



Getting the Most from your Kangen Water™ Samples

1. Really give the water a chance to work. Commit to drinking the water for the next 1– 2 weeks. STOP drinking sodas, sports drinks, flavored waters and bottled water during this time, just one 8 oz. soda will counteract the beneficial effects of an average sized person drinking 3 days worth of Kangen Water™.
2. Continue to enjoy your water based beverages. You don't have to stop drinking your morning cup of coffee, iced tea or even your orange juice from frozen concentrate. Use Kangen Water™ when making your favorite water based beverage. Helpful Hint: Reduce the amount of coffee when brewing. The micro-clustered property of the Kangen Water™ will draw out more of the rich flavor from the coffee and give you a great tasting cup of coffee with fewer grounds!
3. Be aware that the Kangen Water™ can have a detoxifying effect. Properties of the water help to flush out toxins that have built up in your body. Detoxification will vary from person to person and normally lasts no longer than 2 or 3 days. Drink ½ oz water per lb of body wt. (200 lbs = 100 oz of water)
4. Let your Authorized Kangen Water™ Distributor know when you need more water. If you are out of water or if it has been longer than 3 days since your last refill, call up your Kangen Distributor and arrange to pick up a fresh batch. Keeping the water fresh is the best way to get the most benefit from your Kangen Water™ samples.
5. Enjoy Kangen Water™ and see how good it can feel to be hydrated and back in balance. Let your Authorized Kangen Water™ Distributor know how it is helping you and let them know when you are ready to own your own Kangen Water™ producing machine!

Thank you for thinking about your family's health,

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