

11.5pH “Eco Friendly Kangen Water”

Benefits & Uses

Cleaning

- To easily remove oil based spills or stains, spray them with 11.5pH water. This also works for clothes
- Effective cleaner for counter tops, cooking surfaces, floors, carpets and toilets
- Cleans like soap without leaving soap residue and restores a bright finish
- Replace your washing detergent. Pour 2-3 litres of 11.5pH water into drum of your washing machine



Food & 11.5pH water

- Soak fruit and vegetables for 7-10 mins to clean, revitalise and increase shelf life
- Soak fish, chicken, steaks, for 7-10 mins in 11.5pH water after you have soaked them first in 2.5pH waters for the same length of time. This helps to draw out injected hormones (which are used to preserve certain food to make it look plump and prolong its shelf life), leaving you with a clean, natural flavour of food as it should be
- Use to steam or blanch vegetables to enhance flavours
- Soak dried beans and peas for 1 hour to reduce cooking time. Do the same for nuts, seeds or grains to speed up sprouting, or prior to eating, to improve digestibility



For therapeutic & general uses

- A very effective anti-inflammatory which may reduce pain and swelling. Apply externally to affected area for 20-30 mins, 2-3 times a day e.g. for arthritis, strains, sprains, sore muscles, broken bones, insect bites / stings, psoriasis, eczema, dermatitis & acne
- Soak your feet for approx 30 mins twice weekly to support your body's detoxification process



Refill and use within 5 - 7 days. Store away from direct light.