

10 TIPS - USING YOUR MACHINE

1. GETTING WATER FROM YOUR MACHINE:

When getting water, first run water fast for about 5 seconds (catch for plants or washing machine or other). This keeps your machine in top running condition because it helps purge the machine before producing the high quality drinking water. The machine is only producing Kangen water when the light stops blinking. **Slow water down to fill up** your glass or container. It should ~~be~~ **braided together** or **ribboned** as it is coming out of top nozzle. When 9.5 is running, you should see the cloudy-looking water coming out. This is the active hydrogen.

Do NOT run hot water through your machine.

2. ENSURING THE BEST WATER PROPERTIES:

Drink the water as much as you can **right after running it from the machine**. The qualities are the absolute best at this time. If you fill a glass and let it sit around in the light a few hours, the properties will not be as strong.

When heating water, do so on the stove (not microwave) and heat till water is warm but do not let it boil. The properties will change at boiling.

When going out for the day, fill a stainless container(s), glass container(s) or very high grade plastic container(s) and take with you. Do NOT use cheap plastic containers. Because of the micro-clustering, the plastic could purge into the water if it isn't a high grade quality plastic.

3. BASIC INSTRUCTIONS FOR DRINKING KANGEN WATER:

Drink two big tall glasses **first thing in the morning**. This helps flush out your kidneys, bladder, and bowels and rehydrates your body with extra electrons.

Be sure to drink a **minimum** 1/2 oz. of this water per pd. of body weight a day. This is the minimum daily recommended water allowance that your body needs. We are hearing over and over that when people are drinking **1 oz. of Kangen water per pd. of body weight a day, they are seeing therapeutic results**. You may want to do this for 2 weeks to a month to get extra results.

If you are going to increase your water quite a bit (or are starting on the water for the first time) remember you may go through a couple days of **slight detox** (loose stools, headaches, slight fatigue, or other symptoms). This is very positive and beneficial. Keep drinking to flush out toxins. If your detox symptoms become uncomfortable, simply go to a lower alkalinity and drink more water. Do NOT stop or slow down drinking the water. You do not want to stop this cleansing process. When you first get your unit, start at 8.5 water and work up slowly to drinking the 9.5 water (this will aid in a slower detox). The

effect of Kangen water is cumulative. Detoxing often comes in cycles. Keep consistently drinking enough water everyday.

Remember that **kids and pets** typically don't need the 9.5 alkalinity. In most circumstances 8.5 is adequate for them.

Scientists and doctors agree that it is best to drink **between meals** and wait 1/2 an hour after meals instead of drinking with your meals or directly after meals. For best results in digesting your food, do not drink any liquid with or after your meal. The digestive juices are acidic in nature and it is best to not dilute this process.

4. AFFECTS OF SODA:

Avoid soda, sports drinks etc. They will pull the pH of your body back to acid because of the extreme acidity of these products. Come to a demo or watch a demo on a DVD if you need help remembering just how detrimental these beverages are for your body (or visit www.kangendemo.com). Many doctors are calling soda "cancer in a can."

5. IF ON MEDICATION:

Use the "clean water" button on your machine when taking medication. This water runs through the filter **ONLY** and not through the ionization process. Do not drink Kangen water within **15 minutes** on either side of taking medication due to the speed of absorbency.

Be sure to take **vitamins** with Kangen water for the very same reason of absorbency. You will get approximately 40% more use from your vitamins when taking them with Kangen water.

6. MACHINE PLACEMENT & HOSES:

Make sure the **gray hose** (for smaller sink nozzle) is **not any higher than the bottom of your unit** (do not wrap it up or trail it above base of unit). Raise the base of unit if needed.

It is **very important to remove** the **Electrolysis Enhancer Cartridge** (clear flask on right side) **before moving machine**. If this is not removed, the machine could be damaged since the hole at the top of the flask is not tight. This type of damage is not covered by the warranty.

The SD 501 has **adjustable legs** to facilitate leveling.

7. STRONG ALKALINE & STRONG ACIDIC WATERS:

When pushing the 2.5 strong acidic button, 11.5 strong alkaline water is coming out of the big top nozzle, while 2.5 strong acidic water is coming out of the small sink nozzle

(there is not a separate button for 11.5 water). The Electrolysis Enhancer in the right hand side compartment is **ONLY** being used when making 2.5 and 11.5 water. Be sure Electrolysis Enhancer is IN side compartment and stock extra to have on hand. For best results on the 2.5/11.5, **run the water even slower** than when running for drinking water. The machine will notify you if you are running it too slow. This is important for a good quality of these amazing waters. Run the waters for a short time, until you can feel the 11.5 water turn slippery between your fingers. Collect these two waters at the same time in different containers. **Fill to top in the black bottles** which are found on www.enagic.com Click on %Enter Corporate Site+then go to "Store." After filling black containers, keep tightly sealed (air-tight containers are important). This water should be good for 2 weeks or so. Smell 2.5 to see if strong.

8. BEAUTY WATER:

It is **very important to run the acid water** (6.0 beauty water) **each day** about 5 minutes. This reverses the polarity of the electrode plates, gets rid of calcium build up, and extends the life of your machine.

The small blue spray bottles from www.enagic.com are perfect to catch this water in everyday from the top big nozzle on your machine. Spray on your hair or your skin for fine lines and to deeply hydrate.

9. MAINTENANCE OF MACHINE:

Clean your machine every **2 - 4 weeks** with the "e-cleaner" cleaning cartridge found on www.enagic.com. Stock enough of the e-cleaner so you can clean consistently and frequently. It may be wise to put this in your schedule on the last day of the month to insure its priority (see next page for instructions on how to use). Note that in the Pacific Northwest, the e-cleaner can be used once a month as a minimum. Check on your particular areas water hardness for best machine care. Generally, for hard water areas, use every 1 - 2 weeks. For soft water areas, use every 2 - 4 weeks.

It is very important to **run the acid button** (beauty water) **for 5 minutes a day** which reverses the polarity of the plates, gets rid of calcium build-up, and prolongs the life of your machine. Run acid water at full speed for this cleaning.

%Notice of Cleaning+and %It Cleans it+voice messages occur automatically after every 15 minutes of use. When the first message is heard (Notice of Cleaning), turn on the water. You will then hear the second message (It Cleans It). Let the water run **FAST**. The water is reverse-flowing to break loose any alkaline deposits that may have attached to the plates.

10. FILTERS & PRE-FILTERS:

Change the filter every 1,500 to 3,000 gallons. The machine will notify you. At the time of changing the filter, press the reset button inside where the filter is (the same button you pushed when you first set up your machine). It would be smart to stock an

extra filter so you are prepared for when your machine tells you to change your filter. Filters usually go on sale in December.

If you would like to make sure of extra filtering in your machine or if your water source is a well, you will most likely also want a pre-filter. These filters are found on www.enagic.com under %Store+ and will prolong the life and use of your machine.