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Kangen Water™

“Return to Origin”

1. Alkalinity

(Balance Body pH)

2. Oxidation Reduction Potential

(Anti-Oxidant/ Anti-Aging)

3. Micro-Clustering

(Cellular Hydration/ Detoxification)

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lvidahealth.net

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History of Ionized Water

Water is the basis of ALL life. Essentially, we are water. It makes up 80% of the human body. Without it, life does not exist. However, not all water is the same. Certain waters nourish the body perfectly, promoting continuous cell rejuvenation and optimum health.

Around the world, “healing waters” exist in unique locations. In these places, people live longer, healthier lives. In the 1930’s, Nobel prize winner, Dr. Henri Coanda studied the Hunza people of the Himalayans who have the longest lifespan in the world and live exceptionally healthy lives free from disease. Hunza people routinely live to 120-140 years, in good health with virtually no cancer, degenerative disease, dental caries or bone decay. Hunza people remain robust and strong, and are also able to bear children into old age. Research proves conclusively that the local water supply is the primary causal factor of the healthy, long-living Hunza people.

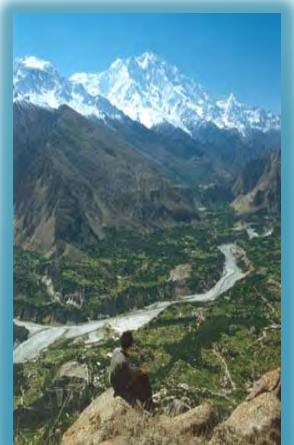


Special properties in the Hunza waters contribute to the population’s longevity. The high alkaline pH, active hydrogen, micro-clustered water molecules, and negative oxygen-reduction potential (antioxidant) create the perfect natural water. Healing waters flowing in other locations such as Lorges, France; Nordenau, Germany; Tlacote, Mexico and Delhi, India share the same properties.

Since it is not possible for the entire world to drink from these glacial conditions, scientists researched other methods to produce this quality of water. Researchers found through the process of electrolysis, ordinary tap water can be restructured to mimic nature’s healing waters.

Japan created the first commercial alkaline water ionizers in 1958. At first, only hospitals utilized these very large units. In 1960, a group of Japanese medical doctors and agricultural research scientists formed a special medical and agricultural research institute to investigate ionized water. Annual meetings were held to report their findings. Finally, in January 1966, the Health and Rehabilitation Ministry of the Japanese Government acknowledged the alkaline water ionizer as a legitimate medical device for improving human health.

Today, Japan’s hospitals and doctors use ionized water as the primary source of preventative medicine. The demand for this water inspired the creation of Enagic’s Kangen Water™ in-home units, which utilize the same technology as the large hospital ionizers. Enagic’s Kangen Water™ ionizers remain the only certified medical devices by the Japanese Ministry of Health. In 2003, Kangen Water™ reached the United States and has since spread worldwide. Today, more than 30 million people in Japan, and more around the world benefit from ionized water.



Alkalinity

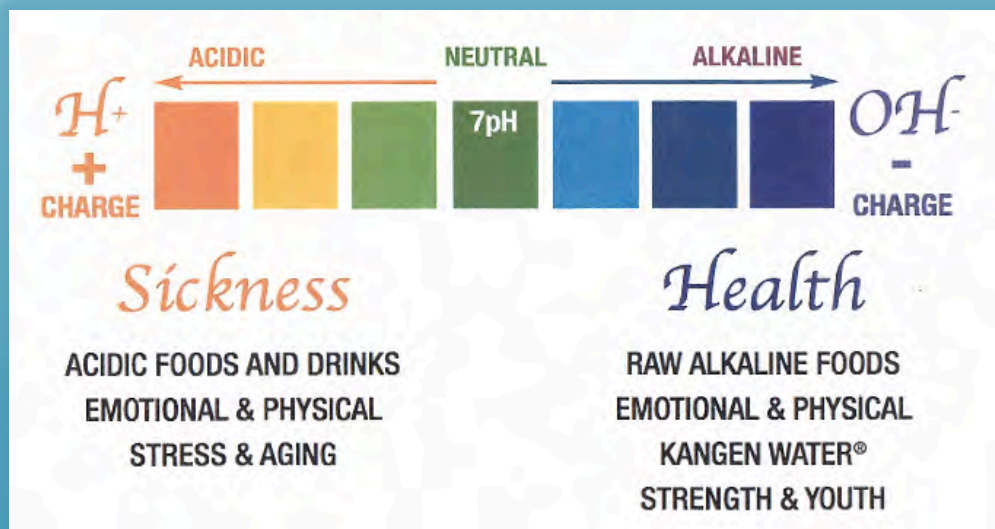
*“The first step in maintaining health is to alkalize the body.”–Dr. Aurther C. Guyton
Balancing one’s pH is the most important step in achieving real vibrant, radiant health.*

Every baby is born alkaline, while almost every adult is acidic. Returning the body back to an alkaline state restores health as nature intended.

Acid waste is a normal by-product of food metabolism and other bodily functions. However, certain lifestyles including stress and acid forming foods and beverages, such as soda, sports drinks, and packaged foods increase acid production, lowering the tissue pH. The pH level is a measure of acidity or alkalinity, on a scale of zero to fourteen, with zero being most acidic, fourteen being most alkaline. When one’s tissue pH drops below 7.35 illness strikes, ranging from lack of energy and headache to arthritis and cancer.

An alkaline lifestyle including stress reducing activities with a diet of 80% alkaline foods and alkaline ionized water insures a properly balanced pH throughout the body. This slightly alkaline environment inhibits the growth of harmful bacteria and disease. The importance of acid alkaline balance was validated in 1931 when Dr. Otto Warburg won a noble prize for his research involving cancerous tissues. He determined that “disease can NOT survive in an alkaline environment.”

Since then, numerous doctors and scientists have stressed the importance of pH balance for disease prevention. Masking symptoms with medications ignores the root cause of acidosis. With a properly balanced pH, the body will heal itself.



“DISEASE can not live in an ALKALINE body”



Dr. Otto Heinrich Warburg Nobel Prize Winner *The Root Cause of Cancer*



Biochemist Otto Heinrich Warburg, one of the twentieth century's leading cell biologists, discovered that the root cause of cancer is too much acidity in the body, meaning that the pH, potential hydrogen, in the body is below the normal level of 7.365, which constitutes an “acidic” state. Warburg investigated the metabolism of tumors and the respiration of cells and discovered that cancer cells maintain and thrive in a lower pH, as low as 6.0, due to lactic acid production and elevated CO₂. He firmly believed that there was a direct relationship between pH and oxygen. Higher pH, which is Alkaline, means higher concentration of oxygen molecules, while lower pH, which is acidic, means lower concentrations of oxygen...the same oxygen that is needed to maintain healthy cells.

In 1931 he was awarded the Nobel Prize in Medicine for this important discovery. Dr. Warburg was director of the Kaiser Wilhelm Institute (now Max Planck Institute) for cell physiology at Berlin. He investigated the metabolism of tumors and the respiration of cells, particularly cancer cells. Below are some direct quotes by Dr. Warburg during medical lectures where he was the keynote speaker:

“Cancerous tissues are acidic, whereas healthy tissues are alkaline. Water splits into H⁺ and OH⁻ ions, if there is an excess of H⁺, it is acidic; if there is an excess of OH⁻ ions, then it is alkaline.”

In his work *The Metabolism of Tumours* Warburg demonstrated that all forms of cancer are characterized by two basic conditions: acidosis and hypoxia (lack of oxygen). “Lack of oxygen and acidosis are two sides of the same coin: where you have one, you have the other.”

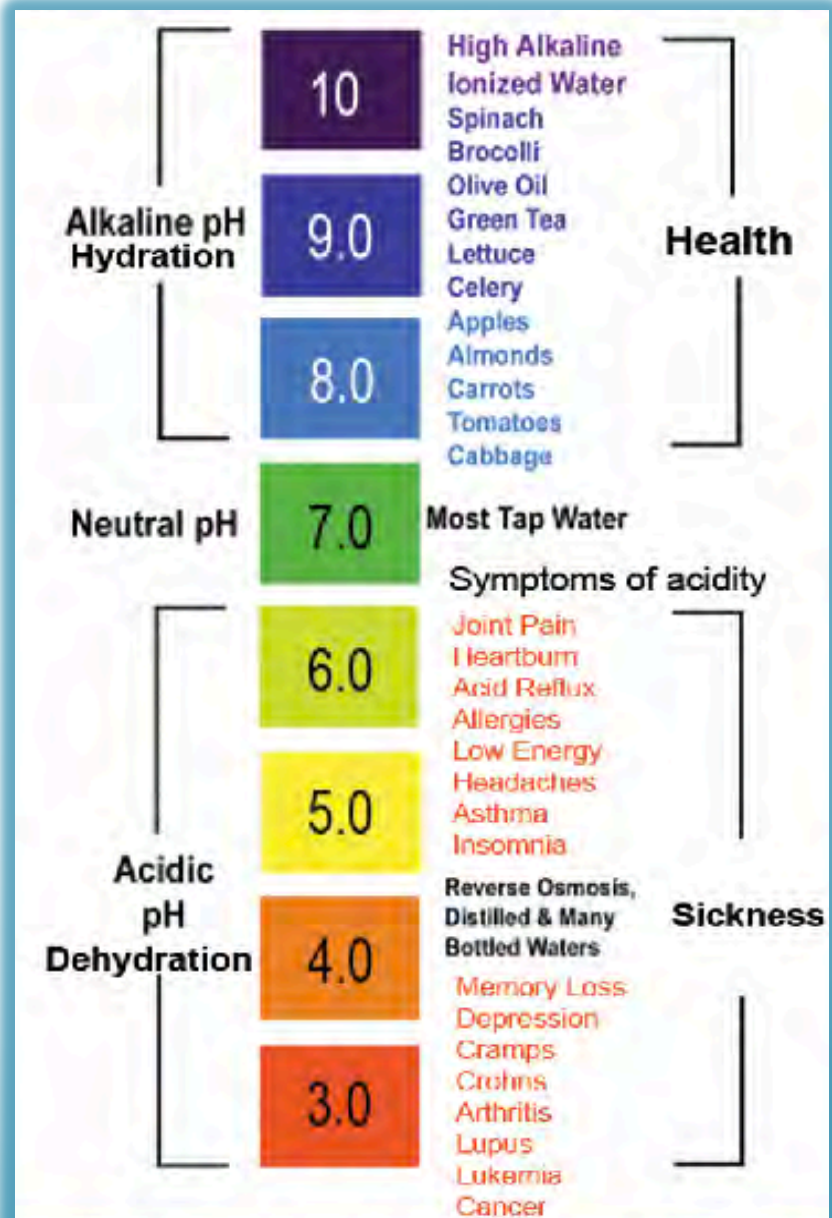
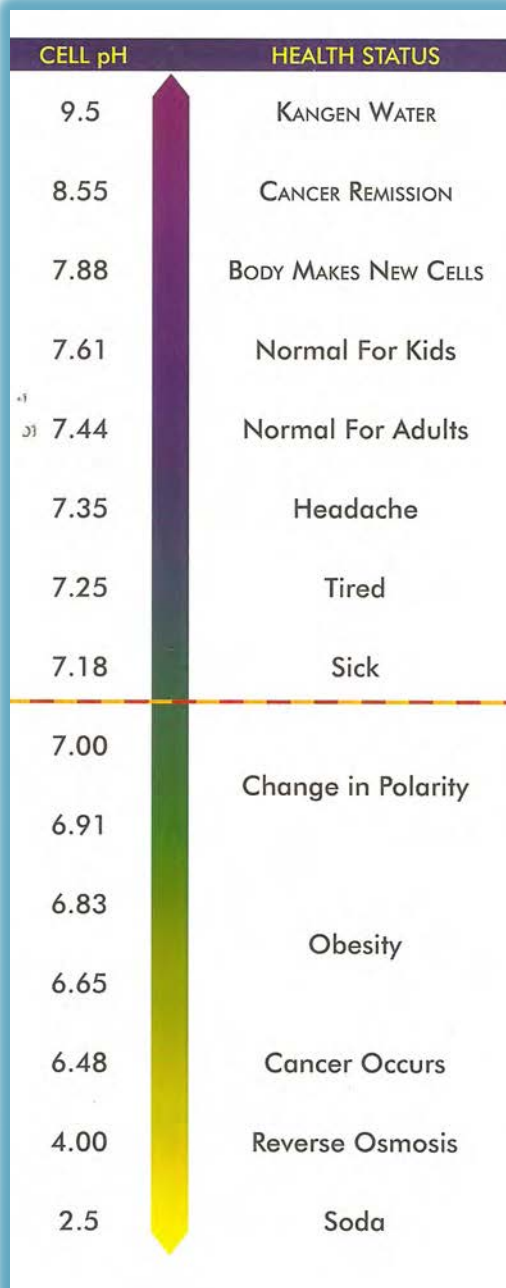
“All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen - a rule without exception.”

“Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous.”

Dr. Warburg has made it clear that the root cause of cancer is oxygen deficiency, which creates an acidic state in the human body. Dr. Warburg also discovered that cancer cells are anaerobic (do not breathe oxygen) and cannot survive in the presence of high levels of oxygen, as found in an alkaline state.

Acid-Alkaline Balance

Kangen Water™ is extremely effective in helping to alkalize the body.



Every person has cancer cells within their bodies. However, cancer ignites when the tissue pH drops to a 6.48. Drinking Kangen Water™ is the most efficient way to raise the pH high enough for the body to start making new healthy cells. At a pH of 8.55, cancer remission is possible.

Oxidation & Free Radical Damage

Oxidation = “rusting process” or cellular damage resulting in aging

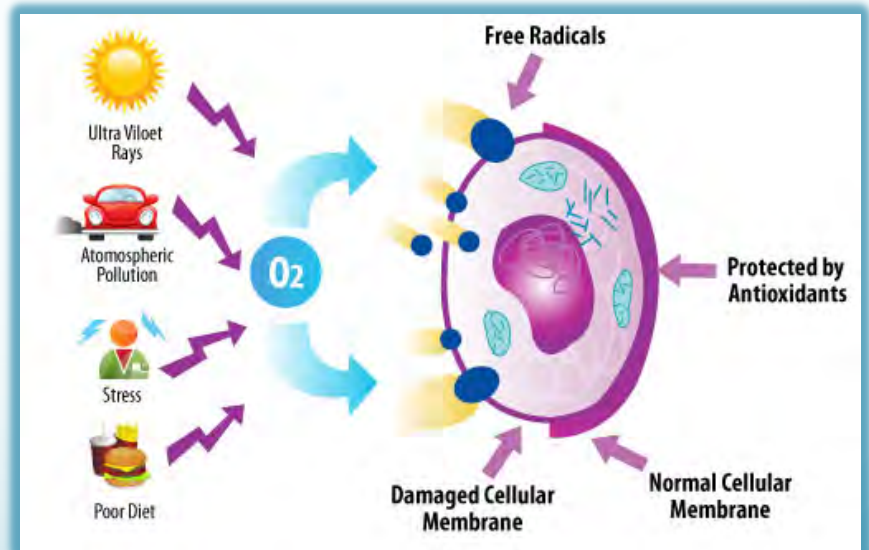


(Cut apple after several minutes)

An example of oxidation is the browning of an apple when exposed to air. The body is continually undergoing oxidation, however, antioxidants slow this process.

To understand the vital role antioxidants play in keeping the body healthy, it is important to understand free radicals. Free radicals come from smoking, pollution, poisons, fried foods, and as a by-product of normal metabolism.

Free radicals are produced through oxidation, which is a chemical reaction between oxygen and another substance that results in the loss of an electron. After an electron is lost, the molecule becomes unstable, and turns into an electron-hungry, free radical.



To stabilize themselves, these free radicals bind to healthy tissues in the body causing cellular damage. This destruction creates a biological aging of the body that is evident through a microscope as well as the naked eye. This destruction of oxidation results in wrinkles, degeneration of our bones, muscles, organ and glandular systems, a weakening of cellular membranes and a loss of vital energy. Free radicals are known to be the primary causal factor in all disease.

Antioxidants

Antioxidants neutralize free radicals by donating an extra electron, thus preventing damage to the body.

Antioxidants are present in fruits and vegetables as well as beverages such as green tea and alkaline ionized water. The antioxidant power is measured by the *Oxidation Reduction Potential*: a substance's ability to reduce oxidation in the body.

ORP is a measurement of a substance's tendency to acquire or donate electrons measured in millivolts. A positive (+)ORP indicates the presence of free radicals, which take electrons, accelerating the oxidation/aging of the body. A negative (-)ORP indicates the presence of extra electrons, which act as antioxidants, reducing oxidation/aging of the body.

A study examining different water sources, shows the difference between Kangen Water™ and other types of water. The tap, filtered, and bottled waters all have a positive ORP, oxidizing the body, while the Kangen Water™ has a extremely negative ORP, indicating its great antioxidant ability.

Water Type or Source	MilliVolt Reading	Rate of Corrosion
Tap*	+576	High
Steam Distilled	+755	Extremely High
Pur Filter*	+588	High
Britta Filter*	+622	Very High
Carbon Filter*	+596	Very High
Softened	+791	Extremely High
Aquafina by Pepsi	+542	High
Dasani by Coke	+521	High
Penta	+613	Very High
Evian	+404	High
Perrier	+457	High
Propel Fitness Water	+656	Very High

*This is an average of the values gathered from source waters in cities across the US – Dallas, Los Angeles, New York City, Santa Fe, Seattle and Spokane.

Bottled water readings vary from one bottling run to the next. These are the lowest readings measured over a 3 year period.

Water Type or Source	MilliVolt Reading	Rate of Anti-Oxidants
Kangen Water™	-883	Extremely High

This is also the average values of water gathered from the same sources as the tap water readings above.

Kangen Water's™ antioxidant power is displayed below.



After sitting sealed for 16 months, the nails in the tap water have greatly oxidized and turned brown. However, the nails in the Kangen Water™ from the same water source have not oxidized due to the presence of abundant antioxidants.

Oxidation Reduction Potential

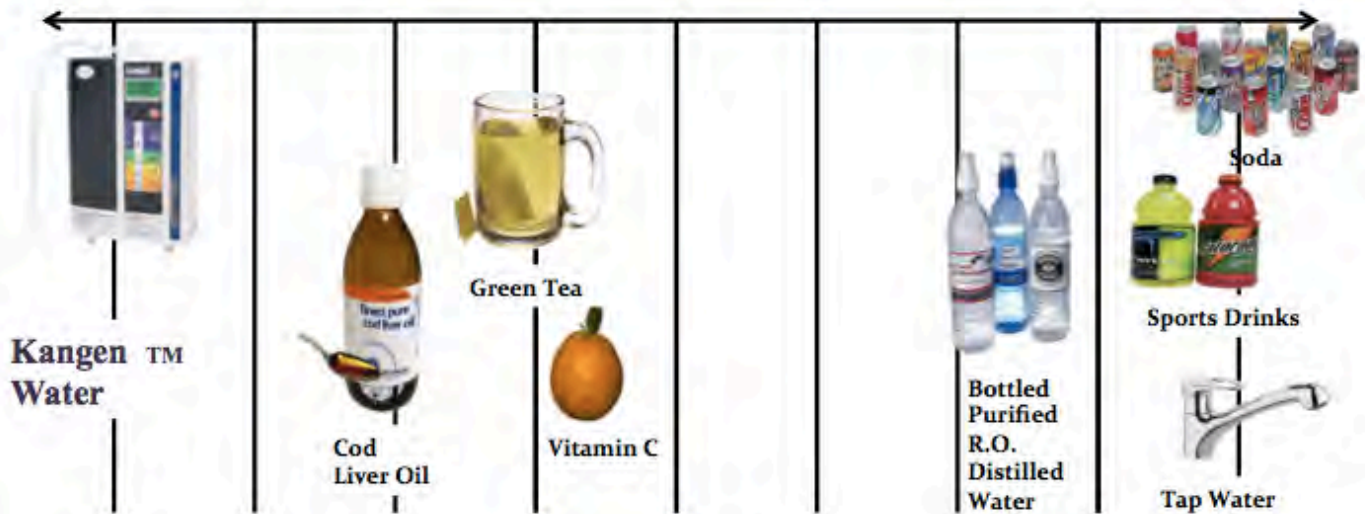
- GOOD

- ORP (mv)

+ BAD

+ ORP (mv)

-600 -500 -400 -300 -200 -100 0 +100 +200 +300 +400



Kangen Water™ is one of the most powerful liquid antioxidants available. While the famous green tea has an antioxidant power of -100mv, Kangen Water™ has the potential to exceed -600mv.

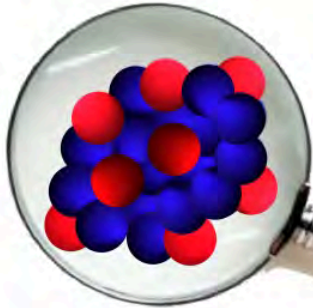
The bioavailability of antioxidants in Kangen Water™ is much greater than those found in food sources because they do not need to be metabolized first. The extra electrons present in Kangen Water™ are instantly available for neutralization of free radicals, greatly slowing the aging process. It would not be possible to eat enough fruits and vegetables to receive the same amount of antioxidants found in Kangen Water™.

Micro-Clustered Molecules

Regular H₂O Cluster

15 - 20 Molecules

Larger clusters limit absorption by the body



Regular H₂O Cluster

Kangen™ Micro-Clusters

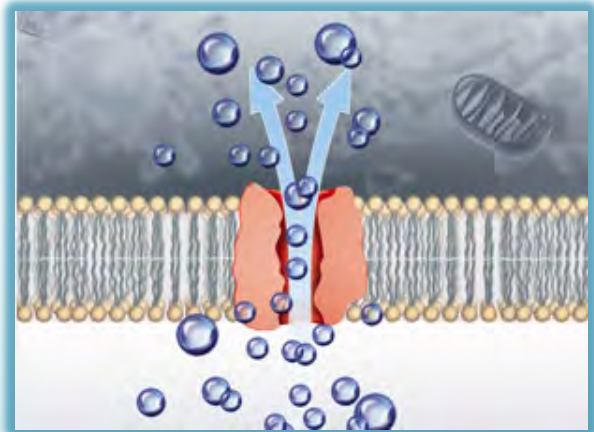
5 - 6 Molecules

Micro-clusters allow greater penetration and absorption by the body



KANGEN™ Micro-Cluster

The process of ionization reduces the size of the water molecular cluster by two-thirds. Because the cluster size of the water molecule is smaller, it is easier for the body to transport it across the cell membrane into the cell, hydrating the body more efficiently. Water easily passes in and out of the cells, carrying nutrients in and pushing toxins out. Improved cellular hydration results in a reduction of cell acidity, enhanced immunity, increased fat burning, DNA repair, and increased resistance to viruses. Dehydrated cells lead to muscle wasting, cell hypoxia (oxygen starvation), DNA damage, and accelerated aging. Restructured, ionized water properly hydrates the body, allowing the body to heal itself.



Micro-clustered Kangen Water™ molecules pass freely in and out of the cell, while large clusters from the tap and bottles are unable to enter.



Hiromi Shinya M.D., Ph.D.

Developer of Colonoscopy and Endoscopy

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 Clinical Professor of Surgery at Albert Einstein Collage of Medicine and Chief of the Endoscopy Unit of Beth Israel Hospital in New York, as well as an advisor for Maeda Hospital and Hanzomon Gastrointestinal Clinic in Japan. A native of Japan, Dr. Shinya received his medical education both in Japan and in the United States.

Dr. Shinya, now past 70, continues an active daily practice of medicine, spending half of each year in New York City and the other half in Tokyo. He is Japan's most famous doctor and treats members of Japan's royal family and top government officials. His practice in the United States also includes celebrities and Presidents. He is Vice Chairman of the Japanese Medical Association in the USA and much in demand as a speaker internationally.

As a gastro-intestinal specialist he has treated over 300,000 patients without a single recurring case of cancer. Shinya believes that there is a direct relationship between dietary practices and health problems. He requires each of his patients to drink Kangen Water™ in conjunction with a healthy diet. Kangen Water™ plays a crucial role in the cleansing of the colon. Shinya describes the colon as the sewage system for the body. Therefore, when the colon backs up, toxins are not released and the entire body is subject to disease.



Doctors, Scientists and Nutritionists on Kangen Water

You can't stay a skeptic after reading this book and watching the videos



TM KANGEN WATER

- ✓ Strong Acidic Water pH2.5 for Disinfecting, Sterilising and Sanitising,
- ✓ Strong Kangen Water, pH11.5 for Cleaning and Removal of pesticides in your food,
- ✓ Healthy Drinking Water with a pH range from pH8.5-9.5, anti-aging and anti-oxidation effects,
- ✓ Beauty water with a pH5.5-6.0 for Face and Skin and as a Toner after bath or shower,
- ✓ Clean Water of pH7.0 for Baby or infant formula or when you take medication.

1. Cover: **Doctors, Scientists and Nutritionists on Kangen Water**
2. **Dr. Hiromi Shinya**, Leading endocrinologist, clinical professor of surgery, head of the endoscopic center at Beth Israel Medical Center, Vice-chairman of the Japanese Medical Association in the United States
3. **Dr. Horst Filtzer**, Vascular Surgeon
4. **Dr. Corinne Allen**, international researcher and practitioner in natural health and nutrition
5. **Dr. Robert Young**, Cellular Nutritionist, MS, D.Sc., Ph.D., N.D
6. **Dr. Peggy Parker**, Naturopathic Physician, Biological Medicine
7. **Dr. Dave Carpenter**, President of the International Iridology Practitioners Association
8. **Dr Tim McKnight**, M.D
9. **Dr. Susan Lark**, Clinical Nutritionist
Dr. Otto Warburg, Chemist, Nobel Prize Winner
10. **Sang Whang**, engineer, scientist and inventor
Dr. Yoshiaki Matsuo PhD., Vice President of the Water Institute of Japan
11. **Dr. Mu Shik Jhon**, Chemist, Founding president of the Association of Academies of Sciences in Asia
12. **Dr Keiichi Morishita**, Director of the Ochanomizu Clinic in Japan and the Head of the International Natural Medicine Association
Dr Hidemitsu Hayashi, Cardiovascular Surgeon, Director of the Water Institute of Japan
13. **Dr. William Howard Hay**, Surgeon, Developer of Hay Diet
14. **Dr. Theodore A. Baroody**,DC, ND, Ph.D., Dipl. Acu., Nutritional Consultant
Dr. Lester Packer, Senior scientist at Lawrence Berkeley Laboratory, world's foremost antioxidant research scientist
15. **Dr. Ray Kurzweil**, Award-winning Scientist, Inventor
Dr. Fereydoon Batmanghelidj, Medical Doctor, Researcher
16. **Dr. Sanetaka Shirahata**, Professor of Cellular Regulation Technology at the Department of Genetic Resources Technology
Dr Arthur M. Echano, Medical Doctor, Naturopath, Nutritional Medicine Specialist
17. **Dr. Ed Leshin**, Chiropractor, Acupuncturist
Dr. Sherry Rogers, M.D., Immunologist, Environmental Medicine
18. **Dr. Leonard Horowitz**, Behavioral Scientist, Educator
Dr. Don Colbert, Medical Doctor
19. **Felicia Drury Kliment** BA, MS
Shan Stratton, Sports Nutritional Consultant for the NBA, NFL, MLB, PGA, LPGA, NASCAR, NHL, NY Yankees, AZ Diamondbacks, Houston Rockets, LA Dodgers
20. **Wade Lightheart**, Canadian National Bodybuilding Team Member Three-Time Natural National Bodybuilding Champion, International Online Trainer
21. **Videos** of scientific research
22. **Videos:**
Bob Wright Director/Founder American Anti Cancer Institute
Dr. Jerry Tennant MD
Dr. Michael explaining Kangen water
Testimonials
23. **Pubmed** Clinical Studies and Scientific Research on Ionized Water

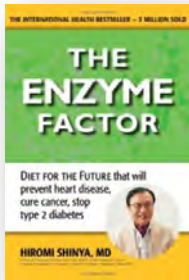
Dr. Hiromi Shinya, leading endocrinologist, clinical professor of surgery, head of the endoscopic center at Beth Israel Medical Center, Vice-chairman of the Japanese Medical Association in the United States



“It is widely recognized in the medical profession that a healthy and clean colon is one of the most important precursors to good health and that the great majority of body ailments and diseases originate in an acidic and dirty colon. Water is essential for your health.”

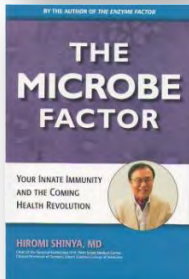
“I have examined more than 300,000 people’s stomachs and intestines for 35 years and realize that our health depends largely on our dietary life. And from my experiences I would like to teach you healthy, dietary habits to help you enjoy your life!”

“It is widely recognized in the medical profession that a healthy and clean colon is one of the most important precursors to good health and that the great majority of body ailments and diseases originate in an acidic and dirty colon. Water is essential for your health. Drinking “good water;” especially hard water which has much calcium and magnesium keeps your body at an optimal alkaline pH.”



“Kangen Water is alkaline rich water (ph 8-9.5), and is considered the very best drinking water because of its incomparable powers of hydration, detoxification, and anti-oxidation.” (Page 159)

Dr. Hiromi Shinya, M.D. was born in 1935 in Fukuoka. After graduating from Juntendo University, School of Medicine, he was internationally active and made a phenomenal impact as a pioneer in the field of Gastrointestinal Endoscopy. Dr. Hiromi Shinya is a clinical professor of surgery at Albert Einstein College of Medicine at Yeshiva University; head of the endoscopic center at Beth Israel Medical Center in New York, New York; and Vice-chairman of the Japanese Medical Association in the United States. He is also affiliated with both the Maeda Hospital and Hanzoo-mon Gastrointestinal Clinic in Japan. Dr. Shinya pioneered modern colonoscopic techniques, and invented the electrosurgical polypectomy snare now common on colonoscopes, allowing for removal of colon polyps without invasive surgery.



He also authored of The Enzyme Factor, the English translation of his book on the relationship between enzymes and health that has sold two million copies in Japan. In his book and even on the cover Dr. Shinya extols the virtues of drinking alkaline ionized water, specifically, Kangen Water® produced only by the Enagic® devices. Dr. Shinya puts all his patients on Kangen Water® as part of his recommended diet.

- One of the Top FIVE Foremost Physicians in the World.
- Chief of Endoscopy Beth Israel Medical Center New York, one of the most prestigious medical centers in U.S.
- Sits on the Board of directors for a half a dozen Japanese Hospitals.
- Inventor of the Colonoscopy (ask a physician, the colonoscopy is actually CALLED "The Shinya Method").
- Thousands of cancer-free patients who have never had a relapse - no other physician can match his reputation.
- Will only treat a patient if they agree to drink Kangen Water from an Enagic machine because he understands that the ROOT cause of disease is dehydration and acidosis and if the patient is not willing to address that with super-hydrating alkaline Kangen Water, there is nothing he can do for them.
- Helped develop the water ionization technology and personally ONLY drinks Kangen Water from an Enagic machine.

He is well into his seventies and still has an active practice and looks to be about 50 years old.



Dr. Horst Filtzer, Vascular Surgeon



"When I first drank Kangen water I experienced something I had never had before, I liked it, I liked it very much. ... As I investigated the product, as I investigated the concept of ionized water as I investigated the concept of alkalization of the body cells, I became more and more convinced that this is a product that is of absolute value to all mankind. That it is a product that should be used in all households if at all possible, because it clearly is superior to any form of water than I ever encountered."

"Personally, I can testify that there is no question that my own life has been markedly enriched by the ingestion of Kangen Water. ... **I endorse Kangen Water as a physician, as a surgeon, as a human being, 100%. I feel that it is of great benefit to all mankind. ... I can only recommend it in the highest way."**

Dr. Horst Filtzer, M.D. a Harvard Medical School graduate cum laude is a Vascular Surgeon. Horst has 35 years of active surgical practice in General and Vascular Surgery at Cambridge City Hospital in capacities as Assistant Director, Department Chairman, and Program Director He is also Director of the Wound Care Center in Western Arizona Regional Medical Center, Bullhead City, AZ.

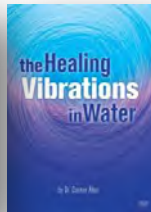
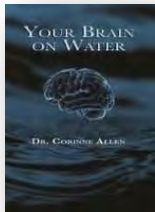


Dr. Corinne Allen, international researcher and practitioner in natural health and nutrition



"Brain inflammation can occur from many causes including: head injuries, premature birth, lack of oxygen and various infections. The resulting inflammation can provide dysfunction in the body's ability to detoxify harmful substances. They can also exhibit mitochondria that have low energy output and high free-radical generation. Often those with brain challenges like Autism and Aspergers, drink almost no water each day, only accentuating the problems in brain functioning. In Autistics and others where brain inflammation is high, toxins can more easily cross the blood brain flooding the brain with free radicals.

Kangen Water™ has been providing my clients with a strong source of antioxidants and improved hydration. In our brain programs we observed that our therapeutic expectations have been significantly exceeded by adding Kangen Water™ to the treatment plan".



Dr. Corinne Allen is an international researcher and practitioner in natural health and nutrition and has been in practice for more than 30 years. After receiving her doctorate in nutrition Dr. Allen went on to more training in neurokinesiology and brain-stimulation techniques. She is recognized for her natural and practical approach to health regarding natural and alternative methods of stimulating permanent changes in the brain in dyslexia, ADD, Autism, Asperger's syndrome, learning disabilities, academic and behavioral issues and brain injuries. She runs the Advanced Learning & Development Institute.



Dr. Robert Young, Cellular Nutritionist, MS, D.Sc., Ph.D., N.D



“The pH level (the acid-alkaline measurement) of our internal fluids affects every cell in our bodies. Extended acid imbalances of any kind are not well tolerated by the body. Indeed, the entire metabolic process depends on a balanced internal alkaline environment. A chronically over-acidic pH corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries like acid eating into marble.

If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. In summary, over-acidification interferes with life itself leading to all sickness and disease!”

“Researchers believe that disease is caused by excess acidity in our body that weakens all body systems. Caused by our high stress lifestyles, what we eat and pollutants, it affects virtually everyone. This forces the body to rob minerals – calcium and magnesium – from vital organs and bones. Our reserves are depleted, leaving the body vulnerable to bone density loss, heartburn, indigestion, blood sugar issues, weight gain – 68 conditions in all. **When healthy, your body has sufficient alkaline reserves to balance it self – and naturally resists disease. The easiest way to help your body to be more alkaline is to drink alkaline water”**

Dr. Robert O. Young, MS, D.Sc., Ph.D., N.D. has been widely recognized over the past two and a half decades. Throughout his career, his research has been focused at the cellular level. Having a specialty in cellular nutrition, Dr. Young has devoted his life to researching the true causes of “disease” subsequently developing The New Biology™ to help people balance their life.

In 1994, Dr. Young discovered the reality of biological transformation of red blood cells into bacteria and bacteria to red blood cells. He has since documented several such transformations. Dr. Young’s research findings have been published in several noted journals, including The Journal of Alternative and Complementary Medicine, (Sympathetic Resonance Technology, Scientific Foundations and Summary of Biologic and Clinical Studies, Dec. 2002, Vol. 8, No. 6: 835-842.) He is the author of numerous articles and author and co-author of many books including “The pH Miracle (2002), The pH Miracle for Diabetes (2003), The pH Miracle for Weight Loss (2004).



Dr Robert Young, CNN Alkaline Water

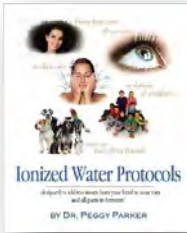


Dr. Peggy Parker, Naturopathic Physician, Biological Medicine



“Months of testing and research have led me to the discovery that drinking Kangen Water™ is the most effective tool I have found to quickly, easily, and economically reduce cellular oxidation and achieve a more alkaline pH in the body.”

As a Biological Medicine Physician, I have been measuring the levels of oxidation in bodily fluids for about a decade using a very sophisticated piece of lab equipment called the QFA (Quantitative Fluid Analysis). Based on the rate of oxidation in these fluids this measurement device calculates a person’s biological age. For most people this biological age is generally 20-50 years older than their actual chronological age.



Since it is our biological age that determines the length of our life, that number is quite significant. More than 3 years of testing and research have led me to the discovery that **drinking Kangen Reduced Alkaline Water is the most effective tool for quickly, easily and economically changing the rate of oxidation on cells that I have ever encountered.”**

“One can therefore say that drinking ionized Kangen water has the potential to slow the aging process. The powerful component of the water that does this is the -ORP (Oxidation Reduction Potential) charge on the water. This negative ORP part of the water is what causes this water to be able to slow down the oxidation of our bodies.

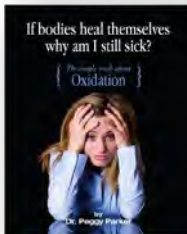


As the cell walls of our body become oxidized, they become sticky and this prevents hydration of the body as well as nutrient absorption and cell waste to be expelled. The -ORP removes oxidation from the cell wall and allows for better hydration, and cell metabolism and overall cell health.”

Dr. Parker, N.D. & Biological Medicine expert is a traditionally trained Naturopathic Physician who resides in Spokane, Washington.



She is an internationally renowned teacher and lecturer. After receiving her Naturopathic degree, Dr. Parker continued her education with a post-doctoral degree in Biological Medicine from the PBMN in Lustmühle, Switzerland. This intensive, two year program was designed and led by the famous Swiss physician, Dr. Thomas Rau. The basic focus of this course revolved around adjusting the pH (acid/alkaline ration within body fluids), ORP (rate of oxidation in body tissues), and the conductivity of minerals across the cell wall membrane, and just how these factors affect health.



As a physician Dr. Parker has been trained to both administer and evaluate tests including Darkfield Microscopy, Biological Terrain Assessment (QFA), EAV, Electro-Dermal Screening, Computer Regulation Thermography, Tongue and Pulse Diagnosis, Sclerology, Heart Rate Variability, Hair Tissue Mineral Analysis, Applied Kinesiology and Hyperbaric Oxygen Therapy to name a few.



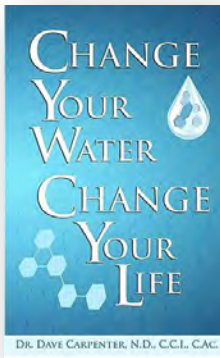
Dr. Dave Carpenter, President of the International Iridology Practitioners Association



“This [alkalizing] program contains a whole new way of looking at diet and nutrition. When followed, it leads to a healthy, lean, trim body and an enhanced level of wellness, energy and mental clarity most people have not experienced previously.”

“Based on years of research and observation, we have concluded that over acidification of the body is the underlying cause of all disease. Because many people consume a diet primarily comprised of acid forming foods, (i.e. sugars, meat, dairy, yeast breads, coffee, alcohol, starches, etc.) rather than whole plant foods, they are frequently sick and tired”

“In my experience, Kangen Water™ supercharges your nutritional program better than anything. Water is the key and this [Enagic® Kangen™ Water] is the best water I know of. Anyone who gives it an honest try will experience it in their own health without question!”



Dr. Dave Carpenter is a member of the Idaho Association of Naturopathic Physicians. He is currently the President of the International Iridology Practitioners Association (IIPA), has served on the Board of Directors of IIPA since 1996 as Public Relations Director and Vice-President.

Dr. Dave Carpenter is a Licensed Acupuncturist, Fellow of the International Academy of Medical Acupuncturists, and an IIPA Certified Comprehensive Iridologist (CCI). He is also a member of the American Naturopathic Medical Association, the Idaho Acupuncture Association, faculty member of the Intermountain Institute of Natural Health, and a graduate of Central States College of Health Sciences as a Naturopathic Medical Doctor, and the Royal Academy of Naturopathy in Australia as a Naturopathic Doctor, a graduate of the International Academy of Medical Acupuncturists. Dr. Carpenter also holds a BS degree in Nutrition.



Dr Tim McKnight, m.d



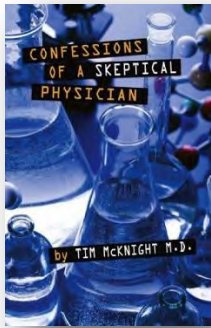
Dr. McKnight shares a great insight into how the medical profession has a natural skepticism on new innovation in disease prevention. **He calls Kangen Water an alternative therapy for cellular stress and recommends that everyone should drink it.**

Dr McKnight has written his story, his analysis and results about Kangen water in his outstanding book: *Confessions of a Skeptical Physician*.

Dr McKnight describes the root cause of disease as Stress in living organisms unbalanced unchecked stress is the stimulus for disease. He lists them as:

- Oxidative Stress
- Acidic Stress
- Hydration Stress

The more accumulative stress we experience in these three categories, the more diseased our cells become and the more effort is needed to balance the body so that real healing can occur.



Dr. Tim McKnight address to Engic Conference May 5th 2012 -...



What Doctors Are Saying About Kangen Water



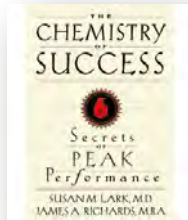
Dr. Susan Lark, Clinical Nutritionist



“Drinking four to six glasses of alkaline water a day will help to neutralize over acidity and over time will help to restore your buffering ability. Alkaline water should be used when conditions of over acidity develop, such as cold, flu or bronchitis. Like vitamins C, E and Beta Carotene, alkaline water acts as an antioxidant because of its excess supply of free electrons. This can help the body against the development of heart disease, strokes, immune dysfunctions, and other common ailments.”

“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.”

*Dr. Susan Lark is one of the foremost authorities in the fields of clinical nutrition and preventive medicine. A graduate of Northwestern University Medical School, she has served on the clinical faculty of Stanford University Medical School, and taught in their Division of Family and Community Medicine. Dr. Lark is a distinguished clinician, author, lecturer and innovative product developer. Through her extensive clinical experience, she has been an innovator in the use of self-care treatments such as diet, nutrition, exercise and stress management techniques in the field of women’s health, and has lectured extensively throughout the United States on topics in preventive medicine. She is the author of 13 best-selling books on women’s health including *The Chemistry of Success*.*



Dr. Otto Warburg, Chemist, Nobel Prize Winner



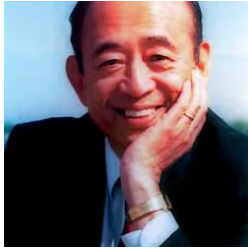
“All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen – a rule without exception.” “Cancerous tissues are acidic, whereas healthy tissues are alkaline.

Water splits into H⁺ and OH⁻ ions, if there is an excess of H⁺, it is acidic; if there is an excess of OH⁻ ions, then it is alkaline.”

***Otto Heinrich Warburg** was born on October 8, 1883, in Freiburg, Baden. His father, the physicist Emil Warburg, was President of the Physikalische Reichsanstalt, Wirklicher Geheimer Oberregierungsrat. Otto studied chemistry under the great Emil Fischer, and gained the degree, Doctor of Chemistry (Berlin), in 1906. He then studied under von Krehl and obtained the degree, Doctor of Medicine (Heidelberg), in 1911. He served in the Prussian Horse Guards during World War I. In 1918 he was appointed Professor at the Kaiser Wilhelm Institute for Biology, Berlin-Dahlem. Since 1931 he is Director of the Kaiser Wilhelm Institute for Cell Physiology, there, a donation of the Rockefeller Foundation to the Kaiser Wilhelm Gesellschaft, founded the previous year.*

For his discovery of the nature and mode of action of the respiratory enzyme, the Nobel Prize has been awarded to him in 1931. This discovery has opened up new ways in the fields of cellular metabolism and cellular respiration. He has shown, among other things, that cancerous cells can live and develop, even in the absence of oxygen. Otto Warburg is a Foreign Member of the Royal Society, London (1934) and a member of the Academies of Berlin, Halle, Copenhagen, Rome, and India. He has gained l'Ordre pour le Mérite, the Great Cross, and the Star and Shoulder Ribbon of the Bundesrepublik. In 1965 he was made doctor honoris causa at Oxford University. Copyright© The Nobel Foundation.

Sang Whang, engineer, scientist and inventor



The accumulation of acidic waste products within our body is the process of aging. Therefore, removing old, stored waste is reverse aging. When we think of “health,” we think of diet and exercise. Diet and exercise help our body dispose of waste products. However, they are very difficult to stay with and they are not as effective.

Now science has made it simple and easy to remove acidic waste products that are within our body, and the method is more effective than diet and exercise. The true “Fountain of Youth” was right under our nose all the time. Learn the scientific processes and devices available for “Reverse Aging.” No need to accept “Aging” as a fact of life. Anybody can do it!



Sang Whang is an engineer, scientist, and inventor with many US patents. His fields of expertise span many different areas such as data communication devises (modems), electronic filters, chemistry, water, cornea measuring devises, multi-focal contact lenses, etc. An improvement of his own health without medicine, die or exercise caused him to investigate the phenomenon and led him to the discovery of his theory of “Reverse Aging.”



Dr. Yoshiaki Matsuo PhD., Vice President of the Water Institute of Japan



“In my opinion, redox potential is more important than pH. ... For example, the average pH of blood is 7.4 and acidosis or alkalosis are defined according to deviation within the range of 7.4 + -0.05.

But nothing has been discussed about ORP, or oxidation-reduction potential.”

“It has long been established that reactive oxygen species (ROS) [free radicals that contain the oxygen atom] cause many types of damage to biomolecules and cellular structures, that, in turn result in the development of a variety of pathologic states such as diabetes, cancer and aging.

Reduced water is defined as anti-oxidative water produced by reduction of water. Electrolyzed reduced water (ERW) has been demonstrated to be hydrogen-rich water and can scavenge ROS in vitro (Shirahata et al., 1997).”

Dr. Yoshiaki Matsuo PhD is Vice President of the Water Institute of Japan and was contributing inventor to the modern domestic ionizer.

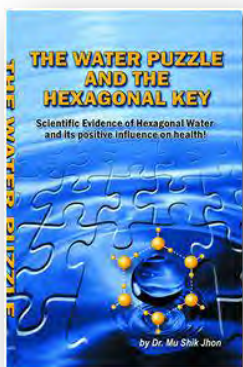
Dr. Mu Shik Jhon, Chemist, Founding president of the Association of Academies of Sciences in Asia



Dr. Mu Shik Jhon

“Hexagonal water comprised of small molecular units or ring-shaped clusters, move 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.”

“Ionized water has a hexagonal shape and carries an abundance of hydroxyl ions (OH⁻). It provides extra electrons that neutralize destructive free radicals circulating throughout the body. Hexagonal ionized water carries a high negative ORP (Oxidation Reduction Potential) when it is first produced, making it a potent anti-oxidant.”



“When taken internally, the reduced ionized water with its redox potential, or ORP of -250 to -350 readily donates its electrons to oddball oxygen radicals and blocks the interaction of the active oxygen with normal molecules.”

“Water has the ability to attract and accumulate bio-energy. It also stores an energy memory of harmful or helpful vibrations to which it was exposed in the past. Chlorinated tap water is polluted with non-biological chemicals and negative energy imprints. It is also devoid of bio-energy and so may be regarded as being badly polluted as well as ‘dead’.

Alkaline living water is regarded by a growing number of health care professionals as the best water to drink and is listed as a medical device in Japan for the treatment of degenerative diseases.”“My hypothesis was born from the clinical observation study in our clinic. Since May '85 we have confirmed thousands of clinical improvements, obtained solely by exchanging drinking (as well as cooking water) from tap water to reduced water.”

Honorary and Founding president of the Association of Academies of Sciences in Asia (AASA) and Former President of the Korean Academy of Science and Technology (KAST), was born in 1932 at Taegu, Korea and received BS and MS degrees from Department of Chemistry, Seoul National University in 1954 and 1958, respectively.

Then he moved to U.S.A. to pursue his doctorate study at Department of Chemistry, University of Utah. He received his Ph.D. degree in 1966 and became an assistant professor at University of Virginia. Three years later, Prof. Jhon came back to his mother country, Korea, to serve as the head of Liquid State Chemistry Research Laboratory at the Korea Institute of Science and Technology (KIST) in 1969.

Then, he joined the Korea Advanced Institute of Science and Technology (KAIST) as a charter member in 1971. Prof. Jhon is a foreign fellow of National Academy of Sciences, India, and Pakistan Academy of Sciences, a foreign academician of Russian Academy of Science and a fellow of the European Academy of Arts, Sciences & Humanities. He published over 280 papers and produced many eminent scholars including about 50 Ph.D.s.

He served as President of KAST, Founding President of AASA, Founding President of the Korean Association for the Advancement of Sciences and Chairman of the Board of Research Institute of Bioinformatics and Molecular Design. His main research fields were the theory of liquids and solids, structure and properties of water and aqueous solution, water and biological molecules, theoretical studies of zeolite, hydrogel and polymers. He was interested in the role of water in biological system, especially human body. To explain the role of water, he proposed a liquid structure theory, “Significant Structure Theory” and extended it to water. Hexagonal and pentagonal water structures are the water cluster models that he introduced to explain the abnormal behaviors of water. During last two decades before he passed away, he intensively worked on the illumination of the relation between hexagonal water and health, and authored The Water Puzzle and the Hexagonal Key.

Dr Keiichi Morishita, Director of the Ochanomizu Clinic in Japan and the Head of the International Natural Medicine Association



“Modern medicine treats these malignant cells as if they were bacteria and viruses; it uses chemotherapy, radiation and surgery to treat cancer. Yet none of these treatments will help very much if the environment of the body continues to remain acidic.”

“Drinking water that has a high alkaline pH, because of its de-acidifying effect, will help in preventing cancer. In Asia, alkaline water is regularly served to patients, and is considered a regular part of treatment.”

Dr Keiichi Morishita is Director of the Ochanomizu Clinic in Japan and the Head of the International Natural Medicine Association. He is also an Honorary Professor, Georgia Tbilisi State Medical University, Professor, Choson University & Graduate School, Korea, Visiting Professor, Shenyang Pharmaceutical University, China and Honorary Director, China Health Care Food Association & Senile-Resistant Association, Honorary Director, Non-Pharmacotherapy Treatment & Research Center, Heilongjiang Province China, and Honorary President, Guangxi Pama Institute of Longevity, China, among many others. He is the author of The Hidden Truth of Cancer 1950 Graduated from the Tokyo Medical University where he majored blood physiology. 1955 Received Ph.D. from Chiba University, the school of Medicine. 1960 Presented a basic theory of Natural Medicine for cancer treatment and longevity (Morishita Theory) 1966 Testified as a member of the academic panel at the hearing on cancer by the special Committee for Advancement of Scientific Technologies of the Japanese House of Representatives. 1970 Established the Natural Medicine Society, the Life Science Association and Ochanomizu Clinic 1977. The effectiveness of Natural Medicine was endorsed by the McGovern Report written by Senator George McGovern of the U.S.A. 1982. The validity of the theory, diet of meat produces cancer; diet of grain/vegetables prevents cancer, presented at the hearing was proven by the National Academy of Science (USA) Recommendation.

Dr Hidemitsu Hayashi, Cardiovascular Surgeon, Director of the Water Institute of Japan



“Devices to produce reduced water were introduced into our clinic in May 1985. Based on the clinical experiences obtained in the past 15 years, it can be said that introduction of naturally reduced water (using H-01 Active Hydrogen Generator) or electrolyzed-reduced water for drinking and cooking purpose for in-patients should be the very prerequisite in our daily medical practices. It is because any dietary recipe cannot be a scientific one if property of water taken by the patients is not taken into consideration.” **“The Ministry of Health and Welfare in Japan announced in 1965 that the intake of reduced water is effective for restoration of intestinal flora metabolism.”**

CLINICAL IMPROVEMENTS OBTAINED FROM THE INTAKE OF REDUCED WATER

HAYASHI, Hidemitsu, M.D., Water Institute, & KAWAMURA, Munenori, M.D., Kyowa Medical Clinic, (1985-2000)

1. Improvement of blood glucose and HbA1C levels in diabetes mellitus.
2. Improvement of peripheral circulation in diabetic gangrene.
3. Improvement of uric acid levels in gout.
4. Improvement of liver function in hepatic disease, cirrhosis of liver, hepatitis.
5. Improvement of gastro duodenal ulcers and prevention of recurrences.
6. Improvement of cholesterol level; hypertension, angina, myocardial infarction.
7. Improvement of hypersensitive disorders; atopic dermatitis, asthma, urticaria.
8. Improvement of autoimmune disorders; rheumatism, collagen disease, SLE.
9. Improvement of so-called specific diseases; Bechtel syndrome, Crohn's disease, ulcerative colitis, Kawasaki's disease.
10. Improvement of malignant tumors of liver; hematoma, metastatic tumors.
11. Improvement of general malaise, chronic constipation & diarrhea as well as persistent diarrhea occurred after gastric resection.
12. Improvement of dehydration in infants with vomiting and diarrhea caused by viral infection.
13. Improvement of hyperbilirubinemia in newborns.
14. Experiences of pregnant women who took reduced water during their pregnancy; almost no emesis, smooth delivery, slight jaundice, enough lactation, smooth and satisfactory growth of newborns.

Dr. Hidemitsu Hayashi was born in 1938. He practiced medicine and specialized in Cardiovascular Surgery after graduating in 1968 from the Medical School of Kobe University, Japan. He also studied at the University of Munich (1970-71). Specialized in the field of Cardiovascular Medicine. In 1985, after 20 years of clinical experiences as a surgeon he began advanced research on the medical benefits of water. In 1995 he simultaneously released in Japan and the U.S. his theory on the effects of hydrogen-rich water in preventing and treating illnesses. Dr. Hidemitsu Hayashi is a researcher and a "Hydrogen-rich Water" Advocate, and is the Director of the Water Institute of Japan in Tokyo.

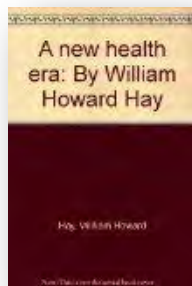
Dr. William Howard Hay, Surgeon, Developer of Hay Diet



"All disease is caused by auto-toxification (self-poisoning) due to acid accumulation in the body."

"Now we depart from health in just the proportion to which we have allowed our alkalis to be dissipated by introduction of acid forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so."

"It was said earlier that all we can do for disease is to stop creating this background of acid end-products of digestion and metabolism, and this is true, for if disease comes always and only from this acid collection, then it must be evident to anyone that the cure lies in the discontinuance of this accumulation.



"If the blood develops a more acidic condition, then these excess acidic wastes have to be deposited somewhere in the body. If this unhealthy process continues year after year, these areas steadily increase in acidity and their cells begin to die. Other cells in the affected area may survive by becoming abnormal, these are called malignant. Malignant cells cannot respond to brain commands. They undergo a cellular division that is out of control. This is the beginning of cancer."

Dr. William Howard Hay graduated from the New York University Medical College in 1891 and spent 16 years in regular medicine, specializing in surgery. He later developed Bright's Disease, and was unable to cure it using accepted medical methods of the time. This led him to find alternative methods to rid himself of disease. He came up with the concept of food combining (also known as the Dr. Hay diet), the idea that certain foods require an acid pH environment in digestion, and other foods require an alkaline pH environment, and that both cannot take place

at the same time, in the same environment. After curing himself through proper diet, he wrote several books, started a sanatorium, and lectured throughout United States and Canada.

Dr. Theodore A. Baroody, DC, ND, Ph.D., Dipl. Acu., Nutritional Consultant



“Any stressor that the mind or body interprets and internalizes as too much to deal with, leaves an acid residue. Even a mild stressor can cause a partial or total acid-forming reaction. ... The countless names attached to illness do not really mater. What does matter is that they all come from the same root cause: too much tissue acid waste in the body.”

“It is my opinion that ionized water will change the way in which all health practitioners and the public approach their health in the coming years. ... I have administered over 5000 gallons of this water for about every health situation imaginable. I feel that restructured alkaline water can benefit everyone.”



Theodore A. Baroody, DC, ND, Ph.D., Dipl. Acu. was born in Sanford, NC, in 1950. He received his B.S. in Psychology and his Masters degree in Educational Counseling from Western Carolina University in 1974 and 1978. He received his D.C. degree from Life Chiropractic College of Marietta, Ga. in 1981. He further studied in Beirut, Lebanon and at Colombo Americano, Columbia, as well as having traveled extensively in Europe and Asia to gather information on the healing arts. Dr. Baroody later completed an N.D. from Clayton School of Naturopathy in 1991 after years of clinical research in his practice and received his Ph.D. in Nutrition from American Holistic College. Dr. Baroody is a Certified Nutritional Consultant (C.N.C.) and a professional member of the American Association of Nutritional Consultants, and a diplomate in acupuncture. He is the author of the popular book, Alkalize or Die (2002)

Dr. Lester Packer, Senior scientist at Lawrence Berkeley Laboratory, world’s foremost antioxidant research scientist



“Scientists now believe that free radicals are factors in nearly every known disease.” “Consuming the right type of water is vital to detoxifying the body’s acidic waste products and is one of the most powerful health treatments available.”

“We recommended that you drink 8-10 glasses per day of this alkaline water. It is one of the simplest and most powerful things that you can do to combat a wide range of disease processes. It is interesting to note that in Japan, professional sports teams drink alkaline water to improve their performance”

“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.”

Dr. Lester Packer, is the world’s foremost antioxidant research scientist. He is a senior scientist at the prestigious Lawrence Berkeley Laboratory, and Head of the Packer Lab at the University of California, where he has been a professor for 35 years. Dr. Packer is the executive editor of Archives of Biochemistry and Biophysics, and serves on the editorial advisory boards of Free Radical Biology and Medicine, The Journal of Applied Nutrition, and The Journal of Optimal Nutrition. He is a member of eight professional societies and is President of the International Society for Free Radical Research, and Vice President of UNESCO’s Global Network of Molecular and Cell Biology. Dr. Packer has published over 700 scientific papers and 70 books on every aspect of antioxidants and health, including the standard references Vitamin E in Health and Disease, Vitamin C in Health and Disease, The Handbook of Natural Antioxidants and Understanding the Process of Aging: The Roles of Mitochondria, Free Radicals, and Antioxidants. The International Bibliographic Information on Dietary Supplements (IBIDS) is produced by the Office of Dietary Supplements at the National Institutes of Health to assist the public, health care providers, and researchers in locating credible, scientific literature on dietary supplements. Several hundred citations of the Packer Lab’s work on the antioxidant network and gene regulation are in the peer reviewed section of IBIDS database.

Dr. Ray Kurzweil, Award-winning Scientist, Inventor



“There are more benefits to “alkaline water” than simply the alkalinity or pH. The most important feature of alkaline water produced by a water alkalizer is its oxidation reduction potential (ORP).

Water with a high negative ORP is of particular value in its ability to neutralize oxygen free radicals. ORP can also be directly tested using an ORP sensor and meter. We have conducted these experiments as well. We found that water coming directly from the tap had an ORP of +290mV, while the water coming out of the water alkalizer had a negative ORP. The more negative the ORP of a substance (that is, the higher its negative ORP), the more likely it is to engage in chemical reactions that donate electrons. These electrons are immediately available to engage in reactions that neutralize positively charged free radicals. **This is the key benefit of water produced by a water alkalizer that is not available by simply drinking water that has had some bicarb or other compounds dissolved in it to make it alkaline.”**

“Free radicals are among the most damaging molecules in the body and are highly unstable molecules that are oxidizing agents and are electron deficient. They are a principal cause of damage and disease in the body. Oxygen free radicals contribute significantly to a broad variety of harmful conditions in the body ranging from life-threatening conditions such as heart disease, stroke and cancer, to less severe conditions such as sunburns, arthritis, cataracts, and many others. Free radicals MUST get electrons from somewhere and will steal them from whatever molecules are around, including normal, healthy tissues.”

“Damage to tissues results when free radicals strip these electrons from healthy cells. If the damage goes on unchecked, this will lead to disease. For example, the oxidation of LDL cholesterol particles in arterial walls by free radicals triggers an immune system response that results in atherosclerosis, the principal cause of heart disease. The negative ions in alkaline water from an electrolysis machine are a rich source of electrons that can be donated to these free radicals in the body, neutralizing them and stopping them from damaging healthy tissues. Specifically, these ions have the potential to engage in the chemical reactions necessary to neutralize oxygen free radicals.”

Dr. Ray Kurzweil is one of the world’s leading inventors, thinkers, and futurists. He’s been awarded 19 honorary doctorates, honored by 3 US Presidents and is recipient of many of the nation’s highest awards for excellence. He has been called “the restless genius” by the Wall Street Journal and “the ultimate thinking machine” by Forbes magazine and PBS included him as one of 16 “revolutionaries who made America,” along with other inventors of the past two centuries. Time magazine writes, “Kurzweil’s eclectic career and propensity of combining science with practical, often humanitarian applications have inspired comparisons with Thomas Edison”. Among Kurzweil’s many honors, he is the recipient of the \$500,000 MIT-Lemelson Prize, the world’s largest for innovation. In 1999, he received the National Medal of Technology, the nation’s highest honor in technology, from President Clinton in a White House ceremony. And in 2002, he was inducted into the National Inventors Hall of Fame, established by the US Patent Office. Author of several books Dr. Kurzweil second book in 1993, The 10% Solution for a Healthy Life, How to Eliminate Virtually All Risk of Heart Disease and Cancer, was published by Crown Publishers. The book stemmed from Ray’s successfully curing himself of type II Diabetes through a nutritional program he had researched himself.

Dr. Fereydoon Batmanghelidj, Medical Doctor, Researcher

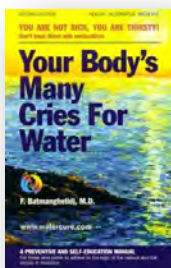


“I am a researcher. I have researched dehydration for the past 20 years. When I discovered that the solution to most of the disease conditions of our society is not a moneymaker, I decided to take my information to the public.

My research revealed that unintentional dehydration produces stress, chronic pains and many degenerative diseases. Dry mouth is not the only sign of dehydration and waiting to get thirsty is wrong. Medicine has based its understanding that it is solid matter in the body that regulates all functions of the body.

I have explained scientifically at the molecular level that it is water that regulates all functions of the body including functions of solid matter. 75 % of our bodies are composed of water. The brain is 85% water.

It is water that energizes and activates the solid matter. If you don’t take enough water, some functions of the body will suffer. Dehydration produces system disturbances. When I use the word water cure, I am referring to curing dehydration with water.”





Dr. Sanetaka Shirahata, Professor of Cellular Regulation Technology at the Department of Genetic Resources Technology



“Several natural waters such as Hita Tenryosui water drawn from deep underground in Hita city in Japan, Nordenau water in Germany and Tlacote water in Mexico are known to alleviate various diseases. We have developed a sensitive method by which we can detect active hydrogen existing in reduced water, and have demonstrated that not only ERW [Electrolyzed Reduced Water] but also natural reduced waters described above contain active hydrogen and scavenge ROS [Reactive Oxygen Species] free radicals that contain the oxygen atom] in cultured cells.”

“Reduced water suppressed the growth of cancer cells transplanted into mice, demonstrating their anti-cancer effects in vivo. Reduced water will be applicable to not only medicine but also food industries, agriculture, and manufacturing industries.”

Dr. Sanetaka Shirahata is a Professor of Cellular Regulation Technology at the Department of Genetic Resources Technology, Faculty of Agriculture, Kyushu University. His activities have included the development of functional waters and foods for anti-allergy, immunopotential, anti-oxidation, anti-life style-related diseases; recently following researches have been focused on antioxidant function and improvement of various diseases by electrolyzed reduced water and natural reduced water. Dr. Shirahata has published abstracts and among other research topics has made presentations on; Evaluation of oxidant and antioxidant activities of various potable waters by ESR; Apoptotic inducing effect of active hydrogen on tumor cells; Application of water to therapy, current researches on reduced water and its clinical application; and Anti-diabetes effect of reduced water scavenging reactive oxygen species. His academic society affiliations include, Japanese Society for Animal Cell Technology (President, 2003- Japan), Japan Society for Bioscience, Biotechnology, and Agro chemistry (Editor Councilor of the West branch, 1999-2004, Japan), Japanese Society for Food and Nutrition (Councilor, 2000-2004, Japan), Japan Society for Food Science and Technology (Councilor of the West Branch, 1989-2004, Japan), European Society for Animal Cell Technology (Japan), Japanese Society for Immunology (Other), Japanese Society for Molecular Biology (Japan).

Dr Arthur M. Echano, Medical Doctor, Naturopath, Nutritional Medicine Specialist



“If the world has accepted antioxidants to slow down the aging process, it should readily agree to the uses of ionized alkaline water as an anti-aging agent. Their roles are closely linked and intertwined such that a lasting anti-aging program is incomplete without addressing both free radicals and organic acid wastes.”

Dr. Arthur M. Echano, M.D., N.D., D.HOM.I., MACNEM is a Medical Doctor, a Naturopath, and a Nutritional Medicine specialist based in New South Wales, Australia who has been successfully practicing nutritional therapy in cancer management for the past 20 years. He has had several speaking engagements in various natural health seminars in Australia and Asia and has written several introductions for various Natural Health books in Australia. Dr. Echano is a 1978 medical graduate of the Faculty of Medicine & Surgery, University of Santo Tomas, Manila, Philippines. He also holds a doctorate degree in naturopathy from the U.S. and a diploma in homeopathic ionic therapy from Australia. He is a medical doctor and naturopathic physician Down Under and is a registered member of the Australian Traditional-Medicine Society (ATMS), the Australian Medical Association (AMA) and the Australasian College of Nutritional & Environmental Medicine (ACNEM).

Dr. Ed Leshin, Chiropractor, Acupuncturist



“As a chiropractor, I knew about the benefits of alkalizing for years. However, it wasn’t until my own son became ill and wouldn’t take anything else that we looked into getting a water ionizer. **Since using this water, his brain tumor has decreased, he has more energy and his emotional status is so much better. It was hard to ignore these results and I am now a strong proponent of everyone using ionized, alkaline water.**”

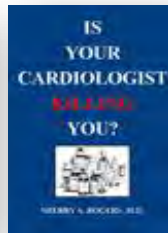
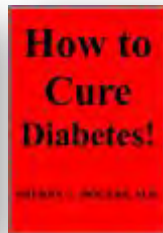
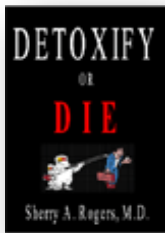
Dr. Leshin is a holistic chiropractor and licensed acupuncturist. He has studied with the top physicians in the field of oriental medicine, nutritional therapies and kinesiological techniques. Dr. Leshin is the founder and developer of ACU-Field Therapy, a technique that has helped many people across the country with various conditions. Dr. Leshin works with chronic conditions such as cancer, MS, Parkinson’s as well as allergies and other ailments. He has helped people with severe hormone imbalances which lead to a variety of problems by using specialized testing procedures.

Dr. Sherry Rogers, M.D., Immunologist, Environmental Medicine



“**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.”

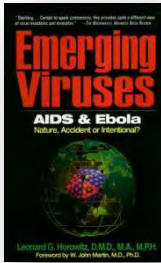
Dr. Sherry Rogers MD, Immunologist, Environmental Medicine is a Fellow of the American College of Allergy and Immunology and a Diplomate of the American Academy of Environmental Medicine, and has been in private practice for over 26 years. Dr. Rogers lectures on her original scientific material worldwide, as well as giving advanced courses for physicians. She developed the Formaldehyde Spot Test and published her mold research in three volumes of the Annals of Allergy. She has published chemical testing methods in the National Institutes of Health Journal, Environmental Health Perspectives. In addition, she has published multiple scientific articles, authored 13 books including her most recent, The High Cholesterol Hoax, The High Blood Pressure Hoax, Detoxify or Die and Pain Free and has been environmental editor for Internal Medicine World Report. Dr. Rogers has appeared on numerous television and radio programs.



Dr. Leonard Horowitz, Behavioral Scientist, Educator



“International studies show that populations with little or no history of illness, such as cancer, drink higher pH (alkaline) waters. After all potential risk factors were considered and factored out, it became evident that they had been drinking waters with a pH of 9.0 to 10.0.”



Dr. Len Horowitz is an internationally known authority in behavioral science, public health education, and health practice management. He received his doctorate from Tufts University, was awarded a fellowship to do behavioral research at the University of Rochester, and later earned a Master of Public Health degree in behavioral science from Harvard University and a Masters degree in health education from Beacon College. One of healthcare’s most captivating motivational speakers, Len has served on the faculties of Tufts University, Harvard University, and Leslie College’s Institute for the Arts and Human Development, directed a multidisciplinary health center for over a decade, and currently serves as President of Tetrahedron, Inc., a nonprofit health educational corporation.

Dr. Don Colbert, Medical Doctor



“Hexagonal, alkaline water is especially effective in treating those with chronic disease.”

“Your body thrives in an alkaline environment since it is able to detoxify more efficiently than in an acidic environment. In an alkaline environment your tissues get rid of impurities more efficiently. When cancer patients come into my office to begin nutritional treatment, their bodies are almost always very acidic and toxic. My first task is to get their tissues alkalized with alkaline water.”

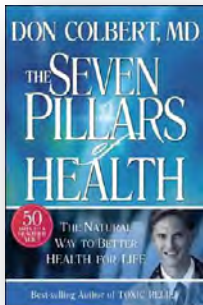
“I have recommended alkaline hexagonal water to even my youngest patients. In 2005 a ten-year old girl and her parents came to my office in South Carolina. The girl had crippling juvenile rheumatoid

arthritis and weighed only fifty-two pounds. Her hands were swollen like mitts, and her knees were swollen as large as softballs. I put her on hexagonal, alkaline water, one to two quarts a day. A week and a half later she was pain free, and her swelling was significantly diminished. When she arrived she was wheelchair bound, but she was actually able to walk without pain after only a week and a half of drinking hexagonal, alkaline water. Her parents were ecstatic. We raised the pH of her tissues. After a month, her hands were almost normal size.”

M.D., is board certified in family practice and anti aging medicine. He is the Medical Director of the Divine Health Wellness Center in Orlando, Florida where he has treated over 40,000 patients.

Dr. Colbert is an internationally known expert and prolific speaker on integrative medicine (a combination of traditional and alternative medicine). Don Colbert, M.D. has been featured on Fox News, ABC World News, The Atlanta Journal Constitution, BBC, Readers Digest, News Week, Prevention Magazine, and many others.

He’s the best-selling author of over 40 books including What Would Jesus Eat, The Bible Cure Series, as well as The Seven Pillars of Health (a New York Times best-seller) that together have sold over 4 million copies. Many of Dr. Colbert’s books are required reading at many medical schools around the world. Dr. Colbert is on the Medical Advisory Board for the Fellowship of Christian Athletes. Dr. Colbert is also the president of Divine Health Inc., which distributes and sells nutritional supplements and vitamins.

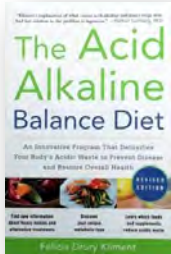


Felicia Drury Kliment BA, MS



“After years of very positive continuous clinical experiment 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.”

Felicia Drury Kliment is the author of The Acid Alkaline Balance Diet (2002). Her acid alkaline diet plan guides and shows how you can cure acid reflux and other degenerative diseases by following a simple diet program.



Starting out as a teacher in the inner city, Felicia Drury Kliment was determined to find out what caused the learning disabilities and behavioral disorders in the children she taught. She found the answer when, years later, as a faculty member at The City College of the City University of New York, she and a colleague conducted a series of statistical research studies. These studies revealed how the processed food served in school cafeteria triggered out of control behavior in the classroom and made it harder to learn.

Shan Stratton, Sports Nutritional Consultant for the NBA, NFL, MLB, PGA, LPGA, NASCAR, NHL, NY Yankees, AZ Diamondbacks, Houston Rockets, LA Dodgers, etc.



“Within the last four months I have learned that I was missing a huge important principal of health that was right before me this whole time. I had always felt that I was providing my elite athletes with all the key factors needed for health and success and energy and vitality, because I was giving them what I believed to be the most important. And even though I taught the principles and the need for hydration, I never understood until about four months ago the need for proper hydration. I taught for fifteen years in the nutrition industry that I cared more about nutrient utilization than simply nutrient consumption. That same principle holds true in the area of hydration and I didn’t really realize that. It’s not about how much water or liquid you drink it’s about how much is actually being utilized within the body.”

“When I was introduced to a company called Enagic®, they provide a very simple technology that improves the hydration of the water that goes into the body. And it’s very simple it hooks up to your water faucet at home. Now, when they started telling me about this, I thought to myself, no way no way, my reputation has always been impeccable in the area of, I only represent things that make a big difference and truly has proven to be beneficial to people, so I thought, water is water. That couldn’t have been further from the truth. I was missing a very key component of our health, and that is proper hydration. Enagic® makes water called Kangen Water. Kangen in the Japanese word meaning “return to origin.”

“The water we consume today through tap, or bottled water, through purification systems, all of that water is very acidic. I had no idea. If you go back to the basics of nature, and you take water from natural springs coming out of the earth, all of that water has a very high pH or alkalinity to it, and the waters that we drink out of the tap or purification systems, or bottled water is far from alkaline, in fact it is more acidic. I didn’t realize that. Acidic water is actually damaging to the body. Acidic water is something we’d want to stay away from. Anything acidic! I spent fifteen years trying to teach people to reduce the acidity within the body and we can do that through the food that we eat. But, that really takes a complete lifestyle change, when in reality I know realize that we can change very quickly, effectively in the water that we drink.”

“This Kangen Water technology is truly nothing short of miraculous in my opinion, because it really provides three different very important aspects to our health that I find very intriguing. Number one is this machine provides a very high antioxidant based water. The second thing I am really impressed with is its micro-clustering abilities and the third component [its alkalinity], Kangen Water is up to a 9.5 pH.”



Wade Lighheart, Canadian National Bodybuilding Team Member Three-Time Natural National Bodybuilding Champion, International Online Trainer

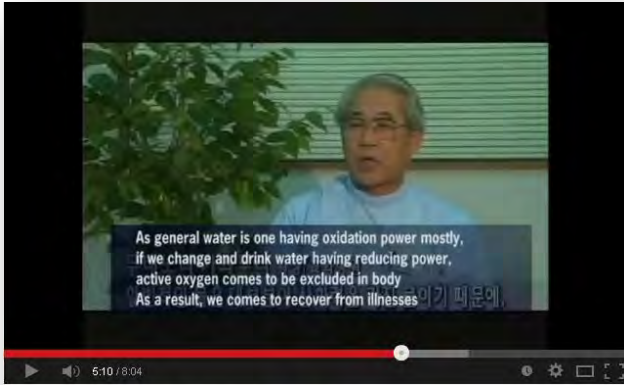


“I’m real excited to talk about my experience with Kangen Water? What happen just a few months ago really shocked me and, I believe, it will be sending another shock wave into the athletic world. I was introduced to Kangen Water when I was invited to attend a demonstration. I went over to check it out and considered myself fairly knowledgeable about water, as I write about it in my books and I recognize the importance. I went over and had my first glass of water and I can honestly say that, from my very first glass, I said “Wow! There is something very different with this water.”

“I know my body very well and I knew that I had never tasted any water like this before. There was something going on at a cellular level as the water went into my body. I started drinking the water and I watched the presentation. Everything that was said during the presentation totally fit in with everything I had learned in the last 20 years. I wasn’t aware of any technology that could produce the results that I was feeling. I had been exposed to other ionizers and, frankly, I hadn’t been impressed. This time I was feeling something quite different in my body in just the first few hours.”

“Over the next few days I drank more water and saw the presentation a few more times. By the 3rd day I looked in the mirror and I could not believe the results. I was losing body fat at a rate that was quite shocking. My recovery at the gym was at a phenomenal rate. I felt like I could run thorough the gym walls. The water was doing something so positive that I decided to put my reputation on the line and I entered the National Bodybuilding Championships. With only 2 weeks preparation I won in two different categories and qualified to compete for Natural Mr. Olympia in Greece. **Because of the Kangen Water my physique transformed; my life transformed; I’m thrust back into competition. I believe that Kangen Water, produced by the Enagic® machine is going to be the next great thing in athletic performance!**”





Alkaline Water Research Part 1



Alkaline Water Research Part 2



Alkaline Restructured Water - Medical Uses of Ionized Restructu...



Gastroenterologist MD On Kangen Water



Kangen Water and Diabetes



Kangen Alkaline Water~ Effects On The Blood



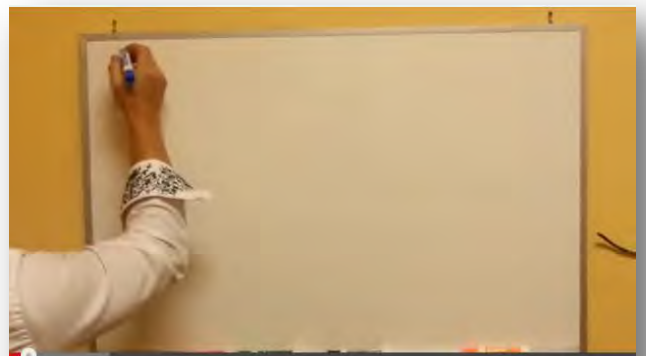
Killing Cancer with Kangen Water



Dr. Jerry Tennant, M.D. - pH and Voltage; Healing is Voltage



Dr Michael explains the difference between AlkaLINE and alkaLY...



Dr. Michael explains electrolysis and compares the machines



Skeptics Schooled On Kangen Water.



Health Benefits of Drinking Kangen Water

Clinical Studies and Scientific Research on Ionized Water

By [Marianne Greer](#)

PubMed articles are a good source for those looking for clinical studies and research on ionized water.

What is PubMed? It is a nationally recognized source for research articles. It comprises more than 23 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites. The Health Sciences Library provides access to MEDLINE via the PubMed search system from the National Library of Medicine.

Scientists around the world refer to "Alkaline Ionized Water" as **electrolyzed reduced water (ERW)**. Other common names for it are ionized water, negatively charged water, reduced water or living water.

Acidic Ionized water is known as **electrolyzed oxidizing water (EOW)** in the scientific literature because of its positive electrical charge. Here is a list to begin with if you like digging into research articles.

1. PMID: 19003114 2002 [Diabetes](#) Reduced water (RW) such as hydrogen-rich electrolyzed reduced water and natural reduced waters like Hita Tenryosui water in Japan and Nordenau water in Germany that are known to improve various diseases...RW (Reduced Water) may be useful in preventing alloxan-induced type 1-diabetes mellitus.
2. PMID: 20202333 2006 [Diabetes](#) ERW, provided as a drinking water, significantly reduced the blood glucose concentration and improved glucose...The present data suggest that ERW may function as an orally effective anti-diabetic agent and merit further studies on its precise mechanism.
3. PMID: 17268057 2007 [Diabetes](#) reduced the blood glucose concentration, increased blood insulin level, improved glucose tolerance and preserved beta-cell mass
4. PMID: 21063772 2011 [Diabetes Type 1](#) Electrolyzed reduced water, which is capable of scavenging reactive oxygen species, is attracting recent attention because it has shown improved efficacy against several types of diseases including diabetes mellitus.
5. PMID: 9169001 1997 [Antioxidant](#) Electrolyzed-reduced water scavenges active oxygen species and protects DNA from oxidative damage.
6. PMID: 19003049 2005 [Cancer](#) Electrolyzed Reduced Water Supplemented with Platinum Nano particles Suppresses Promotion of Two-stage Cell Transformation.
7. PMID: 19202298 2009 [Cancer](#) Electrolyzed-reduced water (ERW) is a higher pH and lower oxidation-reduction potential water. In the present study, we examined the enhanced effect of ERW in the apoptosis of leukemia cells, results suggest that ERW is an antioxidant, and that ERW, in combination with GSH, has an enhanced apoptosis-inducing effect on HL-60 cells,
8. PMID: 19887722 2009 [Hangovers](#) ERW has an effect of alcohol detoxification by antioxidant mechanism and has potentiality for relief of ethanol-induced hangover symptoms.
9. PMID: 11121980 2000 [Wound Healing](#) EOW accelerating wound healing
10. PMID: 12857518 2003 [Burn Wounds](#) Effect of electrolyzed oxidizing water and hydrocolloid occlusive dressings on excised burn-wounds in rats. Wound healing may be accelerated by applying a hydrocolloid occlusive dressing on burn surfaces after they are cleaned with EOW.
11. PMID: 16325558 2005 [Chlorinated Drinking Water Linked to Cancer](#) Consumption of chlorinated drinking water is suspected to be associated with adverse health effects, including mutations and cancer.

From Hair Care
& Eye Health . . .



TO SKIN CARE . . .



**To Babies &
Children . . .**



Water Protocols



Designed to
address issues
from your
head to your
toes and all
parts found
in between . . .



**Even
your
furry
friends!**



Presented by
**Simple Health
Solutions . . .**



Doctors
**Curt Eastin
and
Peggy Parker**

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Introduction

The practice of both Naturopathic and Biological Medicine is an elegant combination of science and art, of knowledge and intuition, of ancient wisdom and modern diagnostic and treatment tools. At it's heart is the unwavering belief that bodies are designed to heal themselves and by removing the obstacles that block the body's natural functions any body can return to a state of optimal health.

It was our absolute commitment to this belief that has fueled us forward to study, to learn, to practice, to seek knowledge for a combined 50 years. We have spent countless hours in study and research as well as about \$1,000,000.00 on our educations. We have dedicated our lives to end the needless suffering that we see daily as clinicians.

So it is our great honor to present these Simple Health Solutions Protocols to the world. We believe that it was our dedication to excellence, to knowledge and to the service of our patients that led us down this path of discovery . . . a path which has allowed us to uncover some elegantly simple ways to begin to remove those obstacles so that self healing will be activated in ways we only imagined in the past . . .

We dedicate this to all seekers of the truth . . . and we thank you for your support.

Doctors Curt Eastin and Peggy Parker

Tips For Sharing Water

As we have travelled across the country we have met so many of you who tirelessly give of yourself, providing water to so many simply to introduce them to high quality ionized water. This selfless giving is impressive and we commend you. We have also noticed that many of you have not been properly trained and do not know how to dispense or to share this water in a manner that provides optimal results to the very people you are trying to help.

So before you jump straight to these protocols we have outlined for you, we would like you to know that the results are completely dependant upon the quality of the water you are sharing.

Lets start with a discussion on THE most important tool you need to check your water—a good quality ORP meter. We prefer the Milwaukee SM500 ORP Meter. After testing dozens of meters this one provides the most consistent readings, is durable and retains calibration over the long haul. To find the best price simply Google Milwaukee SM500 ORP Meter and you will find several options. The price is generally under \$100. Do NOT purchase a combo meter that tests both pH and ORP, neither function is reliably accurate.



Now to determine the ideal speed to run your water here are 2 separate tests. The first one simply uses your pH drops. Set your water unit to the pH 7 setting and turn on the water, continue testing the water from both hoses, adjusting the speed as necessary until the water from both hoses is the same pH. This is a good estimation of the proper speed to run water through your ionizer. Next set your unit to pH 9.5, keeping the same rate of flow. Test the ORP reading. If you have a reading that is less than -600 then continue to slow the rate of flow and continue checking until you find the flow rate that provides the maximum negative number without making your drinking water taste foul or fishy—this is an indication that you have made your water a bit too alkaline.

You can keep your meter properly calibrated by following a few important steps. Always store the probe in pH 4-6 Mild Alkaline Water to keep it adequately hydrated. Before testing you can calibrate your unit by placing the probe in pH 2.5 Strong Acid Water followed by pH 11.5 Strong Alkaline Water, alternating every 5 minutes until the numbers change rapidly. After using your meter, clean the probe by placing it in Strong Acid Water for about 5 minutes then very gently cleaning the tiny platinum probe with a very soft cloth or cotton swab. There is no need to rub, simply wipe across the tip of the probe. Then store in Mild Acidic Water.

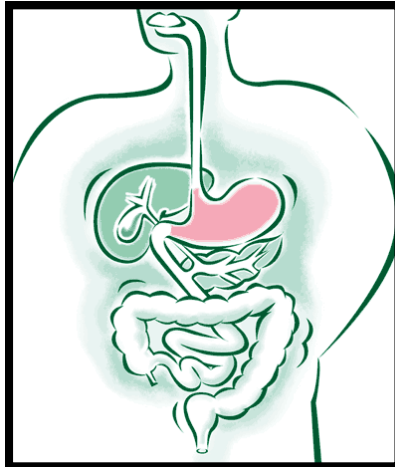
The next important topic to discuss covers the containers you are using to share water with others. Once again, we find that many of you have not been properly trained to understand the best methods of sharing water in a way that retains the majority of its positive benefits. Since the most important aspect of high quality ionized water lies in its antioxidant properties, maintaining the highest –ORP reading is essential.

Approximately 80% of the –ORP readings can be retained for up to 3 days if you follow a few simple steps.

1. When you fill your containers run the water down the side of the container, in the same way bartenders dispense draft beer. This step lessens the motion so the negative readings remain much higher. Use your ORP meter to test this and you will be shocked at the difference.
2. The size of the container is also crucial. Use containers that are small enough that when opened all of the water is consumed within 20-30 minutes. Exposure to air causes the antioxidants to rapidly dissipate.
3. Remember that water is a natural solvent and high quality ionized water is an even better solvent. As a solvent it rapidly breaks down plastics and suspends those chemicals in your drinking water. The chemicals from these plastics are all known hormone disruptors. Water also breaks down the metals in stainless steel with similarly bad results. So the only logical choice is glass. Glass is the most inert substance we can use to store and transport water. Be creative and “re-purpose” glass jars and bottles with tight fitting lids.
4. Dark glass bottles and jars are always the best choice for drinking water. When that isn't possible, keep them covered with a towel and store in a cool dark place, although refrigeration is not recommended. Here are 2 great resources for ordering a wide variety of sizes, colors as well as options for spray tops: www.SpecialtyBottle.com This company is based in Seattle and stock a wide variety of bottles with a quick delivery time. www.FreundContainer.com This company also stocks a wide variety of sizes, shapes and cap options. Both companies have detailed websites to help you make your selections.



So remember when sharing water your friends and neighbors will see the best results when you calibrate the speed and use small glass containers with tight fitting lids. Be sure you have filled the container to the top with NO airspace. Now your results will be optimal!



Dr. Parker's Water Protocol

Background:

Let me start by providing a little background into the development of this protocol. In 1999 I opened an inpatient medical spa in North Idaho. One of the common threads I found with all my patients was their poor digestion and their resulting inability to absorb nutrients properly. In an attempt to address this problem I developed an elaborate, expensive, and horrible tasting protocol that actually worked very well. So when I bought my first ionizer that could produce strong acidic and alkaline waters I began to wonder if I could use them to get similar results. After a few minor adjustments this protocol was born. It has several advantages to the old routine in that it costs virtually nothing, it has fewer steps, it tastes considerably better and most importantly IT WORKS far better than the original!

Digestive Overview:

Digestion is a rather complicated process beginning in the mouth, continuing in the stomach and then progressing to the small intestine where the liver, gallbladder and the pancreas are involved and finally terminating in as it passes through the large intestine. This discussion is focused on the stomach and small intestine, including the involvement of the liver, gallbladder and pancreas.

Please keep in mind that each of these elements of digestion requires a specific pH to function properly. The ideal pH of the stomach is a very acidic 1.8, while the ideal pH of the small intestine is 8.2.

The rationale behind this protocol is this, first dilute the stomach acid completely by drinking a small amount of Strong Alkaline Water, followed immediately with a large quantity of Drinking Water. Since water is the only substance we ingest that is not digested it will pass virtually undisturbed through the stomach and into the small intestine where it is absorbed immediately into the blood stream and the lymphatic system. Since this water is filled with antioxidants they are readily dispersed thoroughly throughout the body. These antioxidants are responsible for stopping and reversing the damaging cycle of oxidation on a cellular level.

As the alkaline, antioxidant water enters the small intestine it creates an ideal pH which sets the stage for more complete digestion. You see it is the job of the gallbladder to dump adequate amounts of bile into the small intestine to break down the fats in the food that has passed from the stomach. Bile is also intended to change the pH of the food by creating an alkaline tide. However, most people today do not produce enough bile so fats are often poorly digested and the pH of the small intestine remains too acidic. The pancreas will only release enzymes necessary to complete protein digestion if the pH is adequately alkaline, so when bile is inadequate digestion is severely compromised. Utilizing this Water Protocol creates an ideal pH for complete digestion.

With the first bites of food swallow about 3 tablespoons of pH 2.5 Strong Acid Water. This water is a weak solution of the hydrochloric acid necessary to digest proteins. This water works better than hydrochloric acid tablets or apple cider vinegar because it trains your body to produce more acid at the right time.

Directions:

45 minutes before your meals do the following:

1. Drink ¼ cup pH 11.5 Strong Alkaline Water
2. Immediately followed by 20 - 40 ounces* of pH 9.5 Drinking Water
3. NOW YOU **MUST WAIT 45 MINUTES BEFORE YOU EAT ANYTHING – ALSO DO NOT DRINK ANYTHING ELSE.**
4. With the first bites of your meal swallow 2-3 Tablespoons pH 2.5 Strong Acid Water. Take vitamins with this water at the beginning of the meal.
5. **DO NOT DRINK ANYTHING WITH YOUR MEAL.** Anything you drink will be more alkaline than your stomach acids and will dilute them. Diluting your stomach acids dramatically impairs your ability to break down your food, especially proteins. Remember, if you are properly chewing your food you will not require any liquids to comfortably swallow your food. After a few weeks you will be out of the habit of drinking with your meals and will not even desire to do so.

It has been my experience that following this protocol actually retrains the body to produce adequate amounts of stomach acids, bile and digestive enzymes at the proper times. Improving digestion is a very important key to health.

***Water Formula Based on Body Weight:**

Using a calculator multiply body weight by .5 and by .75. The first number represents the minimum number of ounces your body needs just to reach a state of hydration. The second number represents the maximum number of ounces ideal for your body. Now divide that number by 5. This number represents the amount of water ideal for the 9.5 water in the Protocol.

EXAMPLE: Body Weight 140 lbs x .75 = 105 oz 105 ÷ 5 = 21 oz

In this example you would drink 21 ounces of pH 9.5 Kangen Water™ each time you repeat this Water Protocol. Drink the remaining 42 ounces in two 21 oz increments through the day. Take all supplements (outside those with meals) with the pH 9.5 water.



Protocols for Various Skin Conditions

It is important to keep in mind that your skin is actually your largest organ and it has several vital functions. One function is to provide a barrier between your internal cells and your environment to block exposure to potentially deadly invaders. Another function is as an excretory organ. When normal channels of excretion are either blocked or overburdened the body will transport excess toxic substances out through the skin. As the membranes of skin cells become highly oxidized normal functions are compromised and the result is a breakout of acne, rashes, eczema or even infection.

One of the most common assaults to the skin comes in the form of soap. In the same way that soap creates a film on your tub or shower, it creates a film on your skin. This film increases the rate of oxidation in 2 separate ways. First it creates a dramatic imbalance in the pH of the skin. The skin, because it functions as a barrier, needs to be slightly acidic—pH 4-6. Soap is very alkaline. So washing with soap begins to create an imbalance in the skin's proper pH. Secondly, bar soap always contains a chemical to saponify the fats and cause them to become both emulsified and then hard. Typically lye is the chemical of choice. Lye increases oxidation of the skin and at the same time upsets the normal pH.

A better choice for washing the skin is an organic liquid body wash free of sodium lauryl or laureth sulfates, parabens and any petroleum products.

Always look for lotions and creams that do NOT contain parabens or petroleum products. These are known hormone disruptors and anything you put on your skin is transported into your body!

Condition - Acne:

1. Rinse with pH 11.5 Strong Alkaline Water to remove excess oils from the skin
2. Cleanse with non-soap cleanser and pH 4-6 Mild Acidic Water & pat dry
3. With a cotton swab dab pH 2.5 Strong Acidic Water on any active blemishes or broken skin and let dry
4. Tone with pH 4-6 Water in a glass bottle with a fine spray mister
5. Repeat morning and bedtime
6. Tone multiple times per day to keep skin hydrated

Condition – Eczema and Psoriasis:

1. Rinse with pH 11.5 Strong Alkaline Water to remove excess oils from the skin
2. Cleanse with non-soap cleanser and pH 4-6 Mild Acidic Water & pat dry
3. With a cotton swab dab 2.5 Strong Acid Water on any broken skin and let dry
4. Tone with 5.5 Beauty Water in a glass bottle with a fine spray mister
5. Repeat morning and bedtime
6. Tone multiple times per day to keep skin hydrated

Condition – Rashes and Burns:

1. Rinse with pH 11.5 Strong Alkaline Water to remove excess oils from the skin
2. Cleanse with non-soap cleanser and pH 4-5 Mild Acidic Water & pat dry
3. With a cotton swab dab 2.5 Strong Acid Water on any broken skin and let dry
4. Tone with pH 4-6 Mild Acidic Water in a glass bottle with a fine spray mister
5. Repeat morning and bedtime
6. Tone multiple times per day to keep skin hydrated

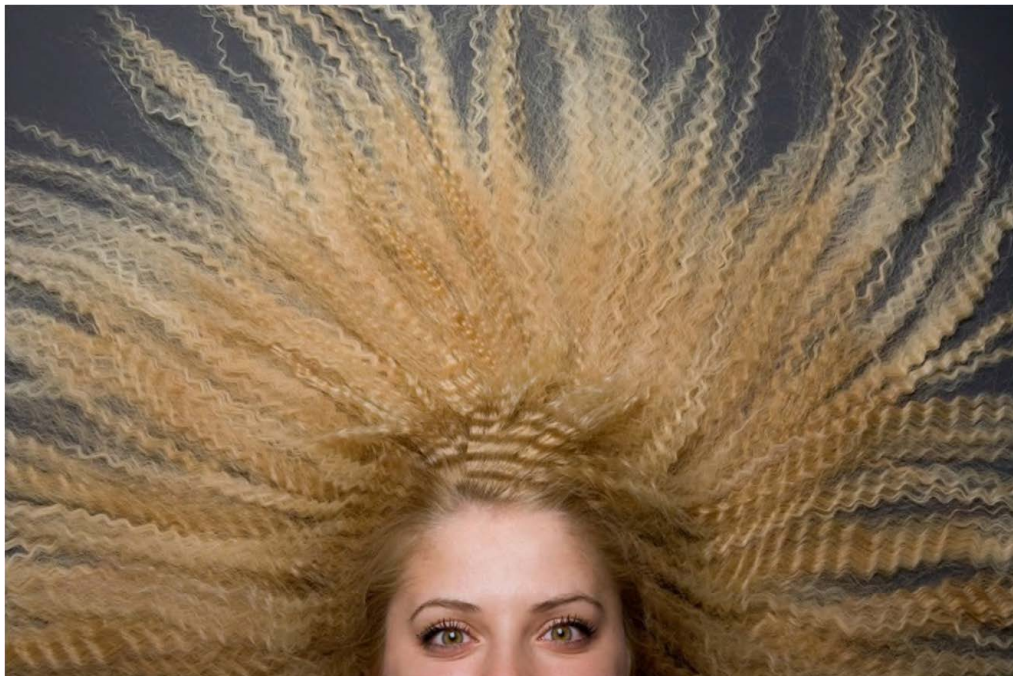
Condition – Diaper Rash:

1. Cleanse with non-soap cleanser and pH 4-5 Mild Acidic Water & pat dry
2. With a cotton swab dab 2.5 Strong Acid Water on any broken skin and let dry
3. Hydrate the skin with pH 4-6 Mild Acidic Water in a glass bottle with a fine spray mist setting
4. Repeat after each diaper change

Diaper rash begins with urine and feces that are too acidic. To prevent diaper rash begin by making certain that your baby is properly hydrated with pH 8.5-9.5 Alkaline Drinking Water. Next replace baby wipes with a container filled with soft cloths or unbleached paper towels and Mild Acidic Water. Use to cleanse diaper area each time you change your baby, pat dry and then apply a very fine mist to the skin. This assists in keeping the pH of the skin balanced.

Caution—Step Away From The Antiperspirant:

Sweat is one of your body's natural methods for ridding itself of toxins, so stopping that natural function can create a serious back lash in your lymphatic system. Odors are simply bacteria thriving in the dark, damp area. So to stop the odor simply mist with pH 2.5 Strong Acid Water. If you tend to sweat a lot keep a small spray bottle in your purse or desk drawer for occasional touch ups throughout the day.



Protocol for Hair & Scalp Care

Beautiful hair begins with a healthy and properly hydrated scalp. Choose a shampoo without any sodium laurel or laureth sulfates, parabens or petroleum products.

Supplies:

- Glass Spray Bottle
- Warm pH 5-6 Mild Acidic Water
- Organic Mild Shampoo

Directions:

1. The easiest way to effectively shampoo your hair is to actually wash it in the sink.
2. When washing your hair in the shower the majority of the shampoo is applied to the top of your head, effectively drying out the scalp in an area that receives the most harsh treatment from product, hair driers and the sun.
3. Mix desired amount of shampoo with 1 cup warm water to thin it.
4. Adjust the water temperature to luke warm and thoroughly wet your hair.
5. Apply water/shampoo mixture evenly over scalp and massage in.
6. Rinse hair and scalp thoroughly with pH 4-6 Mild Acidic Water
7. Do NOT condition your hair unless it is exceptionally dry or course. Conditioning average hair will make it rather limp and difficult to style.
8. Style as usual

For style touch ups between shampoos, spritz hair lightly with pH 4-6 Mild Acidic Water before using a flat iron or hair drier. This will revitalize and hydrate both curly and straight hair types.

If your hair has frizzy tendencies a few drops of natural conditioner, or gel mixed with the water is an instant frizz tamer!

For those who frequently use a flat iron, curling iron or hot rollers, mix a few drops of conditioning serum or styling gel with the water and very lightly spritz before using styling tools. This helps to protect the hair from the drying effects of the heat.

Alopecia and baldness is often the result of an imbalance in hormones, an upset in the pH of the scalp and/or fungal infections. So for all of you who have this challenge, washing and rinsing the scalp with pH 4-6 Mild Acidic Water is a must, followed by spritzing the scalp at least 2 times daily. This may take a little time to show measureable results.

The scalp is particularly prone to dryness from soapy residue, excessive styling products and hair driers. This can lead to dramatic pH changes, clogged pores and dry, itchy and scaly skin. Mild Acidic Water is the perfect solution to all those conditions since it is the perfect pH for your skin!



Protocol for Eye Health

Supplies:

- Standard Eye Cup (available at any drug store)
- Most are made from plastic and can be a bit uncomfortable. However, you can purchase one made from a glass like the one pictured on the right at www.healthaccessories.com
- pH 11.5 Strong Alkaline Water



Directions:

- Upon removing the eye cup from its packaging, soak in Strong Acid Water (pH 2.5) for 1-2 minutes to clean and disinfect.
- Rinse the eye cup thoroughly with Strong Alkaline Water (pH 11.5)
- Fill the cup, following package directions, with Strong Alkaline Water (pH 11.5)
- Place cup firmly around one eye, keeping your eye open, tilt your head back and gently roll your eye as though you were attempting to look up, down, and from side to side.
- Continue this for approximately 1 minute
- Now that you have completed one eye, toss the water away
- Rinse the eye cup thoroughly with Strong Acid Water (pH 2.5)
- Repeat steps 2-7 for your other eye

Frequency:

- To maintain healthy eyes follow this protocol 1-3 times per week
- When working to improve any eye condition, follow this protocol at least 2 times daily and up to 10 times per day

CAUTION:

Do NOT use Strong Acid Water in your eyes! The natural pH of your tears is quite alkaline, so simply give your body a bit more of what it is designed to use.



Protocol for Ears

Supplies:

- Small Glass Dropper Bottle
- 11.5 Strong Alkaline Water

Directions:

1. Sterilize a small dropper bottle with Strong Acid Water (pH 2.5)
2. Rinse thoroughly with Strong Alkaline Water (pH 11.5)
3. Fill bottle, tightly cap and set in a bowl of very warm water (not boiling) about 5 minutes
4. Test the temperature of the water by placing a drop on the inside of your wrist (like checking the temperature of baby formula) – *this is very important since temperatures cooler or warmer can create dizziness or vertigo!*
5. Tilt your head as far to the side as possible
6. Place 1-2 drops ONLY in your ear
7. Place cotton in the ear and leave for 1-5 minutes
8. Repeat steps 5-7 in the other ear

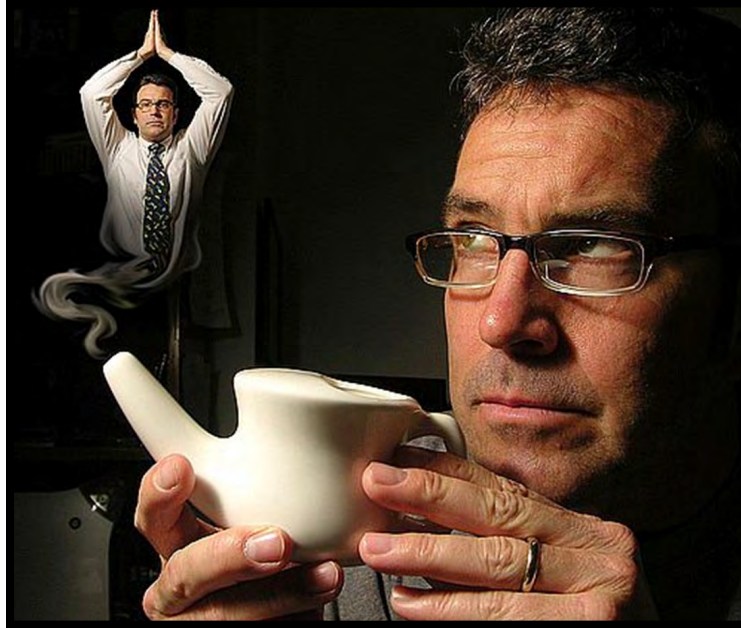
Frequency:

- To maintain healthy ears follow this protocol no more than 1 time per month.
- Ear wax provides a natural protective barrier for your ears, excessive cleaning can upset the normal balance in the ear canal so only clean using an irrigating syringe if you have a waxy build up that impairs your hearing

General Information:

- Ear wax is a fatty substance
- Chewing is the mechanism by which ear wax moves along the ear canal
- Excessive stress and anxiety can cause excessive ear wax production
- This is a good site for more info, <http://en.wikipedia.org/wiki/Earwax>

Do NOT use 2.5 Strong Acid Water or small objects to clean your ears!



Protocol for Nasal Lavage

Supplies:

- Netti Pot
- pH 11.5 Strong Kangen Water™ for daily use
- pH 2.5 Strong Acid Water for use during active infection

Directions for Daily Use:

1. Adjust your water temperature so that your water is approximately the same temperature as your skin.
2. Fill your Netti Pot with the warm pH 11.5 Strong Kangen Water™. It is unnecessary to use additional herbs in your nasal lavage.
3. Follow the directions for use that came with your Netti Pot.
4. Repeat with the opposite nostril.

Using a Netti Pot with Strong Alkaline Water on a daily basis will dramatically improve symptoms that accompany allergies – both seasonal and chronic. Using 11.5 Strong Alkaline Water provides both tons of antioxidants to reduce inflammation and irritation and a pH that helps to rebalance the mucosal lining of your sinus passages. In both occasional seasonal allergies and chronic allergies keeping the sinus passages properly moist and free of debris offers a great deal of relief. This technique has been used for hundreds of years in the Ayurvedic tradition of medicine.

Due to the reduction in inflammation of nasal passages this technique can also reduce snoring!

Since your nasal passages are one of the first lines of defense your body uses to stop potential invaders, keeping the mucosal lining healthy and vital will go a long way toward keeping you healthy.

Directions for Use During an Infection:

1. Adjust your water temperature so that your water is approximately the same temperature as your skin.
2. Fill your Netti Pot with the warm pH 2.5 Strong Acid Water. It is unnecessary to use additional herbs in your nasal lavage, however an additional pinch of sea salt can increase the comfort level for beginners.
3. Follow the directions for use that came with your Netti Pot.
4. Repeat with the opposite nostril.

Caution:

Use the Infection Protocol for only 2 days. While it is very effective at killing microbes in the nasal passages, it is important to keep in mind that there can be "too much of a good thing." Use it for 2 days ONLY! Longer than that will dry out your sinus passages too much and can create nose bleeds.

After 2 days switch back to Strong Alkaline Water. However, if the infection persists you can alternate between 2.5 and 11.5 waters every 2-4 hours throughout the day. If this does not dramatically reduce symptoms, please see your doctor.



Dr. Eastin's Oral Health Protocols

Using these protocols on a daily basis will make your teeth and gums healthier than you've ever known them to be. Inflamed and puffy gums will resolve, periodontal disease will begin to heal and your risk for cavities will be dramatically reduced. You'll instantly know it's working because your teeth will feel squeaky clean all day long!

Supplies:

- pH 2.5 Strong Acid Water 9.5, and
 - pH 11.5 Strong Alkaline Water
 - pH 9.5 Drinking Water
 - Toothbrush . . . preferably a Sonicare, available at most drug stores or visit their website at [www.sonicare.com](http://www sonicare.com)
 - Dental Floss
 - Hydro Floss Oral Irrigator . . . look online at www.hydrofloss.com
 - Tongue Scraper . . . available at most drug stores or online. There are more traditional Ayurvedic styles or more contemporary styles. Find the one that works best for you.



Before you Begin:

Optimal results will always be achieved when you start with the cleanest possible teeth. This is a great time to make an appointment with your dentist or dental hygienist for a thorough cleaning. Your oral health team can tell you if you have any periodontal issues. Simply match the protocol to your picture of oral health.

Directions for Periodontal Disease Protocol:

1. Rinse mouth with 2.5 water, scrape your tongue, rinse, scrape again
2. Brush teeth with 2.5 water . . . repeatedly dipping your brush in the water
3. Rinse again with 2.5 water
4. Floss teeth then rinse one final time with 2.5
5. Fill Hydro Floss reservoir with warm pH 2.5 Strong Acid Water. Use as directed . . . making sure to flush under the gum line as much as possible.
6. Hold the last mouthful that sprays out of the Hydro Floss and use as a rinse.
7. Fill Hydro Floss reservoir with warm 11.5 water. Use as directed . . . making sure to flush under the gum line as much as possible. Hold the last mouthful that sprays out of the Hydro Floss and use as a rinse.
8. Rinse with 9.5 water

Frequency:

Follow this protocol 2 times daily, once in the morning and again before bed is ideal and will provide you with optimal care for periodontal disease.

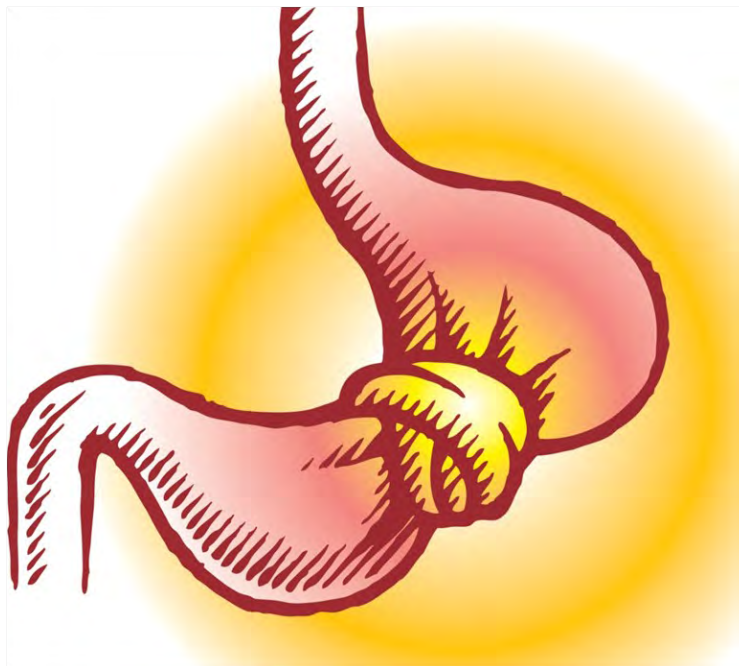
Routine Dental Care and Maintenance:

While the above protocol was specifically designed for those with periodontal disease, the following protocol was designed for daily oral hygiene.

1. Rinse mouth with 2.5 water, scrape your tongue, rinse, scrape again
2. Brush teeth with 2.5 water . . . repeatedly dipping your brush in the water
3. Rinse again with 2.5 water
4. Floss teeth then rinse one final time with 2.5
5. Hold the last mouthful that sprays out of the Hydro Floss and use as a rinse.
6. Fill Hydro Floss reservoir with warm 11.5 water. Use as directed . . . making sure to flush under the gum line as much as possible. Hold the last mouthful that sprays out of the Hydro Floss and use as a rinse.
7. Rinse with 9.5 water

Frequency:

Following this protocol 2 times daily, once in the morning and again before bed is ideal and will provide you with optimal care for healthy teeth and gums. I also recommend adding step 5 from the Periodontal Protocol 1-2 times per week.



Protocols for Various Digestive Disorders

Food Poisoning

Keep in mind that the stomach is designed to completely irradiate foreign invaders like e coli, salmonella and other food borne pathogens. It does this by breaking their protein structures down with hydrochloric acid. So the most effective way to help your body in this destructive process is to drink a cup of Strong Acid Water every 2-3 hours until all symptoms have passed. It generally only takes 2 doses and your are back to normal!

It is best to follow any bout of food poisoning with some pro-biotics and extra pancreatic enzymes for a few days. If you follow Dr. Parker's Water Protocol this regimen will encourage the good bowel bacteria to flourish.

Constipation

This problem is generally due to 2 major factors, food allergies and dehydration. However, in the case of ionized water there can be another important consideration . . . Excess calcium in the water. When water goes through the ionization process it divides minerals according to charge and calcium is diverted into the alkaline water. In areas with hard water it is necessary to pre-treat the water to remove the excess calcium. If this step is not taken it is possible to have too much ionic calcium in your drinking water and this can lead to constipation.

Irritable Bowel Syndrome

This problem is also associated with food allergies or sensitivities. However, in most cases this problem is actually exacerbated by a depletion of good bowel bacteria. This is generally the result of an upset in both the pH and the level of hydration in the large and small intestines and these are the result of excess tissue oxidation.

So the best place to start is by following Dr. Parker's Water Protocol. This is the fastest way to reverse oxidation and return proper pH and hydration levels to cells. It may take a few days to a few weeks before measureable results can be noticed.

Acid Reflux

Taking acid blockers actually creates a vicious downward spiral when it comes to proper digestion. However, this issue is one of the fastest to respond to drinking high quality ionized water. In natural medicine we know that acid reflux is actually caused by inadequate production of hydrochloric acid at the proper time. So this is addressed quickly by following Dr. Parker's Water Protocol. Following the steps in this protocol actually works to re-train the body to produce adequate amounts of hydrochloric acid at the right time. Supplementing your stomach acid with pH 2.5 Strong Acid Water at the beginning of a meal assists your body in the proper breakdown of proteins.



Protocol for Colon Hydrotherapy

Supplies:

- Gravity fed colonic irrigation equipment
- 9.5 Alkaline Water slightly warmer than room temperature

Directions:

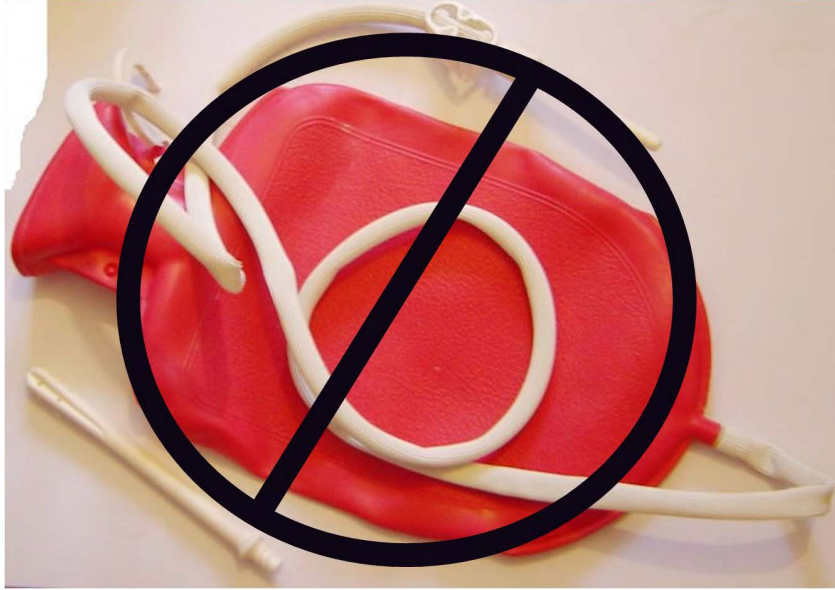
1. Adjust the temperature of your supply water to be slightly warmer than room temp
2. Fill your gravity fed tank with pH 9.5 Alkaline Water
3. Continue with your normal fill, release cycles
4. A final retention fill of pH 11.5 Strong Alkaline Water can be used in cases of chronic constipation or following a round of antibiotics

Frequency:

- Colon hydrotherapy must be considered as an *occasional* cleansing routine.
- Best results are generally obtained when done 3 days in a row

CAUTION:

Over use of colon hydrotherapy creates an imbalance in the intestinal flora. Imbalance in intestinal flora leads to chronic, systemic depletion of vitamin B as well as inadequate breakdown of insoluble fibers which are dependant on these bowel bacteria.



Protocols for Vaginal Infections & Vaginal Dryness

Supplies:

- Standard Douche Bag (available at any drug store)
- pH 4.5 Acid Water

Directions:

1. Select the 9.5 setting
2. Adjust the temperature of your water to skin temp
3. Fill your bag with approximately 2 cups of the water from the gray hose – this will be approximately pH 4.5
4. Irrigate according to package insert directions

Frequency:

- Vaginal Yeast Infections – 1 to 2 times per day for 2 days
- Vaginal Dryness – 1 time per week for 1 month should resolve your problem if you are consuming enough water according to Dr. Parker's Water Protocol

CAUTION:

Do NOT douche regularly!!!!!! Douching upsets the normal pH balance of the vagina as well as the normal colonization of good bacteria. Upsetting this balance can lead to infection, excessive discharge, overgrowth of candida and e-coli, all of which can lead to cancer.



Protocol for Nail Fungus

Nail fungus is a systemic problem and must be treated internally as well as externally. Fungal conditions can be the result of damage to the nail or can be transferred from improperly sanitized manicure or pedicure tools.

To guard against infection, take a small spray misting bottle of pH 2.5 water with you to your favorite nail salon. Ask them to spray their tools before use and spray your nails before polishing.

Supplies:

- Glass Spray Bottle
- pH 2.5 Strong Acid Water
- Basin for Soaking Feet or Hands
- pH 11.5 Strong Alkaline Water

Directions:

1. Every morning and every night before bed repeat spray the nails, the cuticles and the surrounding tissue with pH 2.5 Strong Acid Water and allow to air dry.
2. Depending on the severity of the fungal infection you will need to soak the nails in a basin of warm pH 11.5 Strong Alkaline Water for 20 minutes 2-4 times per week
3. After soaking pat dry, completely air dry and then spray nails with pH 2.5 Strong Acid Water, then air dry
4. Apply a natural antifungal like Tea Tree or Lavender Lotion as a moisturizer

TIP: Soak socks in pH 2.5 Strong Acid Water 10 minutes or overnight before laundering to kill microbes.



Protocols for Babies and Children

It is a myth that babies and children are already alkaline so our ionized water is either dangerous or unnecessary! If this were true then they would not be sick! Also remember the most important aspect of our water is its antioxidant property. We are all exposed to oxidation from the moment of conception.

Their smaller bodies are exposed to the same environmental and internal oxidative stressors that adult bodies are, they simply have not had as much exposure time.

Use the same formulas for determining the amount of water to give that we use for adults since amounts are always weight dependent.

Start with this formula:

Body Weight x .5 = minimum number of ounces to consume per day

Body Weight x .75 = maximum number of ounces to consume per day

Divide that number by 5 to determine the amount of ounces per serving

32 lbs x .5 = 16 ounces per day 16 ÷ 5 = 3.2 ounces per serving

32 lbs x .75 = 24 ounces per day 24 ÷ 5 = 4.8 ounces per serving

Baby formula is an unnatural food for babies. When formula is the option available I encourage mixing it with pH 9.5 Drinking Water. This will help to make the fats in the formula more easily digested and absorbable.

Skin irritations, rashes, cuts scrapes and even diaper rash are all great candidates for treatment with various pH levels of ionized water. Depending upon the issue, follow one of the protocols in the Protocols for Skin section.



Protocols for Dogs and Cats

Drinking Water Supplies:

- 3 glass bowls
- pH 8.5 Drinking Water
- pH 9.0 Drinking Water
- pH 9.5 Drinking Water

Directions:

Fill each of the 3 bowls with the various waters and put down for your pets in the normal spot where they go for water. Watch to see the one they choose, that is the correct pH for your pet.

My dogs consistently choose pH 9.5 Drinking Water, but cats generally choose pH 8.5 Drinking Water. This is consistent with the natural pH of their food and bodies.

Remember the antioxidant properties of the water dissipate rather quickly when exposed to air, so use smaller bowls and replace the water at least 2-3 times each day.

Many animals suffering with digestive disorders, skin disorders, parasitic infections and arthritis have been helped dramatically when their water was changed. Skin infections, rashes, chewing and itching should be treated in the same manner as human skin.

Grooming Supplies:

- Warm pH 4-6 Mild Acid Water
- Spray Bottle
- Appropriate Combs and Brushes

- Organic Mild Shampoo
- Tub
- Towels
- Hair dryer with cool air setting

When I prepare to bathe my dogs I collect pH 4-6 water from the gray hose and store it in gallon jars. Before the bath I warm it slightly to make it more comfortable. I also prepare the shampoo by mixing water and shampoo into a ¼ strength. Most skin irritations are either created or exacerbated by excess shampoo left on the skin. So diluting with water makes it easier to wash the whole animal without using excessive amounts of shampoo. As the last rinse I combine 1 teaspoon conditioner mixed with 1 gallon of Mild Acidic Water. Towel and blow dry. Never use hot air to dry your animals. It is much too drying to their skin. Always avoid their ears, eyes and nose. Animals are much more sensitive to drying air and the noise of the hair dryers.

Never brush or comb a wet animal. Allow the hair to naturally air dry or dry with a blow dryer until just damp. This is the ideal state for brushing. Brushing or combing while wet will stretch and break the hair. This is more important on long haired animals.

For regular brushing and grooming I fill a spray misting bottle with pH 4-5 Mild Acidic Water and use it to dampen their coats and brush as usual. It is always most effective to brush against the normal growth pattern to gently remove loose hair.

My dogs are show dogs and I have been told repeatedly that they are the best conditioned dogs in the ring! If this works with all this hair, just imagine how easy it will be to deal with your furry companion!

Remember that their coats are only healthy and shiny when your pets are healthy. So start with fresh drinking water daily and feed them a diet rich in organic fruits, veggies and meats. For dog food and treat recipes check out Dr. Parker's cookbook!

Tear Stains:

These darkened stains on light colored coats are both unsightly and difficult to manage. It is often a sign of a pH imbalance. So the logical place to begin is with your dog's drinking water! Beyond changing the water the next step is to thoroughly bathe your dog. Before preparing the pH 4-6 Mild Acid Water for the bath, pre-treat the stained areas with pH 11.5 Strong Alkaline Water. After bathing and brushing your dog, continue to clean the affected areas at least 1 time per day with a soft cloth dipped in Strong Alkaline Water. This will eventually fade the tear stains and prevent them from becoming a problem in the future.

Physicians, international lecturers and published authors, Curt Eastin and Peggy Parker broke the code . . . The code that can activate your body's natural healing potential!



Curtis Eastin, DDS, ND operates a highly successful medical-dental practice in Coeur d'Alene, Idaho. With degrees in both Dentistry and Naturopathic Medicine he is a uniquely qualified Dental Physician.

He earned a B.S. degree with honors in Chemistry and Zoology from the University of Washington, a doctorate with High Honors from the University of Washington School of Dentistry and a second doctorate with high honors, this time in Naturopathic Medicine, from the National College of Naturopathic Medicine. Dr. Eastin has also completed residency programs in both dental medicine and naturopathic medicine and served as officer in charge of oral surgery at USAF Hospital Beale.

Dr. Eastin is credited as being the first to discover the true source of antioxidants found in high-quality ionized water . . . These antioxidants provide this water with its uniquely and profoundly powerful qualities. Dr. Eastin's understanding of the chemistry and physics of ionized water, completed the story told by Dr. Parker's ground-breaking clinical research.



As a traditionally trained Naturopathic Physician and internationally renowned lecturer, Dr. Peggy Parker has earned a well-deserved reputation for progressive thinking and innovative therapies in the field of natural medicine.

Dr. Parker, former Medical Director of Fusion MediSpa, has studied with some of the finest herbalists, homeopaths, naturopaths and medical doctors in the world, culminating with her doctorate in Naturopathic Medicine and a Biological Medicine Diploma through the prestigious Paracelsus Biological Medicine Network. Her colleagues regard her as the foremost expert in world on the subjects of pH, cellular hydration, cellular oxidation and transport of minerals across cell membranes.

After years of clinical research, Dr. Parker made an amazing discovery that explains the root cause of most modern illness . . . a discovery that points directly down the path to healing and optimal health.

Dr. Parker discovered that by correcting oxidation of the cell membrane with high-quality ionized water; the healing power of the cell becomes activated. This profound discovery will change the face of medicine.

From Cleaning your Grains, Fruits, Veggies, Seafood, Poultry & Meats . . .



With special tips for Berries, Mushrooms, Shellfish & Root Vegetables

TO PREPARING HEALTHY MEALS . . .



. . . EVEN TIPS FOR MAKING THE BEST COFFEE AND TEA



This is Your Guide To Using Ionized Water in the Kitchen
by Doctors Curt Eastin and Peggy Parker

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Using Ionized Water in Food Prep

Introduction

Once technology had advanced enough to produce a water ionizer that was both effective and small enough to fit on a kitchen countertop, curious people have been experimenting with ways to utilize it.

One of the problems we have encountered over and over again is the general misunderstanding of the actual chemical properties of each of the waters produced by high quality units. The general lack of understanding has both limited the widespread uses of high quality ionized water and led to many misuses of it. This booklet is an attempt to provide some guidelines, hints and tips to using it in your kitchen. *Bon Appétit!*

Why use ionized water to clean my food?

Most of the food that is available for us to purchase in our local supermarkets and even fruit stands and organic food markets has been picked, packaged, shipped and stored for several days, weeks or months before we purchase it and bring it home. With each hour that passes your food is exposed to the ravages of oxidation.

Even if you are fortunate enough to find fresh, locally grown produce, your food has been handled by several people from the fields or orchards to your kitchen, increasing its exposure to bacteria, viruses and parasites.

This makes cleaning your food imperative. However, most traditional cleaning methods utilize harmful chemicals that are not safe to ingest, strip your foods of even more nutrients and increase their exposure to oxidation, leading to faster spoilage.

The great news is using ionized water can effectively clean and revitalize your foods, reverse some of the effects of oxidation and retard spoilage. You simply need to know which settings to use to produce optimal results.

On each page of this guide you will find helpful hints and tips to clean and store your foods to optimize their nutrition, preserve their freshness and provide your friends and family with the best tasting meals you can prepare. You will even find tips for cleaning your kitchen and kitchen tools.

It is our sincere hope that you find this guide useful in your own kitchen . . .

Doctors Curt Eastin and Peggy Parker

Cleaning & Storing Fruits and Veggies

Properly cleaning your fruits and veggies when you bring them home from the market has several side benefits. One benefit is that they are more convenient to just grab and go saving a lot of time during meal prep time.

Another thing to consider is that many hands have handled your produce leaving behind the possibility of multiple strains of bacteria, so proper cleaning reduces the possibility of food borne pathogens. And one of the other great benefits is that proper cleaning with ionized water can dramatically extend the life of your fresh foods! Since fresh, organic produce can be quite expensive to purchase, it only makes sense to extend its freshness a bit longer.



When you are ready to clean your produce, place in a small basin, bowl or sink and fill



with pH 11.5 ionized water and allow to soak for about 20 minutes, drain, place in storage containers and refrigerate. This soaking process reverses much of the oxidation that has taken place since the produce was picked. Reducing oxidation is the key to retaining the fresh qualities of your produce. If you are planning to use the produce immediately, using pH 9.5 ionized water is fine.

While all other greens like kale, chard, cabbages and head lettuce should be washed and stored to

extend their life, the opposite is true when it comes to baby lettuce and spinach. These should be kept dry until ready to use. The introduction of any type of water will increase the rate of decay or breakdown in these fragile leaves. Instead wash them in pH 9.5 ionized water just before use and spin or pat them dry.



Leeks are a special case. Slice the leek into rings. Place them in a colander that will easily fit into a bowl. Place the colander into the bowl and fill with pH 9.5 water so that the sliced leeks can float. Gently stir a bit to loosen any dirt in between the growth layers. Carefully lift the colander out of the water and drain tossing out the dirty water. Repeat this as many times as necessary until there is no more dirt in the bottom of the bowl. These are best used right away, but can be stored for several days.

While it is a great idea to spray down your work surfaces & cooking utensils with it, DO NOT use pH 2.5 or 5.5 water on your fruits and vegetables. This water is highly oxidizing in nature and will result in a much faster breakdown of your produce. While it does kill or retard the growth of bacterial forms, it does that through oxidation, the very same thing that causes your foods to break down quickly.

Cleaning & Storing Berries and Mushrooms

Like baby field greens and spinach, berries and mushrooms need to be kept dry to retard breakdown. So it is best to clean them just before use. Before freezing, use the same procedure.



Berries—Since each type of berry is different here is a basic guide: Gently place the berries in a colander that will easily fit into a bowl. Place the colander in the bowl and fill with pH 11.5 ionized water for 3-5 minutes. Remove the colander from the bowl and drain berries. Gently place the berries on an absorbent towel to dry completely.

Mushrooms—There are so many types but they do have something in common, they act like sponges, absorbing water, oil, stock, etc. So NEVER wash a mushroom. Instead, place fresh pH 11.5 water in a spray bottle, lightly mist the mushrooms and wipe with a soft cloth. Or you can use pH 11.5 water on a soft cloth, just enough to make it damp, not wet, and wipe the mushroom. This can be done just before using them or a day in advance. Whatever you do, be certain not to get them wet!



Cleaning & Storing Root Vegetables

DO NOT CLEAN OR SOAK ROOT VEGETABLES UNTIL YOU ARE READY TO USE THEM! Root vegetables are the equivalent to seeds or nuts in the rest of the plant world. To produce a new potato plant you simply plant a portion of a potato. So they sprout roots very easily. Within hours after washing and soaking carrots, yams, potatoes, beets and the like in either pH 9.5 or pH 11.5 water they will start growing roots!

To clean them, simply fill a large bowl or small sink with the root veggies you are about to cook and allow them to soak in pH 9.5 water for about 20 minutes. Then scrub away any remaining dirt or debris, and rinse one more time with pH 9.5 water. Cook as usual in pH 9.5 water.

Root vegetables like onions, garlic and shallots have protective papery layers that are peeled away before use so they do not need to be cleaned.

Cleaning & Soaking Beans and Grains

Experimenting with beans and grains is one of the best visual examples of how effective using ionized water can be at reversing oxidation, and removing dirt & debris from your foods. It will also significantly shorten the cooking time by speeding up the rate they are rehydrated.

Both beans and grains have been harvested, processed, dried and then stored for many months or years in large containers before they are even packaged, warehoused and delivered to your grocer, the rates of oxidation on their outer coating is very high. Removing this oxidation allows them to taste and digest more like they have been freshly harvested.

According to current scientific data, oxidation, which is caused by free radical activity, is the root cause behind aging, disease and death. Consuming foods that are highly oxidized contributes to the overall load of oxidation in our bodies. So reversing the oxidation on these common foods, elevates their healthy properties, makes them taste better, easier to digest, faster to cook and easier to digest.

Basic Directions: Start by placing the beans or grains you want to use in a colander that will fit down into a bowl. Rinse thoroughly with plenty of pH 9.5 ionized water. Check out that rinse water—it will be brown to yellowish with a foam on top. Now cover with pH 11.5 ionized water and allow it to soak for at least 10 minutes. Pour out the soaking water, and rinse with more pH 9.5 water until it remains clear.



Beans of every variety should be sorted before they are rinsed. Once you have completed the steps in the Basic Directions, place the beans in a bowl and pour in enough pH 9.5 water to cover with 2 inches of water. Soak for at least 2 hours, drain and

allow to sprout overnight, rinsing 1-2 more times. If you are short on time, you can begin the cooking process after the 2 hours of soaking. However sprouting dramatically increases the protein content and makes them much more nutritious and easier to digest. Put the beans and the cold 9.5 water in the pot and slowly bring to a low rolling boil. Finish cooking according to recipe directions.



Grains while all grains really benefit from this process, it is especially important with quinoa and amaranth since they have a slightly bitter taste if not properly cleaned before cooking. Sprouted grains are also much more nutritious, so if you have the time, allow them to sit overnight, rinsing once or twice with pH 11.5 or 9.5 water. Cook grains in pH 9.5 water and it will make the rice more fluffy and it will taste fresh longer.

Cleaning Fish & Poultry

Recently there has been some discussion in which it has been suggested that washing fish and especially poultry can actually spread salmonella and may be unwise.

However, using pH 2.5 ionized water can actually kill those microorganisms! Make fresh 2.5 water and pour it into a spray bottle. Spray a bit on your cutting board to disinfect it. Place the fish or poultry on the cutting board and spray all sides with the 2.5 water. Allow it to sit for about 1 minute. Now thoroughly rinse the fish or poultry in pH 9.5 water.

Be sure to thoroughly wash your cutting board then spray with 2.5 water to kill any remaining bacteria. Place the fish or poultry back on the cutting board, pat the surface dry with a clean kitchen towel, season or marinate and cook as usual.



Cleaning Shellfish



Shellfish cleaning and storage is a bit of a challenge especially if you are dealing with live creatures like clams and mussels. There is a bit of a technique to making them taste much better that professional chefs use . . . Fill a bowl with pH 9.5 ionized water, 1/2 cup organic corn meal. Add the shellfish and store about an hour. As they consume the cornmeal it pushes out any of the dirt they may have ingested.

The water works to dispel dirt, sand, excess salt and the cornmeal, and it also loosens any debris on the shells which dramatically shortens the scrubbing time. When you are ready to cook them, scrub the shells with a small scrub brush

with stiff bristles. Remove the beards from the mussels and place in a bowl of clean pH 9.5 ionized water. If you are not quite ready to cook them, store in a dry bowl in the refrigerator. Discard any casualties before cooking.

Why use ionized water to cook my food?

The two best answers to this question are that it makes your food taste better and more importantly it helps to extract all the important nutrients locked in the food to make them more available to your body!

Making Stocks and Soups

The vegetable, fish, poultry or meat stocks are the most important part of any soup. They are made primarily from water with added flavorful vegetables, herbs and spices. The best way to extract the most flavor from these basic ingredients is to use cold pH 9.5 ionized water in a large stock pot, add the vegetables, herbs and spices, cover and allow to sit for 30 minutes. During this time period the water will begin to draw out, or extract the nutrients from the cut vegetables.



Next, turn the heat on to the lowest setting and allow to bring the temperature up very slowly. Maintain that setting and never allow to boil, if possible. Low, slow cooking will allow the stock to extract the vitamins and minerals without losing them in the steam. The optimal cooking time is 8-12 hours. This produces extremely flavorful stock and the more flavorful the stock the more flavorful the soup or stew.

Steaming Vegetables



Gently steaming vegetables in ionized water has many nutritional rewards. It maintains most of the vitamins and minerals and enhances the colors of the vegetables.

The best way to steam veggies is in an expandable steamer basket or a bamboo steamer basket. Fill the bottom of the bottom pot with about 1-1.5 inches of pH 9.5 ionized water. If you are using an expandable basket be sure that the water is below the bottom of the basket. Bring the water to a slow boil add the veggies to the steamer basket and steam until crisp-tender.

Cooking Pasta

This is one subject where more misinformation has been passed along than most. Traditionally literature distributed with ionizers recommend cooking both pasta and grains in

pH 5.5 water. However, as stated earlier, this adds to the considerable oxidation present in any dried foods, including pasta. Additionally, it seems to make pasta rather tough.

However, using pH 9.5 ionized water actually produces a more tender pasta that cooks much faster. The shortened cooking time is important to keep in mind to keep from over cooking.

Many of you have already switched to healthier varieties of pasta like whole grain spelt, or rice. These pastas are already a bit trickier to cook, however when using pH 9.5 ionized water the results are far better than with tap or filtered water.



Making Salad Dressings, Marinades



Using even a small amount of pH 11.5 ionized water in a salad dressing or marinade works wonders! Because it so effectively emulsifies oil, just a teaspoon or two will go a long way to keeping your oil and vinegar from separating.

Simply add vinegar, spices, herbs in a bowl or a blender, then add oil and water in a slow steady stream. The results are remarkable!

Ionized Water in Raw Food Prep

There are few other places that ionized water can make such a big difference in shortening the prep time. Any dedicated "raw foodie" knows the time and labor involved in soaking and sprouting grains, beans, and seeds. For all of you who are already dedicated to the pursuit of creating these healthful foods and for those of you who would like to give raw foods a try, ionized water will revolutionize your recipes!

Short Cut Sprouting

Sprouting used to take days but with ionized water it only takes hours! Sprouting used to have a 60-70% germination rate but with ionized water germination rates are 80-90%!

Basic Cleaning Directions: Start by placing the beans, seeds or grains you want to use in a colander that will fit down into a bowl. Rinse thoroughly with plenty of pH 9.5 ionized water. Check out that rinse water—it will be brown to yellowish with a foam on top. Now cover with pH 11.5 ionized water and allow it to soak for at least 10 minutes. Pour out the soaking water, and rinse with more pH 9.5 water until it remains clear.



Basic Soaking & Rinsing Directions: Now place the cleaned seeds, grains or beans in a jar, cover with enough pH 11.5 ionized water to cover + 50% more. Soak for 3-4 hours,

drain (reserve for soup stock or cooking rice or beans) cap jar with a sprouting lid or multiple layers of cheesecloth securely attached with a rubber band. Turn the jar upside down and tilt to ensure all water drains out of the jar.

Rinse with pH 9.5 ionized water every 2 hours. Often sprouts will begin to appear before first rinse. Most seeds sprout within 3-4 hours, most beans within 4-6 hours and most grains within 7-9 hours.

Smoother Smoothies

Making smoothies with ionized water boosts the bio-availability of the nutrients, fully incorporates the essential fatty acids and enhances the flavor.

Place fruits and veggies in the VitaMix or other powerful blender, add protein powder of your choice, 1 -3 teaspoons of oil, then cover with pH 9.5 ionized water. Blend and serve!



Making Coffee & Tea

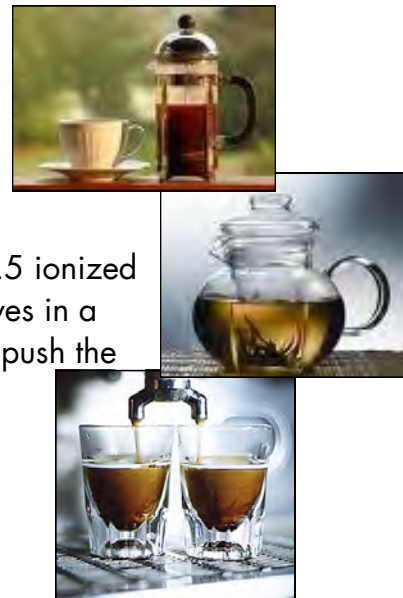
Both coffee and tea contain varying amounts of antioxidants on their own. When they are prepared with ionized water those values increase rather dramatically. Plus you get a much smoother cup. Here are some ideas . . .

Making a Single Cup or a Pot of Tea or Coffee

To make a single cup or pot of tea or coffee using a French Press or Tea Pot is preferable. While boiling does reduce The antioxidant capacity of ionized water, the pH factor is Still somewhat useful. The clean, crisp taste of the water produces a very smooth end result.

In a very clean tea pot, bring desired amount of fresh pH 9.5 ionized water to a full boil, pour over the coffee grounds or tea leaves in a French Press. Stir and allow to brew for at least 5 minutes, push the plunger down and you have a perfect cup of coffee or tea.

When using an espresso machine or an electric drip pot, Follow the manufacturers directions substituting pH 9.5 ionized water. Since water is the main component of all coffee and tea drinks, the better quality the water the better everything tastes.





Making Coffee and Tea Concentrates

Making concentrates of your favorite coffee, green, black, rooibos or herbal tea is a great way to create a more healthful drink with less time and effort! While some of the basics are the same, there are enough differences between coffee and tea that the directions are listed separately.

Coffee Concentrate—Utilizing freshly roasted organic coffee beans is always a great place to begin when making coffee concentrates. Since coffee bushes are heavily fertilized and many pesticides are used as well. The oils in the coffee retain many of these fat soluble sprays, organic is the best option. Grinding them yourself is the next step in creating a wonderful concentrate.

You will want to select a coarse grind for your coffee beans. In a large French Press place 3 tablespoons of coffee grounds per cup of water the pot holds. Fill pot with fresh cold pH 9.5 ionized water, cover and allow to steep overnight. In the morning push the plunger down and transfer coffee concentrate to a glass jar. Remove plunger and fill again with pH 9.5 ionized water and allow to steep for 8-12 more hours. Plunge, pour coffee concentrate into the glass jar and store in the refrigerator. This concentrate is similar to espresso in strength.



To make a cup of coffee, pour 1/4 cup concentrate into a warm coffee cup or mug, then pour 3/4 cup boiling water into the cup. Feel free to adjust the ratios to create your own perfect cup of coffee.

To make cappuccinos or lattes froth your favorite soy, almond or rice milk, place concentrate in the bottom of the cup, slowly add hot, frothed milk.

Tea Concentrate—Choose your favorite green, white, black, red or herbal tea and place 1 heaping tablespoon per cup of water your French Press will hold. Fill pot with fresh, cold pH 9.5 water, cover and steep for 4-6 hours. Plunge and pour the concentrate into a clean glass jar and refrigerate until ready to use.

For hot tea pour 1/3 cup concentrate into a warmed cup or mug. Fill with boiling pH 9.5 water.

For iced tea fill glass with ice, fill with 1/3 concentrate and 2/3's fresh pH 9.5 ionized water.





Kitchens

Kitchens are often referred to as “the heart of the home.” Our families and friends always seem to gather here. So it makes sense that we want to make this area of food preparation, eating and entertaining a safe and comfortable area.

As in the case of bathrooms, kitchens are often filled with hazardous cleaning chemicals. And just as in the case of cleaning and disinfecting bathrooms, every kitchen surface can be effectively cleaned with high quality ionized water.

Solid Surface Countertops like granite, laminate, tile, glass, stainless steel and even butcher block surfaces all benefit from disinfection with pH 2.5 Strong Acid Water. Begin by removing all debris and spills. Oil based spills can be easily cleaned with pH 11.5 Strong Alkaline Water while protein based spills can be easily cleaned with pH 2.5 Strong Acid Water. Wipe all surfaces down and then apply a light spray of Strong Acid Water to all surfaces. If you have chosen a very fine mist no drying is necessary.

Stainless Steel Appliances often show lots of fingerprints and readily streak when cleaned with typical kitchen cleaners. The soapy residue left from these cleaners dulls the surface and attract even more oils. The best way to keep your stainless appliances shiny and resistant to fingerprints is to spray them first with pH 11.5 Strong Alkaline Water to remove any traces of oil, dry thoroughly, then mist with pH 2.5 Strong Acid Water to disinfect, then spray with pH 5.5 Mild Acidic Water and dry thoroughly with a lint free cloth. This process works well for both small and large stainless kitchen appliances as well as stainless steel sinks.

To remove stains from **Porcelain Sinks** liberally apply pH 2.5 Strong Acid Water to the stains, cover with a cloth saturated in Strong Acid Water and allow to sit overnight. If any stain remains, create a mild abrasive paste by mixing sea salt or baking soda with just enough Strong Acid water to dampen. Apply to the stain and scrub with a medium bristle brush.

Wash down your **Cabinets, Brushed Nickel or Chrome Faucets, Exhaust Fan, Oven and Walls** with pH 11.5 Strong Alkaline Water. Its amazing ability to break down fats and oils, dirt and grime makes fast work of these jobs.

Clean, disinfect and deodorize your **Refrigerator and Freezer** with pH 2.5 Strong Acid Water. Spray the surface down, wipe with a clean cloth and dry with a towel!

Cutting Boards

Whether you choose plastic or wood, cleaning and disinfecting your cutting boards is essential to safely kill food borne pathogens.

If your cutting board has not come into contact with raw meat, poultry, fish, tofu or eggs, there is no need to disinfect. However thoroughly cleaning them is still very important. For this you need only soapy water, a thorough rinse with hot water then spray them with a medium to heavy mist of pH 2.5 water and allow to air dry.

If your cutting board has come into contact with raw meat, poultry, fish, tofu or eggs, another step is essential. Saturate with pH 11.5 ionized water to remove the fat from the board, rinse with hot water, wash with soapy water, rinse thoroughly then spray with pH 2.5 ionized water to kill any remaining pathogens.



Knives

Contrary to what many people think, the most accidents in the kitchen involving knives happen with a dull blade, not a sharp one. As a knife gets dull more pressure is applied which can cause the food to slip resulting in a small cut, a gash or even a trip to the emergency room. The best way to keep knives sharp longer is to clean them thoroughly. Another reason to keep them pristinely clean has to do with the very small grooves in the knives that happen as the edge is sharpened. These tiny grooves provide great breeding grounds for unwanted pathogens.

Start by spraying the blade and handle with pH 11.5 ionized water to remove any greasy residue. Now wash thoroughly in soapy water with a brush, rinse with hot water, spray with pH 2.5 ionized water and allow to air dry. A professional never washes knives in a dishwasher, it can dull the blade and result in loose handles.



Pots and Pans

Stainless steel cookware is a great investment. To protect it, keep it looking its best and to thoroughly clean it here are a few tips. Immediately soak any greasy or baked on foods in pH 11.5 ionized water. This will save a great deal of time during clean up. Always



wash in hot soapy water, rinse well, and air dry. A mist with pH 2.5 water disinfects, follow with a spray of pH 5.5 water and a lint free towel to shine the inside and outside of the pot or pan. Stubborn stains, burn marks and discoloration are all handled well with a mixture of coarse sea salt and baking powder with just enough pH 11.5 water to create a paste.

Physicians, international lecturers and published authors, Curt Eastin and Peggy Parker broke the code . . . The code that can activate your body's natural healing potential!



Curtis Eastin, DDS, ND operates a highly successful medical-dental practice in Coeur d'Alene, Idaho. With degrees in both Dentistry and Naturopathic Medicine he is a uniquely qualified Dental Physician.

He earned a B.S. degree with honors in Chemistry and Zoology from the University of Washington, a doctorate with High Honors from the University of Washington School of Dentistry and a second doctorate with high honors, this time in Naturopathic Medicine, from the National College of Naturopathic Medicine. Dr. Eastin has also completed residency programs in both dental medicine and naturopathic medicine and served as officer in charge of oral surgery at USAF Hospital Beale.

Dr. Eastin is credited as being the first to discover the true source of antioxidants found in high-quality ionized water . . . These antioxidants provide this water with its uniquely and profoundly powerful qualities. Dr. Eastin's understanding of the chemistry and physics of ionized water, completed the story told by Dr. Parker's ground-breaking clinical research.



As a traditionally trained Naturopathic Physician and internationally renowned lecturer, Dr. Peggy Parker has earned a well-deserved reputation for progressive thinking and innovative therapies in the field of natural medicine.

Dr. Parker, former Medical Director of Fusion MediSpa, has studied with some of the finest herbalists, homeopaths, naturopaths and medical doctors in the world, culminating with her doctorate in Naturopathic Medicine and a Biological Medicine Diploma through the prestigious Paracelsus Biological Medicine Network. Her colleagues regard her as the foremost expert in world on the subjects of pH, cellular hydration, cellular oxidation and transport of minerals across cell membranes.

After years of clinical research, Dr. Parker made an amazing discovery that explains the root cause of most modern illness . . . a discovery that points directly down the path to healing and optimal health.

Dr. Parker discovered that by correcting oxidation of the cell membrane with high-quality ionized water; the healing power of the cell becomes activated. This profound discovery will change the face of medicine.

FROM KITCHEN AND BATHROOM SURFACES . . .



INCLUDING
GRANITE
TILE
GLASS
HARDWOODS
VINYL
AND
STAINLESS



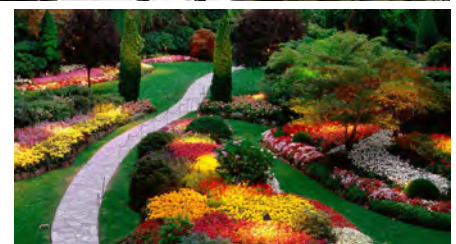
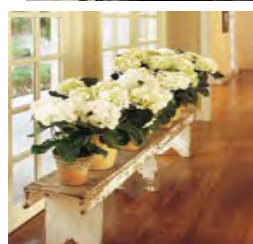
To places of imagination, romance and respite . . .



**. . . EVEN WAYS TO ADDRESS SUBBORN PROBLEMS LIKE STAINS, HARD WATER SPOTS, DIRT,
GREASE AND GRIME . . . INDOORS OR OUT**



Including tips for
your plants and
garden . . .



**A Simple Health Solutions Approach To
Your Home . . . A Chemical Free Sanctuary
by Doctors Curt Eastin and Peggy Parker**

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Introduction

This book is the result of so many questions we have received through the years. As doctors of natural medicine, we strongly advocate the reduction and dependence on hazardous chemicals in the environment, especially in our homes.

These chemicals place a burden on the fragile eco-systems on this planet we call home as well as the eco-system inside our bodies. You see, the greater the burden of detoxification we place on our body, the more difficult it is to maintain healthy cells.

The great news is that high quality ionizers provide effective and affordable solutions to reducing or eliminating caustic and cleaning chemicals from your home and even your yard.

Now, if that were not enough, each product you eliminate has a far reaching positive result for our planet. It is estimated that 90% of all plastic ever manufactured is still in existence in the environment . . . Sadly the remaining 10% has been burned—contributing to the destruction of the protective ozone layer. So each plastic bottle that you no longer purchase reduces the burden of plastics in the environment.

As wonderful as that is there is more . . . Since every product sold has to be shipped from the manufacturer to a warehouse to a retailer, you have effectively reduced the amount of fossil fuel used in transportation . . . And so the long term ramifications continue . . .

Each product you eliminate means that you have reduced the chemical burden in our water supply . . . this alone has far reaching positive effects.

If all these were not reason enough to fully utilize your ionizer, you can also save a bundle of money every month!

We offer our sincere thanks to each of you who make the commitment to replace even one chemical cleaner in your home by following our suggestions . . .

Doctors Curt Eastin and Peggy Parker

Household Tips

We would all like to view our homes as sanctuaries or havens of rest and safety. Ironically it is often the opposite. It is often one of the most hazardous places we spend time. The vast majority of the products on the market designed to clean our homes, our clothes, our bodies and even our yards are among some of the most toxic substances legally produced.

But there is great news! Most of these products can be replaced with water . . . Not just any water, but the highest quality ionized water! The tips contained in the next few pages will provide you with economical and environmentally responsible ways to fully utilize your water ionizer!

Supplies:

You will need a few storage containers, ideally glass containers, but a few large plastic spray bottles for cleaning can be helpful. I generally keep a 1/2 gallon glass jar in my sink to collect the discharge water, just remember to move the jar when you stop producing water to maintain the pH level.



General Laundry

Replace your laundry detergent with 1 liter of pH 11.5 Strong Alkaline Water. For chemical free, clean laundry, simply pour Strong Alkaline Water into the detergent dispenser in your washing machine.

Since laundry detergent is a soap, its purpose is to break down the oils that trap dirt in the fabrics of our clothes. The chemical reactions between the dirt and the soap attracts the dirt and oils which are supposed to be removed through rinsing. However, soap is not easily rinsed out, and as it lingers in your rinse water, the oils and dirt are re-deposited on your clothes. This leaves behind stains, odors (often masked with perfumes) and a film that creates a dingy appearance.

Strong Alkaline Water has the ability to do what no soap product can do, it totally emulsifies oil on contact. This releases the dirt and allows it to be thoroughly rinsed away. Because there is no soapy residue to be re-deposited on your clothes, your laundry will be cleaner, brighter and your fabrics will last longer.

Imagine all the benefits of using Strong Alkaline Water to replace your laundry detergent . . . It is much less expensive, there are no harmful chemicals to irritate your skin or to harm the environment, no plastic bottles to build up in landfills, all of that plus fresh, clean clothes!



Stain Removal

Stains can be divided into 2 basic categories, oil based and protein based stains. Each type requires a different approach to removal. Unlike harsh chemicals that can harm fabrics, remove or fade colors water has the advantage of cleaning without damaging fabrics.

Oil based stains are best addressed as soon as possible with pH 11.5 Strong Alkaline Water. The emulsification property of this water lifts the oils out of the fabric. Pre-treat the stain by either spraying the area until saturated or actually soaking the garment in Strong Alkaline Water for at least 20 minutes. Following pre-treatment immediately with either hand washing or machine washing will produce better results.

Protein based stains are best addressed with pH 2.5 Strong Acid Water. This water acts as a mild hydrochloric acid and effectively breaks down protein structures without removing or fading colors. Thoroughly saturate the stain or soak in a basin of Strong Acid Water. Colors remain bright and whites are whiter.

Soaking your load of whites in a basin filled with Strong Acid Water overnight will remove the odors from athletic socks, t-shirts and work clothes while removing the dingy film that keeps whites from looking bright and fresh. After soaking it is best to put them through a rinse cycle in the washer before continuing with the instructions for General Laundry.



Creating Fresh Smelling Laundry Without Harsh Chemicals

Fresh smelling laundry is always associated with clean laundry. But in the case of traditional laundry products those "fresh" smells we have associated with cleanliness are nothing more than harsh chemicals that can irritate your skin, introduce petrochemicals into your body, create a burden on the environment and are associated with a build up in your clothes dryer which can actually start a fire.

The first step in producing great smelling laundry is to thoroughly clean it by following the General Laundry and Stain Removal directions. To add another layer of fresh smells to your sheets, towels and clothes, add 2 drops of a pure essential oil of your choice to 1/4 cup pH 11.5 Strong Alkaline Water. The Strong Alkaline Water effectively disperses the essential oil so that the water is completely infused with the scent of the oil. Soak an old wash cloth in the water and place in the dryer with your freshly washed laundry and dry as usual. Essential oils are a great way to add a scent to your clothes without the use of harsh chemicals. Lavender is a great choice for sheets, pajamas and socks. A citrus scent like grapefruit or sweet orange oil are great choices for your clothes. The scent is faint but fresh.

Store excess water in a small jar and simply place the cloth in the jar to revitalize before adding to your next load. This is a very cost effective and environmentally responsible choice for freshly scented laundry.



Flooring

This is a simple job for pH 4-6 Mild Acidic Water. Saving the discharge water from your drinking water or producing fresh Mild Acidic Water is a great step in creating clean floors.

Hardwood floors are beautiful and easy to care for with these tips. If you have been a fan of distilled white vinegar in cleaning you will be very happy with the results you get when using Mild Acidic Water. It has the same sheeting action without the offensive odor. It strips the soapy film left by traditional cleaning products leaving a remarkable shine.

Tile, vinyl and laminate floors can benefit from Mild Acidic Water as well. Begin by thoroughly cleaning the floor with the type of floor cleaner recommended for your particular flooring. Follow cleaning by rinsing with Mild Acidic Water. The results speak for themselves.



Rug and Carpet Cleaning

Rugs and carpets are notorious for retaining odors from pets, cooking, food spills and much more.

Traditional cleaning methods use a combination of steam and detergent. The problem, just like laundry detergent, is that the dirt and oils trapped in the soap are re-deposited on the carpet if not thoroughly rinsed. Even worse the soap residue actually attracts more dirt and oils, so that clean carpet doesn't stay clean long.

Following the same procedures as outlined in the section on Stain Removal for Laundry will result in great spot treatment. Pet odors can be eliminated with pH 2.5 Strong Acid Water without removing or fading the color of the carpet or rug. This is especially important in hand woven Persian rugs.

Overall cleaning is easily accomplished with a steam cleaner and pH 11.5 Strong Alkaline Water. Begin by properly pre-treating any stains and then fill the water canister as directed with Strong Alkaline Water. To add a fresh scent to your carpets, add 10 drops of your favorite essential oil to the final rinse water. You now have clean carpets without the harsh chemicals.



Bathrooms

The cleaning products for this room in the house are generally among the harshest and most hazardous substances allowed on the market. Yet every stubborn problem we encounter in the bathroom is easily and effectively addressed with high quality ionized water! It couldn't be more simple or better for your family than this!

Soap scum on tile can be a real problem. Here are 2 tips for that problem, first switch to an organic body wash as outlined in our Water Protocols book in the Protocols for Various Skin Conditions section. Body wash is better for your skin and does not leave that nasty soap scum. Now for the second tip, 2.5 water in a spray bottle removes that nasty film.

Hard water spots and rings are both unsightly and often quite difficult to remove. Soak the area in pH 2.5 Strong Acid Water, scrub with a soft brush and your bathroom will sparkle! Lime scale build up in your shower heads can easily be removed as well. Detach the shower head and soak in a basin of 2.5 water for at least 30 minutes, scrub with a medium bristle brush and all traces will be gone without any harsh chemicals.



Cleaning and Disinfecting Tubs, Sinks, Showers and Toilets

Generally speaking, most surfaces in your bathroom are among the most "germ" laden in your entire house. So the best place to start your cleaning is by disinfecting all surfaces.

This is accomplished quickly and easily with an overall spray of pH 2.5 Strong Acid Water. It has been demonstrated that Strong Acid Water kills all microbes within 30 seconds of contact. Once you have done the initial spray then the actual cleaning can begin.

All tile surfaces, porcelain and chrome are most effectively cleaned with Strong Acid Water. Spray the areas down, follow with a soft bristled brush or rag then dry with a lint free towel.

Windows, mirrors and glass shower doors are a snap to clean with pH 4-6 Mild Acidic Water. It works much like distilled white vinegar in its sheeting action. Spray surfaces down then wipe dry with a lint free towel.

To give your bathroom a fresh scent, make a room spray from pH 11.5 Strong Alkaline Water and your favorite essential oil. Mix 3-4 drops of essential oil with 2-4 oz of Strong Alkaline Water in a spray bottle with a fine mist setting. When you have finished cleaning the bathroom, simply mist the air and any fabric surfaces since they hold the scent longer.



Kitchens

Kitchens are often referred to as “the heart of the home.” Our families and friends always seem to gather here. So it makes sense that we want to make this area of food preparation, eating and entertaining a safe and comfortable area.

As in the case of bathrooms, kitchens are often filled with hazardous cleaning chemicals. And just as in the case of cleaning and disinfecting bathrooms, every kitchen surface can be effectively cleaned with high quality ionized water.

Solid Surface Countertops like granite, laminate, tile, glass, stainless steel and even butcher block surfaces all benefit from disinfection with pH 2.5 Strong Acid Water. Begin by removing all debris and spills. Oil based spills can be easily cleaned with pH 11.5 Strong Alkaline Water while protein based spills can be easily cleaned with pH 2.5 Strong Acid Water. Wipe all surfaces down and then apply a light spray of Strong Acid Water to all surfaces. If you have chosen a very fine mist no drying is necessary.

Stainless Steel Appliances often show lots of fingerprints and readily streak when cleaned with typical kitchen cleaners. The soapy residue left from these cleaners dulls the surface and attract even more oils. The best way to keep your stainless appliances shiny and resistant to fingerprints is to spray them first with pH 11.5 Strong Alkaline Water to remove any traces of oil, dry thoroughly, then mist with pH 2.5 Strong Acid Water to disinfect, then spray with pH 5.5 Mild Acidic Water and dry thoroughly with a lint free cloth. This process works well for both small and large stainless kitchen appliances as well as stainless steel sinks.

To remove stains from **Porcelain Sinks** liberally apply pH 2.5 Strong Acid Water to the stains, cover with a cloth saturated in Strong Acid Water and allow to sit overnight. If any stain remains, create a mild abrasive paste by mixing sea salt or baking soda with just enough Strong Acid water to dampen. Apply to the stain and scrub with a medium bristle brush.

Wash down your **Cabinets, Brushed Nickel or Chrome Faucets, Exhaust Fan, Oven and Walls** with pH 11.5 Strong Alkaline Water. Its amazing ability to break down fats and oils, dirt and grime makes fast work of these jobs.

Clean, disinfect and deodorize your **Refrigerator and Freezer** with pH 2.5 Strong Acid Water. Spray the surface down, wipe with a clean cloth and dry with a towel!



Bedrooms

If the kitchen is “the heart of the home” our bedrooms are our sanctuaries . . . A place of rest, repose and respite . . .

We actually spend more time in our bedrooms than any other single room in the house. So it’s logical that we want our bedrooms to be as fresh and chemical free as possible. While it may take a bit of thought the end results are definitely worth the effort.



Room Sprays—Whether you are going for fresh or romantic . . . whether you are a Rose, a Violet, an Apple or even an Ivy, there is a perfect scent for every room and every mood. This is never more evident than in your bedroom. Choose your favorite essential oil and mix 5-6 drops of oil in 1/4 cup pH 11.5 Strong Alkaline Water and pour into a spray

bottle with a fine mist setting. A great way to keep your closets, drapes, rugs, pillows and duvet covers fresh is a weekly mist with your signature room spray. Lavender is a great choice to promote restful sleep, while citrus and mint are invigorating, spicy cinnamon promotes passion and rose is the essence of love.

Linens—Follow the suggestions in the General Laundry section. Adding essential oils to the drying cycle is a great way to set the stage for a restful night’s sleep. A great tip for storing linens is to spray a few sheets of paper towels with your favorite room spray, allow them to dry and place between the folds of your sheets and towels before storing in your linen closet.

To keep your mattress, pad, blankets and pillows fresh and clean mist them with pH 2.5 Strong Acid Water as an anti-microbial. A fine mist is adequate. Allow them to fully dry then follow up with a light misting with your room spray. Now your fresh linens will stay fresh even longer.

Closets and Drawers—To keep your clean clothes smelling fresher longer spray seasonally wipe out drawers and wipe down shelves with pH 2.5 Strong Acid Water to deodorize and kill the bacterial and fungal microbes that promote musty odors. A weekly or monthly mist with your favorite room spray will provide a faint but fresh scent every time you open a drawer or a closet door.

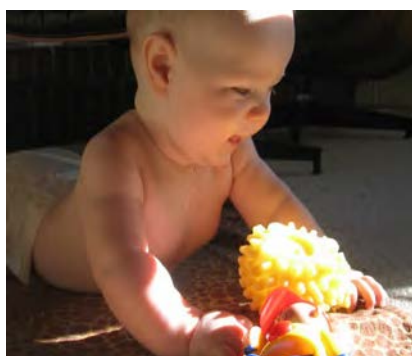


From Baby Toys to Diaper Pails

Babies smell so sweet . . . of course until that moment they don't . . .

Surfaces in your precious baby's room are some of the most important to keep clean, disinfected and chemical free! Yet we are encouraged to use harsh chemicals like detergent, bleach and sanitizing wipes to clean everything from diapers to toys.

A baby's immune system is still delicate and under development. Constant assaults by hazardous chemicals can delay or even impair this all important system. So taking steps to remove these health hazards has long lasting ramifications.



Every nursery should have 4 glass spray bottles with very fine mist settings in different colors and clearly labeled.

Bottle number 1, a spray bottle filled with pH 2.5 Strong Acid Water. Use this to spray diaper changing surfaces, the inside of diaper pails, crib rails, toys and the myriad of other things a baby would put into its mouth. Spray the changing table after each use, the crib and toys at least one time per week. Also immediately spray down those protein based stains before tossing the clothes into the hamper. Mist all drapes or curtains and rugs weekly. To ensure the highest level of antimicrobial properties, replace this water every 2-3 days.



Bottle number 2, a spray bottle filled with pH 4-6 Mild Acidic Water. This water is perfect for spraying down painted furniture surfaces, follow by wiping down with a soft cloth to keep the entire room clean and bright.

Bottle number 3, a spray bottle filled with pH 11.5 Strong Alkaline Water. Spray this water on all oil/fat based stains on your baby's clothes before tossing into the laundry hamper.



Bottle number 4, a spray bottle filled with a mixture of pH 11.5 Strong Alkaline Water and 3-4 drops of essential oil of lavender. Just before bedtime, spray baby's sheets, bumper pads and blankets with a light mist of this sleep enhancing mist. Lavender is well known to create states of relaxation and enhance deep, restful sleep. All upholstery fabrics, drapes and rugs also benefit from a quick spray every week to keep baby's room smelling fresh.



Miscellaneous Cleaning Projects

Replacing chemical cleaning products is as easy as turning on your faucet. It's easy to determine which pH of water produced by your high quality water ionizer will be up to the job. Start by determining what you want your product to accomplish, then think about the unique properties of each water.



The unique characteristics of pH 2.5 Strong Acid Water are disinfecting, deodorizing, breaking down proteins and brightening.

The unique characteristics of pH 4-6 Mild Acidic Water include its ability to strip soapy residue, to cause a sheeting action and to shine.

The unique characteristics of pH 11.5 Strong Alkaline Water are emulsifying fats and oils, lifting dirt, cleaning like soap without leaving that soapy residue that can dull finishes and attract more dirt.

Windows, mirrors and glass can all be shiny and streak free when polished with pH 4-6 Mild Acidic Water. Using a spray bottle with a fine mist setting will always provide better results. (If you are cleaning glass with lots of fingerprints it is helpful to start with pH 11.5 Strong Alkaline Water to remove the oils. Spray and wipe down with a soft cloth then continue with the following instructions.) Fill a spray bottle with fresh pH 4-6 Mild Acidic Water, wipe with a soft, lint free cloth. Follow with a completely dry lint free cloth to be certain that the surface is thoroughly dry. This step also polishes the surface and makes it more resistant to the oils in the skin that leave fingerprints.

Dusting and conditioning wood surfaces is easily accomplished with a combination of pH 11.5 Strong Alkaline Water and a bit of lemon or orange oil. In a spray bottle mix 1/4 cup Strong Alkaline Water and 1 teaspoon lemon or orange oil and mix well. Set the mister to a medium setting. Lightly spray the surface and wipe with a soft, lint free cloth. The best results are obtained when you use a second cloth to completely dry and polish the wood. To clean wood trim around windows, doors and baseboards, dampen the cloth with the spray and wipe down.

Spot cleaning upholstery is a breeze. Once again, consider the source of the stain. Using a small basin of either Strong Acid or Strong Alkaline Water a cloth, sponge or brush, saturate the stain then blot up the excess water with a cloth or dry sponge. Allow to air dry and repeat if necessary.



Outdoor Furniture

Our outdoor living spaces remind us to relax, to enjoy nature and our friends and families. However our outdoor furniture is assaulted in many ways . . . it is exposed to dust, rain and the ravages of sun, wind and cold temperatures. These harsh elements tend to quickly oxidize wood and metal while dust breaks down the fibers in fabric cushions and umbrellas rather quickly. So keeping up with nature can be a bit of a challenge. Here are some suggestions to stay ahead of the curve . . .

When ever necessary the fastest way to begin the cleaning process is to use a bucket of pH 11.5 Strong Alkaline Water a large sponge, a medium bristle brush and a soft cloth. Use the Strong Alkaline Water liberally to remove dirt, dust and oily residue from all metal, wood and glass surfaces. Rinse thoroughly.



For glass surfaces spray with pH 4-6 Mild Acidic Water and polish with a soft lint free cloth.



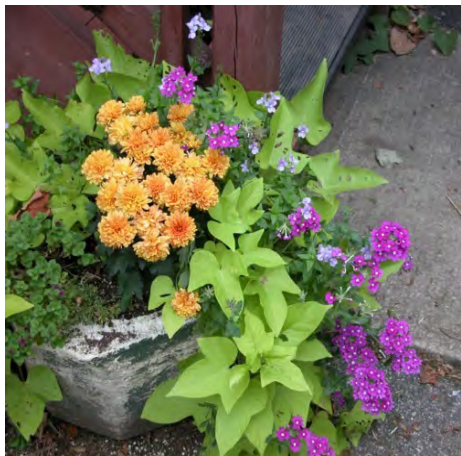
The final step for your metal and wood surfaces is to apply a final spray made from 1 cup pH 11.5 Strong Alkaline Water and 3 Tablespoons lemon or orange oil. Mix thoroughly and pour into a spray bottle with an adjustable spray set to medium. Shake the bottle frequently if the oil begins to separate. Spray the surfaces and allow to penetrate for 5-20 minutes. Apply spray to a soft cloth and polish all sides of your furniture. The Strong Alkaline Water penetrates the wood while the oil seals and protects both wood and metal.

Caring for Indoor and Outdoor Plants

Many indoor plants as well as outdoor shade loving plants grow best in an acid based soil. Their natural woodland habitat is rich in composting leaves and decaying wood. So to keep these plants healthy and thriving water them with pH 4-6 Mild Acidic Water. Once a month water with a mix of equal parts pH 2.5 Strong Acid Water and pH 4-6 Mild Acid Water. This maintains a slightly acidic soil.



Plants that thrive in full sun as well as members of the succulent family prefer a more neutral pH soil. Regularly water these plants with pH 4-6 Mild Acidic Water. Once a month water with a mix of equal parts Mild Acidic Water and pH 9.5 Drinking Water. This maintains a more neutral pH soil.



Bulbs of all kinds prefer a slightly alkaline soil. To maintain the proper pH, water regularly with a mix of equal parts Mild Acidic Water and pH 9.5 Drinking Water.

Acid loving bushes like Rhododendrons and Azaleas benefit from a monthly application of pH 2.5 Strong Acid Water during the growing season.

Most indoor plants thrive on regular watering with pH 4-6 Mild Acid Water. However there is another step you can take to grow healthy plants. Heating the house during winter months dries out the air causing plants to suffer dehydration. One way to protect the leaves is to mix 1/2 cup pH 11.5 Strong Alkaline water with 2 table-spoons sweet almond oil, fill a spray bottle and mist the leaves. Wipe with a very soft cloth. This gives a layer of protection from dehydration while removing dust and providing a healthy looking shine. Repeat every 8-10 weeks.

Enhancing germination of vegetable and flower seeds can be attained by soaking seeds for 6-8 hours in pH 11.5 Strong Alkaline Water before planting. You will find that most seeds will begin to sprout during that soak. Plant the seeds according to package directions and water with Strong Alkaline Water until seedlings break through the soil.



Physicians, international lecturers and published authors, Curt Eastin and Peggy Parker broke the code . . . The code that can activate your body's natural healing potential!



Curtis Eastin, DDS, ND operates a highly successful medical-dental practice in Coeur d'Alene, Idaho. With degrees in both Dentistry and Naturopathic Medicine he is a uniquely qualified Dental Physician.

He earned a B.S. degree with honors in Chemistry and Zoology from the University of Washington, a doctorate with High Honors from the University of Washington School of Dentistry and a second doctorate with high honors, this time in Naturopathic Medicine, from the National College of Naturopathic Medicine. Dr. Eastin has also completed residency programs in both dental medicine and naturopathic medicine and served as officer in charge of oral surgery at USAF Hospital Beale.

Dr. Eastin is credited as being the first to discover the true source of antioxidants found in high-quality ionized water . . . These antioxidants provide this water with its uniquely and profoundly powerful qualities. Dr. Eastin's understanding of the chemistry and physics of ionized water, completed the story told by Dr. Parker's ground-breaking clinical research.



As a traditionally trained Naturopathic Physician and internationally renowned lecturer, Dr. Peggy Parker has earned a well-deserved reputation for progressive thinking and innovative therapies in the field of natural medicine.

Dr. Parker, former Medical Director of Fusion MediSpa, has studied with some of the finest herbalists, homeopaths, naturopaths and medical doctors in the world, culminating with her doctorate in Naturopathic Medicine and a Biological Medicine Diploma through the prestigious Paracelsus Biological Medicine Network. Her colleagues regard her as the foremost expert in world on the subjects of pH, cellular hydration, cellular oxidation and transport of minerals across cell membranes.

After years of clinical research, Dr. Parker made an amazing discovery that explains the root cause of most modern illness . . . a discovery that points directly down the path to healing and optimal health.

Dr. Parker discovered that by correcting oxidation of the cell membrane with high-quality ionized water; the healing power of the cell becomes activated. This profound discovery will change the face of medicine.

The Dangers of Drinking Reverse Osmosis Water

June 7, 2014



Scientists and researchers worldwide have repeatedly demonstrated that long-term consumption of reverse osmosis water (RO) water is bad for your health.

Just about everyone knows that Reverse Osmosis (RO) systems excel at removing water impurities, similar to distilled water they both take out the natural minerals in the water. Asia and the European countries call it dead water, in some countries it is even banned, few are aware that they also remove

the beneficial minerals. In fact, the reverse osmosis process removes 92-99% of beneficial calcium and magnesium. What is the big deal?

“Disease and early death is more likely to be seen with the long term drinking of distilled water, reverse osmosis water”. Zoltan P. Roma MD MSc, In other words reverse osmosis can cause death.

After analyzing hundreds of scientific studies concerning demineralized or reverse osmosis water, the World Health Organization released a report stating that such water “has a definite adverse influence on the animal and human organism.”

Consumers have been so concerned with removing as many things from water as possible that they have forgotten to ask if the resulting water actually improves health or causes health problems. It is assumed that no toxins equals better health, but there is simply more to healthful water than a lack of toxins, as the World Health Organization clearly points out.

What is alarming is that consuming reverse osmosis water for even just a few months can create serious side effects. “The effects of most chemicals commonly found in drinking water manifest themselves after long exposure.” However “only a few months exposure may be sufficient ‘consumption time effects’ from water that is low in magnesium and/or calcium.

Illustrative of such short-term exposures are cases in the Czech and Slovak populations who began using reverse osmosis-based systems for final treatment of drinking water at their home taps in 2000-2002. Within several weeks or months various health complaints suggestive of acute magnesium (and possibly calcium) deficiency were reported. Among these complaints were cardiovascular disorders, tiredness, weakness or muscular cramps.” Again, serious side effects within just several weeks or months.

However, it gets even worse. Because reverse osmosis water does not have enough minerals, when it is consumed, it also leaches minerals from the body. This means that the minerals being consumed in food and vitamins are being urinated away. Less minerals consumed plus more minerals, being excreted equals serious negative side effects and big health problems. In a scientific study performed to see if minerals consumed in food can make up for the lack of minerals in reverse osmosis water, scientists concluded that “reduced mineral intake from water was not compensated by their diets...low-mineral water was responsible for an increased elimination of minerals from the body.”

“It has been adequately demonstrated that consuming water of low mineral content has a negative effect on homeostasis mechanisms, compromising the mineral and water metabolism in the body.” Consumption of reverse osmosis water “leads to the dilution of the electrolytes dissolved in the body water. Inadequate body water redistribution between compartments may compromise the function of vital

organs. Side effects at the very beginning of this condition include tiredness, weakness and headache; more severe symptoms are muscular cramps and impaired heart rate.”

What About Those Reverse Osmosis (RO) Systems That Add Minerals Back In?

One popular trend since the negative side effects of consuming reverse osmosis water emerged is the practice of adding minerals back into the reverse osmosis water. On this trend, the World Health Organization states that “**possibly none of the commonly used ways of re-mineralization could be considered optimum**, since the water does not contain all of its beneficial components. In the case of borderline deficiency of a given element, even the relatively low intake of the element with drinking water may play a relevant protective role.” It is practically impossible to recreate natural water with all of its minerals and trace elements from reverse osmosis treated water. Why risk the side effects of reverse osmosis water in any form if healthful alternatives are available?

Since the early 1960's, epidemiological studies in many countries all over the world have reported that water low in calcium and magnesium is associated with increased morbidity and mortality from cardiovascular disease.

When used for cooking, reverse osmosis water was found to cause substantial losses of all essential elements from food (vegetables, meat, cereals). Such losses may reach up to 60 % for magnesium and calcium or even more for some other microelements (e.g., copper 66 %, manganese 70 %, cobalt 86 %). In contrast, when mineralized water is used for cooking, the loss of these elements is much lower, and in some cases, even higher calcium content was reported in food because of cooking.

In a multi-city study, women living in cities with low-mineral water more frequently showed cardiovascular changes (as measured by ECG), higher blood pressure, somatoform autonomic dysfunctions, headache, dizziness, and osteoporosis (as measured by X-ray absorptiometry) compared to those of cities with higher mineral content water.



The second website that drives a dagger into the RO industry myth that its pure water is healthy comes from the World Health Organization (W.H.O.). The WHO provides us with a Position Paper titled “The Health risks from drinking demineralized water” which was written by F. Kozisek. You can tell by the title where the article is headed. Look in the Files TAB on this group page for: “HEALTH-RISKS-FROM-DRINKING-DEMINERALIZED-WATER-F-KOZISEK” for chapter 12 of the WHO paper.

The final report, published as an internal working document (WHO 1980), concluded that “not only does completely demineralized water (distillate) have unsatisfactory organoleptic properties, but it also has a definite adverse influence on the animal and human organism.”

Scientific testing and the best “unbiased” brains in the world have repeatedly demonstrated that long term consumption of demineralized (RO) water is bad for your health.

The above was originally researched and compiled by Bill Mabry, an Enagic Distributor.

If something in this document needs to be modified or added just PM me from this group.
Patrick Palmer. Posting this in the “Enagic Kangen Water Group/Michelle Raley’s group”.

The Effects of Kangen Water™ on Various Organisms.

(Strong Electrolyte Acid Water with a 2.5 pH is used in over 300 Japanese Hospitals to sterilize surgical instruments).

Organism	Effect Produce	*Strong Electrolyte Acid Water pH 2.5	*Neutral Water pH 6.5	*Acid Water pH 2.6	Sodium Hypochloride	Benzalconium Chloride
Hepatitis B Virus	Hepatitis	NO Live Organisms detected within 30 sec.	NOT KILLED	NO Live Organisms detected within 30 sec.	NOT KILLED	NOT KILLED
Tubercule Bacillus	Tuberculosis	NO Live Organisms detected within 30 sec.	NOT KILLED	NOT KILLED		
AIDS Virus	Acquired Immune Deficiency Syndrom	NO Live Organisms detected within 30 sec.	NOT KILLED	NOT KILLED		
Staphylococcus Aureus (NBRC 12732 & ATCC 33591[MRSA])	Food Poisoning	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NOT KILLED	NO Live Organisms Detected within 30 sec.
Salmonella Serotype Enteritidis	Food Poisoning	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms Detected within 30 sec.	NO Live Organisms Detected within 30 sec.
Bacillus Cereus	Food Poisoning	2 Minutes	NOT KILLED	NOT KILLED	NOT KILLED	NO Live Organisms Detected within 30 sec.
Legionella Pneumophila	Intracellular Bacteria	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms Detected within 30 sec.	NO Live Organisms Detected within 30 sec.
Entinis Vibric	Food Poisoning	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms Detected within 30 sec.	NO Live Organisms Detected within 30 sec.
Typhoid Bacillus	Typhoid Fever	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms Detected within 30 sec.	NO Live Organisms Detected within 30 sec.
Candida Albicans	Inflammation of Mucous Membranes	NO live organisms detected within 30 sec.	NOT KILLED	NOT KILLED	5 minutes	10 minutes
Pneumobacillus	Pneumonia	NO live organisms detected within 30 sec.	NOT KILLED	NOT KILLED		
Bread Mold	Bathub Mold	NO live organisms detected within 30 sec.		NO live organisms detected within 30 sec.	5 minutes	
Red Yeast	Red Color on Plumbing Fixtures	NO live organisms detected within 30 sec.	NOT KILLED	NOT KILLED	2 minutes	
Athletes Foot Fungus	Athletes Foot	NO Live Organisms detected within 30 sec.	5 minutes	Less than 3 minutes	5 minutes	
Streptococcus Pyogenes	Strep Throat, Skin Infections (Impetigo)	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.		
Enterococcus	Infestinal Disorder/ Urinary Tract Infections	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.		
Pseudomonas Aeriginosa	Causes Oxygen Depletion	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.	NO Live Organisms detected within 30 sec.		
E.coli (0-157, etc.)	Food Poisoning	NO Live Organisms detected within 30 sec.				A-84