

***Directions on How to drink Kangen Water***

1. **Start Slowly and Be Prepared for Detox**: The first thing ionized water does to the body when a person begins drinking it, is it flushes out the digestive tract, which is the best place for detoxification to start. This cleansing alone will significantly improve your potential for better overall health. The human body cannot absorb nutrients if the digestive tract is not clean! ~ Robert Frost .md ~ For a few people, especially those with heavy toxins in their body, this initial detoxification process may lead to mild discomfort, called cleansing symptoms, (The most common complaint is headaches, then nausea, loose stools, sweating, skin eruptions, feeling hot, chills and more.) This is due to the body releasing stored toxins and acidic waste. It's important to allow the detox process to happen naturally and not be discouraged by these symptoms. Symptoms may vary, these are extremely uncommon and the majority of people won't experience them. Depending on the individual, the detoxification process can take anywhere from one to three days if they keep persistent.
2. **Initial pH Levels**: Everyone, regardless of age, should begin drinking Kangen water at pH 8.5.
3. **Daily Water Intake**: The general guideline for daily water intake is to drink a minimum of 8 ounces (1 glass) to 8 glasses of Kangen water per day. The recommended amount is half an ounce per pound of body weight (e.g., if you weigh 100 pounds, you should drink 50 ounces, weigh 200 lbs. you must drink 100oz of Kangen water. Remember there are 128 fluid ounces in every gallon of water. Depending on body weight average human needs about 1-gallon daily).
4. **Progressive pH Adjustment**: Gradually adjust the pH levels of the water you drink. Start with pH 8.5 for the first week, then move to pH 9.0 for the second week, and finally, pH 9.5 for the third week. Some individuals may need to spend more time at each pH setting, depending on their condition.
5. **Timing of Consumption**:
	* Drink 2 glasses of Kangen water on an empty stomach in the morning and two more at night before bedtime.
	* During meals, drink Kangen water at pH 7.0 to aid in proper digestion. Also, drink 1 glass of pH 7.0 Kangen water an hour after every meal. Adjust this amount based on your dietary choices; high-protein or high-sugar diets may require more water.
	* Take your medication with Kangen water at pH 7.0 and continue to drink it 45 minutes after taking medication.
6. **Temperature of Water**: Kangen water is recommended to be consumed at room temperature. However, it's a personal choice whether you want to refrigerate it. Both cold and warm water will hydrate you, ice cold water might provide a little shock to the system. However, cold water is useful if your body is overheated, but room temperature water may be absorbed by the body more readily, as it matches your core body temperature (around 99.6 degrees Fahrenheit).
7. **Glass Container for Travel**: If you're on the go, it's recommended to carry Kangen water in a glass container, preferably a dark glass container or copper if it’s 100% pure.
8. **Special Precautions:** If you have kidney problems, an enlarged heart, or any other serious underlining health conditions, consult your doctor for guidance on your water intake. Keep in mind we are not doctors and we cannot make medical claims, this is information is for educational purposes only.

**It's important to maintain a consistent and positive mindset when making changes to your water consumption and overall hydration habits. Staying motivated and focused on the benefits of proper hydration is crucial for success. Here are a few points to consider:**

1. **Trust your body: If you're increasing your water intake, it's common to experience changes in your body as it adapts to the increased hydration. Some people might initially feel the need to urinate more frequently or notice other adjustments. These are signs that your body is responding to the increased hydration and starting to function more optimally.**
2. **Don't give up: we encourage you not to quit or be discouraged by any initial symptoms or changes you might experience. This is a reminder that making positive changes in your life often involves some challenges, but perseverance is key to success.**
3. **Focus on the bigger picture: Rather than dwelling on temporary discomfort or inconvenience, concentrate on the fact that you are making a positive change for your health and well-being. Proper hydration has numerous benefits for your body and mind.**
4. **Consistency is key: Consistency is emphasized as a critical factor in achieving positive results in any aspect of life. This applies to hydration as well; making it a habit to drink an adequate amount of water each day will lead to long-term benefits.**

**In summary, we want you to stay motivated and committed to the process of improving your hydration. By focusing on the positive aspects and maintaining a consistent routine, you can experience the benefits of proper hydration in the long run.*****Remember to take care of your most important investment, your health, your body, cause it’s the only one you got! sometimes you may have to feel worse before you start to feel better. (Once you feel better, continue drinking the right amount water every day.***

******