




Strong Alkaline Water pH 11.3 - 11.5 (see Owner's Manual for instructions)

CLEANING FOOD


 **Fruits and Vegetables** — Soak in strong alkaline LivingWater™ to remove oil-based or waxy coatings and pesticide residue from fruits and vegetables. Soaking will increase the removal of dirt, grit and sand and revitalize fresh foods.


 **Meat, Fish, Poultry** — Removes the proteins and fats that are the cause of bacterial growth. Good for rinsing fresh fish, meats or poultry to remove odor.

DISH WASHING AND LAUNDRY


 **Dish Washing** — Use less detergent when washing your dishes. Less water is required to rinse off detergent.


Clean cutting boards and dish cloths with strong alkaline water to remove fat and protein residue before rinsing clean with strong acidic water.


 **Laundry** — Reduce the amount of detergent required by adding a quart of strong alkaline water to the wash cycle.

 **Stain Removal** — The extra-strength, absorption power will remove coffee, soy sauce and oil stains with ease. Excellent for removing tough oil and grease stains from clothing.


GENERAL CLEANING

 **Kitchen** — Good for cleaning oil and tough grime from stove tops, ovens and vents, as well as for general cleaning in the kitchen.

 **Bathroom** — Great for removing stubborn toilet bowl stains or mineral stains on bath tubs and showers.


 **Floors** — Excellent for removing dirt, great for removing grime from hardwood floors and crevices.


PERSONAL CARE


 Soak your feet for 20-30 minutes once or twice a week to aid your body's detoxification process. It will also relieve aches and pains and reduce swelling. 11.5 pH LivingWater™ can be used as a soothing compress for sore muscles, bruises, minor burns, skin eruptions and skin rashes.

Alkaline Water 8.5 - 9.5 pH


BREW TEAS & COFFEE


 **Green Tea** — With 9.5 pH LivingWater™, you can even prepare green tea with cold water! Using LivingWater (hot or cold) extracts the flavor and antioxidants from the tea without the strong bitter aftertaste due to tannins in the tea. Improves coffee aroma and color, while preserving the naturally acidic taste. You can obtain a full, rich taste, even when using only half the usual amount of coffee beans.


 **Black Tea** — For mild taste and rich color, made with hot or cold LivingWater.


 **Herbal Tea** — Better extraction of flavor and phytonutrients in herbal tea, even when made with cold water.


COOKING


 **Blanching Green Vegetables** — Blanching spinach, string beans, broccoli, and other vegetables in LivingWater™ will preserve the vibrant green color of these vegetables. You can also pre-boil vegetables in LivingWater™ to enhance the flavor before adding them to a recipe.


 **Enhanced Flavor** — The dissolving and extraction property of ionized LivingWater™ draws out the natural flavor of foods and recipe ingredients.


 **Soups** — When preparing soups, LivingWater™ draws out the flavor of the soup stock, even when very little seasoning is used.


 **Sauces** — You can reduce sodium and stretch your budget by removing one-third to one-fourth of the usual amount of soy sauce or other highly flavored sauces and replace it with LivingWater™.

 **Boiled Foods** — The natural flavor of the food is enhanced and they will cook to a tender consistency. Make sure to reduce the amount of seasoning, as less seasoning is required when using LivingWater™.


 **Tenderize Meats** — Soak meats in LivingWater™ for 20-30 minutes to tenderize.


 **Sprouting** — Soak and rinse nuts, seeds, grains or legumes in LivingWater™ for faster sprouting.


 **Ice Cubes** — Make your ice cubes with LivingWater™ and add to drinks to improve flavor and reduce acidity.


 **Spirits** — Using LivingWater™ to make mixed drinks or to dilute beer, wine or spirits brings out the flavor, making it smoother and milder. Drinking 9.5 pH LivingWater™ can also lessen hangover symptoms.

OTHER USES

 **Plant Care** — 8.5 - 9.0 pH LivingWater™ extends the freshness and life of the plants, also restores the health of sick plants. Take note that certain varieties of flowering plants, trees and shrubs, such as roses and blueberries, favor an acidic environment. For such plants, spray the stem, or water the plant with a solution of 1 part 8.5 pH LivingWater™ and 3 parts filtered water.


 **Cut Flowers** — Use 8.5 - 9.0 pH LivingWater™ to extend the life of cut flowers.


 **Germinate Seeds** — Use LivingWater™ 9.5 pH to germinate seeds, LivingWater™ stimulates germination and improves seedling development.


 **Craft Projects** — 9.5 pH LivingWater™ is excellent for dyeing cloth, as well as other craft projects to create vibrant colors.


Mild Acidic Water pH 4.5 - 6.5

PERSONAL CARE


 **Add to Bath Water** — Add acidic water to your bath water to keep your tub free of bathtub rings. Bathing in this water warms the body and keeps skin beautiful.


 **Washing Your Face** — The astringent properties of acidic water are effective in toning and firming your skin. Pat the skin and leave it to dry. Also excellent as a toner after shaving.


 **Hair Care** — Use instead of rinse after shampooing. Reduces annoying tangles and brings out a radiant shine.


 **Pet Care** — Great for grooming your pet. Spray your pet's fur with acid water and brush to obtain soft and shiny fur.


COOKING

 **Boiling Pasta** — Boils pasta to an "al dente" consistency.

 **Cooking Beans** — Dried beans will cook more quickly in mild acidic water. (Soak in 9.5 - 11.0 pH water first to soften.)

 **Fruits and Vegetables** — For washing and preparing fruits and vegetables containing anthocyanins. The vibrant color of various fruits and vegetables such as cherries, plums, grapes, strawberries, red cabbage, eggplants, soy beans, asparagus etc., will not change when washed and prepared with this water.


 **Fried Foods** — Use to make batter for fried foods. Fried foods will turn out nice and crispy, and will remain crispy, not oily, even when left to sit for an extended period of time.

 **Boiling Eggs** — Even if the egg cracks during cooking, the egg yolk will not leak out of the shell into the water. You will also find that the eggshells peel off very easily.


 **Freezing Foods** — Spray foods with acidic water when freezing so that the food, including fish and shrimp, does not lose their flavor when thawed.


CLEANING


 **Remove Light Stains** — Removes tannin stains from tea cups.

 **Clean Pots and Pans** — To remove stains, grime and grease, soak for 24 hours.

 **Washing Dishes** — Dishes and glasses will come out sparkling clean.


 **Glass and Metal** — Clean mirrors, eyeglasses, glass objects and windows, metal objects, to a high sheen.


 **Housecleaning** — Remove dirt from hardwood floors, ceramic tiles, etc., without leaving a sticky residue.


 **Washing Clothes** — Use in the rinse cycle of your washing machine. Soaking in acidic water before the spin cycle will soften your clothes.

Strong Acidic Water pH 2.7 or less (see Owner's Manual for instructions)

Cleaning

 **Tableware** — Clean utensils, dish clothes, towels and containers. Rinse and allow to dry thoroughly.

 **Hand Washing** — Wash your hands carefully, then rinse with running strong acidic water to remove contaminants.

 **Washing Metal** — Metal utensils such as knives which are prone to rust may corrode when washed with strong acidic water. Rinse with tap water or wipe with a cloth to prolong the life of your metal utensils. For long-term use, protect your sink and drain pipes from corrosion by running tap water at the same time.

External Use

- Use strong acidic water for first aid on scrapes, scratches, and minor cuts.
- Gargle with 2.7 - 2.5 pH LivingWater™ if your throat feels sore or scratchy. Follow up with an alkaline water rinse.
- Use instead of salt water in a neti pot or nasal irrigation tools to rinse out mucous.
- Soak feet to help resolve fungal toenails and athletes foot.
- Spray on cold sores, pimples and other skin irritations to speed healing.
- Carry a small spray bottle to use as a hand or surface cleanser.
- Clean toys, high chairs, and other surfaces.