

The many Uses of Ionized Water



LIFETIME WATER



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[Lifetime Water & Wellness](#)

Hydrogen-Rich Water and Whole-House Filtration Distributors
Health & Wellness Coaching, Circuit Membership, and Functional Nutrition Counseling
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Solana Beach, CA 92075

The Many Uses of Kangen Water

2.5ph or Hypochlorous Acid Water (HOCL)

- Kills 99% of Bacteria (See 2.5pH Kill Chart Below)
- Replaces Bleach
- Mold
- Eczema
- Psoriasis
- Gum disease
- Acne
- Sore throat
- Sinus Infections
- Food Poisoning
- Nail fungus/pink eye
- Bloodstains

6.0ph or Beauty Water

- Same pH as your Skin
- Replaces Skin Toner (See Jennifer Ruffalo's Toner Recipe Below)
- Hair Conditioner
- Rashes
- Diaper Rash
- Use for Hard Boiling Eggs and Pasta
- Replaces Windex
- Use for Hardwood Floors
- Replaces Fabric Softener



11.5ph

- Removes Oil-Based Pesticides from Fruits and Vegetables
 - Soak a towel and use it for Arthritis and Gout Flares
 - Migraines
 - Hangovers
 - Allergies
 - Laundry Soap
 - Makeup Remover
 - Degreaser
 - Eye Wash
-

Cooking with Kangen Water

pH 8.5 – 9.5 (Kangen Water)

- Use half the amount of coffee or tea when brewing.
- Enhances soup flavors—use less seasoning.
- Ideal for making ice cubes. (H₂ gas may reduce slightly)
- Pre-boiling or blanching green vegetables.
- General washing of vegetables (tap water has contaminants).

pH 4.5 – 6.0 (Beauty Water)

- Boil pasta and dried beans faster.
- Boiling eggs—easier to peel.
- Soak tea cups or burnt pots for 24 hours to remove tannins.
- Cleans glasses, mirrors, windows, and hardwood floors. (No Windex!)



- Gentle for washing face, scalp, and pet fur.

pH 11.5 (Strong Kangen Water)

- Removes oil-based pesticides from fruits and vegetables. (11.5 is an emulsifier!)
- Dilute dish, hand, and laundry soap by 75% or more.
- Cleans oil, grime, and stubborn toilet bowl stains.
- Removes coffee, soy, oil, and blood stains from clothes.

pH 2.5 (Strong Acidic Water)

- Kills bacteria, MRSA, E. coli, Staph, and Salmonella.
- Disinfects counters, bathrooms, cutting boards, utensils, and hands.

A Chemical-Free Home

General Laundry

- Replace detergent with 1 liter of pH 11.5 water.
- Optionally, dilute eco-friendly detergent 10:1 with pH 11.5 water.
- Fabrics become cleaner, brighter, and last longer.

Stain Removal

- Oil-based stains: pre-treat or soak with pH 11.5 for 20 minutes.
- Protein stains, such as blood, saturate or soak with pH 2.5; colors remain unfaded.
- Soak socks or work clothes overnight in pH 2.5 to kill bacteria.



Fresh Laundry

- Add 2–3 drops of essential oil to $\frac{1}{4}$ cup pH 11.5 water.
- Soak a washcloth in the mixture and place in the dryer with laundry.

Dishwasher

- Pour $\frac{1}{2}$ a painter's bucket of pH 4–6 water into the bottom of the dishwasher.
- Run the normal cycle—no need for Jet Dry.

Windows, Mirrors, Glass

- Remove fingerprints with pH 11.5 water.
- Spray a fine mist of pH 4–6 water and wipe with a lint-free cloth.

Flooring

- Clean and rinse hardwood, tile, vinyl, and laminate floors with pH 4–6 water for a brilliant shine.

Rug/Carpet/Upholstery Cleaning

- Pre-treat stains with pH 11.5 water.
- Steam clean using pH 11.5 water.
- Add 10 drops of essential oil to the final rinse for a fresh scent.



Bathrooms

- Use pH 2.5 water to disinfect tubs, showers, counters, and toilets.
- Spray pH 2.5 water daily in the shower to reduce soap scum.
- Soak showerheads in pH 2.5 water for 30 minutes to remove lime scale.

Bathroom Air Freshener

- Fill a 2–4 oz. spray bottle with pH 11.5 water and 3–4 drops of essential oil.
- Spray into the air or on fabric surfaces.

Kitchens

- Disinfect surfaces, including butcher blocks, with pH 2.5 water.
- Clean oil-based spills with pH 11.5 water.
- Finish surfaces with a fine mist of pH 2.5 water; no drying needed.

Stainless Steel

- Clean fingerprints with pH 11.5 water.
- Mist with pH 2.5 water and dry with a lint-free towel.

Cabinets, Faucets, Exhaust Fans, Ovens, Walls

- Clean with pH 11.5 water.
- Finish with pH 4–6 water and a lint-free towel.

Porcelain Sinks



- Apply pH 2.5 water to stains and cover overnight with a cloth soaked in pH 11.5 water.
- If stains persist, scrub with a paste of baking soda and pH 2.5 water.

Linens

- Spray paper towels with essential oil air freshener, let dry, and place between folded sheets and towels.
- Wipe down shelves and drawers with pH 2.5 water to eliminate odors.

Conditioning Wood

- Mix ¼ cup pH 11.5 water with 1 teaspoon orange oil in a spray bottle.
- Lightly mist and dry with a lint-free cloth.

Glistening Wellness by Jennifer Ruffalo: Beauty Tea and Beauty Tonic Recipes

Beauty Tea:

- Kangen 9.5 or spring water
- 1 1/2 teaspoons of all:
 - Rosebud
 - Rose hip
 - Hibiscus
 - Calendula
 - Raspberry leaf
- 1 tablespoon Nettles

Combine all into a 32-ounce mason jar. Cold brew in the refrigerator for 4 -6 hours, overnight under a full moon, or 2-4 hours in the sun. Strain, then I will fill back up with water and brew 1 more batch from herbs for a second round.

Beauty Toner:

- Kangen 6.0ph water
- 1 teaspoon:



- Hibiscus
- Rosebud
- Rosehip

Combine all ingredients in a 16-ounce jar, fill with about 8 ounces of water, brew overnight, and strain. Then, keep it in the refrigerator and use it as a toner. It is good for 4-5 days.

Additional Resources

Check out the 2.5pH Kill Chart, which we attached below

- An amazing presentation by a DDS on YouTube:
 ▶ [The Power Of Kangen Water 2.5 E.O Water - Complete explanation \)](#)

The Science behind Molecular Hydrogen (H₂):

- [Molecular hydrogen: a preventive and therapeutic medical gas for various diseases](#)

The Molecular Science Institute and Its Research Studies:

- <https://molecularhydrogeninstitute.org/scientific-studies/>

Dangers of Drinking Reverse Osmosis and Distilled Water:

- <https://bit.ly/2OAX11>

True Costs and Benefits of Water Ionizers:

- <https://bit.ly/2HTuv8g>

Lifetime Water & Wellness' YouTube Channel for more how-tos:

- [Lifetime Water & Wellness - YouTube](#)

Kangen 2.5 pH Strong Acidic Water

(Strong Electrolyte Acid Water)

Germ Elimination Comparison

Organism	Effective Produce	Strong Electrolyte Acid Water pH 2.6	Neutral water pH 6.5	Acid Water pH 2.6	Sodium Hypochlorite	Benzalconium Chloride
Hepatitis B Virus	Hepatitis	No live organism detected within 30 sec.	1 10 seconds	No live organism detected within 30 sec.	Not killed	Not Killed
Tubercule bacillus	Tuberculosis	No live organism detected within 30				
AIDS Virus	AIDS	No live organism detected within 30				
Bacilus Subtilis	Dries grass, etc.					
Staphyococcus	Food poisoning	No live organism detected within 30 sec.	No live organism detected within 30 sec.	No live organism detected within 30 sec.	Not killed	No live organism detected within 30 sec.
Salmonella	Food poisoning	No live organism detected within 30 sec.	No live organism detected within 30 sec.	No live organism detected within 30 sec.	No live organism detected within 30 sec.	No live organism detected within 30 sec.
Bacillus cereus	Food poisoning	2 minutes	Not killed	Not killed	Not killed	No live organism detected within 30 sec.
Resistant Staphylococcus	Food poisoning	No live organism detected within 30 sec.	No live organism detected within 30 sec.	No live organism detected within 30 sec.	No live organism detected within 30 sec.	No live organism detected within 30 sec.
Entinitis vibrio	Food poisoning	No live organism detected within 30 sec.	No live organism detected within 30 sec.	No live organism detected within 30 sec.	No live organism detected within 30 sec.	No live organism detected within 30 sec.
Typhoid bacillus	Typhoid fever	No live organism detected within 30 sec.	No live organism detected within 30 sec.			
Candida albicans	Inflammation of Mucous membranes	No live organism detected within 30		Not killed	5 Minutes	5 Minutes
Pneumobacillus	Pneumonia	No live organism detected within 30				
Bread mold	Bathtub mold	No live organism detected within 30 sec.		No live organism detected within 30 sec.	5 Minutes	10 Minutes
Red yeast	Red color on plumbing fixture	No live organism detected within 30		Not killed	2 Minutes	
Athletes foot fungus	Athletes foot	No live organism detected within 30	5 minutes	Not killed	5 Minutes	
Streptococcus Pyogenes		No live organism detected within 30 sec.	No live organism detected within 30 sec.			
Enterococcus		No live organism detected within 30 sec.	No live organism detected within 30 sec.			
Staph aureus		No live organism detected within 30 sec.	No live organism detected within 30 sec.	No live organism detected within 30 sec.		
E. coli (0 - 157, etc)	Food poisoning	No live organism detected within 30				

Is Your Water Helping or Hurting Your Health?

Not all water is created equal! Did you know that the type of water you drink can have a profound impact on your health? Most of us assume all water is the same, but the truth is, there are key differences that determine whether your water is "live" or "dead." Live water, like Hydrogen-Rich Water, mirrors the charged, natural qualities of fresh spring water but with an added bonus: molecular hydrogen (H₂)! It's water that energizes and reduces oxidation on the cell walls. Not only does it hydrate, but it reduces inflammation at a cellular level. By contrast, dead water lacks the vitality your body craves.

Many types of commonly consumed water may actually do more harm than good:

- **Plastic Bottled Water:** Often contains harmful microplastics and chemicals like BPA, which can disrupt hormones and leach into the water over time. Plus, it's environmentally damaging.
- **Reverse Osmosis Water:** While it removes contaminants, this process also strips away essential minerals, leaving the water "dead" and acidic, which can leach minerals from your body.
- **Alkaline Water and H₂-Generating Bottle Water Fads:** Be cautious of manufacturers artificially boosting pH with baking soda or salts. These additives do not provide the same health benefits as naturally ionized water and may not address your body's actual hydration needs. Also, H₂-Generating bottles stop generating H₂ gas within months, rendering the benefits obsolete.

If you're considering a water ionizer to transform your hydration, it's important to understand not all machines are equal either. Choosing the right one can make all the difference. To help you navigate this journey, we've created a handy checklist for evaluating and selecting the best water ionizer for your needs.



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Checklist: How to Choose a Quality Water Ionizer

Solid Medical-Grade Plates

✓ Look for machines with SOLID medical-grade platinum and titanium plates. Avoid machines with inexpensive mesh or slit plates, which can compromise durability and long term effectiveness.

Multiple pH Levels

✓ Ensure the machine offers a variety of pH levels, including especially strong 2.5 (sanitizing) and 11.5 (emulsifying) options. These levels are key for both health and non-toxic household uses.

Comprehensive Warranty

✓ Check for a 5-year warranty that includes both parts and labor. Be wary of warranties that are voided if hard water is used—this is a red flag for poor-quality construction.

Self-Cleaning Capability

✓ Opt for a self-cleaning machine with at least 230 watts of power. Machines that lack this feature may overheat or require frequent manual cleaning, reducing their lifespan and ability to generate the therapeutic H2 gas.

Natural Mineral Use

✓ Avoid machines that add artificial minerals to raise pH levels. The best water ionizers use minerals found naturally in water for safe, effective hydration.

Industry Certifications

✓ Look for certifications such as ISO, WSA, CSA, and NSF/ANSI. These indicate rigorous testing and compliance with industry standards.

The Benefits of Hydrogen-Rich Water

Hydrogen-Rich-Water replicates the natural qualities of spring water by adding molecular hydrogen, a powerful antioxidant. It can help:

- Combat oxidative stress
- Improve cellular hydration
- Boost energy levels
- Reduce inflammation
- Support overall wellness
- There are over 170+ therapeutic benefits to molecular hydrogen (H2) with no side effects.

Take the Next Step Toward Vibrant Living!

Ready to transform your hydration and take charge of your health?

Contact Robin Colvey at Lifetime Water for water testing, more information, and personalized machine options:

Website: www.lifetimewatersb.com

Email: rocolvey@gmail.com

Start your journey to vibrant health with the trusted benefits of Hydrogen-Rich-Water.

P.S. Tune into to the WellLIFE podcast episode featuring Robin Colvey for more insights on the power of Hydrogen-Rich-Water and other transformative health practices.



Along with being a Certified Functional Nutrition Counselor, Robin is also an official supplier of Ionized hydration, offering trusted Hydrogen-Rich-Water solutions that support vibrant health and wellness. Visit her website to learn more about how this water can transform your hydration and your life.

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"You don't have to settle for less when vibrant living is within reach." - Robin Colvey



BEST WATER IONIZER



CHECK LIST

- ☐ **Made with SOLID medical grade** platinum and titanium plates vs inexpensive mesh or slit plates
- ☐ Machine which makes 7 different pH levels especially **strong 2.5 and 11.5**
- ☐ A 5-year warranty, including parts/labor *vs warranty that says “voided” if hard water is used!*
- ☐ **Self-Cleaning** and 230 watts of power vs over heating switch off mode.
- ☐ **No minerals added** to artificially UP the pH. Uses minerals from nature.
- ☐ **Industry Certifications:** ISO, WSA CSA, NSF/ANSI, Registered Medical Grade Device in Japan vs. ZERO certifications.

More Information, water testing and Machine options:

**www.lifetimewatersb.com
email: rocolvey@gmail.com**