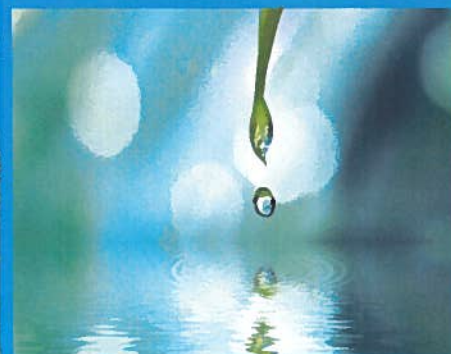
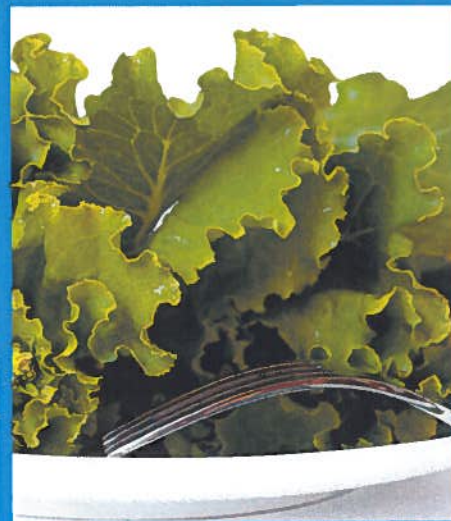
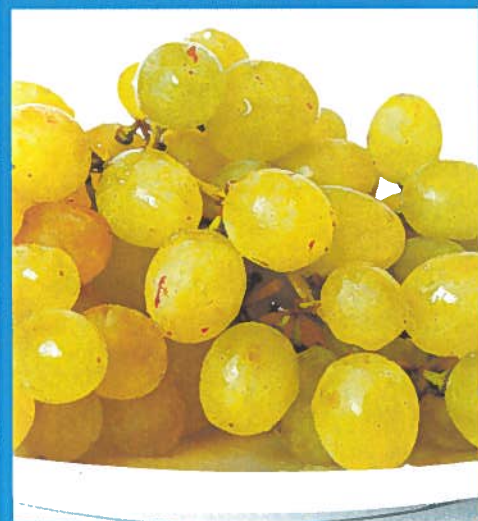


Creating A Green Home With Ionized Water



Not All Water is the Same!



Characteristics of Structured, Alkaline, Ionized Drinking Water

- Alkaline pH
- Fresh, pure, original state
- Dissolves and extracts ingredients effectively
- Provides hydroxyl ion for buffering
- Negative electrical charge
- Acts as an antioxidant
- Reduced surface tension
- More hydrating, easily absorbed by the body

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Fresh water ... is it a memory from our past? Today it's not possible to find fresh water that is similar to the water our ancestors drank fresh from melting glaciers, mountain streams or natural springs. Most of us live in cities where tap water has undergone a long journey through municipal water treatment facilities, storage tanks, deteriorating pipes, and finally, into our water glass. It's not fresh, it's not pure, and it's not **ALIVE** with vital energy. And bottled water isn't much better, especially when you consider the cost to the environment from plastic bottle disposal and the risk of chemicals leaching from the plastic.

When you own a home water ionizer, you can begin to remember water the way it was supposed to be. Your tap water is first purified to remove chlorine and its by-products, odor, and unpleasant taste. Ionization makes the water lighter, smoother, silkier, and clean-tasting. Compared to bottled water, your healthy drinking water is alkaline, is an antioxidant, and is environmentally friendly.

Many health experts recommend drinking a half ounce (or more) of water per pound of body weight, starting with the lowest alkaline setting on your home water ionizer. You will gradually shift the internal environment of your body - your inner ocean - from a mildly acidic state to a mildly alkaline state. Over time, your body will be less likely to accumulate acids that are created from normal metabolism.

Since we lose a lot of water overnight, start the day right by drinking a glass of fresh ionized water to flush out toxins, hydrate the body, and improve bowel function. Two to three cups of water upon waking should do it.

Another great time to consume alkaline, ionized water is before you eat. Two or three cups a half hour before a meal will reduce hunger and give the body the alkaline buffers it needs to balance the acid-forming foods you consume. If you drink water with meals, use neutral clean water from your water ionizer so your stomach acid is present to digest your meal.

Animals and pets can also drink ionized, alkaline water. Your animals' energy, skin, fur, and overall health will benefit.

Do not use alkaline water to take prescription medications - use neutral, clean water (7.0 setting) instead.

Using Alkaline Ionized Water for Cooking

Alkaline, ionized water has many uses in the kitchen. It's unique properties improve color, flavor, and nutrition while saving money as well.

Enhance the Flavor of Foods

Ionized water enhances the natural flavor of foods and recipe ingredients because of its unique ability to dissolve and extract flavor compounds.

Blanching Vegetables: Preserve the vibrant green color and improve the flavor of green vegetables by blanching them in alkaline, ionized water. Before adding vegetables to a recipe, pre-boil them in 9.0 - 9.5 pH ionized water to lock in the flavor.

Soups and Sauces: When preparing soups and sauces, alkaline, ionized water draws out the flavor of the soup stock, even when very little seasoning is used. For boiled foods, the natural flavor is enhanced and they will cook to a tender consistency. Make sure to reduce the amount of seasoning, as less seasoning is required when using alkaline, ionized water.

Reduce Salt: You can reduce salt and stretch your budget by replacing one-third to one-fourth of the usual amount of soy sauce or other highly flavored sauces with alkaline, ionized water.

Tenderizing Meats

Soak meats in 9.0 - 9.5 pH ionized water for 20-30 minutes to tenderize and neutralize strong odors or flavors.

Sprouting

Soak and rinse nuts, seeds, grains or legumes in alkaline, ionized water for faster sprouting.

Beverages

Improve the color and flavor of green, black or herbal tea or coffee with alkaline, ionized water. Because it is restructured - resulting in smaller molecular clusters - you can make tea without boiling water. The surface tension of the water is reduced by ionization which gives it the ability to extract flavor and phytonutrients from tea. It also eliminates the strong tannin bitter aftertaste.

Coffee

Use alkaline, ionized water to make brewed coffee for a full, rich, smooth taste using half the usual amount of coffee, and with less acidity.

Ice Cubes

Make your ice cubes with alkaline, ionized water and add to drinks to improve flavor and reduce acidity.

Alcoholic Drinks

Use alkaline, ionized water to make mixed drinks or to dilute beer, wine or spirits to enhance the flavor. Drinking 9.5 pH water will keep you hydrated which can lessen hangover symptoms.





Personal Care Using Mild Acidic Beauty Water

The mild acid water acts as an astringent to tighten and tone the skin. It is the same pH as the skin, so it is recommended for personal care

Add to Bath Water Add acidic water to your bath water to keep your tub free of bath tub rings. Bathing in this water warms the body and keeps skin beautiful.

Washing Your Face The astringent properties of acidic water are effective in toning and firming your skin. Pat the skin and leave it to dry. Also excellent as a toner after shaving.

Hair Care Use as a rinse after you wash your hair to reduce tangles and bring out a radiant shine.

Cooking with Mild Acidic Water



Boiling Pasta

Boils pasta to a perfect "al dente" consistency.



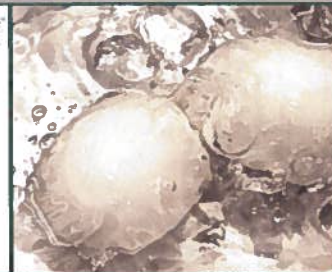
Cooking Beans

Dried beans will cook more quickly in mild acidic water. (Soak in 9.5 - 11.0 pH water first to soften.)



Fruits & Vegetables

For washing and preparing fruits and vegetables containing anthocyanins. The vibrant color of various fruits and vegetables such as cherries, plums, grapes, strawberries, red cabbage, eggplants, soy beans, asparagus etc., will not change when washed and prepared with this water.



Fried Foods

Use to make batter for fried foods. Fried foods will turn out nice and crispy, and will remain crispy, not oily, even when left to sit for an extended period of time.

Boiling Eggs

Even if the egg cracks during cooking, the egg yolk will not leak out of the shell into the water. You will also find that the egg shells peel off very easily.

Freezing Foods

Spray foods with acidic water when freezing so that the food, including fish and shrimp, do not lose their flavor when thawed.

Strong Alkaline Water

Alkaline water with a pH greater than 11.0 is a great substitute for many household cleaning chemicals.

- Removes dirt and oily residue
- Softens ingredients quickly
- Emulsifies oil

Personal Care Using Strong Alkaline Water pH 11.0 to 11.5

Soak your feet for 20-30 minutes once or twice a week to aid your body's detoxification process. Since the water is alkaline with a negative electrical charge, and has reduced surface tension and unique molecular structure, it is able to relieve aches and pains and reduce swelling. Strong alkaline water can be used as a soothing compress for sore muscles, bruises, minor burns, skin eruptions and skin rashes.

Strong Alkaline Water Saves Money and the Environment



Cleaning Food

Fruits and Vegetables Soak in strong alkaline water to remove oil-based or waxy coatings and pesticide residue from fruits and vegetables. Soaking will increase the removal of dirt, grit and sand and revitalize fresh foods.

Meat, Fish, Poultry Removes the proteins and fats which are the cause of bacterial growth. Good for rinsing fresh fish, meats or poultry to remove odor.



Dish Washing and Laundry

Dish Washing Use less soap when washing your dishes. Clean cutting boards and dish cloths to remove fat and protein residue before rinsing clean with strong acidic water.

Laundry Add a quart of strong alkaline water to the wash cycle and reduce detergent.

Stain Removal Remove coffee, soy sauce, oil and other stains from clothing with ease. Pretreat before washing.



General Cleaning

Kitchen Good for cleaning oil and tough grime from stove tops, ovens and vents, as well as for general cleaning in the kitchen.

Bathroom Great for removing stubborn toilet bowl stains or mineral stains on bath tubs and showers.

Floors Excellent for removing dirt, great for removing grime from hardwood floors and crevices.

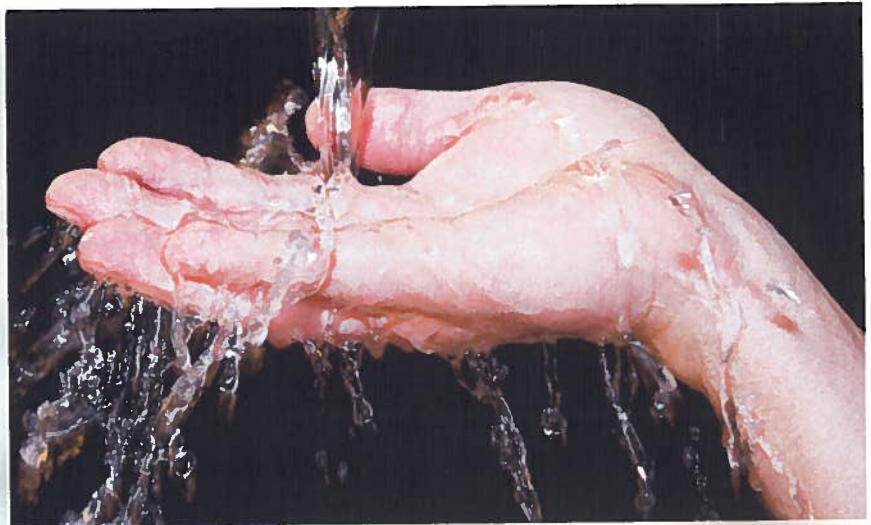
Personal Care Using Strong Acidic Water pH Less than 3.0

- Use for first aid to clean scrapes, scratches, and minor cuts.
- Keep your hands clean while cooking – or any time – with strong acidic water.
- Gargle with strong acidic water if your throat feels sore or scratchy. Follow up with an alkaline water rinse.
- Use strong acidic water instead of salt water in a neti pot or nasal irrigation tools to rinse out mucous.
- Soak feet to help soothe fungal toenails and athlete's foot.
- Spray on cold sores, pimples, liver spots and other minor skin irritations to speed the healing process.

General Cleaning With Strong Acidic Water



- Carry a small spray bottle to use to keep your hands clean or spiff up your desk or other surfaces at the office.
- Clean toys, high chairs, and other surfaces.
- Clean utensils, dish clothes, towels and containers.
- Use to rinse dishes after washing.



Other Uses for the Ionized Waters

Good For Plants

Alkaline water extends the freshness and life of your plants, and restores the health of sick plants. Take note that certain varieties of flowering plants, trees and shrubs, such as roses and blueberries, favor an acidic environment. For such plants, spray the stem, or water the plant with a solution of 1 part 8.5 pH and 3 parts filtered water.

Cut Flowers

Mild alkaline water can extend the life of cut flowers.

Germinate Seedlings

Use alkaline water to germinate seeds, and water the seedlings that have recently germinated. Alkaline water stimulates germination and improves seedling development.

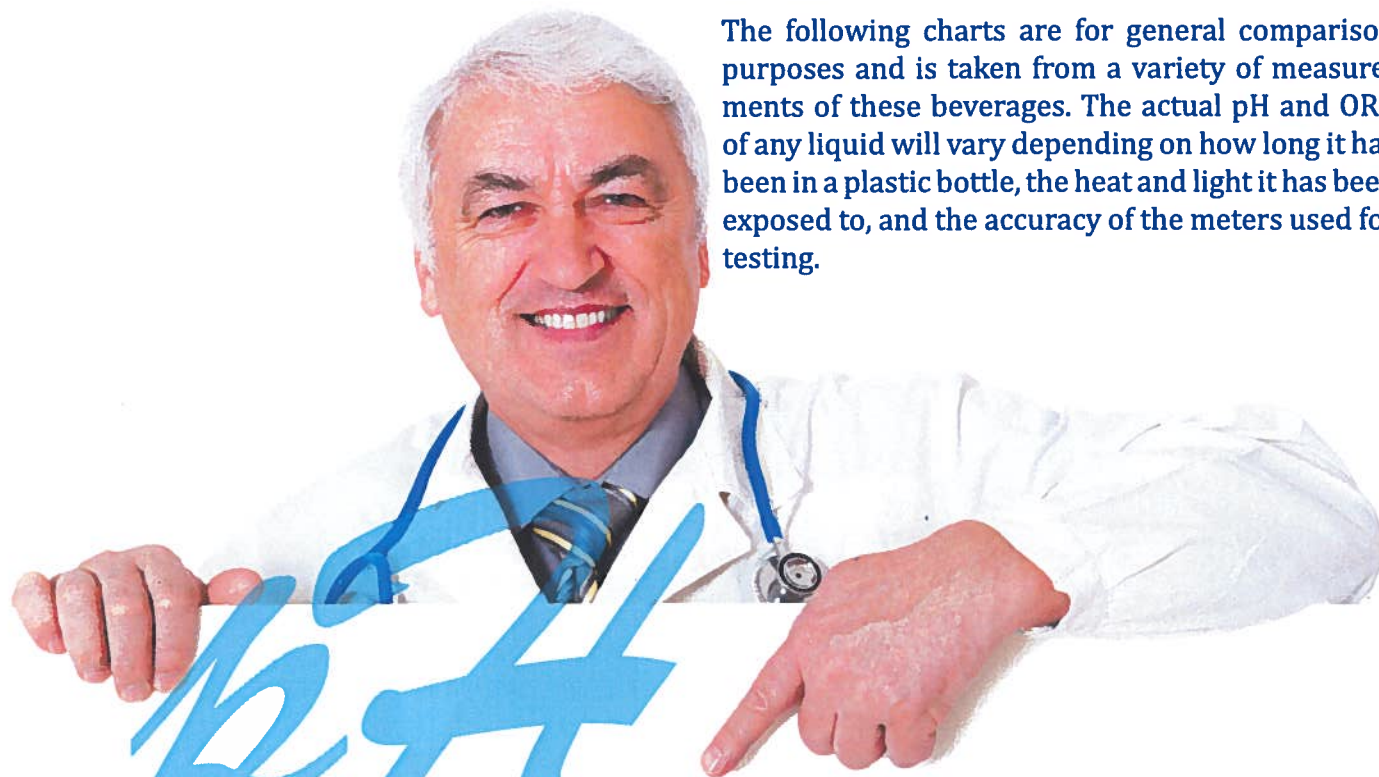
Craft Projects

Alkaline water is excellent for dyeing cloth, as well as other craft projects. You will love the vibrant colors obtained when using the water.



What's the Big Deal with pH?

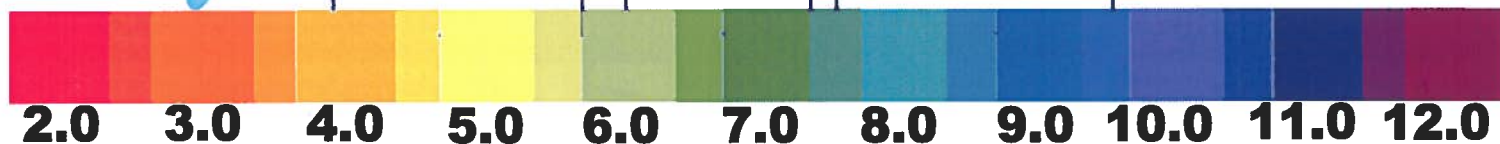
The following charts are for general comparison purposes and is taken from a variety of measurements of these beverages. The actual pH and ORP of any liquid will vary depending on how long it has been in a plastic bottle, the heat and light it has been exposed to, and the accuracy of the meters used for testing.



Most Purified Water

Most Tap Water

Ionized, Alkaline Water



100,000x 10,000x 1,000x 100x 10x neutral 10x 100x 1,000x 10,000x 100,000x

The pH scale is logarithmic. Every change of one point in pH is 10x more or less acidic or alkaline than the next number. Soda, at pH of 2.5 is 10,000,000 more acidic than 9.5 pH alkaline water! Bottled water, with a pH of 6.0 is 1,000 times more acidic than 9.0 pH alkaline water.

Oxidation-Reduction Potential

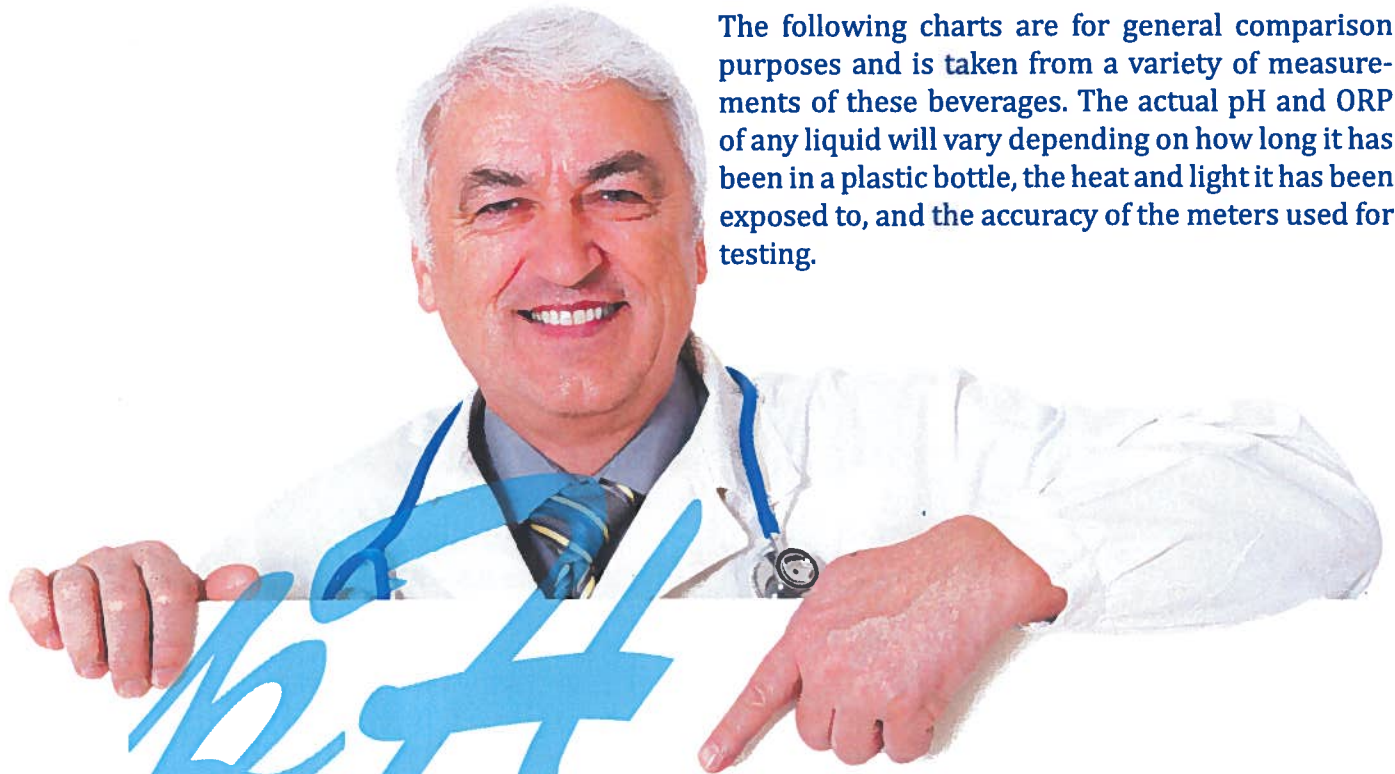
POSITIVE CHARGE... OXIDIZING ... ELECTRON THIEF

NEGATIVE CHARGE ... ANTIOXIDANT ... ELECTRON DONOR



What's the Big Deal with pH?

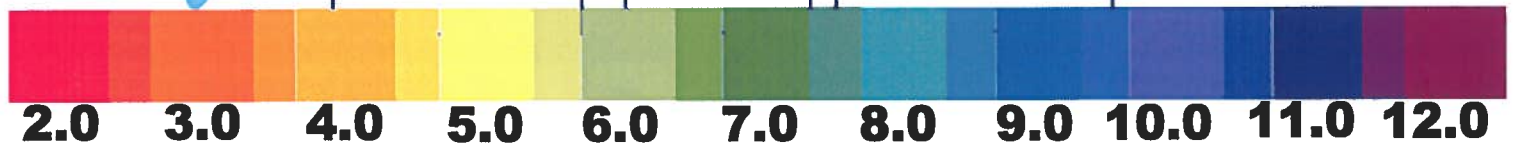
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Oxidation-Reduction Potential

POSITIVE CHARGE... OXIDIZING ... ELECTRON THIEF

NEGATIVE CHARGE ... ANTIOXIDANT ... ELECTRON DONOR



Green Your Body and Your Home with Ionized Water!



WAKE UP!

Drink a couple of glasses of alkaline water when you wake up to get the day started.

Wash your face with beauty water, and soak your toothbrush in strong acidic water.

LUNCH

Drink a couple of glasses of alkaline water before you eat a meal to control your appetite.

Have soup and salad for lunch. Wash your vegetables in strong alkaline water, then rinse in 9.5 pH. Make your soup with 9.5 pH water.

DINNER

Steam vegetables in alkaline water.

Cook pasta in mild acidic water.



Keep your roses fresh with mild acidic water.

BREAKFAST



Use 5.5 pH mild acid water to boil eggs for breakfast ... OR use 8.5 – 9.5 pH alkaline water to make a protein smoothie.

Make your tea or coffee with 9.5 pH alkaline water.

DURING THE DAY

Fill up a reusable non-toxic water bottle with your choice of alkaline drinking water before you leave the house.



Drink plenty of water throughout the day – at least a half ounce per pound of body weight. Staying hydrated helps you concentrate, improves your energy and reduces hunger.

Make sure you stay hydrated before, during and after exercise.

For More Information, please contact: