



Anthony Aquan-Assee Enterprises

• Web Site: www.anthonyaquan-assee.com

Beneficial Uses of Kangen Water®

The information in this document is not intended to be a substitute for the advice of a doctor or a recommendation for a particular treatment. Always be sure to discuss with your doctor any treatments that you are thinking of using.

Drinking Water — pH 8.5 to 9.5

Beneficial Properties:

- Revitalizes tissues
- Promotes pH balance
- High ORP values (Oxidation Reduction Potential)

Uses:

- Drink 3-6 litres of water per day.
- Brew coffee and tea to improve flavour, colour, and nutritive values
- Use as drinking water for pets.
- Rinse beans, peas, nuts, seeds & grains when sprouting to increase germination and speed the sprouting process.
- Use as cooking liquid for potatoes, grains, dried beans or peas, & pasta to increase flavour and increase alkalinity.
- Use as the cooking liquid for broth to extract the maximum vitamins and minerals from the vegetables and meats.
- Water seedlings or sick plants.
- Water for vases of cut flowers to extend fresh appearance.

** To determine how much water your body needs to be hydrated, divide your body weight in half and convert that number to ounces, i.e. a person weighing 150 lbs would need to drink a minimum of 75 ounces of water per day to be appropriately hydrated. 1 Litre = 33.8 Ounces.



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Beauty Water — pH 4.0 to 6.5

Beneficial Properties:

- pH similar to rain water
- Tones skin
- Softens hair & adds shine

Uses:

- Use as final rinse water after shower or bath to firm skin and soften hair
—many users report significant hair re-growth.
- Mix with essential oil, spray on skin to hydrate, reduce lines & wrinkles, even skin tone and produce younger, healthier skin.
- Spray on to sooth rashes.
- Bathe pets for more lustrous coats.
- Water indoor or outdoor plants for vigorous growth.
- Water seedlings and plants in the garden.
- Wash your hardwood and tile floors.



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Beneficial Uses of Kangen Water®

Strong Acid — pH 2.7 & Lower

Beneficial Properties:

- Low pH
- Disinfectant and Toxic free cleaning
- Eco-friendly
- Kid-friendly
- Pet-friendly

Uses:

- Clean cuts and scrapes to remove bacteria.
- Use for all wound care.
- Dab on cold sores, pimples and other break outs to kill bacteria or viruses & speed healing.
- Brush teeth and gargle for 1 minute to kill the bacteria that cause gingivitis, also provides a gentle, safe bleaching of the teeth.
- Soak feet to resolve fungal toenails and athlete's foot.
- Carry in small spray bottle to use as a hand sanitizer.
- Water acid loving plants 3 times during the growing season to produce vigorous growth & more blossoms.
- Cleans coffee and tea stains from cups.
- Removes stains from clothes without removing colour & safely bleaches white clothes.
- Spray on kitchen and bathroom surfaces to clean, polish and disinfect.
- Clean and disinfect baby toys, high chairs and diaper changing areas.



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Beneficial Uses of Kangen Water®

Strong Alkaline Water — pH 11.0 & UP

Beneficial Properties:

- Emulsifies oil on contact
- Extracts nutrients effectively
- Highest ORP values (Oxidation Reduction Potential)

Uses:

- Clean and revitalize fruits and veggies by soaking for 20 minutes.
- Soak dried beans and peas for 1 hour to speed up sprouting or cooking.
- Soak nuts, seeds or grains for 1 hour to speed up sprouting.
- Add 1 Tbs to salad dressings to keep oil emulsified.
- Soak fish or chicken for 10-15 min.
- Drink small amounts 45 minutes before meals to enhance digestion.
- Enhances the flavour when used to steam or blanch vegetables.
- Clean greasy messes.
- Soak clothes with grease spots.
- Disburses fats and proteins from cutting boards, knives and countertops.
- Removes stubborn toilet bowl stains.
- Mix with essential oil as a refreshing linen spray.
- Add 1 litre to each load of laundry to replace laundry detergent.
- Use to emulsify oils for making soaps and lotions.
- Use to dye dark coloured clothing.
- Accelerates seed germination.
- Soak your feet for 20 minutes one or more times each week to aid your body's detoxification process.