

Choose Conscious Water

DISCOVER ENAGIC - KANGEN WATER®

For More Info and Prices Email: vicki@healingwithhashimotos.com

NOT ALL WATER IS CREATED

equal



Create oxidised to alkalised waters for low-tox, eco and health conscious living.

Nourish your body with pure, filtered electrolysed-reduced water, full of rich hydrogen, free radical scavengers and antioxidants.

Save the planet by reducing plastic waste, chemicals in your home, on your body and in waterways and the ocean.

Save thousands in your lifetime by replacing harmful cleaners and chemicals with non toxic acidic and alkalised waters from Enagic machines.

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ENAGIC - KANGEN WATER®

Since 1974 Japanese company, Enagic International has been considered the leader in innovation and production of medical grade water filtration and alkaline water ionisers.

Enagic's philosophy 'Change your Water, Change your Life' centres around realising true mental, physical and financial health.

Kangen Water is electrolysed-reduced ionised water created by a certified Enagic medical-grade machine.

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STRONG ACIDIC WATER

pH 2.5



Hypochlorous acid is the body's natural immune fighter - a substance produced in white blood cells to keep the body healthy.

It's also the anti-microbial ingredient in pH 2.5 electrolysed water, killing 99.9% of germs and is non toxic to humans and animals.

You cannot buy hypochlorous acid (HClO) in the store as it has a limited "shelf life" once produced.

With Enagic machines, you have access to fresh 2.5 "on tap" to use in your home with the push of a button.

Check out some pH2.5 uses over the page.

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STRONG ACIDIC WATER USES

pH 2.5

- *Kill all microbes*

Pre-rinse all fruits, vegetables and meat - let them sit for one minute before soaking in pH11.5

This will kill all microbes, MRSA and infections

- *Disinfecting*

Disinfect anything - pH2.5 is stronger than bleach, killing 99.9% of germs whilst completely non-toxic and safe to use.

Examples: soaking baby pacifiers & bottles, tweezers, menstrual cups.

Toilet, shower & sink cleaner

- *Anti-bacterial soap & sanitiser*

Use in place of anti-bacterial soap and alcohol based hand sanitiser

- *Hard water spots & rust*

Clean hard water spots off of chrome and rust off of metal

- *Vomiting*

To stop vomiting take 1-2 Tbsp

- *Nail fungus*

Spray or soak twice a day

- *Pink eye*

Spray infected eye several times throughout the day

- *Sore throat*

Gargle 3-4 times per day or put in spray bottle and spray into throat

- *Poison Ivy*

Spray on infected area as often as needed - it will slow down itching and dry up poison ivy much quicker

- *Fever, blisters & sores*

Spray or gargle to stop and dry up both

- *Mole & warts*

For abnormalities on skin - soak the gauze pad on a bandaid with pH2.5 and apply over the area. Change the bandaid at least once a day. Often this process requires 30-60 days before seeing results

- *Facial lifting & tightening*

Spray face and neck (not eyes) then rub skin upward until dry. Finish with Beauty Water (pH6.0) to tone skin

- *Open wounds, burns, infections, stop bleeding, candida*

Kills bacteria and pathogens - use on cuts/scrapes to help stop bleeding. Clean twice daily until healed.

Do not use any other ointments as they only attract microbes by keeping the area moist and sticky

- *Brush & gargle*

Wait one minute and then rinse with pH9.5 water for 30 seconds to restore the natural pH. This procedure will prevent or resolve periodontal disease & thrush as well as avoid root canals.

- *Sinus infection*

Spray in nose twice a day for 2 days. Wait 2 minutes, then flush with pH11.5

ACIDIC WATER

pH 6.0

Most source waters in developed countries are highly processed with chemicals and sit around a neutral pH 7.0.

The skin's healthy natural pH is between 5.4 - 5.9, which is slightly acidic.

This is why acidic pH water is an effective, natural way to return the skin and hair to its natural pH.

Check out some pH6.0 uses over the page.



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ACIDIC WATER USES

pH 6.0

- *Hair Conditioner*

Spray hair after showering as this conditions your hair. Try not to use conditioner of any kind as this coats the hair

- *Facial Toner*

Replaces commercial skin toners. Use as final rinse in shower or bath to tone and firm skin

- *Rashes & diaper rash*

Spray on skin to soothe and heal rashes, including diaper rash

- *Pets*

Bathe pets for more lustrous coats

- *Plants*

Water indoor and outdoor plants for vigorous growth - can revive dying plants

- *Eggs & Pasta*

Use to boil eggs and pasta

- *Freezing food*

Spray on foods before freezing including fish and shrimp to help food to retain flavour

- *Anthocyanins*

For washing and preparing fruits and vegetables containing anthocyanins: plums, grapes, cherries, strawberries, red cabbage, eggplant, soy beans, asparagus

- *Fabric Softener*

Use in rinse cycle - 1 gallon (approx. 4L) per load in the fabric softener dispenser

- *Window/glass cleaner*

Replace all window and mirror cleaners with pH6.0. Can also be used on reading glasses and sunglasses

- *Hardwood Floors & Ceramic Tiles*

For polishing and housecleaning: hardwood floors, ceramic tiles & laminate - replace tap water with pH6.0

KANGEN WATER®

pH 9.5

Enagic machines produce filtered, electrolysed reduced Kangen Water® for drinking ranging from pH8.5-9.5.

The internal filter removes lead, remaining chlorine (bleaching powder), effluvium, rust and other impurities yet maintains the essential minerals required for ionisation.

Water in its natural state is H₂O. When selecting pH 8.5/9.0/9.5 options on an Enagic machine, the two hydrogen atoms become unstable from the "O" and bond together and become H₂ or "Molecular Hydrogen." H₂ is commonly known as a free radical scavenger and powerful antioxidant in the body.

Kangen Water® is produced through a process of electrolysis which separates the positive and negative ions creating oxidised (bottom hose) and alkalised (top hose) water. Kangen Water® has a high negative charge or ORP (Oxidised Reduction Potential) which means it can help reduce oxidative stress to the body.

Unlike bottled "Alkaline" water which is created by adding minerals to the water, because Kangen Water® is produced through electrolysis, using the existing minerals like Calcium and Magnesium already in the water. These are then distilled to their ionic mineral form for optimal absorption yet there is no risk of mineral build up in the body.

See additional uses over the page.



KANGEN WATER® USES

pH 9.5

- *Cooking*

Boil and steam rice, soups and stews with Kangen Water® - also suitable for tea & coffee

- *Weight Loss*

Drink before you snack and before meals. Wait 30 minutes and eat meal or if still hungry eat a snack. Most people are so dehydrated their thirst mechanism is so weak, they think they are hungry

- *Spider Veins*

Over time of drinking the water and cell repairing, spider veins can improve

- *Aromatherapy*

Put any herb or essential oil such as rosemary or lavender in a glass spray bottle, fill with Kangen Water®, set for a couple of hours and use as a spritzer in your house for aromatherapy and air freshener



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STRONG ALKALIZED WATER

pH 11.5



Strong Alkalized Water is a degreaser and emulsifier most commonly used for removing oils and pesticides from fruits and vegetables.

It can be used as a household cleaner, laundry liquid, personal care and so much more.

See additional uses over the page.

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STRONG ALKALIZED WATER USES

pH 11.5

- *Washing Fruit & Vegetables*

Soak for a minimum of 5 minutes to clean off pesticides and herbicides that are rain/water resistant (most sprays!) then rinse with pH9.5

- *Sleep Support*

Drink a 30ml shot (1/2 to 1 ounce) of pH11.5 before bedtime to help release Melatonin for a great night sleep

- *Grease in Eye*

Spray 11.5 as needed to soothe and heal eye

- *Make Up Remover*

Spray on eyes to dissolve and remove make up

- *Puffy Eyes*

Spray on to eyes to reduce puffiness

- *Allergies, Cold Symptoms, Snoring*

Use as a nasal wash when sinuses are plugged. Due to the reduction in inflammation of nasal passages this technique can also reduce snoring

- *Eye Wash*

Rinse eyes with an eye cup - upon removing the eye cup from its packaging, soak in Strong Acid Water (pH2.5) for 1-2 minutes to clean and disinfect

Rinse the eye cup thoroughly with Strong Alkaline Water (pH 11.5), fill the cup, following package directions. Using Strong Alkaline Water (pH11.5), place cup firmly around one eye, keeping your eye open, tilt your head back and gently roll your eye as though you were attempting to look up, down, and from side to side. Continue this for approximately 1 minute

Now that you have completed one eye, discard the water, rinse the eye cup thoroughly with Strong Acid Water (pH2.5) and repeat steps for other eye.

To maintain healthy eyes follow this protocol 1-3 times per week. When working to improve any eye condition, follow this protocol at least twice daily and up to ten times per day

- *Ice Cubes*

To help off-set acidic drinks

STRONG ALKALIZED WATER USES

pH 11.5

- *Hot Bath Soak*

Use at least 4L of pH11.5 added right at the end of filling the tub. This replaces Epsom Salts or any other remedy. This works even better if you have the Anespa from Enagic as well

- *Bug Repellent, Sunburn, Bites & Swelling*

Spray or soak areas with towel soaked in 11.5 and keep wet by adding small amounts of 11.5 to the towel for a minimum of 30 minutes twice a day. More effective if soaked for one hour, twice daily

- *Indigestion, Food Poisoning, Stomach Flu*

Drink ¼ cup fresh pH11.5 immediately followed by 700ml of pH9.5 then do not eat or drink anything for 45 minutes. Repeat the next day, if necessary

- *Arthritis, Gout, Muscle Soreness or Injuries*

Since high alkalinity draws out acids, soak in pH11.5 to withdraw acids associated with inflammation, injury and pain

- *Polish Silverware*

Soak then polish to dry

- *Rice, Beans & Legumes RICE, BEAN, LEGUMES*

Soak for 5 - 10 minutes and rinse clean with low flow pH9.5

- *Laundry Soap & Stain Remover*

Use 1 - 2L per load in place of laundry soap - works beautifully for greasy smells. For tough stains, spray directly on the stain and rest for a few minutes before washing

- *Stained Rugs & Carpet*

Use as a degreaser for any type of cleaning. Clean oil based stains by soaking the area and letting sit for 10 - 20 minutes and then blot dry

- *Oven Cleaner & Blocked Drains*

Dissolves grease and grime in kitchen - spray, leave for 10 - 20 minutes then use a scratch pad to remove and dry. Pour down drains to remove blockage

- *Paint Thinner*

Use to clean spillage of oil base paints

- *Remove Sticky Residue*

Removes greasy, gooey, sticky residue off surfaces

Discover

ENAGIC'S PRODUCT RANGE

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WHY WE LOVE ENAGIC

The human body is comprised of over 70% water and the Enagic philosophy is "the basis of vitality and long life is water."

For over 45 years, Enagic International has been the leader in manufacturing water ionization systems that transform regular tap water into pure, healthy, electrolytically-reduced and hydrogen-rich drinking water.

Enagic machines are 100% hand constructed in Japan and shipped worldwide via 40 offices in 23 locations.

Thousands of people are experiencing the benefits these revolutionary products bring to their health, homes and businesses.

Investing in Enagic gives you lifetime global distribution rights to a patented direct sales business (DSA certified) with uncapped income potential.



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KANGEN K8 MACHINE

Antioxidant Power

The mighty K8 is a mighty antioxidant producer! The K8 water ionizer generates a continuous stream of 5 versatile types of water to meet all your versatile commercial needs: Strong Kangen Water, Kangen Water®, Neutral Water, Beauty Water, and Strong Acidic Water.

Full Colour LCD Panel

The K8 is extremely user-friendly, thanks to a large full colour LCD panel and clear voice prompts. With just a touch of a button, you can have access to any of the 5 waters you choose. Your machine will confirm the water you have selected with a pleasant voice (she speaks 8 languages), and in moments the machine will generate ionized water through a flexible pipe.

8 Titanium Plates

The K8 is similar to Enagic's Flagship SD501, but it contains an extra platinum-coated titanium plate. The additional plate means improved water ionization, increase antioxidant production potential, and stable production of pH and ORP at a higher flow rate. The K8 is great for small businesses and families. The K8 comes with a 5 year manufacturers warranty (conditions apply) and recommended lifespan of 15 - 25 years.

The K8 comes with a 5 year manufacturers warranty (conditions apply).



ANESPA DX

Your Home Spa System

Treat yourself to a soothing hot spring experience with the ANESPA DX! With an abundant flow of filtered, mineralized water and a relaxing massage shower head, your bathroom can instantly turn into a calming hot spring oasis. The Anespa generates mineral ion water for your bath and/or shower.

Removes Harmful Substances

The cartridge purification system effectively removes chlorine and bacteria, leaving you with a fresh, invigorating feeling. Protect your delicate skin from the harmful effects of tap water. Active charcoal filter Futama-ceramic inner filter.

Mineral Ion Water

Contains a blend of natural hot spring ingredients and minerals, giving you the feeling that you're enjoying a pleasant hot spring and taking advantage of the mineral ion water. Relax and enjoy!

The Anespa DX comes with a 3 year manufacturers warranty (conditions apply).



UKON

The Secret Ingredient

Ukon (Wild turmeric) has been recognised for centuries as a natural healer. It has been used as an analgesic, antibacterial, anti-inflammatory, anti-allergenic, antioxidant for over 6000 years

The area where Enagic's Kangen Ukon is grown - often referred to as "nature's treasure", is completely free of harmful chemicals normally used in conventional turmeric farming. Ukon is such a powerful part of the Enagic health & business system. It is available in capsule supplement, soap bar or tea form.

Disclaimer: Please consult your doctor before making health changes or have any existing conditions, including pregnancy.

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