

## **HOW TO USE ALKALINE / ACIDIC WATER FROM TYENT IONIZERS**

Do not drink alkaline water or any liquid 30-60 minutes before & after a meal. It will neutralize the digestive juices (acid level in your stomach) needed for digestion & assimilation of nutrition. But, may *sip a little* alkaline water when eating acidic foods.

Start drinking alkaline water at a low setting and work your way up to a higher setting so your body can start releasing toxins and restoring the pH balance.

Use any Alkaline Water in a humidifier or indoor fountain.

**LIGHT ALKALINE:** 8-8.5 **INITIAL STAGE, NO SYMPTOMS/NEXT HIGHER**...cooking... children & healthy pets only require a low pH alkaline water & never for fish tank.

**MEDIUM ALKALINE:** 9 **NO SYMPTOMS/NEXT HIGHER**...removes coffee bitterness...removes tea sharpness...water plants...cooking...floriculture...prevents fruit browning...hangovers-before sleep or empty stomach in morning...cook shoots, sprouts, taros, & seaweed...fish-cook to eliminate fishy taste.

**STRONG ALKALINE:** 9.5-10 **BEST FOR HEALTH, BUT WORK UP TO**...clean vegetables & fruits for longer storage...cook soup dishes...soak 30-60 minutes, then cook rice...make ice...cold water tea...prevents fruit browning...cooking...meat & astringent vegetables-soak 20-30 minutes to remove fat smell & make more tasty...removes strong rawness...steam cooking...cooking beans...mix with acidic booze...brings back the color from your grey hair

**TURBO STRONG ALKALINE-10.5-12.0:** **NEVER DRINK**...remove stains from clothes & carpet...cleans & dissolves & softens...kitchen grease & grime...toilet stains...counters...floors...drains...wash meats, veggies, fish, poultry before cooking...remove rawness from veggies...removes pesticides & preservatives from fruits & veggies...etc.

**NEUTRAL PURIFIED:** 7 to take medications & time release items (wait 45 minutes before & after for drinking alkaline water)...baby formulas

**LIGHT ACIDIC:** 5.5 **NEVER DRINK**...wash rice before soaking...wash face...bath...skin care-as astringent for elasticity, prevents chloasma, pimples, & freckles...anti-bacterial after washing, bathing, shaving...helps make-up adhere better...shampooing-rinse hair after shampooing but not if hair is colored...burns & cuts-apply poultice for styptic effect & recovery...gargling & respiratory-sore throat & heavy coughs...cut flowers-1 part acidic to 2 parts neutral...boil pastas and rinse...cook eggs...make tempura batters & fried foods for extra crispy...clean jewels & glasses & polish metals

**STRONG ACIDIC:** 4.5 **NEVER DRINK**...soak 20-30 minutes to disinfect...cleaning chamber pots, bathrooms, dish towels...I'm using strong acid water in a sprayer bottle to spray all my skin after my shower, to bring the acidic layer back, and as an astringent and constrictor for my skin or you could wipe your body with a cloth soaked in acidic water...eliminates pain and hastens recovery from burns, cuts, bites, rashes, acne, blisters, etc....chapped hands...wash fruits, veggies, meats, poultry, and fish to kill bacteria...spray on sprouts you are growing

**TURBO STRONG ACIDIC** -2.5-3.5: **NEVER DRINK**...disinfect...sterilize...antibacterial...clean with turbo strong alkaline before strong acidic-wipe off metals with dry cloth (acidic is corrosive)...kitchens... athletes foot & piles-soak 100F, 20 minutes per day & wash 2-3 X's a day & apply hot poultice...dry feet with calluses...gargling...wash hands to disinfect & remove odors...toothbrush...brush teeth...tea stains...kills fungi & mold...nursing homes, schools, beauty salons, food processing plants, green houses, pet shops...etc.

Bathe pets in acidic water but have them drink alkaline water.

Storing water:

The pH and Orp will start to dissipate once it hits the air.

Store Alkaline water in a sealed container in the refrigerator and it should last about 36 hours.

Store in a glass jar with a vacuum sealed lid, a stainless steel container (Good Life Bottles), or anything that is BPA Free.

Acid water lasts a longer time. Can be stored in a spray bottle to use over a week.

More info:

Never turn unit off at the back unless you will be gone for more than two weeks at a time. I would turn off the water.

When switching from acidic-alkaline or alkaline-acidic, let water run about 10-15 seconds if it hasn't gone into a washing mode.

You may use alkaline water to take natural vitamins.

The alkaline water is chock full of oxygen, has the negative ORP (oxidation reduction potential) and a higher ph that helps to keep your body more alkaline than acidic. The dual filtration does take out most of the harmful minerals and puts the good traces back into the water that you want such as alkaline minerals, ex. calcium and magnesium.

### FDA Disclaimer

Statements within have not been evaluated by the Food and Drug Administration. None of these research suggestions are intended to diagnose, treat, cure or prevent any disease. Use water w/ caution.

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