average age when people start to show symptoms of diabetes, hypertension, osteoporosis and other degenerative diseases is

approximately age 45. Since we cannot neutralize all the acid waste we produce, it accumulates in our body. These wastes show up as cholesterol, fatty acid, uric acid, urate, sulfate, phosphate, kidney stones, etc. According to Dr. Frassetto, we also store our excess acids in our fat cells.

The good news is that restructured ionized water has the ability to deeply hydrate the tissues, neutralize acid waste and remove it from storage in the fat cells. That was the experience of Marla Phillips, of Saratoga Springs, Utah. Marla had gained weight over several pregnancies, and despite diet and exercise was unable to lose it. Her doctor advised her that she was showing signs of over-acidity and MUST reduce the acid levels in her body. Following his advice, she went on a strict alkaline diet of fresh, raw vegetables, but was still struggling to lose weight and achieve an alkaline state. "I couldn't lose the weight until I started drinking Kangen Water," Marla said. "I have now lost over 50 pounds in 6 months and my body is now appropriately alkaline. It was the Kangen Water from the Enagic home device that made the difference."

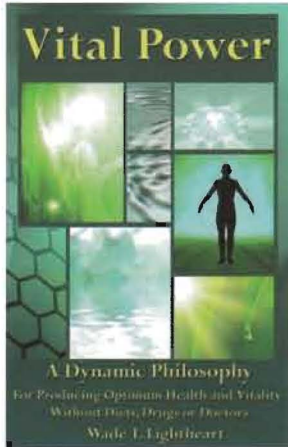
Learn more about how restructured, ionized water assists in achieving optimal weight in this new brochure. Preview the contents at:

[www.kangenpowerstore.com/preview](http://www.kangenpowerstore.com/preview)



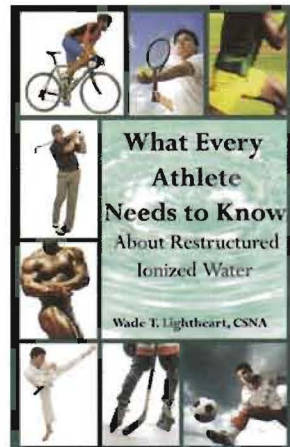


# Recommended Library



Learn the easy-to-follow Vital Power principles developed by Wade T. Lightheart. Incorporating just a few of these principles can radically change your life. Using living, electrically-charged Kangen Water is a key component of the Vital Power philosophy.

**\$19.95**



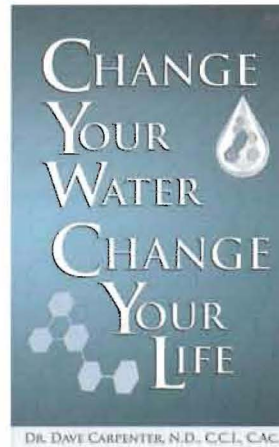
Find out how 3-time Canadian Natural Bodybuilding Champion Wade T. Lightheart used Kangen Water™ to stage a comeback out of retirement in just three weeks. This full color booklet includes valuable tips for athletes to help them improve performance, reduce residual soreness, and train harder.

**\$9.95**

To preview these and other books go to

[www.kangenpowertools.com](http://www.kangenpowertools.com).

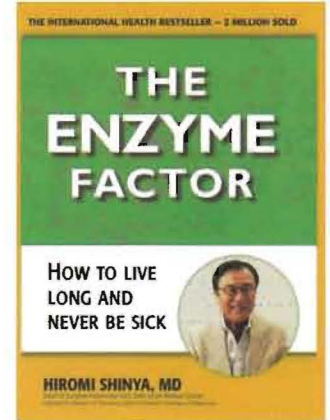
Quantity discounts available.



“As a Naturopathic Physician, specializing in pH studies, I find Dr. Carpenter’s new book a much needed, excellent tool for people to improve their health using God’s medicine – purified Kangen alkaline water. This book will educate and inspire thousands on how to improve their health by taking the number one nutrient – water.”

Hugh Jenkins, N.D., D.C.

**\$9.95**



Enzymes are the key to your health. Find out why. Dr. Shinya has long been an advocate of consuming “good water” which is in his definition Kangen Water. Read his best selling book and learn about his discovery of the body’s own “miracle” enzyme that could revolutionize health care in America. Glowing, vital health is within your grasp once you understand the key to life’s code – the enzyme factor.

**\$22.95**  
hardbound

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