

## About The Author

Hello, I'm Diana Snyder Hester and I am passionate about water. I am of the opinion that drinking the right water saved me from a recurrence of breast cancer. Thirteen years prior to hearing about the water, I battled breast cancer and as a result of using holistic medicine had defeated it. The man who helped me told me if I let the environment in my body get too acidic again, it would return.



Two years ago I felt the same symptoms I had previously felt 13 years earlier and knew I needed to drastically change my diet again. Getting your body alkaline strictly by changing what you eat is incredibly difficult. Then a friend called me about this amazing Kangen Water machine which made alkaline ionized water and I knew immediately I had to have one. Little did I know, alkaline water was just one amazing attribute of this machine!

I drank a gallon and a half a day for 6 weeks. I know it sounds like a lot but it is easy to drink lots of this water without feeling bloated. Well in no time at all I felt no more pain in my breast, no more arthritic pain, and my energy was off the charts!

I promote this water because it truly is life changing.

I live in Houston, TX, have a loving husband, 2 wonderful sons, multiple grandchildren and lots of boys who call me mom from years of spending time with my sons. Moreover, I am a writer, blogger, and I love compiling GOOD information to showcase on the Internet because there is so much BAD information out there.

To your good health!

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### **Legal Notices and Disclaimer**

No health claims or claims of cures that may be implied are meant in anyway as diagnosis or health claim. . What has been experienced by any individuals is not a claim for any particular protocol but rather for the established fact that dehydration can cause many health complications and getting hydrated can enhance health.

While all attempts have been made to verify information provided, neither I nor any anillary party assumes any responsiabilty for errors, omissions, or contradictory interpretation fo the subject matter herein.

Any perceived slights of specific people or organziations are unintentional.

The content is for informational purposes only and and should be viewed as such. It should be just part of your research and be a guide to look further into the subjects, people and research introduced herein.

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# Introduction

After much research, this information is a compilation of the most concise yet easy to understand information about ionized water. I want to thank all the contributors who made it possible. It is so very important for the truth to be told about ionized water and, for the truth to be believed, it needs to be told by experts who can testify to its amazing properties and life changing benefits.

There has been so much in the way of deceptive misinformation on the Internet. It must be confusing to a person, after his first exposure to ionized water, to discern what to believe. If you dig deep enough to see who is behind the negatives, it always comes down to this list:

By industry not by names:

- Reverse Osmosis

- Water Treatment
- Distributors of Knock-Off Ionizers
- Water Filtration
- Those whose Internet industry is to gain traffic by bashing anything and everything
- Uninformed Doctors who state an opinion before doing due diligence or who have their own products

Each has their own agenda which is to sell their product or opinion, which is fine, but in order to do so, some pose as unbiased reviewers and purveyors of the truth and mislead people, which isn't fine. Some competitors go so far as to publish what looks like a magazine that says "Water Ionizer Review" as if it is a panel of experts who do nothing but review water ionizers instead of a distributor who is trying to make a sell. It is very deceptive.

It is so easy to create a presence on the Internet pretending to be something you are not, and one of the reasons I am writing this eBook is to give a big

dose of truth with real live people, experts and sources, and to shine a spotlight on the only ionizer I know which can stand on its own merits.

The difference between the information in the eBook and the information that competitors of Kangen Water® spew on a regular basis, is the 39 years of results, certifications, doctors reviews, and the millions of healthy people running around the world because of Kangen Water®!



### Here's a Clue

When all other companies use Kangen Water® as the standard to compare themselves, “As good as, but cheaper” or “Outdated technology compared to new technology” seem to be the favorites, the place to start

your research is to discover exactly why Kangen Water® is the standard and to find who, what when, where and how concerning Kangen Water®. It comes down to Proven Quality, Proven Technology vs Unproven Technology, Questionable Quality. Do I really want to be their guinea pig?

Each Kangen Water® machine is made by one technician for quality control and all parts are manufactured in the Enagic factory so it is warranted in house. It is not outsourced.



The problem is, before getting to the truth, many people get suckered into the competitor hustle. These companies make their money off of the backs

of the dedicated work of Kangen Water® distributors.

Kangen Water® distributors are the best in the world! They go to great lengths to share water, educate and generally make their families, friends and neighbors aware of what ionized water will do for them.

And do you want to know why they share water? Because the water works! Other companies do not dare share the water, or if they do, they don't take their meters with them to measure the water after just a day. All someone has to do is drink Kangen Water® for a while to feel the amazing anti-aging benefits.



Kangen Ionized Water *is* anti-aging  
but not *this* anti-aging!  
But kids do so love the water.  
They can tell the difference.

Unfortunately, sometimes these family, friends and neighbors get on the Internet to do their own “research” . Research is quite a misnomer because what these people do is start strolling through a mine field of misinformation. Many machines are sold on the back of 39 years of success by a different company, not their own.



So some people, believing other machines deliver the same as what Kangen Water® delivers and wanting to save money, will buy one of these knock-off machines. The buyer lives to regret it, because the machine did not meet the gold standard that Enagic® is awarded year after year.

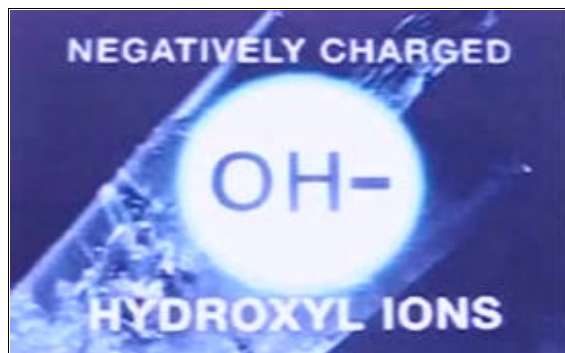




It is the same story over and over and over again. These machines simply do not have the power nor the technology to deliver strong, STABLE, life changing water!

Some people will just give up on ionized water because they bought the wrong machine and it did not do anything for them. It is a mistake to do that.

Just like you can't quit buying cars just because you bought a lemon that worked for a while and then



quit, you can't give up on good water just because the machine you bought quit producing good water after a few months.

People must have good water to stay healthy so don't be confused! All water is not the same. Kangen Water® is powerful hydroxyl negatively charged water strong enough to hold the charge.

Kangen Water® machines will produce the same good water for a minimum of 10-15 years. And Enagic® has a great service of deep cleaning once a year. Though the machines are self-cleaning, the minerals can still build up on the plates over the period of a year and need to be deep cleaned for optimal ORP.

What a valuable service! But then, Kangen Water® machines are built to last not to have to be replaced in a year. The quality that goes into each machine is unsurpassed! The materials are medical grade and the manufacturing facility is state of the art.

Some of the other machines are made with sub standard material and can even cause heavy metal poisoning. Other machines are manufactured in China and Korea and private labeled. They are not built with Japan's standards, have no medical board to supervise the quality before endorsing, they have NOTHING. My question is, why would anyone take a chance like that with their health?

In America, ionizers are like the bottled water industry....unregulated. Japan has set the standards because their goal was water quality to begin with. They did not set out to build ionizers to make a quick buck.

Step with me through the pages of this book and find the answers you seek.



I hope this book serves to educate you concerning the power of ionized water and the reason Enagic® technology doesn't have to be changed. My dad always told me, if it's not broken, don't fix it. My dad was always right! What worked yesterday, last year, 10 years ago, will still work today! And if you have 39 years of history, it is hard to dispute.

You will find in the “What the Experts are Saying” section, video links so you can actually dig deeper for yourself if you will take the time. I hope this eBook serves to provide you with the information you deserve!

*Diana Hester*

Diana Snyder Hester

Hydration Consultant, Researcher and Author

## The Origin of Ionized Water

In the 1950's, Japan was plagued with acid rain drifting over from China. Scientists were determined to find a way to provide healthy drinking water for people.

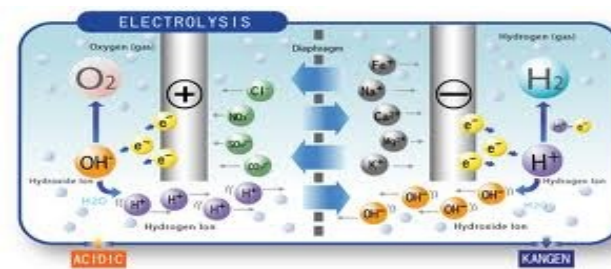
Scientists traveled to healing springs throughout the



world: Lourdes, in France ... India ... the Himalayas. It was there they learned the secret of the world's primal waters,

emerging from deep within the earth and bringing healthy hydrolyzed alkaline water to sick bodies.

From this knowledge, scientists began earnestly working to duplicate these amazing waters. Research into water ionization had begun!



Mr.  
Hironari  
Oshiro,  
having

exclusively owned one of Sony's top dealerships in Japan, became intrigued by the work that was being done in water ionization. At the time hospitals were successfully using Ionized water in the hospitals, not only for drinking, but for disinfecting and the treatment of burns, wounds and other skin conditions. Upon being released from the hospital, people were going back to the hospital, standing in line to get water.

In 1988, Mr. Oshiro changed his company's name to Enagic® Co. Ltd. The word, Enagic®, is derived from a root German word meaning "energy." Mr. Oshiro because of his experience drinking the water and his research, developed the mission for his company: True Health.



Mr. Oshiro was able to penetrate the market successfully in Japan where people were already



familiar with ionized water, he decided to take his mission of true health to the world and in October, 2001, Enagic® merged with Toyo Aitex, a company that specialized in electrolysis water generating technology.

Toyo, a 30-year-old company, manufactured medical devices for hospitals. After thirty years' history, Toyo was recognized as the best and most reliable water ionizer in all of Japan. Mr. Oshiro explains:

“Japanese homeowners who, while in the hospital, had benefited from drinking Kangen Water® and the using Strong Acid disinfecting water began asking us to start manufacturing home water ionizers. Now, this meant retail sales, which is normally developed by an advertising, marketing and distribution

department ... a department we did not have ... and a department we did not want.”

As a manufacturing company priding itself in the award-winning products, they determined what the customary budget would be to bring a retail product to the international market: advertising, graphics, media, jobbers,

distributors, and ultimately retailers ... and Enagic®

developed a plan to apportion this budget to the new home

ionizer owners in the form of referral bonuses. Owners loved this, as it off-set the cost of their ionizers; in fact, many owners determined it was the way they would pay for their machine.

When Mr. Oshiro began paying these referral bonuses to his new home ionizer owners, the payout was so high that other companies criticized



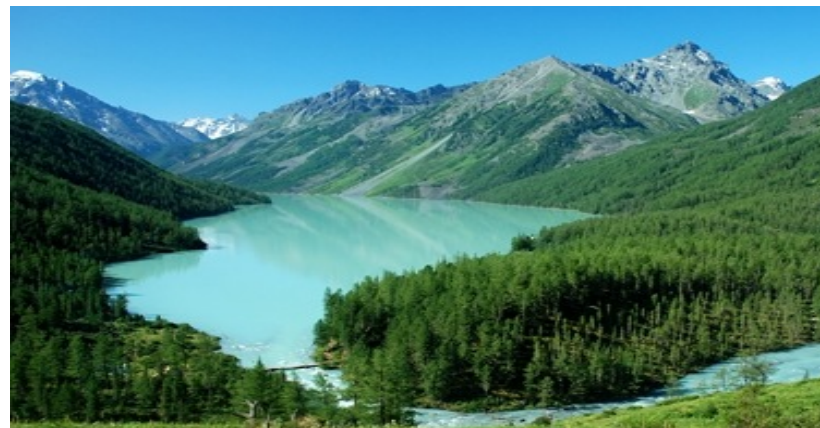
his generosity, saying he would go bankrupt. However, just the opposite has been the case and Enagic's growth has continued to expand, even during the world economic crisis. This has been working out very well for all. Mr. Oshiro believes in giving value to families for both their physical health and financial health.

### **US Trademark and What It Means**



Kangen Water® is a registered US Trademark. In Japan, the word Kangen carries a very special meaning: Return to Origin. And in Japan, this water has been known as Kangen Water® for many years. People of Japan's know of their country's vast and extensive research to find and uncover the secret of the world's healing waters ... the primal waters, coming from deep within the Earth. Kangen Water®

was replicated after these healing waters for the health of people.



The government even did a 13-segment documentary on public television in 1996, educating people on the importance of this water technology and encouraging them to bring it into their homes.

### **Licensed Medical Devices**

Enagic's alkaline water ionizers are licensed by Japan's Ministry of Health, Labor and Welfare as Medical Devices. And has the distinction of being the only Japanese water ionizer manufacturer

licensed as a Manufacturer of Medical Devices. Japanese medical doctors prescribe Kangen Water® for their patients.

### **Chosen #1 by 6,500 Japanese Medical Doctors**

Non-profit Geriatric Disease Prevention Association, with a membership of over 6,500 doctors and surgeons, selects only ONE PRODUCT per industry to receive their award of Product Recognition and award of Endorsement Recognition. Out of a field of over 30 water ionizer manufacturers, 6,500 medical doctors chose ENAGIC®, awarding Enagic® both of these certificates. The best in Japan! Made in Japan!

### **Hospital Grade Antibacterial Water**

Enagic® is the only manufacturer of home water ionizers capable of producing Strong Acid Water which can kill bacteria in 30-seconds. This is the same antibacterial water utilized daily in many of Japan's hospitals and clinics. This makes possible chemical free homes because the water is a natural solvent

strong enough to clean anything in the home.

### **Japan is Number One Health and Longevity in the World**

As you know, Japan is quite health-conscious. They avoid harmful chemicals for themselves and their environment.



They have learned many secrets for a long and healthy life and are the longest-lived in the world.

International offices for Enagic® span the globe. US Headquarters, a 40,000 square foot office and distribution center, is located in Torrance, California. Also there are offices in major cities throughout the United States, Mexico, Japan, Okinawa, Taipei, Taiwan, Hong Kong, and Europe.

“Thank you for taking the time to learn. Come and visit Japan. You will see how each ionizer is made. There are NO production lines. Each Enagic® ionizer is hand made by ONE Technical Specialist. Every single part of your ionizer is made in the plant ... they do not rely on any other manufacturer. Your warranty is issued by Enagic ... the manufacturer.

Ionizers are guaranteed for five full years and the expected lifetime of an Enagic® alkaline water ionizer is 12 to 15 years. If your ionizer should require service, we first provide you with a loaner to use while yours is being cleaned and the cost is just \$35. When we build your alkaline water ionizer, we consider this a family's long term investment.

And that is why we take great pride in introducing our award-winning alkaline water ionizers and bringing to the world our Legendary Kangen Water®.”

Mr. Hironari Oshiro, our President and Owner

The water ionizer specialists have been recognized by professional organizations throughout the world and have received numerous Certificates of Awards and

Recognition.

The ionizers are continuous flow, never overheat, and the big solid 5” x 7” surgical grade titanium plates have been electroplated two times with medical grade platinum. Only plates this strong can handle the full 230 watts of electricity necessary to produce the award winning, exceptional Kangen Water®. Full 5-Year Guarantee and US Service.



**Mr. Hironari Oshiro**

Mr. Oshiro has been drinking Kangen Water® since he was 49 years old.

[For More Information on Enagic® Click Here](#)

## What people experience when drinking the water

Though we will get to the science and research concerning ionized water, it is always good to hear how real people have benefited from something. In many ways, experience is less fallible, in my opinion, because with scientific research, as has been shown in the past, the outcome of an experiment can easily be predetermined and manipulated for the desired outcome. But how a person feels the benefit is real.

Dr. Mitchell R. Mosher, DPM, LMBT prescribed to 70 of his patients a protocol of the ionized water, specifically Kangen Water®, the medical device from Japan. His recommendation was drinking a minimum of half the body weight in ounces of each individual. They followed his advice of drinking 25 oz. of water after arising, 25 oz. between breakfast and lunch, another 25 oz. between lunch and dinner. (For a person with a more severe health condition or a

person who wants to lose weight, the water consumption should be more like one ounce per pound of body weight.)



### Could it be this simple?

The results experienced by the 70 patients were pretty remarkable! In Dr. Mosher's words,

“MY survey of 70 people so far, who have been drinking this water, and no other lifestyle changes for over 30 days, shows the following:

Those 70 people have been able to discontinue 138 medications. (71 prescriptions - 76 over the counter). “



34 had improvement of dry skin or exzema 95%  
31 had improvement of blood pressure 93%  
28 had significant weight loss 94%  
28 had resolution or reduction of acid reflux and heartburn 95%  
25 arthritis improved or resolved. 100%  
21 had knee pain improve or resolve.  
24 high cholesterol was lowered. 96%  
19 headaches improved or resolved. 95%  
21 low back pain improved or resolved. 100%  
14 foot pain improved or resolved. 100%  
14 diabetes improved or resolved. 92%  
12 Constipation improved or resolved.  
4 have resolution of fibromyalgia.  
2 have resolved cancer & 4 have improvement.  
66 HAVE NOTABLE INCREASED ENERGY.  
64 HAVE INCREASED MOODS

Remember, it is all about the water, proper hydration, antioxidants and alkalinity. The body heals itself when given the chance!

There are literally thousands and thousands of stories where people's health has been greatly improved even from the most serious maladies you

can think of from the brain, down to the toes and everything in between. Because of FDA regulations, health claims and testimonials concerning any products are no longer allowed. Medical training is funded in large part by the pharmaceutical industry therefore drug treatment as opposed to natural methods is exclusively taught in medical school.

Because of this, we cannot really give testimonials concerning the water, but when you read the science behind the water and realize ionization just mimics a process of streams in nature people have been going to for centuries because of the healing properties of the water, you can draw your own conclusions.

I wish I could tell you the stories I have heard just



from the people I know or know about. Some things just can't be kept quiet because the person is no longer sick but healthy and so the people around them find out about the water! I wish I could tell my own amazing story, but I can't.

My suggestion to all who read this book, you should get started drinking Kangen Water® and you will have your own story, and that story can never be taken away because it is your story. Hydrate yourself with the best water on the planet and see what amazing things begin to happen in your body!



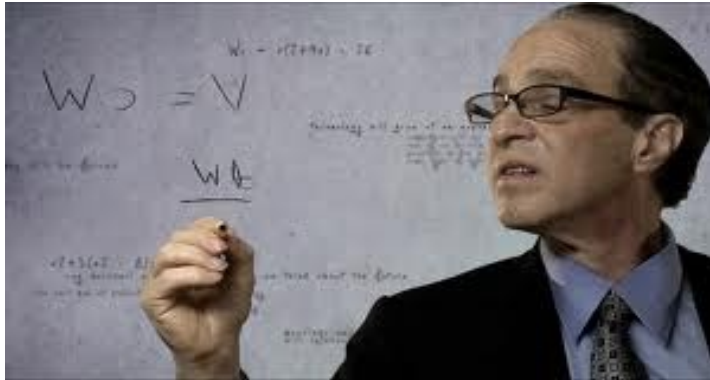
## **Mission Accomplished**

The reason your own story will be possible is because Kangen Water® has succeeded in copying mother nature so perfectly. Kangen Water® has the power to produce the negative ion antioxidants with the staying power needed to neutralize free radicals.

This highly charged anti-oxidant water has an instant delivery system to begin neutralizing free radicals so the effects are felt rather quickly. Because the machine is built to produce a much more stable water, the antioxidants last long enough in the water to actually begin to do battle against oxidation. And of course it also helps bring your body from an acidic state to one that is alkaline.

As you listen to videos you will find the difference between Kangen Water® and other machines is dramatic. I hope you will take time to do so.

## Special Interview with Ray Kurzweil – Scientist

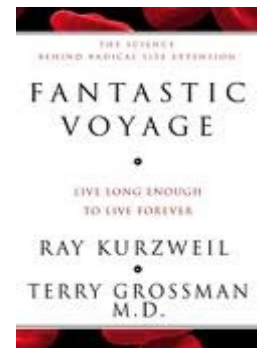


Ray Kurzweil was inducted in 2002 into the National Inventors Hall of Fame, established by the US Patent Office. He received the \$500,000 Lemelson-MIT Prize, the nation's largest award in invention and innovation. He also received the 1999 National Medal of Technology, the nation's highest honor in technology, from President Clinton in a White House ceremony.

He has also received scores of other national and international awards, including the 1994 Dickson Prize (Carnegie Mellon University's top science prize),

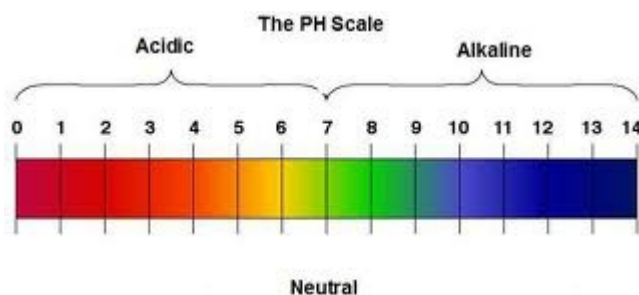
Engineer of the Year from Design News, Inventor of the Year from MIT, and the Grace Murray Hopper Award from the Association for Computing Machinery. He has received 12 honorary Doctorates and honors from 3 US Presidents.

He has received 7 national and international film awards. Ray's books include *The Age of Intelligent Machines*, *The Age of Spiritual Machines*, and *Fantastic Voyage: Live Long Enough to Live Forever*. 4 of Ray's books have been national best sellers and *The Age of Spiritual Machines* has been translated into 9 languages and was the #1 selling book on Amazon in science.



**Question:** "I have read on the internet that it is not possible to create alkaline or acid water from pure water, and that water that is pure enough to drink can't be split into alkaline and acid components. Is this true?"

**Answer:** As responsible scientists, we had the same skepticism when we 1st heard about alkaline water. Therefore, the 1st thing we did was to purchase a water ionizer as well as an accurate electronic pH meter. We ran tap water with pH 7.1 from our home faucet into the device and found that the water coming out of the alkaline outlet had a pH of 9.5 (indicating very alkaline), while the water from the acid outlet measured pH 4.5 (indicating very acidic).



We repeated this experiment with a variety of tap waters obtaining alkaline outputs with a pH ranging from 9.5-9.9. It is true that "pure" or distilled water cannot be ionized. If you were to try to "split" distilled water, it would not work. Tap or spring water,

however, has dissolved minerals in it. It's the minerals in the water, primarily calcium, potassium, and magnesium that allow water to be "split" by an electric current into alkaline, "electron-rich" (ie, containing negatively charged ions that can engage in chemical reactions to provide electrons to positively charged free radicals) and acid, "electron-deficient" components. Individuals who say it is not possible to split tap or spring water are misinformed.

**Question:** "One site on the internet states: Ionized water is nothing more than sales fiction, the term is meaningless to chemists. Most water that is fit for drinking is too uncondutive to undergo significant electrolysis"

**Answer:** The above statement is easily shown to be incorrect with a simple pH meter and an electrolysis machine. Most tap waters run through the machine produce highly alkaline water as measured by a pH meter.

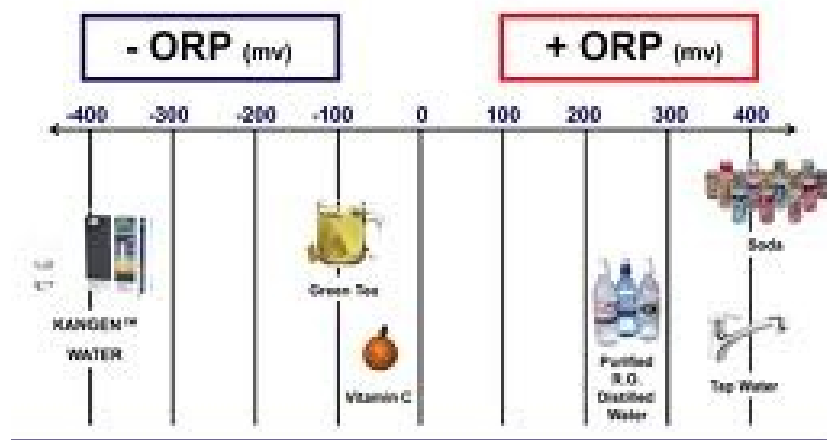
**Question:** "Since you advocate drinking alkaline water, why not simply mix something like sodium bicarbonate (baking soda) with water and drink that? There are, in fact, alkaline waters sold that are made by mixing water with bicarbonate. Wouldn't that work as well and be much less expensive than a water ionizer?"

**Answer:** There are more benefits to "alkaline water" than simply the alkalinity or pH. The most important feature of alkaline water produced by a water ionizer

is its oxidation reduction potential (ORP). Water with a high negative ORP is of particular value in its ability to neutralize oxygen free radicals.

ORP can also be directly tested using an ORP sensor and meter. We have conducted these experiments as well. We found that water coming directly from the tap had an ORP of +290mV, while the water coming out of the water alkalizer had a negative ORP. The more negative the ORP of a substance (that is, the higher it's negative ORP); the more likely it is to engage in chemical reactions that donate electrons. These electrons are immediately available to engage in reactions that neutralize positively charged free radicals. This is the key benefit of water produced by a water alkalizer that is not available by simply drinking water that has had some bicarb or other compounds dissolved in it to make it alkaline.

Although water mixed with bicarbonate is indeed alkaline, it does not have a negative ORP, rather it





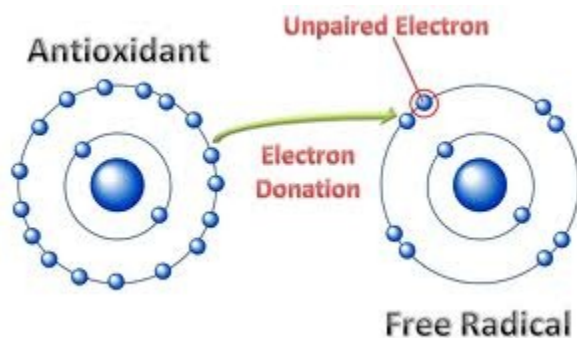
has a positive ORP, meaning that it is unable to neutralize dangerous oxygen free radicals. Alkaline water produced by running tap water through an electrolysis machine does have a high negative ORP, meaning that it does have the ability to neutralize oxygen free radicals. We have confirmed these ORP measurements through our direct tests.

**Question:** "OK, why is it important to drink alkaline water with a high negative ORP?"

**Answer:** All chemical reactions occur with the transfer of electrons. Negatively charged entities are said to be reducing agents, meaning they are relatively electron rich and are able to donate electrons,

reducing the charge of the entity with which they react.

Relatively electron-poor entities are referred to as



oxidizing agents, meaning they tend to pull electrons away. Thus, each substance in our body may act as either an oxidizing or reducing agent.

However, not just any negatively charge ion will be able to engage in the specific chemical reactions needed to neutralize oxygen free radicals. The  $\text{HCO}_3$  (bicarbonate) ions in alkaline bicarb water do not have this potential, whereas the OH and mineral rich water coming from an electrolysis machine (from tap water) does have this potential. That is implied in the negative value of the "oxidation reduction potential".

Free radicals are among the most damaging molecules in the body and are highly unstable molecules that are oxidizing agents and are electron deficient. They are a principal cause of damage and disease in the body. Oxygen free radicals contribute significantly to a broad variety of harmful conditions in the body ranging from life-threatening conditions such as heart disease, stroke

and cancer, to less severe conditions such as sunburns, arthritis, cataracts, and many others. Free radicals MUST get electrons from somewhere and will steal them from whatever molecules are around, including normal, healthy tissues.

Damage to tissues results when free radicals strip these electrons from healthy cells. If the damage goes unchecked, this will lead to disease. For example, the oxidation of LDL cholesterol particles in arterial walls by free radicals triggers an immune system response that results in atherosclerosis, the principal cause of heart disease. The negative ions in alkaline water from an electrolysis machine are a rich source of electrons that can be donated to these free radicals in the body, neutralizing them and stopping them from damaging healthy tissues. Specifically, these ions have the potential to engage in the chemical reactions necessary to neutralize oxygen free radicals.

Now wasn't that a great explanation by Ray Kurzweil? As he shared the process of discovery just

realize you should feel good you are going through the same process, finding out how to turn that awful tap water into the best water on the planet!

To see a demonstration of the pH, ORP and also the restructuring of the water, he describes.

[click here.](#)

## What Do the Experts Say?



There are many “self proclaimed” experts on the internet, but to determine truth, validation needs to come from many sources, not just opinions of celebrities who have gained notoriety for something totally unrelated. Health practitioners dedicated to education and wellness are open continuously to examine what is truly beneficial to overall health and wellness. Hear now from a few of a growing number of health practitioners who validate what doctors in Japan have known for decades.

**Hiromi Shinya, MD** is a Japanese-born general surgeon. He pioneered modern colonoscopy techniques, and invented the



electrosurgical polypectomy snare now common on colonoscopes, allowing for removal of colon polyps without invasive surgery.

“I have examined more than 300,000 people’s stomachs and intestines for 35 years and realize that our

health depends largely on our dietary life. And from my experiences I would like to teach you healthy, dietary habits to help you enjoy your life! Water is essential for your health. Drinking “good water;” especially hard water which has much calcium and magnesium keeps your body at an optimal alkaline pH. Kangen Water® is alkaline rich water (pH 8-9), and is considered the very best drinking water because of its incomparable powers of hydration, detoxification, and anti-oxidation.”

Dr. Hiromi Shinya

[VIDEO](#)



### **Dr. William Donald Kelley**

Over a twenty-five year period, Dr. William Donald Kelley, a dentist by training, developed a complex approach to treating many chronic and degenerative diseases, including cancer. The three main elements of his metabolic program are nutrition, detoxification, and supplements of pancreatic enzymes. College of Metabolic Medicine author of "The Cancer Cure"

"Alkaline water is the most important discovery since penicillin."

Interview describing Dr. Kelley's work though it is an interview on cancer protocols.

[\*\*VIDEO\*\*](#)



**Horst Filtzer MD** is a general surgeon who specializes in surgery and vascular surgery. Dr. Filtzer is licensed to practice in Arizona, Michigan, Texas, and Vermont.

"I endorse Kangen Water® as a physician, as a surgeon, as a human being, 100%. I feel that it is of great benefit to all mankind. ... I can only recommend it in the highest way."

Dr. Horst Filtzer, Harvard-trained Vascular Surgeon

[\*\*VIDEO\*\*](#)

**Timothy McKnight MD** is a primary care doctor who specializes in family medicine. Dr.



McKnight is licensed to practice in Ohio. He practices family medicine at Trinity Hospital Twin City in 819 N 1st St, Dennison.

“Of all of the new antioxidants & new diets, quite frankly, I don’t think there’s anything any better than Enagic’s Kangen Water®. Not

only is it a powerful antioxidant, probably better than any other supplement, but it is so versatile...you can make acidic water, you can make alkaline water, you can use it as a household cleaning agent, you can use it as an antibacterial. There are so many applications of it that I don’t know that anyone will ever find a health product that can duplicate the versatility, the strength and the power of Kangen Water®.”

~ Dr. Tim McKnight, Author of Confessions of a Skeptical Physician

[VIDEO](#)

**Shan Stratton** “ I thought, water is just water. That couldn’t have been further from the truth. I



was missing a very key component of our health, and that is proper hydration. Enagic® makes a water called Kangen Water®.

This Kangen Water® technology is truly nothing short of miraculous in my opinion, because it

really provides three different very important aspects to our health that I find very intriguing. Number one is this machine provides a very high antioxidant based water ... the second thing I am really impressed with is its micro-clustering abilities ... and the third component [its alkalinity], Kangen Water® is up to a 9.5 pH”

-Shan Stratton, Sports Nutritionist Sports Nutritional Consultant for the NBA, NFL, MLB, PGA, LPGA, NASCAR, NHL NY Yankees, AZ Diamondbacks, Houston Rockets, LA Dodgers

[VIDEO](#)





**Dr Corinne Allen** holds a PhD in nutrition. She has developed a unique program to enhance the learning function of the brain. She created and heads the Advanced Learning and Development Institute where she treats people with all kinds of brain issues, from autism to traumatic brain injury to birth trauma to unknown causes.

According to, Dr. Allen, the common factors associated with ALL brain injuries are acidity, damage from free radicals, and dehydration.

“Kangen Water® has been providing my clients with a strong source of antioxidants and improved hydration. In our brain programs we observed that our therapeutic expectations have been significantly exceeded by adding Kangen Water® to the treatment plan.”

~ Dr. Corinne Allen [VIDEO](#) Series worth seeing.



**Dr. Peggy Parker** “Months of testing and research have led me to the discovery that drinking Kangen Water® is the most effective tool I have found to quickly, easily, and economically reduce cellular oxidation and achieve a more alkaline pH in the body. As a Biological Medicine Physician, I have been measuring the levels of oxidation in bodily fluids for about a decade using a very sophisticated piece of lab equipment called the QFA (Quantitative Fluid Analysis). More than three years of testing and research have led me to the discovery that drinking Kangen® Reduced Alkaline Water is the most effective tool for quickly , easily and economically changing the rate of oxidation on cells that I have ever encountered.”

~ Dr. Parker, N.D. & Biological Medicine [VIDEO](#)  
**Scientific Research Studies on Ionized Alkaline Water**



**Laurie Tauscher** “The Enagic® SD501 contains 4X the amount of titanium and platinum than any of the machines claiming to be equivalent. The reason Enagic uses seven 4.75” X 7” solid titanium plates, is that is what is necessary to transfer enough electricity into the water to accomplish fractionation (splitting the water into its acid and alkaline components), micro structuring (making the water hexagonal), and Ionization (giving the water an ORP, oxidation reduction potential) in such a way as to create STABLE hexagonal water that is medically effective.”

“The Enagic Kangen Water® machine is definitely worth the price.”

~ Laurie Tauscher, National Merit Scholar/ Bachelor of Science Mechanical Engineering



***And finally, and of the utmost importance, if you watch no other video before you buy a water ionizer, which by now you should be convinced it is the thing to do, watch this video with Dr. Dave Carpenter.***

“In my experience, Kangen Water® supercharges your nutritional program better than anything. Water is the key and this [Enagic Kangen Water®] is the be best water I know of. Anyone who gives it an honest try will experience it in their own health, without question!”

~Dr. Dave Carpenter

**[VIDEO](#)**

## You Decide

Before we go on to the Scientific Research in the remainder of this book, I hope you have been as impressed with the quality and humility and compassion exuding from the broad spectrum of health care professionals in this book.

I have met them and they are genuine and on a noble mission of educating people about the fantastic benefits of Kangen Water®. Kangen Water® Enthusiasts find themselves in the best company among the kindest, most caring people in the world. That is why it is called the Kangen Culture!

These people are the real deal. From the General Practitioners, Surgeons, Dentists, Heart Specialists, Brain Specialists, Pain Specialists, Nutritionists, and I could go on and on. And each year many new names, celebrities and professionals are added to the lists. What they all have in common is they represent and believe in the mission of compassion which is Mr. Oshiro's mission and the driving force of Enagic®.

Subsequently new ionizers come out all the time, but none can truly compete. Most are “private labeled” from the same manufactures in China and Korea and it is the American way of competition to come up with lower prices to make money.

Just like America is guilty of corrupting the food in America for the sake of bringing down the cost and now much of the food is not healthy at all, the same process is going on in water ionizers. Low cost over substance has a price far greater.

It really *does* make a difference which one you buy. It really doesn't matter how pretty they design them, it is what is on the inside that determines what YOUR insides will look like after drinking the water for years to come. If you go for cheaper, it can be at the cost of your health.

I am fortunate that I never questioned what the person who told me about Kangen Water® said. I simply bought the machine. I didn't go on the Internet to buy one for cheaper because my health

was in jeopardy at the time. I only wanted the best. I'm a blessed girl indeed because I am well and I am so grateful for my lifetime friend who bothered to tell me about the water! Thanks again Tony!



**Kangen Water®**

**Change your water, change your life**

*Water is the single most important resource for the human body. Water is the most essential nutrient involved in every function of the body. Water accounts for approximately 70% of an individual's complete fat free body mass. In order to function properly, water must be consumed in set quantities in consistent intervals (average of 2.5 liters per day). When not enough water is consumed, people can begin to develop certain illnesses and even accelerate their aging processes. After establishing the*

importance of water, one must then think what kind of water is good to drink? Many people believe that the water concentrations in coffee, sodas, and energy drinks will be sufficient for the human body to function on optimal levels; but that is incorrect. They are actually harmful to the body.

### **Your Answer to Hydration and Better Health Lies in Drinking the Best Water**

Though not complete, the remainder of the book is research documents that I hope you find interesting. It is far from exhaustive for libraries of research has been done concerning ionized water. Don't expect Western medicine to embrace it, except one doctor at a time and slowly. I hope you will come to your own conclusions after reading all that is contained in this book and you will make a decision for your good health to start drinking ionized water and you will settle for nothing but the BEST! Go [here](#) for more information!

And now for the Science! Enjoy.

## **Scientific Research Studies on Ionized Alkaline Water**

### **Physiological effects of alkaline ionized water: Effects on metabolites produced by-intestinal fermentation**

by Takashi Hayakawa, Chiko Tushiya, Hisanori Onoda, Hisayo Ohkouchi, Harul-to Tsuge (Gifu University, Faculty of Engineering, Dept. of Food Science)

We have found that long-term ingestion of alkaline ionized water (AIW) reduces cecal fermentation in rats that were given highly fermentable commercial diet (MF: Oriental Yeast Co.,

Ltd.). In this experiment, rats were fed MF and test water (tap water, AIW with pH at 9 and 10) for about 3 months. Feces were collected on the 57th day, and the rats were dissected on the

88th day. The amount of ammonium in fresh feces and cecal contents as well as fecal free-glucose tended to drop down for the AIW group. In most cases, the

amount of free-amino acids

in cecal contents did not differ significantly except for cysteine (decreased in AIW with pH at 10) and isoleucine (increased in AIW with pH at 10).

### ***Purpose of tests***

Alkaline ionized water electrolyzers have been approved for manufacturing in 1965 by the Ministry of Health and Welfare of Japan as medical equipment to produce medical substances.

Alkaline ionized water (AIW) produced by this equipment is known to be effective against gastrointestinal fermentation, chronic diarrhea, indigestion and hyperchylia as well as for

controlling gastric acid.\*1 This is mainly based on efficacy of the official calcium hydroxide. \*2

By giving AIW to rats for a comparatively long time under the condition of extremely high level of intestinal fermentation, we have demonstrated that



AIW intake is effective for inhibition of intestinal fermentation when its level is high based on some test results where AIW worked against cecal hypertrophy and for reduction in the amount of short-chain fatty acid that is the main product of fermentation.\*3 We have reported that this is caused by the synergy between calcium level generally contained in AIW (about 50ppm) and the value of pH, and that frequency of detecting some anaerobic bacteria tends to be higher in alkaline ionized water groups than the other, although the bacteria count in the intestine does not have significant difference.

Based on these results, we made a judgment that effect of taking AIW supports part of inhibition mechanism against abnormal intestinal fermentation, which is one of the claims of efficacy that have been attributed to alkaline ionized water electrolyzers. \*4 On the other hand, under the dietary condition of low intestinal fermentation, AIW uptake does not seem to

inhibit fermentation that leads us to believe that effect of AIW uptake is characteristic of hyper-fermentation state. Metabolites produced by intestinal fermentation include indole and skatole in addition to organic acids such as short-chain fatty acid and lactic acid as well as toxic metabolites such as ammonium, phenol and p-cresol. We do not know how AIW uptake would affect the production of these materials. In this experiment, we have tested on ammonium production as explained in the following sections.

### ***Testing methods***

Four-week-old male Wistar/ST Clean rats were purchased from Japan SLC Co., Ltd. and were divided into 3 groups of 8 each after preliminary breeding. AIW of pH 9 and 10 was produced by an electrolyzer Mineone ROYAL NDX3 1 OH by Omco Co., Ltd. This model produces AIW by electrolyzing water with calcium lactate added. On the last day of testing, the rats were

dissected under Nembutal anesthesia to take blood from the heart by a heparin-treated syringe.

As to their organs, the small intestines, cecum and colon plus rectum were taken out from each of them. The cecum was weighed and cleaned with physiological saline after its contents were removed, and the tissue weight was measured after wiping out moisture. Part of cecal contents was measured its pH, and the rest was used to assay ammonium concentration. The amount of ammonium contained in fresh feces and cecal contents was measured by the Nessler method after collecting it in the extracted samples using Conway 's micro-diffusion container. Fecal freeglucose was assayed by the oxygen method after extraction by hot water. Analysis of free amino acids contained in cecal contents was conducted by the Waters PicoTag amino acid analysis system.

### **Test results and analyses**

No difference was found in the rats' weight gain, water and feed intake and feeding efficiency,

nor was any particular distinction in appearance identified. The length of the small intestines and colon plus rectum tended to decline in AIW groups. pH value of cecal contents was higher and the amount of fecal free-glucose tended to be lower in AIW groups than the control group. Since there was no difference in fecal discharge itself, the amount of free-glucose discharged per day was at a low level. The amount of discharged free-glucose in feces is greater when intestinal fermentation is more intensive, which indicates that intestinal fermentation is more inhibited in

AIW groups than the control group. Ammonium concentration in cecal contents tends to drop down in AIW groups (Fig. 1). This trend was most distinctive in case of fresh feces of one of

AIW groups with pH 10 (Fig.2) AIW uptake was found to be inhibitory against ammonium production. In order to study dynamics of amino acids in large intestines, we examined free

amino acids in the cecal contents to find out that cysteine level is low in AIW groups whereas isoleucine level is high in one of AIW groups with pH 10, although no significant difference was

identified for other amino acids.

### **Bibliography**

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3. *"Science and Technology of Functional Water" (part) by Takashi Hayakawa, Haruffito Tsuge, edited by Water Scienll cc Institute, 1999, pp.109-116*
4. *"Tasics and Effective Use of Alkaline Ionized Water" by Takashi Hayakawa, Haruhito Tsuge, edited by Tetsuji Hc kudou, 25th General Assembly of Japan Medical Congress*

*"Tunctional Water in Medical Treatment", Administratio~ Offices, 1999, pp. 10- 11*

**Adequate fluid replacement helps maintain hydration and, promotes the health, safety, and optimal physical performance of individuals participating in regular physical activity Med Sci Sports Exercise**

1996 Jan;28(1):i-vii.

American College of Sports Medicine position stand. Exercise and fluid replacement.

Convertino VA, Armstrong LE, Coyle EF, Mack GW, Sawka MN, Senay LC Jr, Sherman WM.

It is the position of the American College of Sports Medicine that adequate fluid replacement helps maintain hydration and, therefore, promotes the health, safety, and optimal physical

performance of individuals participating in regular physical activity. This position statement is based on a comprehensive review and interpretation of scientific literature concerning the

influence of fluid replacement on exercise

performance and the risk of thermal injury associated with dehydration and hyperthermia.

Based on available evidence, the American College of Sports Medicine makes the following general recommendations on the amount and composition of fluid that should be ingested in

preparation for, during, and after exercise or athletic competition:

1) It is recommended that individuals consume a nutritionally balanced diet and drink adequate fluids during the 24-hr period before an event, especially during the period that includes the meal prior to exercise, to promote proper hydration before exercise or competition.

2) It is recommended that individuals drink about 500 ml (about 17 ounces) of fluid about 2 h before exercise to promote adequate hydration and allow time for excretion of excess ingested water.

3) During exercise, athletes should start drinking

early and at regular intervals in an attempt to consume fluids at a rate sufficient to replace all the water lost through sweating (i.e., body weight loss), or consume the maximal amount that can be tolerated.

4) It is recommended that ingested fluids be cooler than ambient temperature [between 15 degrees and 22 degrees C (59 degrees and 72 degrees F)] and flavored to enhance palatability

and promote fluid replacement. Fluids should be readily available and served in containers that allow adequate volumes to be ingested with ease and with minimal interruption of exercise.

5) Addition of proper amounts of carbohydrates and/or electrolytes to a fluid replacement solution is recommended for exercise events of duration greater than 1 h since it does not

significantly impair water delivery to the body and may enhance performance. During exercise lasting

less than 1 h, there is little evidence of physiological or physical performance differences

between consuming a carbohydrate-electrolyte drink and plain water.

6) During intense exercise lasting longer than 1 h, it is recommended that carbohydrates be ingested at a rate of 30-60 g.h<sup>(-1)</sup> to maintain oxidation of carbohydrates and delay fatigue. This rate of carbohydrate intake can be achieved without compromising fluid delivery by drinking 600-1200 ml.h<sup>(-1)</sup> of solutions containing 4%-8% carbohydrates (g.100 ml<sup>(-1)</sup>). The

carbohydrates can be sugars (glucose or sucrose) or starch (e.g., maltodextrin).

7) Inclusion of sodium (0.5-0.7 g.l<sup>(-1)</sup> of water) in the rehydration solution ingested during exercise lasting longer than 1 h is recommended since it may be advantageous in enhancing palatability, promoting fluid retention, and possibly

preventing hyponatremia in certain individuals who drink excessive quantities of fluid. There is little physiological basis for the

presence of sodium in an oral rehydration solution for enhancing intestinal water absorption as long as sodium is sufficiently available from the previous meal.

## **Electrolyzed-reduced water scavenges active oxygen species and protects DNA from oxidative damage**

**Biochem Biophys Res Commun.**

1997 May 8;234(1):269-74.

Shirahata S , Kabayama S, Nakano M, Miura T, Kusumoto K, Gotoh M, Hayashi H , Otsubo K, Morisawa S, Katakura Y.

Institute of Cellular Regulation Technology,  
Graduate School of Genetic Resources Technology,  
Kyushu University , Fukuoka , Japan .  
sirahata@grt.kyushu-u.ac.jp

Active oxygen species or free radicals are considered to cause extensive oxidative damage to biological macromolecules, which brings about a variety of diseases as well as aging. The ideal

scavenger for active oxygen should be 'active hydrogen'. 'Active hydrogen' can be produced in reduced water near the cathode during electrolysis



of water. Reduced water exhibits high pH, low dissolved oxygen (DO), extremely high dissolved molecular hydrogen (DH), and extremely negative redox potential (RP) values. Strongly electrolyzed-reduced water, as well as ascorbic

acid, (+)-catechin and tannic acid, completely scavenged  $O_2^-$  produced by the hypoxanthine/xanthine oxidase (HX-XOD) system in sodium phosphate buffer (pH 7.0).

The superoxide dismutase (SOD)-like activity of reduced water is stable at 4 degrees C for over a month and was not lost even after neutralization, repeated freezing and melting, deflation with

sonication, vigorous mixing, boiling, repeated filtration, or closed autoclaving, but was lost by opened autoclaving or by closed autoclaving in the presence of tungsten trioxide which

efficiently adsorbs active atomic hydrogen. Water bubbled with hydrogen gas exhibited low DO,

extremely high DH and extremely low RP values, as does reduced water, but it has no SOD-like activity. These results suggest that the SOD-like activity of reduced water is not due to the dissolved molecular hydrogen but due to the dissolved atomic hydrogen (active hydrogen).

Although SOD accumulated  $H_2O_2$  when added to the HX-XOD system, reduced water decreased the amount of  $H_2O_2$  produced by XOD. Reduced water, as well as catalase and ascorbic acid, could directly scavenge  $H_2O_2$ . Reduced water suppresses single-strand breakage of DNA by active oxygen species produced by the Cu(II)-catalyzed oxidation of ascorbic acid in a dose-dependent manner, suggesting that reduced water can scavenge not only  $O_2^-$  and  $H_2O_2$ , but also  $^1O_2$  and  $^{\bullet}OH$ .

PMID: 9169001 [PubMed - indexed for MEDLINE]

# **The mechanism of the enhanced antioxidant effects against superoxide anion radicals of reduced water produced by electrolysis**

**Biophys Chem. 2004**

Jan 1;107(1):71-82.

Hanaoka K, Sun D, Lawrence R, Kamitani Y, Fernandes G.

Bio-REDOX Laboratory Inc. 1187-4, Oaza-Ueda, Ueda-shi, Nagano-ken 386-0001, Japan .

hanak@rapid.ocn.ne.jp

We reported that reduced water produced by electrolysis enhanced the antioxidant effects of proton donors such as ascorbic acid (AsA) in a previous paper. We also demonstrated that reduced water produced by electrolysis of 2 mM NaCl solutions did not show antioxidant effects

by itself. We reasoned that the enhancement of antioxidant effects may be due to the increase of the ionic product of water as solvent. The ionic product of

water ( $pK_w$ ) was estimated by

measurements of pH and by a neutralization titration method. As an indicator of oxidative damage, Reactive Oxygen Species- (ROS) mediated DNA strand breaks were measured by the

conversion of supercoiled phiX-174 RF I double-strand DNA to open and linear forms. Reduced water had a tendency to suppress single-strand breakage of DNA induced by reactive oxygen species produced by  $H_2O_2/Cu(II)$  and  $HQ/Cu(II)$  systems. The enhancement of superoxide

anion radical dismutation activity can be explained by changes in the ionic product of water in the reduced water.

PMID: 14871602 [PubMed - in process]

## **Comparison of electrolyzed oxidizing water with various antimicrobial interventions to reduce Salmonella species on poultry**

### **Poult Science**

2002 Oct;81(10):1598-605.

Fabrizio KA, Sharma RR, Demirci A, Cutter CN.

Department of Food Science, The Pennsylvania State University, University Park 16802, USA

.Foodborne pathogens in cell suspensions or attached to surfaces can be reduced by electrolyzed oxidizing (EO) water; however, the use of EO water against pathogens associated

with poultry has not been explored. In this study, acidic EO water [EO-A; pH 2.6, chlorine (CL) 20 to 50 ppm, and oxidation-reduction potential (ORP) of 1,150 mV], basic EO water (EO-B; pH 11.6, ORP of -795 mV), CL, ozonated water (OZ), acetic acid (AA), or trisodium phosphate

(TSP) was applied to broiler carcasses inoculated with

Salmonella Typhimurium (ST) and submerged (4 C, 45 min), spray-washed (85 psi, 25 C, 15 s), or subjected to multiple

interventions (EO-B spray, immersed in EO-A; AA or TSP spray, immersed in CL). Remaining bacterial populations were determined and compared at Day 0 and 7 of aerobic, refrigerated storage. At Day 0, submersion in TSP and AA reduced ST 1.41 log<sub>10</sub>, whereas EO-A water

reduced ST approximately 0.86 log<sub>10</sub>. After 7 d of storage, EO-A water, OZ, TSP, and AA reduced ST, with detection only after selective enrichment.

Spray-washing treatments with any of the compounds did not reduce ST at Day 0. After 7 d of storage, TSP, AA, and EO-A water reduced ST 2.17, 2.31, and 1.06 log<sub>10</sub>, respectively. ST was reduced 2.11 log<sub>10</sub> immediately following the multiple interventions, 3.81 log<sub>10</sub> after 7 d of storage. Although effective against ST, TSP and AA are costly and adversely affect the

environment. This study demonstrates that EO water can reduce ST on poultry surfaces following extended refrigerated storage.

PMID: 12412930 [PubMed - indexed for MEDLINE]

### **Inactivation of *Escherichia coli* (O157:H7) and *Listeria monocytogenes* on plastic kitchen cutting boards by electrolyzed oxidizing water**

Venkitanarayanan KS , Ezeike GO, Hung YC, Doyle MP.

Department of Animal Science, University of Connecticut , Storrs 06269 , USA .

One milliliter of culture containing a five-strain mixture of *Escherichia coli* O157:H7 (approximately 10(10) CFU) was inoculated on a 100-cm<sup>2</sup> area marked on unscarred cutting

boards. Following inoculation, the boards were air-dried under a laminar flow hood for 1 h, immersed in 2 liters of electrolyzed oxidizing water or sterile deionized water at 23 degrees C or

35 degrees C for 10 or 20 min; 45 degrees C for 5 or 10 min; or 55 degrees C for 5 min. After each temperature-time combination, the surviving population of the pathogen on cutting boards and

in soaking water was determined.

Soaking of inoculated cutting boards in electrolyzed oxidizing water reduced *E. coli* O157:H7 populations by  $\geq 5.0$  log CFU/100 cm<sup>2</sup> on cutting boards.

However, immersion of cutting

boards in deionized water decreased the pathogen count only by 1.0 to 1.5 log CFU/100 cm<sup>2</sup>.

Treatment of cutting boards inoculated with *Listeria monocytogenes* in electrolyzed oxidizing water at selected temperature-time combinations (23 degrees C for 20 min, 35 degrees C for 10

min, and 45 degrees C for 10 min) substantially reduced the populations of *L. monocytogenes* in comparison to the counts recovered from the boards immersed in deionized water. *E. coli*

O157:H7 and *L. monocytogenes* were not detected in electrolyzed oxidizing water after soaking treatment, whereas the pathogens survived in the deionized water used for soaking the cutting boards. This study

revealed that immersion of kitchen cutting boards in electrolyzed oxidizing water could be used as an effective method for inactivating foodborne pathogens on smooth, latic cutting boards.

PMID: 10456736 [PubMed - indexed for MEDLINE]



## **The bactericidal effects of electrolyzed oxidizing water on bacterial strains involved in hospital infections**

Vorobjeva NV , Vorobjeva LI, Khodjaev EY.

Artificial Organs 2004 Jun;28(6):590-2.

Department of Physiology of Microorganisms, Biology Faculty, Moscow State University, Lenin

Hills 1/12, Moscow 119992, Russia.  
nvvorobjeva@mail.ru

The study is designed to investigate bactericidal actions of electrolyzed oxidizing water on hospital infections. Ten of the most common opportunistic pathogens are used for this study.

Cultures are inoculated in 4.5 mL of electrolyzed oxidizing (EO) water or 4.5 mL of sterile deionized water (control), and incubated for 0, 0.5, and 5 min at room temperature. At the

exposure time of 30 s the EO water completely inactivates all of the bacterial strains, with the

exception of vegetative cells and spores of bacilli which need 5 min to be killed. The results

indicate that electrolyzed oxidizing water may be a useful disinfectant for hospital infections, but its clinical application has still to be evaluated.

PMID: 15153153 [PubMed - in process]

# **Effect of electrolyzed oxidizing water and hydrocolloid occlusive dressings on excised burn-wounds in rats**

**Chin J Traumatol .**

2003 Aug 1;6(4):234-7.

Xin H, Zheng YJ, Hajime N, Han ZG.

Department of Thoracic Surgery, China - Japan Union Hospital, Jilin University, Jilin 130031,

China. xinhua7254@yahoo.com.cn

**OBJECTIVE:** To study the efficacy of electrolyzed oxidizing water (EOW) and hydrocolloid occlusive dressings in the acceleration of epithelialization in excised burn-wounds in rats.

**METHODS:** Each of the anesthetized Sprague-Dawley rats (n=28) was subjected to a thirddegree burn that covered approximately 10% of the total body surface area. Rats were assigned into four groups: Group I (no irrigation), Group II (irrigation with physiologic saline), Group III (irrigation with EOW) and Group

IV (hydrocolloid occlusive dressing after EOW irrigation).

Wounds were observed macroscopically until complete epithelialization was present, then the epithelialized wounds were examined microscopically.

**RESULTS:** Healing of the burn wounds was the fastest in Group IV treated with hydrocolloid occlusive dressing together with EOW. Although extensive regenerative epidermis was seen in each Group, the proliferations of lymphocytes and macrophages associated with dense collagen deposition were more extensive in Group II, III and IV than in Group I. These findings were particularly evident in Group III and IV.

**CONCLUSIONS:** Wound Healing may be accelerated by applying a hydrocolloid occlusive ressing on burn surfaces after they are cleaned with EOW.

PMID: 12857518 [PubMed - indexed for MEDLINE]

## **Use of Ionized water in hypochlorhydria or achlorhydria**

Prof. Kuninaka Hironage, Head of Kuninaka Hospital

"Too many fats in the diets, which lead to the deposition of cholesterol on the blood vessels, which in turn constrict the blood flow, cause most illnesses such as high blood pressure. In

accordance with the theory of Professor Gato of Kyushu University on Vitamin K (because vitamin K enables the blood calcium to increase) , or the consumption of more antioxidant

water, the effectiveness of the increase in the calcium in high blood pressure is most significant.

The consumption of alkaline antioxidant water for a period of 2 to 3 months, I have observed the blood pressure slowly drop, due to the water's solvent ability, which dissolves the cholesterol in the blood vessels."

## **Effect of electrolyzed water on wound healing**

Artif Organs. 2000 Dec;24(12):984-7.

Yahagi N, Kono M, Kitahara M, Ohmura A, Sumita O, Hashimoto T, Hori K, Ning-Juan C, Woodson P, Kubota S, Murakami A, Takamoto S.

Department of Anesthesiology, Teikyo University Mizonokuchi Hospital , Tokyo , Japan .

naokiyah@aol.com

Electrolyzed water accelerated the healing of full-thickness cutaneous wounds in rats, but only anode chamber water (acid pH or neutralized) was effective. Hypochlorous acid (HOCl), also

produced by electrolysis, was ineffective, suggesting that these types of electrolyzed water enhance wound healing by a mechanism unrelated to the well-known antibacterial action of

HOCl. One possibility is that reactive oxygen species, shown to be electron spin resonance

spectra present in anode chamber water, might trigger early wound healing through fibroblast migration and proliferation.

PMID: 11121980 [PubMed - indexed for MEDLINE]

**Decomposition of ethylene, a flower-senescence hormone, with electrolyzed anode water Biosci Biotechnol Biochem.**

2003 Apr;67(4):790-6.

Harada K, Yasui K.

Department of Research and Development,  
Hokkaido Electric Power Co., Inc., 2-1 Tsuishikari,  
Ebetsu, Hokkaido 067-0033, Japan.  
kharada@h1.hotcn.ne.jp

Electrolyzed anode water (EAW) markedly extended the vase life of cut carnation flowers.

Therefore, a flower-senescence hormone involving ethylene decomposition by EAW with potassium chloride as an electrolyte was investigated. Ethylene was added externally to EAW,

and the reaction between ethylene and the available chlorine in EAW was examined. EAW had a low pH value (2.5), a high concentration of dissolved oxygen, and extremely high redox potential (19.2

mg/l and 1323 mV, respectively) when available chlorine was at a concentration of about 620 microns.

The addition of ethylene to EAW led to ethylene decomposition, and an equimolar amount of ethylene chlorohydrine with available chlorine was produced.

The ethylene chlorohydrine

production was greatly affected by the pH value (pH 2.5, 5.0 and 10.0 were tested), and was faster in an acidic solution. Ethylene chlorohydrine was not produced after ethylene had been

added to EAW at pH 2.6 when available chlorine was absent, but was produced after potassium hypochlorite had been added to such EAW. The effect of the pH value of EAW on the vase life

of cut carnations was compatible with the decomposition rate of ethylene in EAW of the same pH value. These results suggest that the effect of EAW on the vase life of cut carnations was

due to the decomposition of ethylene to ethylene

chlorohydrine by chlorine from chlorine compounds.

PMID: 12784619 [PubMed - indexed for MEDLINE]

## **Allergies and Ionized Water**

Prof. Kuninaka Hironaga, Head of Kuninaka Hospital

"Mr. Yamada, the head of Police Research Institute, suffered from severe allergy. He was treated repeatedly by skin specialist, but with no success. Then he started consuming antioxidant water. The allergy responded very well and was soon completely cured. No relapse occurred, although he had taken all kinds of food. He was most grateful and excited about this treatment.

As for myself, I had also suffered severe allergy. Ever since I began to consume antioxidant water, the allergy has recovered. Since then, I started a research on the effectiveness of

antioxidant water.

I discovered that most allergies are due to acidification of body condition and is also related to consuming too much meat and sugar. In every allergy case, the patient's antioxidant minerals

are excessively low which in turn lower the body resistance significantly. The body becomes overly sensitive and develops allergy easily. To stabilize the sensitivity, calcium solution in

injected into the vein. Therefore, it is clear that the antioxidant water has ionic calcium, which can help alleviate allergy.

The ionic calcium not only enhances the heart, urination, and neutralization of toxins but controls acidity. It also enhances the digestive system and liver function. This will promote

natural healing power and hence increase its resistance to allergy. In some special cases of illness, which do not respond to drugs, it is found, it is found to respond well to antioxidant

water."



## **Digestive Problems and Ionized Water**

Prof. Kogure Keizou, Kogure Clinic of Juntendo Hospital

"The stomach is readily upset both by diseases affecting the stomach and by other general illnesses.

In addition, any nervous tension or anxiety frequently causes gastric upset, vague

symptoms when This information is under some strain.

The important role of antioxidant water in our stomach is to neutralize the secretion and strengthen its functions. Usually, after consuming the antioxidant water for 1 to 3 minutes, the

gastric juice increase to 1½ times. For those suffering from hypochlorhydria or achlorhydria (low in gastric juice ) the presence of antioxidant water will stimulate the stomach cells to secrete more gastric juice. This in turn enhances digestion and absorption of minerals.

However, on the other hand, those with hyperchlorhydria ( high in gastric juice ), the antioxidant water neutralizes the excessive gastric juice. Hence, it does not create any adverse reaction.

According to the medical lecturer from Maeba University, the pH of the gastric secretion will still remain normal when antioxidant water is consumed. This proves that the ability of the

antioxidant water is able to neutralize as well as to stimulate the secretion."

## **Use of Ionized water for gynecological conditions and treatments**

Prof. Watanabe Ifao, Watanabe Hospital

"Ionized alkaline antioxidant water improves body constituents and ensures effective healing to many illnesses. The uses of antioxidant water in gynecological patients have proved to be very effective. The main reason for its effectiveness is that this water can neutralize toxins.

When given antioxidant water to pre-eclamptic toxemia cases, the results are most significant.

During my long years of servicing the pre-eclamptic toxemia cases, I found that the women with pre-eclamptic toxemia who consumed antioxidant water tend to deliver healthier babies with

stronger muscles. A survey report carried out on babies in this group showed intelligence above average."

## **Toxin Neutralization with the Use of Electrolysed Water**

Prof. Kuwata Keijiroo, Doctor of Medicine

"In my opinion, the wonder of antioxidant water is the ability neutralizes toxins, but it is not a medicine. The difference is that the medicine can only apply to each and individual case,

whereas the antioxidant water can be consumed generally and its neutralizing power is something which is very much unexpected. Now, in brief, let me introduce to you a heart

disease case and how it was cured.

The patient was a 35 years old male suffering from vascular heart disease. For 5 years, his sickness deteriorated. He was in the Setagaya Government Hospital for treatment.

During those 5 years, he had been in and out of the hospital 5 to 6 times. He had undergone high tech examinations such as angiogram by injecting

VINYL via the vein into the heart. He consulted and sought treatment from many good doctors where later he underwent a major surgical operation. Upon his discharge from the hospital, he quit his job to convalesce.

However, each time when his illness relapsed, the attack seemed to be even more severe.

Last year, in August, his relatives were in despair and expected he would not live much longer. It so happened at that time that the victim's relative came across antioxidant water processor.

His illness responded well and he is now on the road to recovery."

In the United States, cardiovascular diseases account for more than one-half of the approximate 2 million deaths occurring each year.... It is estimated that optimal conditioning of drinking water

could reduce this cardiovascular disease mortality rate by as much as 15 percent in the United States

Report of the Safe Drinking Water Committee of the National Academy of Sciences,

1977

## **Eczema and the Effects of Ionized Water**

Prof. Tamura Tatsuji, Keifuku Rehabilitation Center

"Eczema is used to describe several varieties of skin conditions, which have a number of common features. The exact cause or causes of eczema are not fully understood. In many

cases, eczema can be attributed by external irritants.

Let me introduce a patient who recovered from skin disease after consuming the antioxidant water. This patient suffered 10 years of eczema and could not be cured effectively even under

specialist treatment. This patient, who is 70 years of age, is the president of a vehicle spare parts company. After the war, his lower limbs suffered acute eczema, which later became

chronic. He was repeatedly treated in a specialist skin hospital.

The left limb responded well to treatment, but not so on the right limb. He suffered severe itchiness, which,

when scratched led to bleeding. During the last 10 years, he was seen and

treated by many doctors. When I first examined him, his lower limb around the joints was covered with vesicles. Weeping occurred owing to serum exuding from the vesicles.

I advised him to try consuming antioxidant water. He bought a unit and consumed the antioxidant water religiously and used the acidic water to bathe the affected areas. After 2 weeks of treatment the vesicles dried up. The eczema was completely cleared without any relapse after 1½ months."

## **Diabetes and the Effects of Ionized Water**

Prof. Kuwata Keijiroo, Doctor of Medicine

"When I was serving in the Fire Insurance Association, I used to examine many diabetic patients. Besides treating them with drugs, I provided them with antioxidant water. After drinking

antioxidant water for one month, 15 diabetic patients were selected and sent to Tokyo University for further test and observations.

Initially, the more serious patients were a bit apprehensive about the treatment. When the antioxidant water was consumed for some time, the sugar in the blood and urine ranged from a

ratio of 300 mg/l to 2 mg / dc. There was a time where the patient had undergone 5 to 6 blood tests a day and detected to be within normal range. Results also showed that even 1 1/2 hour

after meals, the blood sugar and urine ratio was 100 mg/dc: 0 mg/dc. The sugar in the urine has

completely disappeared."

### **NOTE:**

More Americans than ever before are suffering from diabetes, with the number of new cases averaging almost 800,000 each year. The disease has steadily increased in the United States

since 1980, and in 1998, 16 million Americans were diagnosed with diabetes (10.3 million diagnosed; 5.4 million undiagnosed). Diabetes is the seventh leading cause of death in the

United States, and more than 193,000 died from the disease and its related complication in 1996. ....

The greatest increase - 76 percent - occurred in people age 30 to 39. ....

From: U. S. Department of Health and Human Services, October 13, 2000 Fact Sheet.

## **Use of Ionized water in treating Acidosis**

Prof. Hatori Tasutaroo, Head of Akajiuiji Blood Centre, Yokohama Hospital , Faitama District

" Due to a higher standard of living, our eating habits have changed. We consume too much proteins, fats and sugar. The excess fats and carbohydrates are in the body as fats. In the

present lifestyles, Americans are more extravagant on food compared to the Japanese. Due to his excessive intake obesity is a significant problem. Normally, one out of five males and one

out of four females is obese.

The degree of "burn-out" in food intake largely depends on the amount on intake of vitamins and minerals. When excessive intake of proteins, carbohydrates and fats occurs, the requirement for vitamins and minerals increases. However, there is not much research carried out pertaining to the importance of vitamins and minerals.

Nowadays, many people suffer from acidification that leads to diabetes, heart diseases, cancer, live and kidney diseases. If our food intake can be completely burned off, then there is no

deposition of fats. Obviously, there will be no acidification problem and hence there should not be any sign of obesity.

The antioxidant water contains an abundance of ionic calcium. This ionic calcium helps in the "burn-off" process. By drinking antioxidant water, it provides sufficient minerals for our body. As

a result, we do not need to watch our diet to stay slim.

Hence, antioxidant water is a savior for those suffering from obesity and many adult diseases, providing good assistance in enhancing good health."



## **Reduced Water for the Prevention of Disease**

Dr.Sanetaka Shirahata

Graduate school of Genetic Resources Technology ,  
Kyushu University , 6-10-1 Hakozaki, Higashi-ku,  
Fukuoka 812-8581, Japan.

It has long been established that reactive oxygen species (ROS) cause many types of damage to biomolecules and cellular structures that, in turn result in the development of a variety of

pathologic states such as diabetes, cancer and aging. Reduced water is defined as antioxidative water produced by reduction of water. Electrolyzed reduced water (ERW) has been

demonstrated to be hydrogen-rich water and can scavenge ROS in vitro (Shirahata et al., 1997).

The reduction of proton in water to active hydrogen (atomic hydrogen, hydrogen radical) that can scavenge ROS is very easily caused by a weak current,

compared to oxidation of hydroxyl ion to oxygen molecule. Activation of water by magnetic field, collision, minerals etc. will also produce reduced water containing active hydrogen and/or hydrogen molecule. Several natural waters such as Hita Tenryosui water drawn from deep underground in Hita city in Japan, Nordenau water in Germany and Tlacote water in Mexico are known to alleviate various diseases.

We have developed a sensitive method by which we can detect active hydrogen existing in reduced water, and have demonstrated that not only ERW but also natural reduced waters

described above contain active hydrogen and scavenge ROS in cultured cells. ROS is known to cause reduction of glucose uptake by inhibiting the insulin-signaling pathway in cultured cells.

Reduced water scavenged intracellular ROS and

stimulated glucose uptake in the presence or absence of insulin in both rat L6 skeletal muscle cells and mouse 3T3/L1 adipocytes. This

insulin-like activity of reduced water was inhibited by wortmannin that is specific inhibitor of PI-3

kinase, a key molecule in insulin signaling pathways. Reduced water protected insulinresponsive cells from sugar toxicity and improved the damaged sugar tolerance of type 2 diabetes model mice, suggesting that reduced water may improve insulin-independent diabetes mellitus. Cancer cells are generally exposed to high oxidative stress. Reduced water cause

impaired tumor phenotypes of human cancer cells, such as reduced growth rate, morphological changes, reduced colony formation ability in soft agar, passage number-dependent telomere shortening, reduced binding abilities of telomere binding proteins and suppressed metastasis.

Reduced water suppressed the growth of cancer cells

transplanted into mice, demonstrating their anti-cancer effects in vivo. Reduced water will be applicable to not only medicine but also food industries, agriculture, and manufacturing industries.

Shirahata, S. et al .: Electrolyzed reduced water scavenges active oxygen species and protects DNA from oxidative damage. *Biochem. Biophys. Res. Commun.*, 234, 269174, 1997.

## **Clinical Improvements Obtained From The Intake Of Reduced Water**

Extracts from " Presentation At The Eight Annual International Symposium On man And His Environment in Health And Disease" on February 24th 1990, at The Grand Kempinski Hotel,

Dalls, Texas, USA by Dr. H. Hayashi, M.D. and Dr. M Kawamura, M.D., on : -

Since the introduction of alkaline ionic water in our clinic in 1985, we have had the following interesting clinical experiences in the use of this type of water. By the use of alkaline ionic water

for drinking and the preparation of meals for our in-patients, we have noticed :

- Declines in blood sugar levels in diabetic patients.
- Improvements in peripheral circulation in diabetic gangrene.
- Declines in uric acid levels in patients with gout.
- Improvements in liver function exams in hepatic

disorders.

- Improvements in gastroduodenal ulcer and prevention of their recurrences.
- Improvements in hypertension and hypotension.
- Improvements in allergic disorders such as asthma, urticaria, rhinites and atopic dermatitis.
- Improvements in persistent diarrhoea which occurred after gastrectomy.
- Quicker improvements in post operative bowel paralysis.
- Improvements in serum bilirubin levels in new born babies.

Being confirming clinical improvements, we have always observed changes of stools of the patients, with the colour of their faeces changing from black-brown colour to a brighter yellowbrown one, and the odour of their faeces becoming almost negligible.

The number of patients complaining of

constipation also decreased markedly. The change of stool findings strongly suggests that alkaline ionic water intake can decrease the production of putrefield or pathogenic metabolites.

Devices to produce reduced water were introduced into our clinic in May 1985. Based on the clinical experiences obtained in the past 15 years, it can be said that introduction of lectrolyzed-reduced water for drinking and cooking purpose for in-patients should be the very prerequisite in our daily medical practices. Any dietary recipe cannot be a scientific one if property of water is not taken by the patients is not taken into consideration.

The Ministry of Health and Welfare in Japan announced in 1965 that the intake of reduced water is effective for restoration of intestinal flora metabolism.

## **Clinical evaluation of alkaline ionized water for abdominal complaints: Placebo controlled double blind tests**

*by Hirokazu Tashiro, Tetsuji Hokudo, Hiromi Ono, Yoshihide Fujiyama, Tadao Baba (National Ohkura Hospital, Dept. of Gastroenterology; Institute of Clinical Research, Shiga University of Medical Science, Second Dept. of Internal Medicine)*

Effect of alkaline ionized water on abdominal complaints was evaluated by placebo controlled double blind tests. Overall scores of improvement using alkaline ionized water marked higher than those of placebo controlled group, and its effect proved to be significantly higher especially in slight symptoms of chronic diarrhea and abdominal complaints in cases of general malaise.

Alkaline ionized water group did not get interrupted in the course of the test, nor did it show serious side effects, nor abnormal test data. It was

confirmed that alkaline ionized water is safer and more effective than placebos.

### ***Summary***

Effect of alkaline ionized water on abdominal complaints was clinically examined by double blind tests using clean water as placebo. Overall improvement rate was higher for alkaline ionized water group than placebo group and the former proved to be significantly more effective than the other especially in cases of slight symptoms. Examining improvement rate for each case of chronic diarrhea, constipation and abdominal complaints, alkaline ionized water group turned out to be more effective than placebo group for chronic diarrhea, and abdominal complaints.

The test was stopped in one case of chronic diarrhea, among placebo group due to exacerbation, whereas alkaline ionized water group did not stop testing without serious side effects or abnormal test data in all cases. It was confirmed that alkaline ionized water

is more effective than clean water against chronic diarrhea, abdominal complaints and overall improvement rate (relief of abdominal complaints) and safer than clean water.

## **Introduction**

Since the approval of alkaline ionized water electrolyzers by Pharmaceutical Affairs Law in 1966 for its antacid effect and efficacy against gastrointestinal disorders including hyperchylia,

indigestion, abnormal gastrointestinal fermentation and chronic diarrhea, they have been extensively used among patients. However, medical and scientific evaluation of their validity is

not established. In our study, we examined clinical effect of alkaline ionized water on gastrointestinal disorders across many symptoms in various facilities. Particularly, we studied safety and usefulness of alkaline ionized water by double blind tests using clean water as a control group.

## **Test subjects and methods**

163 patients (34 men, 129 women, age 21 to 72, average 38.6 years old) of indigestion, abnormal gastrointestinal fermentation (with abnormal gas

emission and rugitus) and abdominal

complaints caused by irregular dejection (chronic diarrhea, or constipation) were tested as subjects with good informed consent. Placebo controlled double blind tests were conducted

using alkaline ionized water and clean water at multiple facilities. An alkaline ionized water electrolyzer sold commercially was installed with a pump driven calcium dispenser in each of

the subject homes. Tested alkaline ionized water had pH at 9.5 and calcium concentration at 30ppm. Each subject in placebo group used a water purifier that has the same appearance as

the electrolyzer and produces clean water.

The tested equipment was randomly assigned by a controller who scaled off the key code which was stored safely until the tests were completed and the seal was opened again.

Water samples were given to each patient in the

amount of 200ml in the morning with the total of 500ml or more per day for a month. Before and after the tests, blood, urine and stool were tested and a log was kept on the subjective symptoms, bowel movements and accessory symptoms. After the tests, the results were analyzed based on the log and the test data.

## **Test Results**

### **1. Symptom**

Among 163 tested subjects, alkaline ionized water group included 84 and placebo group 79.

Background factors such as gender, age and basal disorders did not contribute to significant difference in the results.

### **2. Overall improvement rate**

As to overall improvement rate of abdominal complaints, alkaline ionized water group had 2 cases of outstanding improvement (2.5%), 26 cases of fair improvement (32.1%), 36 cases of

slight improvement (44.4%), 13 cases of no change (16%) and 4 cases of exacerbation (4.9%), whereas placebo group exhibited 4 (5.2%), 19 (24.7%), 27 (35.1%), 25 (32.5%) and 2 cases (2.6%) for the same category. Comparison between alkaline ionized water and placebo groups did not reveal any significant difference at the level of 5% significance according to the Wilcoxon test, although alkaline ionized water group turned out to be significantly more effective than placebo group at the level of p value of 0.22.

Examining overall improvement rates by a  $\chi^2$  test (with no adjustment for continuity) between the effective and noneffective groups, alkaline ionized water group had 64 (79%) of effective cases and 17 cases (21%) of non effective cases, whereas placebo group had 50 (64.9%) and 27 (35.1%) cases respectively. The result indicated that alkaline ionized water group was significantly more effective than placebo group at the level of p value



of 0.048.

Looking only at 83 slight cases of abdominal complaints, overall improvement rate for alkaline ionized water group

(45 cases) was composed of 11 cases (24.2%) of fair improvement, 22 cases (48.9%) of slight improvement, 17 cases (44.7%) of no change and 3 cases (6.7%) of exacerbation, whereas placebo group (38 cases) had 3 (7.8%), 17 (44.7%), 17 (44.7%) and 1 (2.6%) cases for the same category. Alkaline ionized water group was significantly more effective than placebo group according to the comparison between the groups ( $p$  value = 0.033).

3. Improvement rate by basal symptom Basal symptoms were divided into chronic diarrhea, constipation and abdominal complaints (dyspepsia) and overall improvement rate was evaluated for each of them to study effect of alkaline ionized water. In case of chronic diarrhea,

alkaline ionized water group resulted in 94.1% of effective cases and 5.9% of non effective cases. Placebo group came up with 64.7%

effective and 35.3% non effective. These results indicate alkaline ionized water group proved to be significantly more effective than placebo group. In case of slighter chronic diarrhea,

comparison between groups revealed that alkaline ionized water group is significantly more effective than placebo group ( $p=0.015$ ). In case of constipation, alkaline ionized water group

consisted of 80.5% of effective and 19.5% of non effective cases, whereas placebo group resulted in 73.3% effective and 26.3 non effective. As to abdominal complaints (dyspepsia),

alkaline ionized water group had 85.7% of effective and 14.3% non effective cases while placebo group showed 47.1% and 62.9% respectively. Alkaline ionized water group proved to

be significantly more effective than placebo group ( $p=0.025$ ).

#### 4. Safety

Since one case of chronic diarrhea, in placebo group saw exacerbation, the test was stopped.

There were no such cases in alkaline ionized water group. Fourteen cases of accessory symptoms, 8 in alkaline ionized water group and 6 in placebo group, were observed, none of

which were serious. 31 out of 163 cases (16 in alkaline ionized water group, 15 in placebo group) exhibited fluctuation in test data, although alkaline ionized water group did not have any

problematic fluctuations compared to placebo group. Two cases in placebo group and one case in alkaline ionized water group have seen K value of serum climb up and resume to normal

value after re testing which indicates the value changes were temporary.

#### Conclusion

As a result of double blind clinical tests of alkaline ionized water and clean water, alkaline ionized water was proved to be more effective than clean water against chronic diarrhea, abdominal complaints (dyspepsia) and overall improvement rate (relief from abdominal complaints). Also, safety of alkaline ionized water was confirmed which clinically verifies its usefulness.

## **Treatment of Escherichia coli (O157:H7) inoculated alfalfa seeds and sprouts with electrolyzed oxidizing water**

International Journal Food Microbiology

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Department of Agricultural and Biological Engineering, Pennsylvania State University ,

University Park , PA 16802 , USA .

Electrolyzed oxidizing water is a relatively new concept that has been utilized in agriculture, livestock management, medical sterilization, and food sanitation. Electrolyzed oxidizing (EO)

water generated by passing sodium chloride solution through an EO water generator was used to treat alfalfa seeds and sprouts inoculated with a five-strain cocktail of nalidixic acid resistant

Escherichia coli O157:H7.

EO water had a pH of 2.6, an oxidation-reduction potential of 1150 mV and about 50 ppm free chlorine.

The percentage reduction in bacterial load was determined for reaction times of 2, 4, 8, 16, 32, and 64 min. Mechanical agitation was done while treating the seeds at different time intervals to increase the effectiveness of the treatment. Since E. coli O157:H7 was released due to soaking during treatment, the initial counts on seeds and sprouts were determined by soaking

the contaminated seeds/sprouts in 0.1% peptone water for a period equivalent to treatment time. The samples were then pummeled in 0.1% peptone water and spread plated on tryptic soy agar with 5 microg/ml of nalidixic acid (TSAN). Results showed that there were reductions between 38.2% and 97.1% (0.22-1.56 log(10) CFU/g) in the bacterial load of treated seeds.

The reductions for sprouts were between 91.1% and 99.8% (1.05-2.72 log(10) CFU/g). An increase in treatment time increased the percentage reduction of E. coli O157:H7. However, germination of the

treated seeds reduced from 92% to 49% as amperage to make EO water and soaking time increased. EO water did not cause any visible damage to the sprouts.

PMID: 12915034 [PubMed - indexed for MEDLINE]

Ionized Acid Water promotes substantially healthier plant growth.