

# WHAT IS ELECTROLYZED REDUCED WATER?

- As opposed to tap or bottle water, ERW is water that has been filtered and passed over platinum dipped titanium plates, essentially electrolyzing the water.
- This is how you find water in nature, a stream or a lake.
   water that's been running along the ground, struck by
   lightning, moving over boulders and waterfalls. It's alive
   with energy. We can now replicate that energy from our
   counter tops with our ionizer machines, making water
   what it was before passing through water treatment
   plants and pipes.



01	PH 11.5 ELECTROLYZED REDUCED WATER
02	PH 8.5 - 9.5 ELECTROLYZED REDUCED WATER
03	PH 7.0 ELECTROLYZED REDUCED WATER
04	PH 6.0 ELECTROLYZED REDUCED WATER
05	PH 2.5 ELECTROLYZED REDUCED WATER

## O1 STRONG PH 11.5 ELECTROLYZED REDUCED WATER

The strong PH 11.5 water is a powerful anti-inflammatory water due to its high pH. The 11.5 is used in a multitude of ways.

\*One of the best is that it's able to emulsify oils which means it's highly effective at removing oil based pesticides, herbicides and insecticides off organic and non-organic fruits and vegetables.

### GOOD NIGHT SLEEP

Drink 1/2-1 ounce of PH 11.5 before bedtime to help release melatonin for a great night sleep.

### HOT BATH SOAK

Add 1 gallon (approx. 4 liters) just before the end of filling the tub. This can replace Epsom Salts and other remedies.

\*This works the best if the tub is filled with the mineral ion shower.

## MAKE UP REMOVER

Spray PH 11.5 on eyes (closed) and face to dissolve and remove makeup and oils on the skin.

## O1 STRONG PH 11.5 ELECTROLYZED REDUCED WATER

## ALLERGIES, COLD SYMPTOMS AND SNORING

Use as a nasal wash when sinuses are plugged. The reduction of inflammation in the nasal passage reduces snoring.

### FRUITS AND VEGGIES

Soak in PH 11.5 for a minimum of 5 minutes to clean off all pesticides

## **ICE CUBES**

To help off-set acidic drinks

## RICE, BEAN LEGUMES

Soak in PH 11.5 for 5 to 10 minutes and rinse clean with low flow PH 9.5 Water

## **MEATS**

Soak in pH 11.5 for 5 to 10 minutes for cleaning and tender rising.

## **POLISH SILVER**

Soak silver in 11.5 PH and polish.

## **PAINT THINNER**

After using oil based paints, use 11.5pH to clean up.

## 'GOO GONE

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

## **SPROUTING**

Soak nuts, seeds or grains in 11.5pH for 1 hour to speed up sprouting.

## **SALAD**

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

## STRONG PH 11.5 ELECTROLYZED REDUCED WATER

## FISH, CHICKEN

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

## STEAM OR BLANCH VEGGIES

Use 11.5pH to enhance the flavour when making steam or blanch vegetables.

## **CLOTHES, LINEN SPRAY**

Mix 11.5pH with a few drops of essential oils in a spray bottle. Use as refreshing linen spray.

## **SOAP & LOTIONS**

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

## **DETOX**

Soak your feet in 11.5pH for 20 minutes one or more times a week to aid your body's detoxification process.

## O1 STRONG PH 11.5 ELECTROLYZED REDUCED WATER

The Strong PH 11.5 water is a powerful anti-inflammatory water due to its high pH. The 11.5 is used in a multitude of ways.

## LAUNDRY SOAP

Use 1-2L of 11.5pH per load in place of laundry soap. Works beautifully for greasy smells like Fast-Food restaurant work clothes. Add a few drops of essential oils for a fresh smell.

## CLEAN OVEN, CLOGGED SINKS, TUBS

Clean the oven with a scratch pad and 11.5pH. Replaces chemical cleaner when dissolving grease and grime in the kitchen. Use instead of chemical product for clogged sinks and bathtubs.

## ALLERGIES, COLD SYMPTOMS, SNORING

Use as a nasal wash when sinuses are plugged. Due to the reduction in inflammation of nasal passages this technique can also reduce snoring.

## BUG SPRAY REPELLENT, SUNBURN, PAIN, BUG BITES, SWELLING

Spray or soak areas with towel soaked in 11.5pH and keep wet by adding small amounts of 11.5pH to the towel for a minimum of 30 minutes twice a day. It works even better if done for 1 hour twice daily.

## MAKE UP REMOVER

Spray on eyes to dissolve and remove make up.

## **PUFFY EYES**

Spray on eyes to reduce puffiness.

## **HOT BATH SOAK**

Use 1 gallon of 11.5pH added right at the end of filling the tub. This replaces Epsom Salts or another remedy. This works even better if you have the mineral ion shower.

## PH 8.5 - 9.5 ELECTROLYZED REDUCED WATER

## **SOUPS**

Cook all soups with pH 9.5 water.

## STIR FRYE

Use when making Stir Frye with pH 9.5 to steam.

## **WEIGHT LOSS**

Drink before snacking and meals, wait 30 minutes before eating. A lot of people confuse hunger for dehydration. Drinking this water improves hydration and eliminates feelings of "false" hunger, thus aiding in weight loss.

## **GREY HAIR**

Often can return hair to original color.

## **VISION**

Consistently drinking pH 9.5 has been known to improve eye vision.

## PH 8.5 - 9.5 ELECTROLYZED REDUCED WATER

## SPIDER VEINS

Drinking this water over time has been known to induce and aid cell repair, as a direct result, spider veins can improve.

## AROMA THERAPY / SPRITZER

Put any herb like rosemary or lavender in a spray bottle filled with this water, let it set for a couple of hours and use as a spritzer in your house for aroma therapy and as an air freshener.

## COFFEE, TEA

Make coffee and tea with the 9.5pH water to increase flavors, colors, nutritional value, and decrease the acidity of coffee.

## **PETS**

Use this water as drinking water for pets, they love it!

## PH 8.5 - 9.5 ELECTROLYZED REDUCED WATER

## COOKING

Use this water as cooking liquid for potatoes, grains, dried beans or peas, pasta, etc. to increase flavor and alkalinity.

## **BROTH**

Use this water as the cooking liquid for broth to extract the maximum vitamins and minerals from the vegetables and meats.

## **PLANTS**

Water seedlings or sick plants with this water.

## PROTEIN SHAKES

Use the 9.5pH water to make protein shakes. Dissolves the powder more rapidly and absorbs nutrients more efficiently.

## **DRINKING WATER**

Drink at least 3L of the PH9.5 water It is high in molecular hydrogen, antioxidants and minerals. It improves health at every level since day 1 and in the long term by hydrating and repairing each cell of the body down to its DNA.

The 7.0 pH neutral water is safe for infants, children, pets and anyone taking time sensitive or time release medication.

Although this water is not high in pH, it still contains powerful antioxidant properties and active molecular hydrogen

## **MEALS**

Drink with meals only if necessary. (It is not recommended to drink water 30 minutes before a meal and up to 45 minutes after eating in order for the body to digest the food correctly.)

## **BABY FORMULA**

Use the PH 7.0 water for making baby formula.

## **MEDICATION**

Drink PH 7.0 water with fast dissolving medication.

PH 6.0 water has a similar pH to rain water as well as the pH most similar to our skin. This makes the water easily absorbed by our pores and acts as a powerful toner / moisturizer for our largest organ. Also, since this level of pH is the most similar to rain water, plants tend to thrive when drinking this water.

### FACIAL SOAP

Use to replace soap, at least twice a day. Spray after cleaning.

### HAIR CONDITIONER

Spray hair after showering as this conditions your hair. Try not to use conditioner of any kind as this coats the hair.

## **TONE SKIN**

Use as a final rinse in shower or bath to tone and firm skin. You can spray your face and skin multiple times a day to refresh.

## RASHES, DIAPER RASH

Spray on skin to soothe and heal rashes, including diaper rashes.

## **PETS**

Bathe your pets in PH 6.0 water for a more lustrous coat.

## **PLANTS**

Water indoor and outdoor plants with PH 6.0 water for vigorous growth. It can also revive dying plants.

## **EGGS AND PASTA**

Use to Boil eggs and pasta.

#### FREEZING FOOD

Spray PH 6.0 water on food before freezing (including fish and shrimps) so that food does not lose its flavor.

#### **ANTHOCYANINS**

Use PH 6.0 water to wash and prepare fruits and veggies containing anthocyanin (plums, grapes, cherries, strawberries, red cabbage, eggplant, soy beans, asparagus...)

#### FABRIC SOFTENER

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

#### **EYEGLASSES**

Use PH 6.0 water to clean lenses.

#### REPLACES 'WINDEX'

The PH 6.0 water replaces all window and mirror cleaners.

### HARDWOOD FLOORS, CERAMIC TILES

Use PH 6.0 water for polishing and housecleaning (hardwood floors, ceramic tiles, etc.).

#### LINES, WRINKLES

Mix the PH 6.0 water with essential oils, spray on skin to hydrate, reduce lines and wrinkles, tone skin and produce younger, healthier skin.

The PH 2.5 water has a low pH and acts as a disinfectant that is safe to use around your home. This water has been used in the medicine food industries for years. It is used to sanitize and disinfect due to its high negative oxidation reduction potential, which has been shown to reduce bacteria cells on surfaces, in fruits, veggies and skin.

## KILL ALL MICROBES

Pre-rinse all fruits, vegetables and meat and let sit for one minute before soaking in pH 11.5. This will kill all microbes as well as MRSA and infections.

## **DISINFECTING**

Use to disinfect anything. This 2.5 water forms hypochlorous acid, a very effective, non-toxic, disinfecting agent against bacteria and viruses. Also acts as a great sanitizer. Has been proven to work better and faster than bleach.

## ANTI-BACTERIAL SOAP

Use in place of anti-bacterial soap.

## HARD WATER SPOTS AND RUST

Clean hard water spots off of chrome and rust off of metal.

## FACIAL LIFTING AND TIGHTENING

Spray face and neck (not eyes) and rub skin upward until dry. Finish with the PH 6.0 water to tone skin.

BRUSH & GARGLE has been known to resolve periodontal disease thrush and prevent root canals. Wait one minute and then rinse with the PH 9.5 water for 30 seconds to restore the natural pH. This procedure will prevent or resolve periodontal disease & thrush and root canals.

## OPEN WOUNDS, BURNS, INFECTIONS, STOP BLEEDING

Has been known to kill candida, bacteria and pathogens.

Use on cuts and scrapes to help stop bleeding. Clean twice daily until healed. Do not use any other ointments as they only attract microbes by keeping the area moist and sticky.

## **INFECTED SINUSES**

Spray in nose twice a day for 2 days. Wait 2 minutes, then flush with the PH 11.5 water.

## **NAIL FUNGUS**

Spray twice a day or soak once a day.

## **PINK EYE**

Spray infected eye several times throughout the day to aid healing.

## POISON IVY

Spray on infected areas as often as needed. Has been known to help slow down itching and dry up poison ivy much quicker.

## FEVER BLISTERS, CANKER SORES

Spray or gargle to stop and dry up both of the above.

## **MOLES AND WARTS**

If you see something abnormal on your skin you many want to soak a gauze pad on a band aid with the PH 2.5 water and apply over the area. Change the band aid at least once a day. Often this process requires 30-60 days before seeing results.

## SORE THROAT, STREP THROAT, COUGH

Gargle 3-4 times per day, or put in spray bottle and spray into throat until symptoms reduce.

#### **DEODORANT**

Spray armpits with 11.5pH (you can add a few drops of essential oils if desired) then spray with 2.5pH to eliminate bacteria.

## **FLEAS**

Spray 2.5pH on the fur of pets with fleas. If needed, spray and clean house with 2.5pH to eliminate fleas.

## **PLANTS**

Spray plants with 11.5pH first. Let dry then spray with 2.5pH instead of chemical insect repellent.

#### **ACNE**

Apply 2.5pH on pimples to eliminate bacteria and viruses and speed up healing.

#### HAND SANITIZER

Carry some 2.5pH in a small spray bottle to use as a hand sanitizer.

## **PLANTS**

Water acid loving plants with 2.5pH 3 times during the growing season to produce vigorous growth and more blossoms.

## **COFFEE & TEA**

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

## **CLOTHES & LINEN BLEACHING**

Soak in 2.5pH overnight instead of using chemical bleach, then put them through a rinse cycle in the washer before continuing with the instructions of general laundry.

## **BABIES**

Use 2.5pH to clean and disinfect babies' toys, high chairs, diaper changing surfaces, crib rails, etc. For safe cleaning without chemicals.

## **SOAP SCUM**

Spray 2.5pH on tiles to remove soap scum.

## HARD WATER

Spray 2.5pH on hard water spots and rings then scrub with a soft brush.

## LIMESCALE

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

## PROTEIN-BASED STAINS

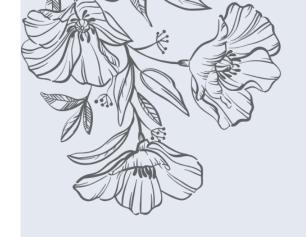
Use 2.5pH to clean up protein-based stains. For oil-based stains, clean with 11.5pH strong Kangen Water™.

## **BEDS**

Spray 2.5pH on mattress, pad, blankets and pillows as an antimicrobial. A fine mist is adequate.

## **RUGS AND CARPETS**

Pet odors can be eliminated with 2.5pH without removing or fading the colors of the carpet or rug, including hand woven Persian rugs. For an overall clean, use a steam cleaner and the PH 11.5 water. To add a fresh scent to your carpets, add 10 drops of essential oil to the final rinse water.





# Want to learn more about Electrolyzed Reduced Water and how you can use it?



Name:

Email:

Website:

Phone Number:



CHANGE YOUR LIFE BY CHANGING YOUR WATER

