

# THE STORY OF KANGEN WATER

**Improve your Health and Energy with great tasting antioxidant water that increases your body's alkalinity and improves nutrient absorption with Kangen Water**

The Enagic Company, makers of the Kangen™ home water generator, has been the industry leader in Water Technology in Japan for 17 years. During their first 10 years they worked only with doctors and hospitals to co-develop and market professional grade machines. Today Enagic is the ONLY company in the whole water industry whose products are endorsed by the Japanese Association of Preventative Medicine for Adult Disease. Also electrolysis water generators are approved today in Japan as medical devices by the Japanese Ministry of Health, Labor and Welfare. The home water generator was introduced by Enagic in 1997.

**For More Information: <http://www.h2oguy.info>**

**Or Call: 512-505-6833 to listen to a 5 minute talk on Kangen Water**

## Kangen Healing Water

Kangen Healing Water  
Brief History of Kangen Water

Here's a brief background of this incredible water and how this electrolyzed water machine became an incredible tool of preventive medicine at home.

Initially developed for agricultural purposes and adopted by open-minded doctors, it has slowly grown to be a medical device in Japan since 1965. More than three decades of clinical experience has shown that the electrolyzed water enhances healing power of human body and being eco-friendly. In mid-90's, its benefits were started to be recognized in the public and the technological advance enabled various companies to develop smaller home units.

### Kangen Healing Water

So what is Kangen Water anyway?

The word Kangen (pronounced, kan-ghen ) generally means restoring in Japanese, but deoxidizing might be a better fit in this particular situation with this water. The secret is all in the small machine which needs to be hooked up to your faucet.

Here is the process of how it's made.

The tap water first gets purified by going through the internal filter, and then ionized through the electrolysis process, splitting the water into two parts; alkaline (hydrogen-rich) and acidic (oxygen-rich).

Kangen Water, in short, is the electrolyzed alkaline water with tremendous deoxidizing power. Its deoxidation measure is recognized in medical fields for its incredible effectiveness in many types of illness and diseases.

## Kangen Healing Water FAQ

Q: How do I begin drinking Kangen water?

We recommend to begin by setting a low pH level (pH8) for a week or so , and gradually adjust to the higher pH level (pH9-9.5) based on your bodily needs and physical condition.

Q: How much Kangen water should I consume?

In order for Kangen water to be beneficial to your health, we recommend to drink 2-4 liters daily, ideally 30min before your meals. It is better to drink fresh kangen water right from the machine when its deoxidation potential is highest. However, you can also take a bottle of Kangen water with you when going outside.

Q: Does Kangen water cause any side-effects?

Upon restoring your health condition, it is possible to experience times of repulsion; such as constipation or diarrhea after first starting to drink it. If this occurs, the intake amount should be reduced to half of the previous amount.

Kangen water is clinically tested for the last 40 years in Japan and more than 400,000 families have purchased such devices in 2003.

Q: Can Kangen water be used to take medication?

The effectiveness of taking medication with Kangen water has not yet been fully tested. The pH level of stomach acid is about 1.8pH, and medication is prescribed in accordance to this pH level in order for it to take effect past the stomach. Therefore, to ensure full effect of the medication, we recommend to use the purified mode and leave some time ( about 30 minutes) between taking the medication and drinking Kangen water.

## Kangen Healing Water

Types of Water Available to Us

So, do you think that bottled water is healthier than tap water or do you like the packages?

In a four-year scientific study, NRDC (Natural Resources Defense Council) tested more than 1,000 bottles of 103 brands, a third of them were found to contain contaminants such as arsenic and carcinogenic. Yet, bottled water is so popular and available almost everywhere: the bottled water industry enjoys annual sales of more than \$35 billion worldwide.

Can you taste life in bottled water? Life is always in motion. Once water is trapped in a plastic bottle for weeks and months, it loses life energy.

Experience Electrolyzed water, you will be surprised at tap water's transformation. You will get in touch with your natural thirst again.

## HEALING WATER

Clinical Uses of Kangen Water in Hospital Treatment

There are now hundreds of hospitals, big and small, in Japan that use Kangen Water as a part of their medical practices. The following list illustrates some most common usage scenarios with different illness cases.

### 1. Various Types of Cancer

This is perhaps the poster boy figure for the recent Kangen Water phenomenon. It just seems to work very effectively, whatever type and stage your cancer situation might be.

A few years ago, there was even a public project, organized by a veteran nurse who helped ALL of 30 terminal cancer patients she took on recover from the death bed, all within months, by simply giving them this Kangen water. While the amount of water the patients had to drink (4 to 10 liters a day) and the types of cancer (from breast, bladder, lung, liver, stomach, intestines, prostate to even leukaemia) varied, all of the patients had been diagnosed as terminal from their previous doctors. Simply awe-inspiring!

### 2. Rapid Reduction in Blood Sugar Level in Diabetes Patients

It is observed that about 80% of diabetes patients who started intake of Kangen water showed lower blood sugar levels within 2 weeks.

### 3. Rapid healing of Gangrene of the Lower Limbs, due to Diabetes

At Kyowa hospital in Kobe, Japan, at least 2 diabetics with lower limbs gangrene, who had not shown signs of recovery despite months of pharmaceutical treatment, saved their limbs within a month after they turned to drinking of Kangen water and soaking in strong oxidized water.

#### 4. Rapid Improvement in Patients with Hepatitis and Cirrhosis

A representative case was that of a 60 year old male patient. Improvement was noted in his hepatitis and cirrhosis one month after starting intake of Kangen water. Thereafter, all treatments, including medications, IV's and diet were discontinued and after 6 months of Kangen water as a sole treatment, his liver function had returned to normal.

#### 5. Rapid Healing of Stomach and Duodenal Ulcers

A 40 year old patient had endured repeated attacks of duodenal ulcers over the last 12 years. After an incident of attack, she started to drink Kangen water (1-2 liters a day). Within a week, improvement was noted. An inspection with a gastric camera showed no remaining ulceration. The result surprised the hospital director, who personally attended the testing, as well as the patient herself.

There are great number of cases in which there has been no recurrence of ulceration as long as sufficient Kangen water intake continues.

#### 6. Rapid Improvement in High and Low Blood Pressure Levels

It is not unusual for patients who have had high blood pressure for many years to find that they can control it with simply drinking sufficient Kangen water within months.

#### 7. Improvements in Asthma, Skin Rashes, Atopic Dermatitis and Nasal Allergies

One female patient suffered from atopic dermatitis from shortly after birth until age 26. She had tried fasting, vegetarian diet and a variety of other treatments, all to no avail. Her dermatologist even refused to continue seeing her. Just one month after she began drinking Kangen water and applied strong oxidized water externally, the condition was about 80% resolved.

This hospital is now specializing in this water treatments, and has seen a number of other cases of dramatic improvement in asthma, skin rashes and seasonal allergies after patients started drinking Kangen water.

#### 8. Improved Kidney Function

Instances of dramatic improvement have been observed in cases of chronic nephritis and impaired kidney functions with Kangen water.

# How Body pH Can Affect Your Energy Levels

## WHAT MOST PEOPLE DON'T REALIZE; WE ARE BIO ELECTRICAL ENGINES

Your body operates on an electro magnetic current. Believe it or not, all of the organs in your body emit these fields of electrical current. In fact, nerve signals are nothing more than electrical charges.

What creates this electrical power in your body is a very fine balance that exists in your bio chemistry. And of all the systems in your body that depend on this delicate, bio chemical balance, one of the most important is your blood stream. This is where pH comes into play. But what is pH?

## WHAT PH IS AND WHY IT IS IMPORTANT TO ALL YOUR BODY FUNCTIONS

PH is a scale that measures how acidic or alkaline a substance is. The scale ranges from 1 to 14 with 1 being very acid, 7 neutral and 14 very alkaline.

So what does pH have to do with you and your blood? Well, the pH of your blood is extremely important. The ideal pH level for your blood is right around 7.35 and your body goes to enormous lengths to maintain this level.

Why? Because if your blood pH were to vary 1 or 2 points in either direction, it would change the electrical chemistry in your body, there would be no electrical power and in short order you would drop dead. As you can see, maintaining the right pH level in your blood is pretty important!!

With this in mind a good way to avoid upsetting this delicate bio chemical balance would be to take a look at those things that can compromise the maintenance of the ideal pH level in your body. And what is the main culprit in this case? The answer is the creation of acid in your body.

Before we look at what causes acid, here's a graphic example to give you an idea of what can happen in the blood when your pH drops to less than ideal. Red blood cells are how oxygen is transported to all the cells in your body.

As red blood cells move into the tiny, little, capillaries, the space they have to move through gets pretty small. In fact, the diameter of the capillaries gets so small that the red blood cells sometimes have to pass through these capillaries one red blood cell at a time!

Because of this, and because it's important for the red blood cells to be able to flow easily and quickly through your body, they have a mechanism that allows them to remain separate from each other. This mechanism comes in the form of the outside of healthy red blood cells having a negative charge. This causes them to stay apart from each other, sort of like when you try to push the negative ends of two magnets together. They resist each other and stay apart.

Unfortunately, acid interferes with this very important mechanism in a pretty frightening way. Acid actually strips away the negative charge from red blood cells. The result is that your red blood cells then tend to clump together and not flow as easily. This makes it much more difficult for them to flow easily through the bloodstream.

## WHAT CAUSES ACID IN THE BODY

**The primary cause of an acidic condition in your body is from what you put in your mouth. In other words, what you eat and what you drink. And it isn't how "acid" something may seem when you eat or drink it. It has to do with what is left over when you digest it.**

# The Harmful Effects of Soft Drinks

By: Justin Nylund

There is a growing concern in the medical and scientific communities about the harmful effects associated with carbonated soft drinks. Soft drinks have been around for over a hundred years, but many of their deleterious health effects have not been studied or known.

This paper will discuss the numerous harmful effects and the problems that are associated with soft drinks. The National Soft Drink Association says that the average American consumes over six hundred twelve-ounce servings per year. Children consume many more carbonated beverages than adults. The average young male between the ages of twelve and twenty-nine consumes over 160 gallons of soft drinks a year. Studies show that males of this age group are the largest consumers of soft drinks. Many of these males receive over ten percent of their total daily calories from soft drinks. One of the reasons for the emergence of so many soft drink related problems is the sheer number of carbonated beverages that are consumed. Fifty years ago the average serving size for a soft drink was a six-ounce bottle. Today, soft drinks are sold in twenty ounce bottles and are consumed in much larger amounts courtesy of the large size of soda fountain drinks available at most stores and restaurants. This increase in consumption of soft drink is not a surprise because soft drink manufacturers have spent billions of dollars in advertising to attract more consumers and to increase consumption of their products. Scientific studies have shown how as few as one or two soft drinks a day can increase one's risk for numerous health problems. Some of these health problems are obesity, diabetes, tooth decay, osteoporosis, nutritional deficiencies, heart disease, and many neurological disorders.

It is generally understood that soft drinks, even though they contain a large number of calories, have little nutritional benefit and are known as "empty calories". Soft drinks are composed mostly of filtered water with diet colas containing close to a hundred percent water. Most of the calories in soft drinks are from refined sugars, and there are no other nutritionally beneficial components in soft drinks. **Dr. Charles Best, the discoverer of insulin, claims that teenagers who consume too many soft drinks have cirrhosis of the liver similar to what chronic alcoholics have.<sup>1</sup> There is no cure for cirrhosis of the liver except to receive a new liver through a transplant.**

A common problem that is associated with consumption of a large number of soft drinks is the increased acid levels throughout the body. **All soft drinks are very acidic, but dark colas such as Coke and Pepsi are much more acidic. William Frazier states, "in order to neutralize a glass of cola, it takes 32 glasses of high pH alkaline water."<sup>1</sup>** Many doctors believe that there is a correlation between acids increasing the risk of disease. This is manifested in an especially painful way when one gets gastronomic distress (GI). Gastronomic distress is characterized by increased stomach acid levels. Gastronomic distress causes the inflammation of the stomach and erosion of the stomach lining. This is characterized as a painful stomachache. These symptoms are caused by caffeine and acids found in soft drinks such as: acetic, fumaric, gluconic and phosphoric acids. The combination and strength of these acids are so strong that when a drain is clogged a plumber will often use a soft drink, or if a car battery is corroding one can use a soft drink to dissolve the corrosion. The stomach maintains a very delicate acid-alkaline balance that can be set out of balance by the consumption to a large number of soft drinks, which create a constant acid state. Prolonged increased acid levels will cause erosion of the gastric lining, which is very painful and disrupts proper digestion. Also, the phosphorous that is found in the fizz and bubbles emitted from soft drinks fights with hydrochloric acid in the stomach and causes the stomach to be ineffective. When the stomach can't digest food, the person will have indigestion, gassiness, or bloating. The carbon dioxide that is emitted in the fizz is consumed when a person drinks a soft drink. Carbon dioxide is a waste product that humans excrete and can be harmful when digested. Dr. Francisco Contraries, a cancer researcher, believes that, "cancer is like a plant cell; it can't live in an oxygen rich environment."<sup>1</sup> Soft drinks deplete the amount of oxygen in the human body thus increasing the risk for cancer.

A very serious effect of soft drinks on people's health is the correlation between soft drink consumption and the increased risk of bone fractures and osteoporosis. The large amounts of sugar, bubbles caused by carbon dioxide, and phosphoric acid that are found in soft drinks remove nutritious minerals from bones allowing the bones to become weak and increasing the risk for them to break. This is done by the phosphoric acid disrupting the calcium-phosphorous ratio, which dissolves calcium from the bones.

# Personal Experiences with Kangen Water

## Arthritic Pain Resolves, Pain from Back Surgery Resolves

**Larry Morris, Salt Lake City, Utah:** I had back pain for 25 years and two back surgeries over the years. After a heavy snowstorm my back was really hurting. After drinking Kangen water for just three days, we had a big storm. I shoveled the walks and expected it to hurt, but to my surprise, it didn't.

My mother is 80 years old and is mentally very, very sharp, but she has hip, back and knee problems. When bad weather comes around she is usually up all night in pain with her arthritis. She told me last night, "I don't know why, but I would be in a lot more pain than I've been in with all these heavy snowstorms the past few days and I'm not ... the only thing different is my new water." I am also enjoying the great relationships I'm building with those I am sharing this with. After a simple email to an acquaintance in another state, I got her reply the next morning after she had researched for hours: "Oh my Gosh, Larry! How fast can I get one of these machines?" She's a holistic caregiver and a nurse and she understands the body. She "got it" immediately. "

## Tranquility Restored; Loss of Stubborn Fat

**Marla Phillips, Lehi, Utah:** I notice that my emotions are more tranquil since being on Kangen water! It is such a compassionate gift to have this water!

My inability to lose my extra weight has been a constant struggle...A year ago I had started at a place called Contours Express, where I did weight training, following their diet totally, and I even did double workouts 3 times a week in addition to cardio daily. I was running 4 miles plus sweating through a 45 minute class in kickboxing, cycling, etc in an effort to budge this stubborn excess fat. I had gotten my hormones balanced. I'd even been computer tested to discover I'd eaten certain "diet" foods so frequently that my body had created an allergic type reaction to them causing even more fat storage!...Most people get fat from sugars and breads, but I'd eaten so much cottage cheese, almonds, tomatoes and green beans that they'd become trigger foods!

I think I just built up so much acidity from all the exercise that I couldn't drop the weight, because when we got our SD501 Kangen Machine, I was shocked to see that the weight fell off!

I went from a bulging size 14 to a very comfortable, loose size 12 in the first two and a half weeks...This is the first time I've been this small in seven years. Though the weight loss has slowed now, every single day I wake up and notice that some part of my body is a little bit smaller.

## Internal and External Cleaning, Energy, Weight Loss:

**Kit Kartchner, Provo, Utah:** Kangen water is powerful stuff! It looks like water, smells like water and it tastes like water, but it is NOT regular water! The other night my son-in-law was scrubbing away with tap water and soap, attempting unsuccessfully to get hardened cement off his wrists and hands from setting tile the other night. I heard him say 'Ouch!' as he tried to wash his hands clean. I came over and said, 'Let's try this.' I poured 2.5 acid water over his hands and the junk he'd been scrubbing on for five minutes literally melted off. We were amazed. And, of course, unlike chemically acid cleaner, the 2.5 water did not burn his skin. In two days on Kangen water 8.5 I had a dramatic increase in energy and in three weeks I lost six pounds without any other changes than "change your water, painfully sore muscles and inflammation after exercising went away!

## Knee and Foot Joint Pain Relief After 25 years

**W. Kent Thatcher, Taylorsville, Utah:** On Wednesday I was introduced to Kangen water at a meeting a friend had invited me to. I took home 3 gallons and started drinking it immediately. Thursday morning when I first got out of bed I noticed that my feet and knees were not as stiff as usual. I didn't think much of it; no one at the meeting had mentioned anything about joint pain going away.

By Friday morning, I was really excited because the morning knee and foot pain was just gone, so I started to think, "Hey - maybe the water is helping my joints!"

By Saturday morning I was feeling so good I went to the gym with my daughter and decided to try the treadmill. In the past I was only able to spend 5 minutes on the treadmill before my knees would be yelling at me to get off them or they would make me suffer for 3-4 days. I had always had to settle on using the bicycles so my knees wouldn't yell at me so much.

I was able to stay on the treadmill that morning for a full 45 minutes. My daughter couldn't believe it, but I was sure that after I got off, the pain would come and I would be hobbling around for the next few days. The pain didn't come then or since.

The next Monday I was at my friend's home getting more Kangen water. He asked me how my weekend had gone, so I showed him by running down his basement stairs, turning around and running back up. I had a big grin on my face because it didn't hurt at all.

I now have my own Enagic machine and have been on Kangen water for three months without any knee or foot pain. My wife is really excited because she doesn't have to listen to me whine about my joint pain every time I exercise, play ball or work around the house. I truly feel 10 years younger.

### **Carpel Tunnel Syndrome, Chronic Pain and Inflammation**

**Carolyn Ringer, Lehi, Utah:** I was taking aspirin 3 times a week because I stand at work all day as a grocery store checker. Since drinking Kangen water I don't have to take any aspirin, and my carpel tunnel syndrome gives me no more pain. I also have more energy.

### **Wrist injury, arthritis, Carpal Tunnel**

**Richard Oliphant:** On October 31, 2006 I went to a hand and wrist specialist for three problems: damage from an injury 28 years ago that destroyed the cartilage in my wrists, painful arthritis and carpal tunnel syndrome that had shown up a year ago. I left the doctor's office with no cures, only a prescription for pain medication. I decided to first try Kangen water, which I'd learned about two days before. Six weeks later one morning I realized that I had had no pain in my hands or wrists and no carpal tunnel numbness. Also, this was the first winter ever when I did not have my usual cold/flu for one-two weeks during winter months. The 2.5 acidic water is also great for blistered burns. The pain from the burn was gone immediately.