



## PRACTICAL USES FOR ACIDIC WATER

### ASTRINGENT EFFECTS

*Ionizer Setting: Lowest Acidic Water*

**Skin Breakouts** – Helps minimize acne and skin discoloration, bumps, or rashes.

**Washing the Face** – Helps to make the skin smooth, and helps to improve the overall sheen and condition of your skin.

**Hair Care** – Rinse your hair with acidic water before and after shampooing to help minimize hair loss, dandruff, itchy scalp, and improve overall condition of hair.

**Shaving** – A great natural aftershave. Helps minimize rashes caused by shaving.

**Bathing** – Add 2 - 3 gallons to your bath to improve skin condition.

### SKIN CONDITIONS

*Ionizer Setting: Lowest Acidic Water*

**Athlete's Foot and Nail Fungus** – Use as a warm water soak 20-30 minutes daily to speed recovery.

**Burns** – May help alleviate pain associated with burns and speed recovery.

**Chapped Hands** – Speed recovery.

**Eczema** – Keeps skin clean and minimizes itching, and accelerates recovery.

**Insect Bites** – Relieves itch and sting.

**Minor Cuts, Scratches, Abrasions** – Helps clean wounds and accelerate recovery.

**Sunburn** – Reduces redness and pain, and accelerates recovery.

### ECO-FRIENDLY

*Ionizer Setting: Lowest Acidic Water*

**Water Plants** – Use for acid-loving house plants and outside plants.

**Fresh Cut Flowers** – Dip the stems in acidic water to extend the time they stay fresh.

**Clean Glass** – Substitute for glass cleaner for glass, mirrors, metallic surfaces and utensils.

**Bleach** – Acidic water has a natural bleaching action.

**Cleaning** – Clean your house without chemicals. Remove dirt and grime, reduce odors, clean any surface.

**Hand Sanitizer** – Wash your hands and keep it in a spray bottle to keep hands clean.

### DISINFECTING PROPERTIES

*Ionizer Setting: Highest Acidic Water*

**Food Preparation** – Rinse fresh fruits and vegetables, meat and fish to help prevent contamination from e-coli and other types of bacteria.

**Odors** – Neutralizes strong odors, e.g. onion and garlic, on your hands. Use as an air freshener.

**Dish Washing** – Keep cutting boards, countertops, and sinks clean. Rinse dishcloths and sponges to slow bacteria growth and odors.

**Dental Hygiene** – Brush your teeth, massage your gums, use as a mouthwash, or gargle with acidic water.

**Pet Care** – After bathing, rinse your pets in acidic water for an overall healthier coat.

Information presented here is for educational purposes only. Statements made here have not been evaluated by the FDA and as such shall not be construed as medical advice, implied or otherwise. No claims are made with respect to the treatment of any disease condition and no attempt is ever made to dissuade individuals from seeking medical treatment for any condition. In addition, this equipment, technology, and products have not been evaluated by the FDA, nor are they intended to treat, cure, mitigate, diagnose or prevent any illness or disease.



## PRACTICAL USES FOR ALKALINE WATER

### COOKING

#### *Ionizer Setting: Highest Alkaline Water*

**Cooking Rice** – Soak your rice or other grains in alkaline water for 30 minutes to an hour before cooking. It improves the taste and helps make it fluffier.

**Coffee and Tea** – Eliminates bitter taste when made with alkaline water. Extracts more flavor, so you can use less coffee or tea.

**Washing Produce** – Wash your fruits and vegetables with the strongest alkaline water to maintain freshness and remove any oil-based coatings which may contain pesticide residues.

**Cooking Vegetables** – Cook your vegetables in alkaline water to enhance flavor and eliminate bitterness as well as bringing out the natural color. Alkaline water helps retain vitamin and mineral content that is normally lost in the cooking process.

**Soups and Stews** – Make your soups and stews with alkaline water to improve flavor extraction and alkalizing properties.

**Smoothies** – Use alkaline water to make your green smoothies to improve flavor and alkalinity.

**Seafood** – Prepare and cook seafood with alkaline water to remove the fishy odor and taste.

**Tenderize Meats** – Soak meats in alkaline water 30 minutes before cooking to tenderize and improve taste.

**Ice Cubes** – Make ice cubes with strong alkaline water to improve the flavor and pH of any beverage.

### CLEANING

#### *Ionizer Setting: Highest Alkaline Water*

**Laundry** – Use strong alkaline water to pre-treat laundry stains, especially oil-based stains.

**Carpet Cleaning** – Use strong alkaline water to remove spots and stains on carpets, especially pet stains. Clean your carpets with strong alkaline water in the water tank.

**Kitchen** – Use to cut greasy residue on stoves, counter tops, cutting boards, dishes, etc.

**Bathroom** – Strong alkaline water helps remove stubborn toilet bowl stains.

### AROUND THE HOUSE

#### *Ionizer Setting: Lowest Alkaline Water*

**Fabric Freshener** – Mix alkaline water with essential oils and keep in a small spray bottle to freshen fabrics, upholstered furniture, etc.

**Plant Care** – Water alkaline-loving plants.

**Fresh Flowers** – Fill your vases with alkaline water to extend the life of most fresh cut flowers.

**Dental Hygiene** – Rinse with alkaline water after consuming acidic foods or beverages.

**Pet Care** – Bathe your pets in alkaline water to emulsify dirt, oils, and reduce odor. Follow with mild acidic water rinse.

**Personal Care** – Use as a foot soak, as a compress on bruises or sprains, and to reduce inflammation from sunburn, insect bites, poison ivy, etc.