

All Kangen Made Easy IV

CHEMICAL FREE HOUSEHOLD WITH KANGEN WATER



INTRODUCTION

Welcome to your Chemical Free Household with Kangen Water e-book!

In here you will find some tips and tricks on how to use Kangen Water around your house to minimize the use of harsh toxic chemical based cleaning products.

Cleaning is essential to protect our health. However, [household and cleaning products often include harmful chemicals](#). Even products advertised as "green" or "natural" may contain ingredients that can cause health problems. Some cleaning supplies can even be flammable or corrosive.

Many cleaning supplies or household products can irritate the eyes or throat, or cause headaches and other health problems, including cancer. Some products release dangerous chemicals, including volatile organic compounds (VOCs). Other harmful ingredients include ammonia and bleach.

Fortunately, you can limit your exposure to those risks, I'll show you how!

[Take care of yourself and your family by ditching these harmful products and reap the benefits of your Kangen machine that allows you do to all of your cleaning, free of toxins and full of life!](#)

Unique characteristics of pH 2.5 Strong Acidic Water:

- Disinfects
- Deodorizes
- Breaks down proteins
- Brightens

Unique characteristics of pH 4-6 Mild Acidic Water:

- Strips soapy residue
- Creates a sheeting action
- Shines surfaces

Unique characteristics of pH 11.5 Strong Acidic Water:

- Emulsifies fats and oil
- Lifts dirt
- Cleans like soap without leaving residue
- Restores a bright finishing
- Repells dirt

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Information retrieved from Dr. Peggy Parker and from Enagic

LAUNDRY

GENERAL LAUNDRY:

Directions:

- Replace your laundry detergent with 1 liter of pH 11.5 Strong Alkaline Water.
- Simply pour Strong Alkaline Water into the detergent dispenser in your washing machine or pour it over your clothes in the washing machine.

CREATING FRESH SMELLING LAUNDRY:

Option 1:

- Add 6 to 10 drops of a pure essential oil of your choice to 1/4 cup pH 11.5 ionized water. The intense alkalinity of this water effectively disperses the essential oil so that the water is completely infused with the scent of the oil.
- Soak an old cloth or towel in the water and place in the dryer with your freshly washed laundry and dry as usual.
- Store excess water in a small jar and simply place the cloth in the jar to revitalize before adding to your next load. This is a very cost effective and environmentally responsible choice for freshly scented laundry.

Option 2:

- Add 6-10 drops to your pH 11.5 Strong Alkaline Water, mix and pour it over your clothes for the washing cycle.

Essential oils you can use:

- Lavender is a great choice for sheets, pajamas and socks.
- A citrus scent like grapefruit or sweet orange are great choices for your clothes.

STAIN AND ODOR REMOVAL

Stains can be divided into 2 basic categories, **oil based and protein based stains**.

Oil based stains are best addressed as soon as possible with pH 11.5 ionized water. The emulsification property of this water lifts the oils out of the fabric.

DIRECTIONS FOR OIL BASED STAINS:

- Pre-treat the stain by either spraying the area until saturated or soaking the garment in pH 11.5 ionized water at least 1 hour, best if you leave it overnight.
- Following pre-treatment immediately wash with either hand washing or machine washing.

Protein based stains are best addressed with pH 2.5 ionized water. This water acts as a mild hydrochloric acid and effectively breaks down protein structures without removing or fading colors.

DIRECTIONS FOR PROTEIN BASED STAINS:

- Thoroughly saturate the stain or soak in a basin of pH 2.5 ionized water. Colors remain bright and whites are whiter.
- Following pre-treatment immediately wash with either hand washing or machine washing.

GETTING RID OF ODORS:

- Soaking your load of whites in a basin filled with pH 2.5 ionized water overnight will remove the odors from athletic socks, t-shirts and work clothes while removing the dingy film that keeps whites from looking bright and fresh. After soaking it is best to put them through a rinse cycle in the washer, or hand rinse them, before continuing with the instructions for General Laundry.

MAKE YOUR OWN LAUNDRY DETERGENT

RECIPE #1 - USING SOAP NUTS

Supplies:

- 1 cup soap nuts (you can find soap nuts online or in your local health food store).
- 4 cups of Kangen Water.
- A few drops of essential oil (optional).



Directions:

- Crush the soap nuts, then soak them in Kangen Water overnight.
- Blend the mixture the next morning. Let sit for a few hours, stirring occasionally.
- Add your favorite essential oil (lavender is a wonderful addition to this organic detergent).
- Strain the liquid with cheesecloth.
- Use 1/2 cup to 1 cup of detergent for each load.

RECIPE #2 - USING BEAUTY WATER SOAP

Supplies:

- 2 gal Kangen Water.
- 1 bar Beauty Water Soap.
- 2 cups Baking Soda.
- 8-12 drops of essential oil (optional).

Directions:

- Grate the Beauty Water soap, then melt in a saucepan with enough Kangen Water to cover. Heat over medium-low heat and stir until soap dissolves.
- Heat Kangen Water on your stove. Pour the hot Kangen Water in a large pail, and then add the melted soap. Stir well.
- Add the baking soda, and keep stirring. Add your favorite essential oil.
- Use 1/2 cup to 1 cup per load.
- Pour Kangen Laundry Detergent into recycled shampoo bottles (or other squeezable bottles) for storage.

FLOORING

DIRECTIONS:

- Save the discharge water from your drinking water (Mild Acidic Water).
- Use it to mop your hardwood, tile, vinyl and laminate floors.

If you have been a fan of distilled white vinegar in cleaning you will be very happy with the results you get when using pH 4-6 Mild Acidic Water. It has the same sheeting action without the offensive odor. It strips the soapy film left by traditional cleaning products leaving a remarkable shine.

RUG AND CARPET CLEANING:

Rugs and carpets are notorious for retaining odors very easily. Traditional cleaning methods use a combination of steam and detergent. The problem, just like laundry detergent, is that the dirt and oils trapped in the soap are re-deposited on the carpet if not thoroughly rinsed, and again, the use of harsh chemicals.

Directions:

- Following the same procedures as outlined in the section on Stain Removal for Laundry will result in great spot treatment.
- Odors can be eliminated with pH 2.5 Strong Acid Water without removing or fading the color of the carpet or rug.
- Overall cleaning is easily accomplished with a steam cleaner and pH 11.5 ionized water. Begin by properly pre-treating any stains and then fill the water canister as directed with pH 11.5 ionized water.
- To add a fresh scent to your carpets, add 10 drops of your favorite essential oil to the final rinse water.



BATHROOMS

SOAP SCUM ON TILE:

- Keep a spray bottle filled with pH 2.5 ionized water handy to spray after each shower to remove that soapy film.

HARD WATER SPOTS AND RINGS:

- Soak the area in pH 2.5 ionized water and scrub with a soft brush.

LIME SCALE BUILD UP IN YOUR SHOWER HEADS:

- Detach the shower head and soak in a basin of 2.5 water for at least 30 minutes, scrub with a medium bristle brush and all traces will be gone without any harsh chemicals.

CLEANING AND DISINFECTING TUBS, SINKS, SHOWERS AND TOILETS:

- Start your cleaning is by disinfecting all surfaces with an overall spray of pH 2.5 ionized water. Let it sit For about a minute or so to kill all micro-organisms.
- Then, all tile surfaces, porcelain and chrome are most effectively cleaned with pH 2.5 ionized water. Spray the areas down, follow with a soft bristled brush or rag then dry with a lint free towel.

WINDOWS, MIRRORS AND GLASS SHOWER DOORS:

- Spray surfaces with pH 4-6 Mild Acidic Water then wipe dry with a lint free towel.

GIVE YOUR BATHROOM A FRESH SCENT:

- Make a room spray from pH 11.5 ionized water and your favorite essential oil.
- Mix 4-6 drops of essential oil with 1/2 cup of pH 11.5 ionized water in a spray bottle with a fine mist setting.
- When you have finished cleaning the bathroom, simply mist the air and any fabric surfaces since they hold the scent longer.



MAKE YOUR OWN BEAUTY PRODUCTS

ENAGIC ALL-NATURAL SHAMPOO:

Ingredients:

- 2 tbsp Liquid Castile Soap.
- 1 cup Beauty Water.
- 1/4 cup fresh herbs.
- 1 tsp almond or apricot kernel oil.
- 2 drops of essential oil.

Directions:

- Place herbs in a clean glass jar with a lid and pour Beauty Water over herbs and let steep overnight.
- Strain the liquid from the herbs. Add the castile soap and almond or apricot oil and mix thoroughly. Add essential oil and mix again.
- Pour into recycled shampoo bottle. You can also spritz the Beauty Water on your hair as conditioner. It helps detangle and reveal natural shine!

ENAGIC NON-TOXIC HAND SANITIZER RECIPE:

Have you ever investigated what is in your antibacterial products? You might be surprised at the chemicals necessary for making your life germ-free. Try our natural Strong Acidic Water recipe instead.

Ingredients:

10 drops of essential oil (peppermint or tea tree).
Strong Acidic Water.

Directions:

Combine ingredients in small spray bottle. Spray on hands and rub together.



ENAGIC BEAUTY WATER SOAP:

Ingredients:

- 640 gr Olive Oil.
- 150 gr Palm Oil.
- 150 gr Coconut Oil.
- 122 gr Lye.
- 335 gr Cold Beauty Water.

There are several things you need to know before making Beauty Water Soap. Lye is an irritating agent that can be dangerous to your eyes and throat. Handle carefully, with rubber gloves and safety glasses, and keep far away from children. Also, the utensils, safety glasses, gloves, kettle, etc. should all be reserved for soap-making. Do not use these items for any other purpose. Finally, measure all your ingredients by weight, not volume.

Directions:

- Combination of 4 tsp fragrant oil + 1 tsp herb. Some of the favorite combinations are rosemary oil with thyme leaves, lemongrass oil with sage leaves, rosewood oil and bergamot herb, or lavender oil with sage leaves.
- Carefully pour lye into cold Beauty Water, stirring slowly to avoid splashes. This lye mixture will quickly start to heat up in a powerful chemical reaction. Set aside.
- Now melt the oils together and let them chill until warm.
- Cool the lye mixture in cold Neutral Water in the sink until it chills until warm.
- When the oils and lye mixture are the same temperature, pour the lye mixture carefully into the oil mixture, stirring slowly. Continue stirring for 45 - 55 min, until it reaches trace (when you can see swirls).
- Now add the fragrant oil and herb. Pour the mixture into decorative molds, being careful not to splash or make bubbles. Cover with plastic wrap.
- After 24 to 48 hours, the soap can be turned out of the mold.
- Allow to cure for 3 to 4 more weeks, making sure the air can circulate all around the soap (or you can turn and rotate the bars every 2 days).



KITCHEN

SOLID SURFACE COUNTERTOPS:

- Begin by removing all debris and spills. Oil based spills can be easily cleaned with pH 11.5 ionized water while protein based spills can be easily cleaned with pH 2.5 ionized water.
- Wipe all surfaces down.
- Then apply a light spray of pH 2.5 ionized water to disinfect all surfaces.

STAINLESS STEEL APPLIANCES:

- Spray them first with pH 11.5 ionized water to remove any traces of oil, dry thoroughly.
- Then mist with pH 2.5 ionized water to disinfect, let it sit for 1 minute.
- Then spray with pH 4-6 ionized water and dry thoroughly with a lint free cloth.

This process works well for both small and large stainless kitchen appliances as well as stainless steel sinks.

CABINETS, FAUCETS, OVEN AND WALLS:

- To remove all fats, oils, dirt and grime, spray them with pH 11.5 ionized water then wipe them down with a soft cloth.
- Next spray with pH 4-6 ionized water and dry with a lint free towel.

CLEANING YOUR PRODUCE:

Fruits and vegetables are unfortunately full of microbes and pesticides. Pesticides contain chemicals that are toxic for our bodies. Make sure to wash them off!

Directions:

- Soak your produce in pH 2.5 Strong Acidic Water for 1-3 minutes, to kill any microbes.
- Transfer your produce into another container with pH 11.5 Strong Alkaline Water and let them sit for 5 minutes, to wash off pesticides.



MAKE YOUR OWN CLEANERS AND SOAP

ALL-PURPOSE STRONG KANGEN WATER CLEANER:

Ingredients:

- 1/2 tsp washing soda.
 - 2 tsp borax powder.
 - 1/2 tsp liquid soap.
 - 2 cups pH 11.5 Strong Alkaline Kangen Water.
 - 10-12 drops of essential oil (optional)
- Directions:

Directions:

- Put all ingredients into a spray bottle, tighten lid and shake to blend ingredients.

STRONG KANGEN WATER DISH SOAP:

Ingredients:

- 3 tbsp liquid castile soap.
- 2 cups Strong Kangen Water.
- 2 tsp vegetable glycerine.
- 2 tbsp white vinegar or lemon juice.
- 10 drops essential oil (optional).

Directions:

- Combine in recycled dish soap bottle and shake to blend.

STRONG KANGEN WATER WINDOW CLEANER:

Ingredients:

- 1/4 cup distilled white vinegar.
- 1/2 tsp Strong Kangen Water Dish Soap.
- 2 cups Strong Kangen Water.
- 10 drops essential oil (optional).

Directions:

- Combine ingredients in a spray bottle and shake to blend.

BEDROOM

ROOM SPRAYS:

- Choose your favorite essential oil and mix 5-6 drops of oil in 1 1/4 cup pH 11.5 ionized water and pour into a spray bottle with a fine mist setting.
- Lavender is a great choice to promote restful sleep, while citrus and mint are invigorating, spicy cinnamon promotes passion and rose is the essence of love.

LINENS:

- Follow the suggestions in the General Laundry section. Adding essential oils to the drying cycle is a great way to set the stage for a restful night's sleep.
- A great tip for storing linens is to spray a few sheets of paper towels with your favorite room spray, allow them to dry and place between the folds of your sheets and towels before storing in your linen closet.

MATTRESS, PAD, BLANKETS AND PILLOWS:

- Mist them with pH 2.5 ionized water as an anti-microbial. A fine mist is adequate.
- Allow them to fully dry then follow up with a light misting with your room spray.
- Now your fresh linens will stay fresh even longer.

