

# The Benefits of drinking and Using Alkaline, Oxygenated Water

## Properties and Benefits of 8.5 - 9.5 pH

**Absorption** Softens various ingredients

**Dissolving property** Dissolves and extracts ingredients effectively

Alkaline Buffers Provides hydroxyl ion for buffering

Negative electrical charge Acts as an antioxidant

Reduced surface tension: More hydrating, easily absorbed by the body

Do not use ionized water to take prescription medications -use neutral (7.0 setting) filtered:

## 1 IONIZED ALKALINE WATER USES:

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Alkaline water will create brewed/steeped beverages with a wonderfully mild flavor and improved color. You can even make tea without heating the water. The unique structure of water created by ionization reduces the surface tension of the water allowing it to extract flavor and health-supporting components without heat.

**Green Tea** With 9.5 pH. You can even prepare green tea with cold water! (hot or cold) extracts the flavor and antioxidants from the tea without the strong bitter aftertaste due to tannins in the tea. The teas are delicious even when served cold.

**Coffee** Improves aroma and color, while preserving the naturally acidic taste of coffee. You can obtain a full, rich taste, even when using only half the usual amount of coffee beans.

**Black Tea** For mild taste and rich color, made with hot or cold pH water.

**Herbal Tea** Better extraction of flavor and phytonutrients, even when made with cold water.

## 2 USES FOR 8.5 - 9.5 PH

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### 2.1 COOKING

**Blanch** Green Blanching spinach, string beans, broccoli, and other vegetables. Vegetables will preserve the vibrant green color of these vegetables.

**Enhanced Flavor** The dissolving and extraction property of ionized living water draws out the natural flavor of foods and recipe ingredients.

**Soups** When preparing soups, draws out the flavor of the soup stock, even when very little seasoning is used.

**Boiled Foods** The natural flavor of the food is enhanced and they will cook to a tender consistency.

**Soak Meats** Soak meats for 20-30 minutes to tenderize.

**Sprouting** Soak and rinse nuts, seeds, grains or legumes for faster sprouting.

**Ice Cubes** Make your ice cubes and add to drinks to improve flavor and reduce acidity.

**Spirits** Using Alkaline water to make mixed drinks or to dilute beer, wine or spirits brings out the flavor, making it smoother and milder. Drinking 9.5 pH can also lessen hangover symptoms.

**Ionized Acid Water** is currently used all over the world to treat a multitude of skin disorders through its sterilizing, cleansing and healing properties. Four components work synergistically in this water to make it an outstanding antibacterial agent.

## 2.2 THE FIVE COMPONENTS ARE AS FOLLOWS

1. Low PH
2. High ORP
3. Micro clustered
4. Heavy in H<sup>+</sup> which acts as an oxidizer

Due to the synergy effect, the water produces similar results in many different source water supplies.

We use two strengths of acid water. One is mild (4 – 5 pH), and the other is strong (2.7– 3.5 pH). Mild is great for all skin care, while strong is excellent for cleaning and killing bacteria. If in doubt, use the strong. Switch to mild if irritation occurs.

## 3 USES FOR IONIZED ACID WATER

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### 3.1 SKIN & HAIR

1. Use to lessen the appearance of lines and wrinkles on the face. Actually speeds skin renewal process!!
2. Use as a skin toner.
3. Use to lessen the appearance of age spots.
4. Use for dry skin patches or rough skin.
5. Carry a bottle around and use as a hand sanitizer. It will not dry the hands out.
6. Use to replace expensive skin moisturizers and creams.
7. Use as a hair conditioner.
8. Use for skin rashes or baby diaper rash.
9. Use to prevent shaving bumps.
10. Use as an aftershave.
11. Use for poison ivy and other plant rashes.

12. Use on skin for Eczema. Spritz three times a day and let air dry.
13. Use on skin for Psoriasis.
14. Use on skin for Rosacea.
15. Use for dandruff. Spritz on after shampoo and let air dry.
16. Use for acne of every type. Spritz on after washing and let air dry.
17. Use to lessen the appearance of scars.
18. Use to spray in shoes to disinfect and deodorize.
19. Use in place of deodorant
20. Pour into bath water to soften skin.
21. Spritz on face for a refreshing pick me up.
22. Use as a soak for sore rough feet.
23. Use for Athletes Foot.
24. Use for Jockitch.
25. Use for female yeast infections and other female issues.
26. Use for Toe Fungus.
27. Use for Ingrown toenails.

## 3.2 FOOD PREPARATION

1. Use to kill bacteria on fruits and vegetables by using the mist or dipping.
2. Use in meat and dairy product preparation as a sterilizing and cleaning agent.
3. Boiling pasta 5.5 pH
4. Dried beans, soak in 9.5-11 then cook in 5.5

## 3.3 FRUITS AND 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. First wash in low acid water to remove bacteria etc, then high alkaline 10.5 to dissolve and remove many oil based chemicals on the skins.

## 3.4 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.

## 3.5 BOILING EGGS

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

### 3.6 FREEZING FOODS

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

### 3.7 INTERNAL DISINFECTANT

1. Use as a mouthwash and gargle.
2. Use as a toothpaste.
3. Use for pink eye.
4. Use for ear infections.
5. Use for infected tooth or gums.
6. Use as a gargle for a sore throat.
7. Use as an enema.
8. Use to treat bad breath.

### 3.8 FIRST AID & STERILIZER

1. Use for burns.
2. Use for minor cuts and scrapes.
3. Use to promote faster healing of cuts and wounds.
4. Use to stop bleeding in minor cuts.
5. Use on boils.
6. Use in doctor and dentist office for cleaning and antibacterial.
7. Use in clinical applications to sterilize surgical instruments.

### 3.9 CLEANING PURPOSES

1. Use to sanitize bathrooms and kitchen counters and use on cutting boards.
2. Use to spray directly in refrigerator for foul odors.
3. Use to spray on carpets and rubber bathtub mats.
4. Use as a streak free glass and mirror cleaner.
5. Use for cleaning wood floors (a light mist is all that is needed).
6. Use to clean dirt and grime all over the house (removes fingerprints from drywall), etc.
7. Use to sanitize the interior of your washer and dryer.
8. Use on household sponges to extend their life and prevent foul odors.
9. Use to spray into laundry baskets to kill mold and fungi.
10. Use to disinfect human and pet bedding.
11. Use to sanitize phones even sanitize computer keyboards (light spritz).
12. Use on doorknobs and handles to disinfect them.
13. Use for deodorizing.

### 3.10 PETS

1. Use in cat litter boxes to kill odors and bacteria.
2. Use on animal's skin for any kind of skin issue.
3. Spray in bird cages. The water will not hurt the bird.

### 3.11 BUG CONTROL

1. Spray on ant trails to deter them.
2. Kills many types of spiders and insects.

This acid water is safe. It can reduce the carbon footprint of the home dramatically by reducing the amount of chemicals and cleaners needed. In bottled form, we have seen Acid Water retain its strength for up to 90 days. However, you can count on the full strength of the acid water for at least 30 days. Using "waste" water as laundry water saves wasting any water. Or use it for your gardens, I have a list of acid loving plants and this is a good place for double duty.

*For more information, please contact your Water Specialist:*

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