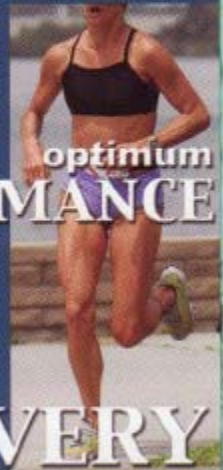
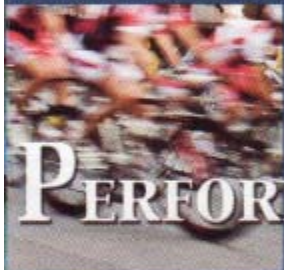


improved
HYDRATION



optimum
PERFORMANCE



faster
RECOVERY

**Why Serious Athletes
Drink Kangen Water**

by Tucker Cohen, M.D.

Are You Overly Acidic?



When your cells, tissues, and interstitial fluids are overly acidic, you are more likely to experience the following effects:

- Fatigue more quickly and recover more slowly
- Find it difficult to concentrate
- Feel pessimistic
- Have difficulty setting and working toward goals
- Suffer from frequent colds, flus, allergies and respiratory problems
- Experience chronic muscle soreness and/or joint pain and stiffness

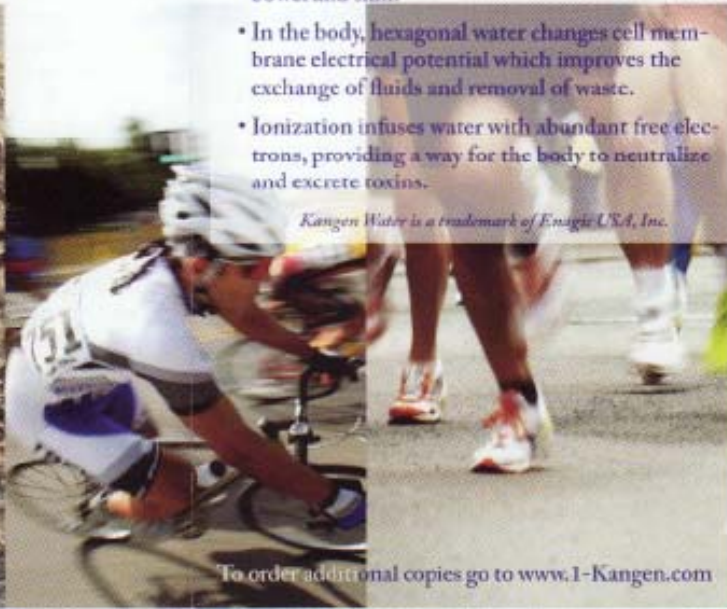
The Kangen System Returning Water to its Origin

Kangen is a Japanese word meaning, "return to origin." Used for more than 30 years as a medical device in Japan, the Kangen system will return unhealthy tap water to its original life and performance enhancing state through ionization and restructuring.

Are you drinking water that supports wellness, or water that is aging you with acid? Kangen Water is produced through ionization, which alters its structure and characteristics to make it more supportive of wellness.

- Ionization lowers the electrical charge (mV) of the water, creating a negative oxidation reduction potential (ORP) which makes it a potent anti-oxidant.
- Ionization creates hexagonal water clusters that are smaller and more easily absorbed by the body and deeply hydrates the cells.
- Ionization alters the hertz frequencies to aid in removing acids through the kidneys, lymph, bowel and skin.
- In the body, hexagonal water changes cell membrane electrical potential which improves the exchange of fluids and removal of waste.
- Ionization infuses water with abundant free electrons, providing a way for the body to neutralize and excrete toxins.

Kangen Water is a trademark of Enagic USA, Inc.



To order additional copies go to www.1-Kangen.com

Four Good Reasons Athletes Drink Kangen Water®

1

For Increased Hydration

The process of ionization reduces the size of the water molecular cluster by two-thirds. The cluster of water molecules takes on a hexagonal shape when ionized. Smaller, hexagonal water clusters are better able to penetrate the cellular membranes, enhancing tissue repair and waste removal.

2

For Balanced Body pH

Ionization raises the pH of tap water by splitting the water molecule (H₂O) resulting in the ions H⁺ (hydrogen with a positive electrical charge) and OH⁻ (hydroxyl with a negative electrical charge). The resulting increase in available negative ions increases the water's alkalinity. Alkaline water balances the body's pH by neutralizing acids and toxins.

3

For Increased Blood Oxygenation

According to experts, drinking ionized, restructured water on a regular basis will increase the amount of dissolved oxygen in the blood. Stable oxygen (a non-reactive oxygen molecule with evenly paired electrons) not only heightens mental alertness, it invigorates and energizes the body.

4

For Free Radical Protection

Ionized, restructured water supplies the body with extra free electrons that it can use to neutralize any destructive free radicals circulating throughout the body. Because this water carries a high negative ORP (Oxidation Reduction Potential), it is a potent antioxidant.



Surprising Facts About Bottled Water

	pH	ORP	\$/Liter
Perrier	3.4	+457	3.87
Penta	4.2	+613	2.75
Daiseni	4.9	+521	1.89
Aquafina	5.2	+542	1.92
Whole Foods Brand 360	6.2	+413	1.78
Reverse Osmosis	6.5	+586	0.03
Tap Water	7.0	+370	N/A
Smart Water (Glacéau)	7.8	+385	3.38
Evian	8.0	+404	2.25
Zaquil & Essentia	9.0	+227	2.95
Kangen Water	9.5	-470	0.06

Boost your Performance.

Save the Environment.

Stop buying acidic drinks and unhealthy bottled waters and give your body the true source of hydration it needs. Kangen Water can be drawn in an unlimited amount, directly from your kitchen faucet. No more bottles, no more waste.

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Optimum Athletic Performance and Water

As an athlete, you know that proper hydration is essential for optimum performance. In fact, being dehydrated by just 1% can cause a 2% drop in performance. This may not sound like much, but it adds up to a loss of two minutes during the course of a one-hour event. In addition, dehydration seriously impairs the body's ability to recover.

Surprisingly, the vast majority (90%) of all athletes are chronically dehydrated. Most don't even know it. And it's not because they aren't conscientious about consuming fluids. In order to be properly hydrated, the cells of the body need to have an ample supply of water to repair themselves from the wear and tear of training. If your body is not hydrated at the cellular level, your health and well-being will suffer. And so will your athletic performance.

WHAT

Is

WATER?

First and foremost, it is important to understand what water is not. It is not fluids—coffee, tea, soda, juice, milk or energy drinks. Because they contain sugars, caffeine, phosphates and carbonation, these fluids are not easily utilized by the body at the cellular level. And because of their acidic nature, they not only fail to hydrate but rob the body of nutrients, minerals and water found inside the cells. The athlete is especially susceptible to acid imbalance as both physical and mental stress, adrenaline and lactic acid contribute to lowering the body's internal pH.

Unfortunately, not even bottled, filtered or tap waters provide the body with adequate hydration because they no longer exist in a natural state. The water we drink has been fundamentally changed. It has been chemically and structurally altered by chlorine and fluoride treatments and has been tainted by heavy metals and toxic polyvinyl chlorides (PVC's) from metal and hard plastic pipes.

In its natural state, water is found in underground reservoirs; it flows over rocks and through streams and falls through the sky in the form of rain and snow. In its natural state, water contains hexagonal water clusters. Because hexagonal clusters are much smaller than those found in altered water, they are easily and deeply absorbed at the cellular level. Natural water is alkaline; it contains an abundant supply of free electrons which makes it a potent free radical scavenger. Because of its direct contact with the life-enhancing forces of the earth, it contains beneficial organic minerals and is completely chemical-free.

Kangen Water Increases Stamina and Solves the Lactic Acid Problem

"I recently started my training for the triathlon season with two 60-mile bike rides. What a difference this Kangen Water has already made in my performance and recovery time! I had more stamina, I wasn't as tired at the end – and just didn't have the soreness I expected the next day."

Jeremy Davis, Triathlete

President, Set Up Events - Triathlon Management

What the Experts Say

According to peer reviewed scientific studies that have been performed in well respected universities and hospitals around the world, drinking Kangen Water can:

- Release excess body fat and stored toxins
- Normalize blood sugar and insulin
- Normalize blood pressure
- Support healthy colon function
- Resolve urinary tract infections
- Stop abnormal gastro-intestinal putrefaction
- Reduce proliferation of candida and fungus
- Reduce chronic pain

CHANGE
YOUR
WATER
CHANGE
YOUR
LIFE

"I think drinking hexagonal Kangen water is the most important thing a person can do for their health."

Dr. David Carpenter, ND,
Author

Change Your Water, Change Your Life

"I can say with total confidence that nothing reduces chronic over-acidity in the body as simply, easily and cost-effectively as drinking ion-rich, restructured Kangen Water."

Wade T. Lightheart, Author
3-Time Canadian Natural
Bodybuilding Champion
Certified Sports Nutrition Advisor



For More Information Contact:

Thanks for reviewing this material.
Please return to Bruce Douglas 303-434-8258
www.BruceDouglas.com/Kangen
Drink Kangen Water for the health of it.