

# FIVE REASONS TO DRINK KANGEN WATER™

(Excerpt from 'Balance the Body's PH with Kangen Water™' brochure by Joan Vandergriff, N.D.)

## 1. A Powerful Antioxidant

Ionised, alkalised water provides extra electrons that neutralise free radicals. People are spending hundreds of dollars purchasing antioxidants which neutralise free radicals in an effort to prevent diseases, aging etc. Free radical damage causes disease and early aging. Since Kangen Water™ carries a high ORP (oxidation/reduction potential) when it is first produced, this makes it a potent liquid antioxidant which is also much more easily absorbed into the body.

## 2. Increases Blood Oxygenation

An ionised antioxidant in the form of Hydroxyl Ions (an oxygen molecule with an extra electron) donates its extra electrons to free radicals (an oxygen molecule that is missing one electron). This basically means that you have more oxygen available. Ionised Water gives you energy, is invigorating and increases mental alertness by providing your body with more of what is needed, namely 'oxygen'. This is one of the most health enhancing aspects of Kangen Water™.

## 3. Helps Balance PH

Ionisation raises tap water ph by splitting the water molecule, resulting in positive charged and negative charged molecules. This abundance of negative OH- ions increases the bicarbonate buffers in the blood such as calcium, magnesium, sodium and potassium. These alkaline minerals work as buffers to reduce an acidic internal environment.

## 4. Increases Hydration

Ionised water has a different molecular cluster size. It contains only six water molecules instead of the ten to thirteen that conventional tap water molecule clusters have. Often referred to as a 'micro-clustered water' this water is changed from a pentagonal shape to a hexagonal shape that is less than half the original size. These smaller water clusters are much more hydrating than conventional water and therefore its detoxifying properties are 3 times stronger than conventional water.

## 5. Is Detoxifying

Detoxification properties of ionised water are powerful and sometimes astounding. A water ioniser has different levels of intensity because the average person cannot start out drinking strongly ionised water. This is particularly true of the elderly or ill people who need to start out at the lowest level and gradually work their way up to the higher levels. Most people have spent 20 or 30 years building up acidic wastes in their bodies and may suffer headaches or diarrhea if they drink water with too high a ph at the beginning.