

Your machine should be arriving SOON! :)

Once you get it hooked up, let it run for a solid 5+ minutes on BEAUTY water. I also have a Kangen Machine Guide I made to help people simplify on the understanding of the instructions! It is at the bottom of this document and is designed for you to print and for it to be your "helper" until you get the hang of it! ☺

Make sure everybody starts with 8.5. Stay on that for one week. IF there are no detox symptoms within about 3 days, those NOT detoxing can go ahead and move up to 9.0.

Typical detox will be headache or diarrhea. Normally it's minimal if any. The more meds or health struggles someone has had, the bigger the chances of a detox are. I had a friend who worked in a chemist lab, exposed to high doses of chemicals for many years. He had the strangest detox I have seen yet.

He started having a very strange BAD body odor... sweating and out it all came. YUCK. They endured it because they knew what was happening. :) When we moved him up to 9.0, he detoxed again, and then again at 9.5. (That is NOT normal but he was extreme) Now, he feels GREAT!!!! Thank goodness his wife still loved him even though he didn't smell too good for a while. LOL. A common detox people have reported (if they are very toxic and sick) is a "metallic" taste in their mouth. We have had multiple cancer patients report this. The more toxic someone is the bigger their detox MAY be. Nothing is unbearable, just good to be aware of. If they are worse than what the person is comfortable with, ease them into all Kangen. You could go half their old water and have 8.5 and work them up. :)

Standard protocol is 8.5 for week 1, 9.0 week 2, 9.5 permanently. Let us know if you have any abnormal symptoms and we will modify as needed.

IF you are on prescriptions, go ahead and push the GREEN button (clean water) when you take any medications. Then wait 30 minutes before you drink Kangen again. It could make the meds work "better" and that may adjust the dosage so we want to avoid that. On supplements, that's not a concern. :) Let them work better!

Start any pets on 8.5 too. Some people leave them on 8.5, some people move them up. If you put a bowl of 8.5, 9.0, and 9.5 down for a dog, they should go for the one their body needs. 😊 Animals are smart!

Water consumption amounts should be 1/2 your weight in ounces up to 1 ounce per pound. Drink, drink, drink and avoid drinking any other types of drinks. Kangen is the BEST. You will get where you just have to have it and if you are ever forced to drink bottled water or any other, it is hard to do. Don't panic if you discover you have become a "water snob." 😊

You will need to manually CLEAN your machine at least ONCE per month. Some people who use their machine very often, clean theirs two times per month. People in hard areas even clean theirs once per week. There are clear instructions on our website @ www.loveyourwater2.com It's easy and we like to make sure people do things right so they protect their health and health investment.

We encourage you to play around with your new pH drops that come with your machine. Have fun testing water. Here's a tip for you, if you run the water SLOWER, you will increase the pH. If you get too high of a pH, the water may taste "fishy." Don't run it that slow. If you run it too fast, the lady that talks to you will yell at you.... "Decrease flow" LOL.

Okay I think that's all!

If for some reason the machine doesn't attach to your sink, you may have to go to a department store and get the right attachment. Enagic sends many to choose from, but we have had a few that their faucet didn't match up right. An inexpensive part from the store typically fixes the problem. Hopefully yours will fit right, but if not, don't panic. It's happened about 4 times out of our first 100 and they were easy fixes. :)

Below is a machine guide to help you as you begin your "Change Your Water, Change Your Life" journey!

Enjoy... and don't forget to share with those you care about!

KANGEN MACHINE GUIDE

Enjoy your new machine!

1ST thing in the MORNING

Turn machine **ON** (power button)

Push BEAUTY Water

Run on Beauty Water for **2-3 minutes**... this warms up the plates and makes sure there are no mineral deposits on the plates from it setting overnight.

To use 2.5/11.5 Water

~ For cleaning, sanitation, etc.

Push the button that says "Strong Acidic"

Out of the **BOTTOM** spout (the one that drains) will come the **2.5 Water**. Out of the **TOP** spout comes **11.5 water**. **ALWAYS push BEAUTY water AFTER using the ACIDIC so it can clean it.**

To use BEAUTY water

Simply push **BEAUTY WATER** and get your water from the **TOP** spout. Enjoy everything this water does. We recommend putting some in a mist-type bottle and spraying it on your face and body multiple times per day. **ENJOY!**

WHEN it wants to clean...

Just keep the water running!

For every 15 minutes of running time, the machine will want to do a miniature cleaning. It will say **"It Cleans It."** All you do is **NOTHING**. Keep the water running and let it clean. When it is done it will go back to whichever water setting you had it on.

Every 2-4 weeks you will do a manual cleaning. This ensures your machine will stay in excellent condition. Our team website will show you how to clean your machine manually.

Remember... **NEVER run HOT water through the machine!**

Always begin with 8.5 Water. Stay on it for approximately 1 week. Next, move on to 9.0 for another week and then ultimately 9.5. This allows for any DETOXING to take place slowly (IF there is going to be any). Detox symptoms would possibly be headache, diarrhea, a metallic taste in mouth, etc. IF this happens, celebrate because you are getting toxins OUT. This will be temporary.

"Change your Water, Change your Life"

www.loveyourwater2.com