

## Guidelines for drinking alkaline ionised water

- I. If you are taking any prescription medication, drink the clean (un-ionised) 7pH water 20 – 30 minutes prior and after taking your medication, as the ionised water can amplify the effects of any medication 3-fold (it's OK for natural supplements...in fact you may not need to take as many).
- II. Refrain from drinking the ionised water about half an hour before, during, and half an hour after meals, as the hydrochloric acid in your stomach is required to break down your food, and the ionised water will neutralise it. It's best not to drink water with meals anyway, but if you have to, drink the 7pH water.
- III. You will also want to use 7pH when preparing baby formula, and children under the age of 3 should not drink alkaline water – use the 7pH.

### Which pH do I drink?

To reduce the detoxing effects, start by drinking 8.5pH and work your way up to 9.5pH over a period of 2 to 3 weeks. Detoxification will vary from person to person and will normally last between two to three days. Some of the symptoms of detoxifying could be light headaches, loose bowels, coughing etc. Detoxifying is a good thing, as the body is getting rid of toxins that have accumulated over time. If you feel that the effects are uncomfortable, then lower the pH.

### When should I drink it?

It is important to drink a lot of water earlier in the day. Ideally half a litre to a litre when you wake up and taper it out as the day goes on. To get the best results it is also recommended that you stop eating and drinking four to five hours before going to sleep.

### How much should I drink?

The ideal daily intake of water is 1L per 20kg of body weight.

### Himalayan or Celtic Sea Salt

You may already know this, but it's important to use the right salt to assimilate water uptake in the body. It's best to use Himalayan Salt or Celtic Sea Salt (not normal cooking salt!). Half a teaspoon every day should give the body sufficient salt.

## Using the Other Waters

### 7.0pH

Clean Water is neutral 7.0pH and is dispensed through the top flexible pipe. This water has been through the cleaning filter portion of the system but it has not gone through the electrolysis process. This is the water that should be consumed when taking prescription medicine.

### Beauty Water

Beauty Water has amazing astringent properties and is extremely good for your hair and skin. Spray it on, splash it on, soak in it....but get it on your skin if you want to have a better looking and feeling skin all around.

### Strong Acidic Water( 2.5pH)

You must add the saline Electrolysis Enhancer in the electrolysis enhancer tank (behind the removable panel) in order to produce Strong Acid and Strong Alkaline Waters. Collect the Strong Acid Water from the secondary hose (that runs from the bottom of the machine). The water has very potent anti-microbial properties and maybe used on cutting boards, counter tops etc. Strong Acid water was approved for disinfecting food products in June 2002 in accordance with the Food Hygiene Law ,under the name of hypochlorous acid water. It is best to use the Strong Acid water out of a spray bottle, because it is easier to spray on the skin, bench tops, bathrooms, toilets etc. The best way to store Strong Acidic water is in dark bottles, preferably black.

### Strong Alkaline Water (11.5pH)

This is produced at the same time as Strong Acidic water. Collect the Strong Alkaline water from the top flexible pipe. This water is highly alkaline and is a potent cleaning agent that can be used in place of detergents and cleansers. It is a tremendous grease cutting agent. After cleaning your surfaces with this water, it is recommended that you spray Strong Acidic water (2.5pH) on the surface as an anti-microbial, and then let it dry. It is best to store this water in a dark container preferably black and refrigerate it.

## Specific uses of the various Ionised waters

**Fruit and Veggies:** Soak in Strong Acidic water (2.5pH) for 2 or 3 minutes and stir the water to work it into rough textured produce like lettuce, broccoli etc. This kills microbes and bugs that might be on the produce. When finished with this process, soak in Strong Alkaline water (11.5pH) for at least 5 minutes to clean the produce, remove pesticides and herbicides and enhance shelf life.

**Laundry:** Put 1 to 2 Litres of Strong Alkaline water (11.5pH) in the liquid detergent tank of your washing machine and wash just as you would with detergent but don't use any detergent. The amount of Strong Alkaline water is determined by your source water's hardness. Clothes come out cleaner and brighter than with detergents, and for those with chemical sensitivities there are no side effects.

**Cleaning Floors:** (Hardwood, ceramic tiles), windows, eyeglasses, washing dishes and many other cleaning solutions- Use Beauty Water. In some cases the Strong Alkaline water (11.5pH) works well too.

**Cooking:** Ionised water (8.5 to 9.5) is excellent to cook with and enhances the flavours and texture of your food. Some fruits and vegetables such as cherries, plums, grapes, strawberries, cabbage, eggplants, soy beans and asparagus contain anthocyanins, and are best cooked and washed in the Beauty water. Be aware that food cooks faster than you are used to when you are using Ionised water.

## Uses for 11.5pH Water

### Beneficial Attributes:

- *Emulsifies oil on contact*
- *Extracts nutrients effectively*
- *Highest -ORP values*
  
- *Clean and revitalise fruits and veggies by soaking for 20 minutes*
- *Soak dried beans and peas for 1 hour to speed up sprouting or cooking*
- *Soak nuts, seeds or grains for 1 hour to speed up sprouting*
- *Add 1 tablespoon to salad dressings to keep oil emulsified*
- *Soak fish or chicken for 10-15 minutes*
- *Drink small amounts 45 minutes before meals to enhance digestion*
- *Enhances the flavour when used to steam or blanch vegetables*

- Clean greasy messes and soak clothes with grease spots
- Disburses fats and proteins from cutting boards, knives and countertops
- Removes stubborn toilet bowl stains
- Mix with essential oil as a refreshing linen spray
- Add 1 litre to each load of laundry to replace laundry detergent
- Soak your feet for 20 minutes one or more times each week to aid your body's detoxification process

## Uses for Drinking Water 8.5 to 9.5pH

### Beneficial Attributes:

- *Revitalises tissues*
- *Promotes pH balance*
- *High -ORP values*
- Drink 3-6 litres of water per day
- Brew coffee and tea to improve flavor, color, and nutritive values
- Use as drinking water for pets
- Rinse beans, peas, nuts, seeds & grains when sprouting to increase germination and speed sprouting process
- Use as cooking liquid for potatoes, grains, dried beans or peas, & pasta to increase flavor and increase alkalinity
- Use as the cooking liquid for gravy to extract the maximum vitamins and minerals from the vegetables & meats
- Water seedlings or sick plants
- Water for vases of cut flowers to extend fresh appearance

## Uses for Beauty Water - 4.0 to 6.5pH

### Beneficial Attributes:

- *pH similar to rain water*
- *Tones skin*

- *Softens hair & adds shine*
- *Use as final rinse water after shower to firm skin and soften hair—many users report significant hair re-growth*
- *Mix with essential oil, spray on skin to hydrate, reduce lines & wrinkles, even skin tone and produce younger, healthier skin*
- *Spray on to sooth rashes*
- *Bathe pets for more lustrous coats*
- *Water indoor or outdoor plants for vigorous growth*
- *Water seedlings and plants in the garden*
- *Wash your hardwood and tile floors*

## **Uses for Strong Acid Water – 2.7pH & Lower**

- *Brush teeth and gargle for 1 minute to kill the bacteria that causes gingivitis, also provides a gentle, safe bleaching of the teeth*
- *Clean cuts and scrapes to remove bacteria*
- *Use for all wound care*
- *Soak feet to resolve fungal toenails and athlete's foot*
- *Dab on cold sores, pimples and other break outs to kill bacteria or viruses & speed healing*
- *Carry in small spray bottle to use as a hand sanitiser*
- *Water acid loving plants 3 times during the growing season to produce vigorous growth & more blossoms*
- *Cleans coffee and tea stains from cups*
- *Removes stains from clothes without removing color & safely bleaches white clothes*
- *Spray on kitchen and bathroom surfaces to clean, polish and disinfect*
- *Clean and disinfect baby toys, high chairs and diaper changing areas*

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