



## **Dr. Curt's Kangen Water™ Dental Protocol**

Using this protocol on a daily basis will make your teeth and gums healthier than you've ever known them to be. Inflamed and puffy gums will resolve, periodontal disease will begin to heal and your risk for cavities will be dramatically reduced. You'll instantly know it's working because your teeth will feel squeaky clean all day long!

### **Supplies:**

- pH 2.5 Strong Acid Water
- pH 11.5 Strong Kangen Water™
- pH 9.5 Kangen Water™
- Toothbrush . . . preferably a Sonicare, available at most drug stores
- Dental Floss
- Hydro Floss Oral Irrigator . . . look online
- Tongue Scraper . . . available at most drug stores

### **Before you start:**

Be sure to begin with clean teeth. If it's been a while since you've been to a dentist, get your teeth thoroughly cleaned . . . do whatever it takes. After this, your need for routine cleanings or any kind of gum therapy will be much less.

### **Directions for the Protocol:**

1. Rinse mouth with 2.5 water, scrape your tongue, rinse, scrape again
2. Brush teeth with 2.5 water . . . repeatedly dipping your brush in the water
3. Rinse again with 2.5 water
4. Floss teeth then rinse one final time with 2.5
5. Fill Hydro Floss reservoir with warm pH 2.5 Strong Acid Water. Use as directed . . . making sure to flush under the gumline as much as possible
6. Hold the last mouthful that sprays out of the Hydro Floss and use as a rinse
7. Fill Hydro Floss reservoir with warm 11.5 water. Use as directed . . . making sure to flush under the gumline as much as possible. Hold the last mouthful that sprays out of the Hydro Floss and use as a rinse
8. Rinse with 9.5 water

### **Frequency:**

Following this protocol 2 times daily, once in the morning and again before bed is ideal and will provide you with optimal dental care

## Dr. Peggy's Kangen Water™ Protocol

### 45 Minutes before your meals do the following:

1. Drink ¼ cup pH 11.5 Strong Kangen Water™
2. Immediately followed by 20-40 ounces\* of pH 9.5 Kangen Water™
3. NOW YOU MUST WAIT 45 MINUTES BEFORE YOU EAT ANYTHING – ALSO DO NOT DRINK ANYTHING ELSE
4. With the first bites of your meal, swallow 2-3 tablespoons pH 2.5 Strong Acid Water. Take vitamins with this water at the beginning of the meal
5. DO NOT DRINK ANYTHING WITH YOUR MEAL. Anything you drink will be more alkaline than your stomach acids and will dilute them. Diluting your stomach acids dramatically impairs your ability to break down your food, especially proteins. Remember, if you are properly chewing your food, you will not require any liquids to comfortably swallow your food. After a few weeks you will be out of the habit of drinking with your meals and will not even desire to do so

It has been my experience that following this protocol actually retrains the body to produce adequate amounts of stomach acids, bile and digestive enzymes at the proper times. Improving digestion is a very important key to health

### \*Water Formula Based on Body Weight:

- ✧ Using a calculator, multiply your body's weight by .5. This number represents the minimum number of ounces a healthy person's body needs just to reach a state of hydration
- ✧ Then multiply your body's weight by .75. This is the maximum number of ounces ideal for a healthy persons
- ✧ (*A person not at optimal health, should only drink the amount of water that is comfortable for them.*)
- ✧ Now divide the maximum amount of ounces by 5. This number represents the amount of water ideal for the pH 9.5 water in the Protocol. Example: Body weight 140 lbs  
 $x .75 = 105oz$        $105 \div 5 = 21 oz$

## **Kangen Water™ Protocol for Eyes**

### **Supplies:**

- Standard Eye Cup (available at any drug store)
- pH 11.5 Strong Kangen Water™

### **Directions:**

1. Upon removing the eye cup from its packaging, soak in Strong Acid Water (pH 2.5) for 1-2 minutes to clean and disinfect
2. Rinse the eye cup thoroughly with Strong Kangen Water™ (pH 11.5)
3. Fill the cup, following package directions, with Strong Kangen Water™ (pH 11.5)
4. Place cup firmly around one eye, keeping your eye open, tilt your head back and gently roll your eye as though you were attempting to look up, down, and from side to side
5. Continue this for approximately 1 minute
6. Now that you have completed one eye, toss the water away
7. Rinse the eye cup thoroughly with Strong Acid Water (pH 2.5)
8. Repeat steps 2-7 for your other eye

### **Frequency:**

- To maintain healthy eyes follow this protocol 1-3 times per week
- When working to improve any eye condition, follow this protocol at least 2 times daily and up to 10 times per day

### **CAUTION:**

Do NOT use Strong Acid Water in your eyes! The natural pH of your tears is quite alkaline, so simply give your body a bit more of what it is designed to use

## Kangen Water™ Protocol for Ears

### Supplies:

- Small Glass Dropper Bottle
- 11.5 Strong Kangen Water™

### Directions:

1. Sterilize a small dropper bottle with Strong Acid Water (pH 2.5)
2. Rinse thoroughly with Strong Kangen Water™ (pH 11.5)
3. Fill bottle, tightly cap and set in a bowl of very warm water (not boiling) about 5 minutes
4. Test the temperature of the water by placing a drop on the inside of your wrist (*like checking the temperature of baby formula*) – this is very important since temperatures cooler or warmer can create dizziness or vertigo!
5. Tilt your head as far to the side as possible
6. Place 1-2 drops ONLY in your ear
7. Place cotton in the ear and leave for 1-5 minutes
8. Repeat steps 5-7 in the other ear

### Frequency:

- To maintain healthy ears follow this protocol no more than 1 time per month
- Ear wax provides a natural protective barrier for your ears, excessive cleaning can upset the normal balance in the ear canal so only clean using an irrigating syringe if you have a waxy build up that impairs your hearing

### General information:

- Ear wax is a fatty substance
- Chewing is the mechanism by which ear wax moves along the ear canal
- Excessive stress and anxiety can cause excessive ear wax production
- This is a good site for more info, <http://en.wikipedia.org/wiki/Earwax>

### Caution:

Do NOT use Strong Acid Water in your ears!

Do NOT use small objects to clean your ears!

## **Kangen Water™ Protocol for Nasal Lavage**

### **Supplies:**

- Netti Pot
- pH 11.5 Strong Kangen Water™ for daily use

### **Directions for Daily Use:**

- Adjust your water temperature so that your water is approximately the same temperature as your skin
- Fill your Netti Pot with the warm pH 11.5 Strong Kangen Water™. It is unnecessary to use additional herbs in your nasal lavage
- Follow the directions for use that came with your Netti Pot
- Repeat with the opposite nostril

Using a Netti Pot with Strong Kangen Water™ on a daily basis will dramatically improve symptoms that accompany allergies – both seasonal and chronic. Using pH 11.5 Strong Kangen Water™ provides both tons of free electrons to reduce inflammation and irritation and a pH that helps to rebalance the mucosal lining of your sinus passages

Since your nasal passages are one of the first lines of defense your body uses to stop potential invaders, keeping the mucosal lining healthy and vital will go a long way toward keeping you healthy

### **Directions for Use During an Infection:**

1. Adjust your water temperature so that your water is approximately the same temperature as your skin
2. Fill your Netti Pot with the warm pH 2.5 Strong Acid Water. It is unnecessary to use additional herbs in your nasal lavage
3. Follow the directions for use that came with your Netti Pot
4. Repeat with the opposite nostril

### **Caution:**

Use the Infection Protocol for only 2 days. While it is very effective at killing microbes in the nasal passages, it is important to keep in mind that there can be “too much of a good thing.” Use it for 2 days ONLY! Longer than that will dry out your sinus passages too much and can create nose bleeds

## **Kangen Water™ Protocol for Colon Hydrotherapy**

### **Supplies:**

- Gravity fed colonic irrigation equipment
- 9.5 Kangen Water™ slightly warmer than room temperature

### **Directions:**

1. Adjust the temperature of your supply water to be slightly warmer than room temp
2. Fill your gravity fed tank with pH 9.5 Kangen Water™
3. Continue with your normal fill, release cycles

### **Frequency:**

- Colon hydrotherapy must be considered as an occasional cleansing routine
- Best results are generally obtained when done 3 days in a row

### **CAUTION:**

1. Over use of colon hydrotherapy creates an imbalance in the intestinal flora and can create an overgrowth of pathogenic bacteria and fungal forms in the colon

## **Kangen Water™ Protocol for Skin Conditions**

### **Condition – Acne:**

1. Rinse with pH 11.5 Strong Kangen Water™ to remove excess oils from the skin
2. Cleanse with non-soap cleanser and pH 5.5 Beauty Water & pat dry
3. With a cotton swab, dab pH 2.5 Strong Acid Water on any active blemishes or broken skin and let dry
4. Tone with pH 5.5 Beauty Water in a glass bottle with a fine spray mister
5. Repeat morning and bedtime
6. Tone multiple times per day to keep skin hydrated

### **Condition – Eczema and Psoriasis:**

1. Rinse with pH 11.5 Strong Kangen Water™ to remove excess oils from the skin
2. Cleanse with non-soap cleaner and pH 5.5 Beauty Water & pat dry
3. With a cotton swab, dab pH 2.5 Strong Acid Water on any broken skin and let dry
4. Tone with pH 5.5 Beauty Water in a glass bottle with a fine spray mister
5. Repeat morning and bedtime
6. Tone multiple times per day to keep skin hydrated

### **Condition – Rashes and Burns:**

1. Rinse with pH 11.5 Strong Kangen Water™ to remove excess oils from the skin
2. Cleanse with non-soap cleaner and pH 5.5 Beauty Water & pat dry
3. With a cotton swab, dab pH 2.5 Strong Acid Water on any broken skin and let dry
4. Tone with pH 5.5 Beauty Water in a glass bottle with a fine spray mister
5. Repeat morning and bedtime
6. Tone multiple times per day to keep skin hydrated

## **Kangen Water™ Protocol for Vaginal Infections & Vaginal Dryness**

### Supplies:

2. Standard Douche Bag (available at any drug store)
3. pH 4.5 Acid Water

### Directions:

1. Select the 9.5 setting
2. Adjust the temperature of your water to skin temp
3. Fill your bag with approximately 2 cups of the water from the gray hose – this will be approximately pH 4.5
4. Irrigate according to package insert directions

### Frequency:

- Vaginal Yeast Infections – 1 to 2 times per day for 2 days
- Vaginal Dryness – 1 time per week for 1 month should resolve your problem if you are consuming enough water according to Dr Peggy's Water Protocol

### CAUTION:

Do NOT douche regularly!!!!!! Douching upsets the normal pH balance of the vagina as well as the normal colonization of good bacteria. Upsetting this balance can lead to infection, excessive discharge, overgrowth of candida and e-coli, all of which can lead to cancer



## **Kangen Water™ Protocol for Dogs and Cats**

### **Drinking Water Supplies:**

3 Glass bowls

pH 8.5 Kangen Water™

pH 9.0 Kangen Water™

pH 9.5 Kangen Water™

### **Directions**

Fill each of the 3 bowls with the various waters and put down for your pets in the normal spot where they go for water. Watch to see the one they choose, that is the correct pH for your pet

My dog do best on pH 9.5 Kangen Water™

## **Grooming With Kangen Water™**

### **Supplies:**

Beauty Water

Spray bottle

Appropriate combs and brushes

I bathe my pets in Beauty Water mixed with ¼ strength mild shampoo. As the last rinse I combine 1 teaspoon conditioner mixed with 1 gallon Beauty Water. Towel and blow dry

For regular brushing and grooming I place Beauty Water in a spray misting bottle and use it to dampen their coats and brush as usual. It is always most effective to brush against the normal growth pattern to gently remove loose hair

My dogs are show dogs and I have been told repeatedly that they are the best conditioned dogs in the ring!

## **Kangen Water™ Protocol for Children**

It is a myth that babies are already alkaline so Kangen Water is either dangerous or unnecessary!

If this were true, then they would not be sick!

Their bodies are exposed to the same environmental and internal oxidative stressors that adult bodies are. They simply have not had as much exposure

Use the same formulas for determining the amount of water to give – it is always weight dependent

### **Start with this formula:**

Body Weight x .5 = minimum number of ounces to consume per day

Body Weight x .75 = maximum number of ounces to consume per day

Divide the maximum number of ounces by 5 to determine the amount of ounces per serving

*(A baby not at optimal health should only drink the amount of water that is comfortably for the baby)*

## **Kangen Water™ Protocol for Nail Fungus**

### **Supplies:**

- Glass spray bottle
- pH 2.5 Strong Acid Water
- Basin for soaking feet or hands
- pH 11.5 Strong Kangen Water™

### **Directions:**

1. Every morning and every night before bed repeat spraying the nails, the cuticles and the surrounding tissue with pH 2.5 Strong Acid Water and allow to air dry
2. Depending on the severity of the fungal infection, you will need to soak the nails in a basin of warm pH 11.5 Strong Kangen Water™ for 20 minutes 2-4 times per week
3. After soaking, pat dry then completely air dry and spray nails with pH 2.5 Strong Acid Water and air dry
4. Apply a Tea Tree or Lavendar Lotion as a moisturizer

Soak socks in pH 2.5 Strong Acid Water at least 1 hour or overnight before laundering to kill microbes

## **Kangen Water™ Protocol for Hair Care**

### **Supplies:**

- Glass spray bottle
- pH 5.5 Beauty Water
- Organic mild shampoo

### **Directions:**

1. The easiest way to effectively shampoo your hair is to actually wash it in the sink
2. Adjust the temperature to luke warm and wash your hair as usual
3. Do NOT condition your hair unless it is exceptionally dry or course
4. Style as usual

For touch ups between shampoos, spritz hair lightly with pH 5.5 Beauty Water before using a flat iron or hair drier

For those with follicle challenges spritz the scalp at least 2 times daily and watch the changes happen

The scalp is particularly prone to dryness from soapy residue, excessive styling products and hair driers. This can lead to dramatic pH changes, clogged pores and dry, itchy and scaly skin. Beauty Water is the perfect solution to all these conditions since it is the perfect pH for your skin!