

# *The Alkaline Body Balance*

*Live a Balanced Life with Kangen Water®*

CHANGE YOUR WATER - CHANGE YOUR LIFE®



## *Contact*

**Naresh Shahri**  
**9820220984**

## *Water: The Fiber of Life*

### **YOUR BODY IS WATER**

Drinking water every day is crucial to maintaining optimal health. Since your body is about 60-70% water, your organs, blood, and other bodily systems require quality hydration in order to function at their peak performance.

"Quality hydration" refers to water that is clean and free of pollutants or contaminants, contains minerals that support proper health, and is at a very positive pH level.

### ***Where on this Earth can you find such a high-quality water?***

Unfortunately, the world's water is polluted with agricultural runoff, sewage, and other toxic agents that compromise our health. Even some bottled waters

are no more than well-marketed tap water. And since their filtering processes eliminate all minerals - even the healthy ones - you will experience no additional benefits.

Thankfully, Enagic® Kangen Water® is delicious, healthy water that filters all unwanted contaminants and pollutants found in your ordinary tap water, but the forward-thinking Enagic® technology ensures that the necessary minerals are left intact. Kangen Water® also has the ability to properly hydrate the body while creating a positive alkaline environment.

What could be more important? After all, *your body is water.*

***"Good for the body is the work of the body,  
good for the soul is the work of the soul, and  
good for either the work of the other."  
- Henry David Thoreau***



# *Kangen Water® is Right for You!*

## *Hydration*

Kangen Water® can provide ultimate hydration for your whole body. The importance of hydration in a healthy body cannot be overstated. You need 8 cups of Kangen Water® a day to keep your body working properly with clean, filtered, alkaline water.

## *Minerals*

Kangen Water® contains the minerals calcium, sodium, potassium, and magnesium. These minerals provide your body with the healthy boost you need to get through your day, and get optimal performance from your body. Unlike reverse osmosis, which is a water filtering process that strips away even helpful minerals, Enagic® water ionizing machines do NOT filter out these helpful minerals.

## *Alkalinity*

Kangen Water® is slightly alkaline, with a pH level of 8.5 - 9.5. Enagic's certified innovative technology uses the process of electrolysis to generate as much alkaline drinking water as you could possibly need (along with 4 other waters). Instead of nourishing your body with acidic and sugary beverages, you should be hydrating with clean, alkaline water every day.

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# *Kangen Water® is Right for You!*



## *Taste*

In a taste test of 10 Southern US municipal waters, expert judges made clear what most of us already knew: tap water just doesn't taste good! Cities such as Houston, Atlanta, and Charlotte were criticized for offering tap water that tastes "like a chemistry lab," "like having a gulp of swimming pool," and "like a wet Band Aid"<sup>1</sup>. Bottled water has also been judged harshly for its unfavorable taste. But Kangen Water® drinkers enjoy a mild and pleasant taste, appearance, and smell. This delicious water will help you stay committed to your 8 cups of water a day!

## *Convenience*

With its attractive and chic design, you can enjoy the convenience of generating any of the 5 healthy types of Enagic® water - including Kangen Water® - from the comforts of your own kitchen. The Enagic® water ionizing machines are easily connected to your kitchen faucet. No more storing pitchers of filtered water in the refrigerator, or buying bottled water every time you go out!

## *Budget-Friendly*

Kangen Water® is a relief to virtually any budget. After all, you're just using your kitchen faucet! Compare this to the costly habit of buying bottled water for your daily hydration needs. *"Tap water costs less than 1 cent per gallon, says fiate Fried, a spokesperson for Food & Water Watch. But if you pay \$1 per 16-ounce container, bottled water adds up to about \$8 per gallon."* This affordable, healthy water will keep your body and your pocketbook happy year after year.

*There's no denying that Kangen Water® is the right choice for you and your family!*

Source:

1. [http://pacinst.org/wp-content/uploads/sites/21/2013/04/myth\\_and\\_reality.pdf](http://pacinst.org/wp-content/uploads/sites/21/2013/04/myth_and_reality.pdf)
2. <http://www.today.com/id/41994915/ns/today-money/t/how-flush-your-bottled-water-habit/#.VUDjRiobKk>



# America's Other Drinking Problem

Now that you know the perks of drinking alkaline Kangen Water® every day for optimal hydration, let's take a deeper look at what the popular alternative is in our culture today.



## Addicted to Sugar

The average American consumes about 600 cans of soft drink a year! This number may be shocking at first, but not when you consider the billions of dollars soft drink companies spend every year to make sure their sales stays high<sup>1</sup>. And while the soft drink giants target many different age groups in their marketing campaigns, they especially target our youth. Boys ages 12-29 consume more soda than any other demographic - about 2 quarts a day!<sup>1</sup>

## Why is this a problem?

Unfortunately, soft drinks contain more sugar, calories, and acidity than your body needs (or wants). American Heart Association suggests the maximum amount of daily sugar intake not exceed 25 grams for women, and 37.5 grams for men<sup>2</sup>. Also, anything lower than 7.0 pH is considered acidic, but most soft drinks are far below this number.

*Let's see a breakdown of these popular soft drinks that are fueling our nation:*

*Nutritional Facts of Popular 12-Ounce Soft Drinks*<sup>3,4,5</sup>

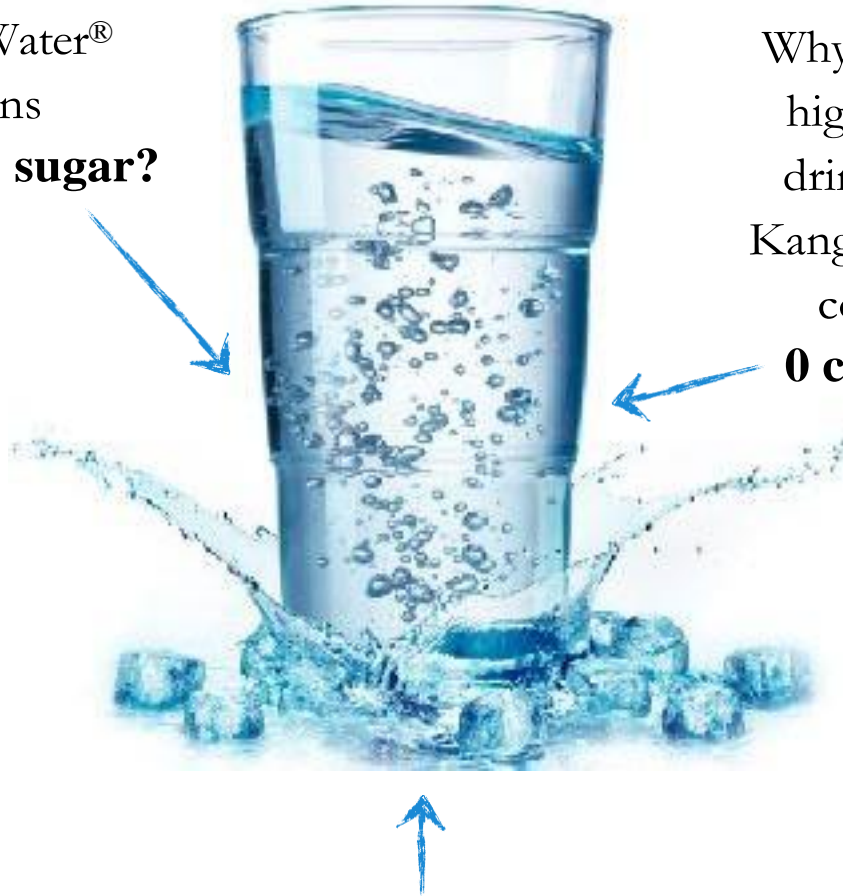
Brand Name	Sugar (grams)	Calories	pH Level
7-UP	41.46	145	3.202
CHERRY COLA	44.42	154	2.522
COCA-COLA CLASSIC	40.74	150	2.525
DIET COKE	0	0	3.289
DR. PEPPER	40.34	155	2.899
MOUNTAIN DEW	46.68	80	3.229
PEPSI COLA	42.11	150	2.53
DIET PEPSI	0	0	3.031
SPRITE	38	140	3.298



# *Kangen Water® is Right for You!*

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Why choose a  
sugary drink, when  
Kangen Water®  
contains  
**0 grams of sugar?**



Why choose a  
high caloric  
drink, when  
Kangen Water®  
contains  
**0 calories?**

Why choose an acidic drink, when Kangen Water®  
is balanced with perfect alkalinity?

Why choose anything but Kangen Water®?

Sources:

1. <http://www.globalhealingcenter.com/soft-drinks-america.html>
2. [http://articles.chicagotribune.com/2010-04-08/a-z/sns-health-sugar-shockers\\_1\\_sugar-shockers-guidelines-and-professor-karin-hosenfeld](http://articles.chicagotribune.com/2010-04-08/a-z/sns-health-sugar-shockers_1_sugar-shockers-guidelines-and-professor-karin-hosenfeld)
3. <http://www.calorie-counter.net/calories-in-soft-drinks.htm>
4. <http://biology.clc.uc.edu/scripts/popreslt.pl>
5. [http://www.livescience.com/health/070321\\_soda\\_teeth.html](http://www.livescience.com/health/070321_soda_teeth.html)

# What Happens When You Don't Stay Hydrated?

You lose water through your breath, sweat, and urine throughout the day. Sweating is the body's natural cooling mechanism, but when you fail to replace the water lost through sweating, your body cannot perform at optimal level. This is why it is important to be acutely attentive to your water intake levels while in the sun or exercising.



*While it is common knowledge that you should hydrate during rigorous exercise, there is little known about staying hydrated during your day-to-day tasks. Don't underestimate the possibility of becoming dehydrated while working, taking care of the kids and running errands. Even though you may not see the signs of losing water, your body must have the recommended amounts of water per day to stay hydrated.*

*Dehydration occurs over time, so the best solution is to drink plenty of good, clean water throughout your day.*

## Learn the Signs of Dehydration

It is important to know the early warning signs of dehydration so you can stay ahead of this serious

problem. Research and learn them so you can detect dehydration in yourself, your friends and your family. Thirst is not considered an early warning sign. If you are feeling thirsty, you may already be dehydrated.

It is best to know how much water your body needs on a daily basis and try to always meet or exceed that amount.

## Choose Kangen Water®

Only water can keep you properly hydrated and allow your body to function at an optimal level.

When you choose to hydrate using bottled water, you may be adding extra fluids but you will be missing out on many natural minerals and nutrients that are often lost in the purification process of bottled water.

Tap water is a better choice than bottled because the natural minerals and nutrients remain intact, but this is often accompanied by substances that seep into ground water and can be absorbed into tap water.

*You can trust Enagic's unique filtering process to provide clean, natural water, which removes chlorine and other pollutants. We tend to drink more water if it is readily available. Keep a glass or reusable container full of Kangen Water® near your desk and you'll find yourself absent-mindedly drinking it throughout the day. Kangen Water® tastes clean and pure, making it easy to stay hydrated all day long.*

# Greener Living with Kangen Water®

Yes, Kangen Water® is a great choice for optimal hydration. But did you know Enagic® water ionizing machines can generate 4 other types of water that can be used throughout your home?

The 5 Enagic® waters can be infused into your daily lifestyle to create a green, clean, healthy household.

*Live a balanced life the way Nature intended. Unearth the Enagic® Lifestyle!*

## **Your Home: a Chemical Plant?**

Did you know that the average American household has 3-10 gallons of hazardous materials?<sup>1</sup> In fact, indoor air levels of pollutants can be up to 100 times greater than outdoor levels, due to cleaning products and other household chemicals.<sup>2</sup> These chemicals aren't just harmful to your body; they



are also harsh to our planet.

## **A Greener Home**

You can still maintain a sparkling clean home WITHOUT the use of chemicals! A green home uses household products that are gentle and safe for everyday use, but still powerful on dirt, stains, and germs. With a powerful Enagic® water



*A greener lifestyle is a rewarding, fun, and achievable goal with Enagic®.*

Enjoy the satisfaction and peace of mind that comes with sustaining a hydrated body, a naturally maintained household, and an environmentally responsible way of life.

## *What does it mean to be "green"?*

Living a "green" lifestyle has become a trendy topic the last few years. There's a good reason for that! Going green means making earth-friendly decisions and consuming products that are ethically-produced, recyclable, and energy-efficient. In other words, make healthy choices for your body, your home, and your Earth. Thankfully, you can master a green lifestyle with the help of Enagic®!

# Greener Living with Kangen Water®

Thanks to Enagic® Strong Acidic Water (pH 2.5), Kangen Water® (pH 8.5 - 9.5), and Strong Kangen Water (pH 11.0), you can clean every surface of your home thoroughly. From the bathroom to the kitchen, the windows to the baby crib, you can have access to all the water you need to keep your home green and clean - right from the comfort of your own kitchen faucet!

## Easy on the Budget

Enagic® machines can generate as much water as you need to stay hydrated AND make your own eco-friendly products that actually work! Don't waste money on expensive "organic" products at the local boutique. You will be amazed at how much money you can save with the easy Kangen Water® alternatives to chemical-laden products. Who could have guessed that going green would encourage a healthy lifestyle AND save you money?



**You can create green cleaning products from safe ingredients** that are already around your house, such as baking soda, essential oils, white vinegar, etc. All you need is an Enagic® water ionizing machine and a few special ingredients, and you're ready to get the chemicals out of your home!

*If you have ever thought about maintaining an earth-friendly home and supporting your own physical wellness, Enagic® is the one product you have been searching for!*



#### Sources:

1. Children's Health Environmental Coalition, quoted by:  
<http://www.acereport.org/cleaners.html>
2. US Environmental Protection Agency, quoted by:  
<http://www.acereport.org/cleaners.html>



# *Be Green, Be Beautiful!*

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Transforming your home into a Green Living Household will have to include a skin care face-lift. When was the last time you looked at the ingredients of your beauty, hair, and skin care products? After reading the labels, you will probably wonder how your skin survived so many years of chemicals! What are chemicals doing in the products that are supposed to be making your skin supple, healthier, and more radiant?



## *The Truth About Beauty Products*



The Environmental Working Group (EWG) has reported that the United States Food and Drug Administration has not evaluated almost 90% of all skin care and beauty products on the US market. Meanwhile, most skin care products contain petrochemicals, synthetic fragrances, parabens (chemical preservatives), and chemical fillers.

But the chemicals don't dissolve on your skin. These synthetic chemicals can be washed down the drain and eventually find their way to our natural water sources. Such pollution is harmful to our environment, but it can be stopped!

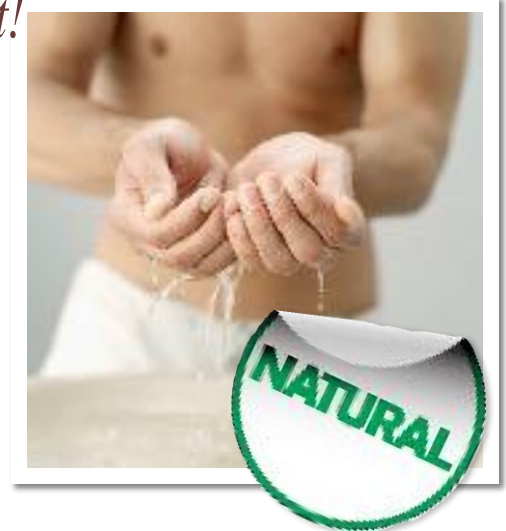
## *Be Good to Your Body...and Your Budget!*

There is no debate that natural beauty products are important for you and the Earth. Natural IS better! But how much are you willing to pay for eco-friendly products that will give you the results you need? Most organic and all-natural personal care items are very expensive, and do not always give you the quality you desire.

***Thankfully, you can have another alternative.***

You DON'T have to settle for chemical-filled personal care products. And you DON'T have to pay top dollar for "natural" beauty products that work.

With an Enagic® water ionizing generator, you can produce the main ingredient you need to make homemade all-natural personal care products: Enagic® Beauty Water!



# *Be Green, Be Beautiful!*

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## *Ravishingly Green*



Beauty Water is a remarkable, gentle astringent that can help support the proper pH level of your skin. Why use chlorinated tap water when you could have glowing Beauty skin? With just the push of a button, the Enagic® water ionizing machines produce enough Beauty Water to wash, rinse, and tone your whole body from hair to toes.

***Be radiant...be natural...be green!***

Transform your skin, hair, and beauty care products with Beauty Water today! With an Enagic® machine conveniently stored on your kitchen countertop, you can have access to all the water you need to stay hydrated, beautiful, clean, and green...with just the push of a button!



# *Living with Enagic® Water*

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You already know that Kangen Water® is an excellent choice for clean, alkaline drinking water. But Kangen Water® is only one piece of a much larger picture. Enagic® water ionizer machines can continuously generate 5 types of healthy, versatile water, each with a very special purpose!



## *Strong Kangen Water, pH 11.0*

Strong Kangen Water is not for drinking, but it makes a powerful cleaner! You can use this water to clean dishes, kitchen counters, and cutting boards; remove tough stains (even oil and coffee!); remove roughness from vegetables; and get rid of those toilet bowl stains.



## *Kangen Water®, pH 8.5 - 9.5*

Kangen Water® is slightly alkaline, and makes a healthy choice for cooking and drinking. You can use it to brew your favorite tea, draw out the flavor and aromas in soups and stews, revive the life of your plants, and clean all your produce.



## *Neutral Water, pH 7.0*

Neutral Water is free of chlorine, rust, and cloudiness. This water is a delicious drinking water that can be taken with medicine, as it is not as fast absorbing as Kangen Water®. Baby food may also be prepared with Neutral Water.

# *Living with Enagic® Water*

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## *Acidic Water, pH 4.0 - 6.0*

Acidic Water is not for drinking, but it is a marvelous choice for gentle toning and beauty care, thanks to its astringent effects. This water is also referred to as Beauty Water, as it can tone and firm your skin, condition your hair, and even shine your beloved pet's fur!



## *Strong Acidic Water, pH 2.7*

Strong Acidic Water has excellent cleaning characteristics. It can be used to clean household surfaces and remove pesticides, dirt, and other impurities from foods.



There is no end to the innovative uses of the healthy Enagic® Waters! You can always discover new ways to use this one amazing product.



# Introducing the Forward Thinking

## Enagic® Water Ionizing Machines!

Four models, four uses. Each machine is put together by hand with extreme and meticulous care. The integrity of Enagic® and their attention to detail have made them the top producers in the industry.



### SD 501

#### The Ultimate Home Use Model

The slick and easy-to-use design of the SD501 makes this machine perfect for everyday use.

Generates all 5 types of Enagic® water\*

### SD 501 u

#### The SD 501 Under the Counter Unit

Enjoy the quality and power of the SD501 from your kitchen sink, without sacrificing valuable counter space! Simple to operate with the fully featured compact LCD wall-mounted control panel.

Generates all 5 types of Enagic® water\*



### Super 501

#### Large Family Unit

The SUPER 501 is designed for an extended family, as the production rate is much faster than any other machine. It can also be the perfect solution for nursing homes, salons, spas, and agricultural colleges.

Generates all 5 types of Enagic® water\*



### Anespa DX

#### Your Home Spa System

The ANESPA DX ensures a clean, healthy bath or shower. The carefully selected therapeutic ingredients help make your hair and skin healthy and radiant, and provide a relaxing hot spring effect! The ANESPA DX removes chlorine from your water with its dual cartridge system.

Generates Mineral Ion Water

\*Generates: Strong Kangen Water (11.0pH), Kangen Water (8.5 - 9.5pH), Neutral Water (7.0pH), Slightly Acidic "Beauty" Water (4.0 - 6.0pH), and Strong Acidic Water (2.5pH)

# Enagic® - A Revolutionary Company

*"The source of happiness and longevity is in water."*

- Hironari Ohshiro, Enagic® President and CEO

Enagic® is a privately owned Japanese company that has provided clean alkaline Kangen Water® to thousands of people for over thirty years. Since Hironari Ohshiro founded the company in 1974, it has expanded internationally, opening Enagic® USA and offices in Los Angeles, Honolulu, New York, Chicago, Dallas and Orlando, and most recently, overseas offices in Canada, Europe and Asia.



There are hundreds of companies making water ionizers. This is a company you can trust to produce the highest quality water ionizing machines with the one and only Enagic® Kangen Water®!

## Warranty

Enagic® stands behind every product. The K8 carries a full 5 year warranty! The home-spa unit ANESPA DX and the SUPER501 are backed by a solid 3 year warranty. With such an assurance of quality, you will never regret purchasing an Enagic® Kangen Water® machine.



## Certification

Enagic® has received numerous certifications throughout the years.





# *The Complete Enagic® Package*

By now you know that the Enagic® water ionizer generators are so much more than simple water filters; they are a gateway to a hydrated body and an eco-friendly home. What more could you ask for in one amazing product? There is nothing else like it!

## *It All Starts with Enagic®*

### ***The Enagic® Commitment***

Enagic® is deeply committed to providing a state-of-the-art product that will keep you hydrated with alkaline water, while protecting the environment in order to sustain a healthy, comfortable lifestyle. As a dedicated member of civil society, Enagic® is continuously considering the needs of the environment and safety for the next generation. Working to secure materials with a low environmental load, conserving natural resources, and achieving energy-saving efficiency are just a few ways this award-winning company has made their green mark on our world!

## *Today is the Day!*

You know you can trust Enagic® to provide the highest quality machine that will generate enough water to keep you hydrated and your home chemical-free. Now is the time to choose wellness and a greener, cleaner home!

You can claim a healthy lifestyle today with Kangen Water®, maintain a sparkling clean home without chemicals, AND make a big impact on our Earth!

## *Change Your Water*

## *Change Your Life!®*



# *Disclaimer*

This book is offered for informational purposes only and is protected under Freedom of Speech. It is not Medical advice nor should it be construed as such.

Always work with a qualified health professional before making any changes to your diet, prescription drug use, lifestyle or exercise activities.

This information is provided as is and the reader assumes all risks from the use, non-use or misuse of this information. The information (in this book) may not be supported by conventional medicine or many physicians. It is, however, well documented and supported by many physicians and health care professionals.

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*Contact*

*Naresh Shahri*

**9820220984**