

## ***Getting The Most From Your Kangen Water™ Samples***

### ***Here's All You Have To Do...***

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- 1. Really give the water a chance to work. Commit to drinking the water for the next 2 – 4 weeks. STOP drinking sodas, sports drinks, flavored waters and bottled waters during this time. Remember, if an average sized person drinks just one 8 oz. soda, it will counteract the beneficial effects of drinking 3 full days worth of Kangen Water™!**
- 2. If you are getting your Kangen Water™ samples in the convenient 1 gallon jugs, be sure NOT to drink the water directly from the container. Doing so could contaminate the water. Helpful Hint: Get yourself a reusable plastic bottle so that you can take your Kangen Water™ with you and enjoy it where ever you go. Remember, there are more things out there that push us towards being acidic than towards being alkaline. In fact, there are five main things that cause the human body to become acidic: things that we eat that are acidic, things that we drink that are acidic, exposure to pollutants, exposure to certain chemicals and stress. If you want to stay ahead of the game, be sure to have your Kangen Water™ with you and keep those five acidic starters in check!**
- 3. Continue to enjoy your water based beverages. You don't have to stop drinking your morning cup of coffee, your iced tea or even your orange juice from frozen concentrate. Just use the Kangen Water™ when making your favorite water based beverage. Helpful Hint: Reduce the amount of coffee grounds when brewing coffee. The micro-clustering property of the Kangen Water™ will draw out more of the rich flavor from the coffee, giving you a great tasting cup of coffee using less grounds!**
- 4. Be aware that the Kangen Water™ can and most likely will have a detoxifying effect on the body. 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 1 or 2 days.**
- 5. 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 them up and tell them you need a new batch. Keeping the water fresh is the best way to get the most benefit from your Kangen Water™ samples. If you are going to sample the Kangen Water™ you might as well get the most out of the experience.**
- 6. Enjoy Kangen Water™ and see how good it can feel to be properly 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!**