

Alkaline and Acidic Water Uses

Ionized, alkaline mineral water delivers nutrients to our cells more efficiently; it hydrates our bodies better; it cleanses our systems and energizes us far more than tap or spring water. It contains natural antioxidants that neutralize free radicals & give us more energy.

The use of alkaline water is not new. Many Eastern cultures have been using it for over a half century. There are numerous health benefits to drinking alkaline water, but what many people might not realize is how many other uses ionized water can provide. The scientific process of Ionization splits the water into two streams, Alkaline and Acidic. Both streams can be used in different ways. LIFE alkaline, ionized water is great to drink, but it can also be used to prepare and cook food. Experiment with these suggestions on preparing food, let them give you inspiration and let me know how they turn out.

As you read over the following suggestions keep in mind that when first approaching someone about an ionizer, it is important that you find out exactly in what way the person will benefit from the water and what applications will be key for them.

Ionized alkaline water for food preparation:

- Soaking & Sprouting seeds, nuts, legumes, grains & more (activates enzymes)
- Smoothies (neutralizes acidity in fruit and delivers nutrients more efficiently)
- Add to acidic fruit juices to make them alkaline. Many people's stomachs react poorly to acidic juices and adding alkaline water will allow them to then drink fruit juices
- Soups (contents of soup taste better, broccoli)
- Storage of fruits & vegetables - they last much longer
- Removes pesticides, herbicides, waxes & more from fruits & vegetables
- Any recipe that calls for water

Cooking with Ionized Water

- Use alkaline water when cooking to get the best tasting food. Acidic tap water breaks down the food, so you tend not to get the real flavor. The taste comes out full, food is tender, and not as much seasoning is required.
- Fresh Meat and Astringent-Tasting Vegetables can be soaked in alkaline water for twenty to thirty minutes before they are cooked. This will create a wonderful taste with less odor and more taste.
- Red meats and liver soaked in alkaline water for twenty to thirty minutes will draw the blood out and eliminate odors.
- Marinate meats to tenderize them. Tough meats can turn out really nice using this method.

- Fish turns firm and juicy with less odor when soaking and then cooking it with alkaline water.
- Rice turns softer and fluffier. First wash the rice in level one alkaline water. Next, soak the rice in level four alkaline water for twenty to thirty minutes. Cook the rice in the high alkaline water that it was soaking in and you will create moist, soft rice.
- Boil your eggs in acidic water and the yolks turnout bright yellow not gray, and are perfectly symmetrical and taste better. The shells come off with such ease too!
- Vegetables will be a brighter green since the chlorophyll isn't broken down. Acids are also neutralized, so any harsh tastes will be removed.
- Noodles cooked in alkaline water will prevent the noodles from becoming soggy.

Alkalize your body with beverages

- **Tea** with alkaline water will make the color of the tea vivid, lessen the astringency, and make it mellow and delicious.
- **Coffee** with alkaline water allows you to use less grounds with the same flavor and strength. Bitterness will be replaced by a smooth, aromatic experience.
- **Alcohol:** imparts a mellow and delicious taste and prevents the negative physical reactions associated with drinking alcohol as it will neutralize the acid. When drinking alcohol, drink three to four cups of level two alkaline water before and after drinking to prevent effects. You can also add it to cocktails to soften and smooth the taste.

Physical Uses of Alkaline Water:

Alkaline Water helps to regulate your physical condition. Here are some examples of conditions alkaline water can help with

- **Gastrointestinal Fermentation:** If you drink alkaline water on an empty stomach, it will ease your discomfort.
- **Constipation:** Drink alkaline water before you eat and it will hydrate your bowels and improve this condition.
- **Diarrhea:** Since you quickly become dehydrated with diarrhea, alkaline water, with three times the concentration of water molecules, will help keep you hydrated and reduce discomfort.

- **High or Low Blood Pressure:** Alkaline water will help regulate your blood pressure if you drink it one hour before eating.
- **Blood Sugar Levels:** Drink three cups or more on an empty stomach.

Household Uses of Alkaline Water:

Animals and pets:

- Can be used in their drinking water to maintain their health & less odor in feces.

Dying Garments:

- Results in vivid colors.

Plants and Flowers:

- Healthier
- Live Longer
- Need Less Water
- Won't need pesticides
- Extends the life of cut flowers

Uses for Acidic Ionized Water:

Acidic ionized water has an astringent and constricting effect on what it comes in contact with. For this reason, it will tighten and smooth your skin. It is particularly effective in the treatment and prevention of pimples and rashes.

- **Your Face:** improves the health of your face, makes it smoother, and more compatible with makeup.
- **Shampooing:** Use acidic water before and after shampooing. This will protect your hair by preventing hair loss, itching, and dandruff. It leaves your hair soft and non-sticky.
- **Bathing:** Mix in six to ten liters of acidic water in your bath, it will improve the overall health and beauty of your skin.

Home Remedies with Acidic Water:

Natural acidic water has a slight disinfecting and sterilizing ability, which makes it effective in treating minor skin wounds. It even kills the bacteria that cause bad breath. Here are some other benefits:

- **Gargling:** Prevents infection of germs by killing the microbes that cause colds and tonsillitis.
- **Burns:** Alleviates the pain of burns and hastens recovery.
- **Chapped Hands:** Accelerates recovery from chapped hands.
- **Sunburn:** relieves inflammation and accelerates recovery.
- **Abrasions and Cuts:** disinfects and accelerates recovery.
- **Eczema and Acne:** kills bacteria, keeps skin clean, improves its' condition.

Other uses for acidic water:

- **Natural acidic water has a slight bleaching effect. Here are some useful cleaning applications:**
- **House cleaning:** dirt and grime are removed.
- **Polishing:** effectively cleans mirrors, glass, knives, and eyeglasses.
- **Washing Vehicles:** dirt is removed easily.
- **Baths:** the bath water is quickly heated, scale won't adhere to tub. Great for use in your hot tub.
- **Cutting Board:** quickly washes and disinfects.
- **Pots and pans with baked food:** when soaked overnight, stains and burns are removed.
- **Sponges:** Fungal and bacterial growth is stopped, preventing bad smells and contamination.
- **Odors on your hands:** smell is removed and the itching is eliminated.
- **Pets:** Acid water is great for bathing your pets as it helps prevent skin disease and itching and leads to an overall healthier coat of fur.

Brushing teeth and shaving:

- If you make a habit of using acidic water for brushing teeth, it helps you to maintain healthy teeth with sterilizing and disinfecting results.
- Use acidic water as an astringent instead of toner or lotion for irritated skin after shaving.

Sterilization Effect:

- Acidic water is effective agent for sterilizing bug bites to ease itching and also disinfects them.

Flower Arrangement:

- Coat the stem of the flowers into diluted acidic water. This helps the flowers to be fresher for a longer time.