

*John Thompson Presents*

# **The Ultimate**

## **Guide To Alkaline Water**



Have more energy and a better overall quality of life



Get more done with less



And much, much more!

*Designer  
Water*

**All rights reserved.** All content herein - including all letters, logos, articles, systems and all materials appearing in this eBook are covered by copyrights and other intellectual and trade property rights. No part or parts of this book may be reproduced in any form, sold, stored in any retrieval system or transmitted in any form or by any means, electronic, mechanical, photo-copying, recording or otherwise without the written and express permission from the author.

**Medical Disclaimers:** This manual is not a medical device. No part of this manual purports to assist, heal, recommend, diagnose or prevent any health condition.

The information provided is for informational purposes only and is not intended to substitute for advice from your physician or other health care professional, nor should it be construed as such. You should not use the information in this manual for diagnosis or treatment of any health problem or for prescription of any medication or other treatment.

You should always seek professional qualified help from a registered medical practitioner before changing your health regiment - including but not limited to stating any diet, exercise or health care supplementation program.

You should not stop taking any medication without first consulting your physician.

**Limit of Liability / Disclaimer of Warranty:** The author, editor and publisher have used their best efforts in preparing this book and make no representation or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties of merchantability or fitness for any particular purpose and shall in no event be liable for any loss of profit or any other commercial or personal damage, including but not limited to special, incidental, consequential, or other damages.

This information is provided as is and the reader assumes all risks from the use, non-use or misuse of this information. The information in this book may or may not be supported by conventional medicine or many physicians. It is, however, well documented and supported by many scientists, physicians and other health care professionals.

This work is protected by South African and International Copyright Laws, and any violation of such protection will be vigorously prosecuted to the fullest extent of the law.

## About Designer Water and Its Founder John

Veteran performer, singer, song writer PJ Powers recently took to social media to share her experience with using Designer Water, she gave the product a raving review and credited the water in the amazing improvement of her health.

In a testimonial Lea said: "Designer Water was recommended by my doctor. I used to drink water, but now I drink a lot more. I love the way it feels in my tummy. It helps me with my stomach problems and constipation. It has helped relieve my joint pain as the doctor promised. I use to get a lot of headaches and now I don't get them anymore. I even take my 3 litres of water with me on the Gautrain to make sure I get enough. I can't live without my water.

The secret behind this world-wide phenomenon is simple says Designer Water Founder, John Thompson "I realized I had a higher purpose and a responsibility to help my community. I started looking for a way to make a difference in South Africa, my home. I already owned my own alkaline water system which was recommended to me by Anthony Robbins and it had already changed my health and well-being in unmeasurable ways. The product is widely used across Asia, the US and Europe but locally there weren't any companies truly committed to promoting the product and its amazing benefits. There have been some truly incredible results and stories where it had helped people suffering with Cancer, Diabetes, Metabolic syndrome, Rheumatoid Arthritis, Parkinson's, and Alzheimer's to name but a few of the various illnesses where benefit has been seen by consuming this amazing water. Alkaline Ionized Water has saved me approximately R151000 over the last 4 years in medical expenses. The quality of life increase is priceless".

The Product has also transformed the life of a Franchisee who is also a mother, who stopped life in its tracks to drive down to Johannesburg in a quest to acquire the product to stock and change the lives of the people in her

community and surrounding areas, the business is doing so well she has high hopes of eventually exporting the product to neighbouring Zimbabwe.

**Designer water is a story of success not only for individuals or health purposes it's a business success story.**

# The History of Water Ionizers

Water ionization is based on electrolysis, a process first identified in the early 1800's. It involves the exchange of ions caused by electrical current, an activity that characterizes all matter including the properties of water.

In the 1940's a fascination with the phenomenal properties of Hunza water and the extraordinary longevity of the Hunza\* people was spurred by the findings of Romanian Nobel Prize winner and inventor of fluid dynamics, Dr. Henri Coanda.

This was the era of Shangri-La, a legendary Himalayan paradise portrayed in a popular book and film called Lost Horizon. Those of you who are old enough will remember them.

## The development of 'functional water'

Russian scientists evolved the use of electrolysis while attempting to replicate the properties of this special water. Their work drew the attention of Japanese scientists interested in ionization. By 1954 the first water ionizers were being used in Japanese agricultural universities for experiments on plants and animals. This was the beginning of what is now referred to as functional water technology.

The first commercial water ionizers were available in Japan in 1958. In 1960, a group of Japanese medical doctors and agricultural researchers formed a special medical and agricultural research institute to investigate and develop the use of this technology. Because of their work, in 1966 water ionizers were approved as a medical device by the Health and Rehabilitation Ministry of the Japanese Government.

## **Chemical free cleaning with Electrolyzed Anode Water**

Water ionizers (also known as Electrolyzed Oxidized Water and Electrolyzed Reduced Water machines) simultaneously produce 2 streams of water – one is oxidizing acid water and the other is reducing alkaline water.

It was the useful oxidizing effects of the acid water produced by these machines that gained early recognition. Experiments began using this water for plant preservation and antiseptic applications in hospitals.

This acidic, oxidizing water is for external use. The beneficial results of its powerful anti-bacterial action are easily and almost instantly measurable by scientific means.

In today's world, the potential uses, environmental benefits and health implications of this water are staggering.

## **Equally important uses of Reduced Alkaline Water harder to verify**

On the other hand, the reduced alkaline water produced by water ionization is most commonly used internally as drinking water. Documenting the profound health benefits associated with its use requires much longer periods of time and far more complex analysis.

Considerable data has been collected by Japanese medical doctors who have been successfully using reduced electrolyzed water for the treatment of human disease longer than any other group. Approximately 30 million Japanese have now used ionized water over

a period of 40 years. Residential water ionizers have been a household appliance in Japan since 1985 and it is now estimated that they are now found in 15% of Japanese homes.

## **Western medical community slow to respond**

So far, the 'western' medical community has shown no noticeable interest in these remarkable devices. As of yet, there is little in the way of 'western' peer reviewed studies concerning the medical applications of electrolyzed reduced water.

It is interesting to note that, at last count, the World Health Organization ranks [Japan #1](#) for longevity of its population versus [South Africa at #160 of 191](#) countries which include the very poorest nations on earth. Japan has a life expectancy of 74.5 years vs 39.8 years for South Africa.

Meanwhile the use of this technology (which replaces the need for many toxic and water polluting chemicals and has proven beneficial in the treatment of many human and animal disease conditions) has spread from Japan to other Asian countries where water quality is recognized as a critical challenge for huge population groups.

This dilemma is fast becoming a global one, although some groups are glaringly slower to respond to it than others.

## **Widespread use of water ionization technology in Asia\***

Water ionizers were first introduced to Korea in the 1970's where they are now a commonly used household appliance. They are also approved as medical devices by the government of South Korea.

Similarly, in Taiwan, research and development in this field has been ongoing for decades.

The combined output of the major Asian water ionizer manufacturers (Toyo, Panasonic, Akai, Royal Water/Jupiter Science and Ion Farms) is over 1 million units per annum.

## **Some background info about Chanson Water**

Chanson water ionizers are made in Taiwan. Chanson evolved out of the Bai-Yin Company which began its involvement in the water treatment industry in 1979. In 1985 this company started importing ionizers from Japan for the Taiwanese market while simultaneously building its own team of engineers. It serviced ionizers produced by other ionizer companies for 20 years. In 2000 Chanson launched its own ionizer brand into the international market. This company manufactures its own products, possesses multiple patents and international certifications. Water quality products are its exclusive focus.



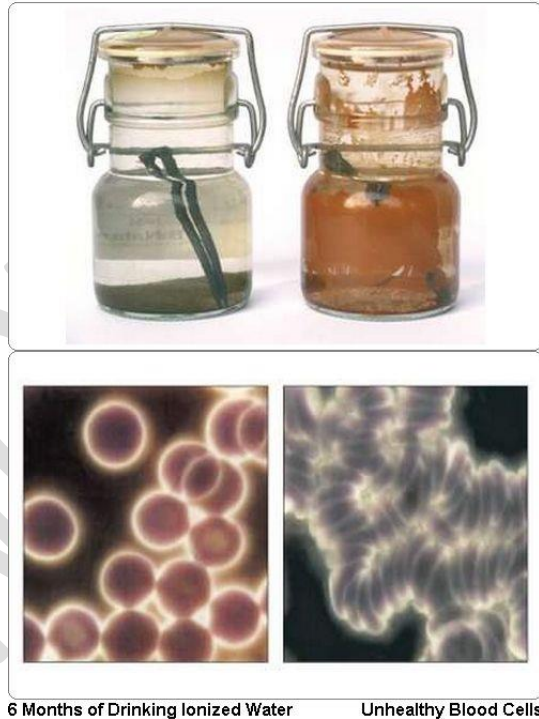


# 5 Huge Reasons Why The Water Produced By Our Ionizers Is The Best Water You Can Drink!

## 1. Anti-Oxidant

Water from a Chanson Water Ionizer is a superior anti-oxidant due to its smaller molecular size and its ability to penetrate cells, blood and tissues. Water from a Chanson Water Ionizer has the ability to neutralize harmful hydroxyl radicals which cause oxidative stress and can damage, DNA, cells, membranes and tissues. Due to its small size and because you can consume so much of it without any side effects, it is considered to be the most effective anti-oxidant available on the market today.

Anti-Oxidant Effects of Ionized Water



## The Anti-Oxidant Test

In the below glasses we added 3 drops of a liquid iodine solution. We then added water from each of these bottled water manufacturers, including a bottle of Designer Water produced by a Chanson Water Ionizer. If you add water and the water is an oxidant the solution will have a yellow to orange colour with varying degrees of darkness. The darker the colour the more oxidizing the water. This type of water could add to oxidative stress (free radicals) in the body. If you add vitamin C to the solution it will turn colourless. This is due to the reducing power of Vitamin C (Anti-Oxidant). Our bottled Designer Water that was made by a Chanson Water Ionizer turns the liquid iodine solution colourless. So far it is the only bottled water that we have tested to produce these results. The significant benefit of this is that all supplements have a maximum dose. You can drink as much as 6 litres of ionized water a day.



We even performed this experiment with water from a Chanson Water Ionizer that had been stored for more than 5 months and found the results to be the same.

## 2. Chanson Micro-Clustered Water:

Chanson Water ionizer was tested by an independent and prestigious lab and its alkaline water is proven to be micro clustered. All water ionizer manufacturers claim this, but to date this is the only 3rd party validated evidence that proves that a specific water ionizer company's water is micro-clustered.

Below the table illustrates the various line widths of many different types of water. The smaller the line width, the smaller its cluster. These smaller clusters have a greater chance of penetrating the cellular membrane and improving hydration. There are very few water ionizer companies out there that have any solid scientific evidence backing their products and proving that the water produced by their ionizers is micro-clustered. This is one of the reasons why water from a Chanson Water Ionizer has been referred to as "wetter water".

**Comparison of Various Water Types by NMR**

<b><i>Water Type</i></b>	<b><i>NMR Half Linewidth</i></b>
Chanson Ionized Water	47.82 Hz
Penta Water™	55.1 Hz
Vitalizer Plus™ Water	63.60 Hz
VIVO™ Water	63.75 Hz
Spring Water – Korea	68.50 Hz
Evian Spring Water	82.60 Hz
Mineral Water	94.00 Hz
Well water	105.00 Hz
Mountain Water	116.00 Hz
Distilled water	118.00 Hz
Rain water	119.00 Hz
Tap Water	120.00 Hz
USA spring water	122 Hz
Reverse Osmosis Purified Water	142 Hz

Tap Water from Taiwan (May 25th 2007)

The above chart shows how high the hydration potential of water produced by a Chanson Water Ionizer is compared to most popular drinking waters. Some researchers and experts suggest that this type of water is 6x more hydrating than regular water.

To illustrate the micro-clustering ability of ionized water you can perform the below experiments with oil and tea:

- Take sesame oil or olive oil and put some in two cups
- Add alkaline water to one cup and tap, or bottled water to another
- This test will show you how ionized water penetrates and breaks down oil
- It emulsifies it
- Therefore, it is a superior degreaser and pesticide remover from fruit and vegetables
- Some suggest that this is the reason why it is so effective at reducing cholesterol and tri-glyceride levels
- The stronger the ionized water the more pronounced the results will be



## Micro Clustering Test 2

- Take some tea leaves and put some in two cups
- Add alkaline water to one cup and tap, or bottled water to another
- This test will show you how the micro-clusters of alkaline ionized water penetrates the tea leaves
- This is how it improves the flavours of the food that you cook with it and why it hydrates better than regular water



### 3. Chanson Structured Water

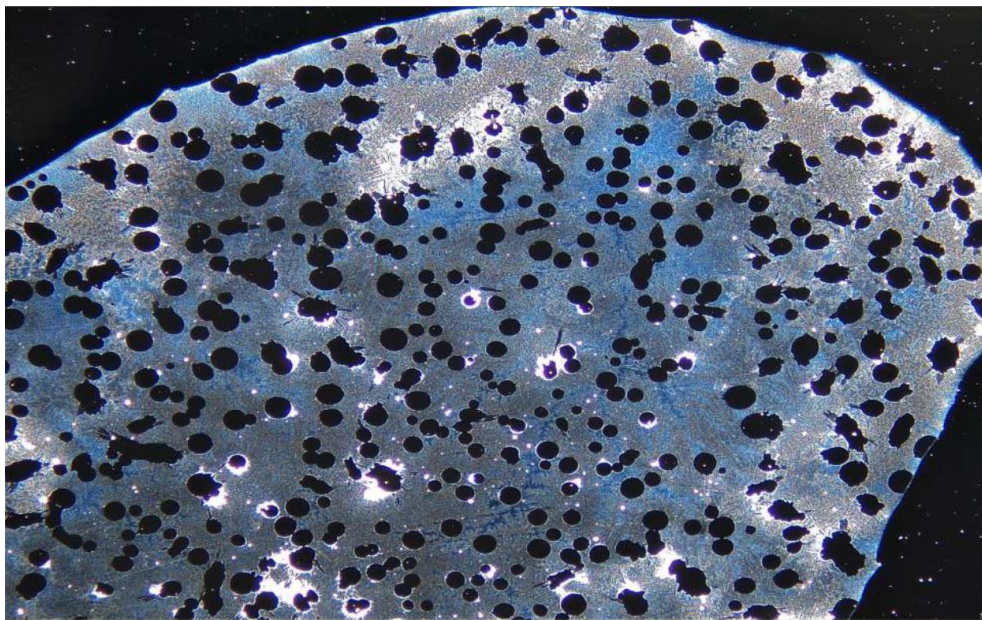
Chanson Water ionizer is third party proven to re-structure water, see images below. This is the same water before and after ionization. Please note that these images are from a Chanson Water Ionizer and this result cannot be claimed by all manufacturers. Once again this is an industry first for any water ionizer manufacturer. So far this is the only 3<sup>rd</sup> party verified proof of structured water from a water ionizer that we have been able to find. This type of water is also referred to as “living water”, not damaged or “dead water”.

Images obtained by Visionlab's SAT (Spagyric Advanced Technology) Technology which is their process for imaging the life force of food and drink. SAT's crystalline images depict the life force of the matter being imaged, and the quality of its subtle energy can be assessed by the form and harmony of the crystals' shapes and structures.

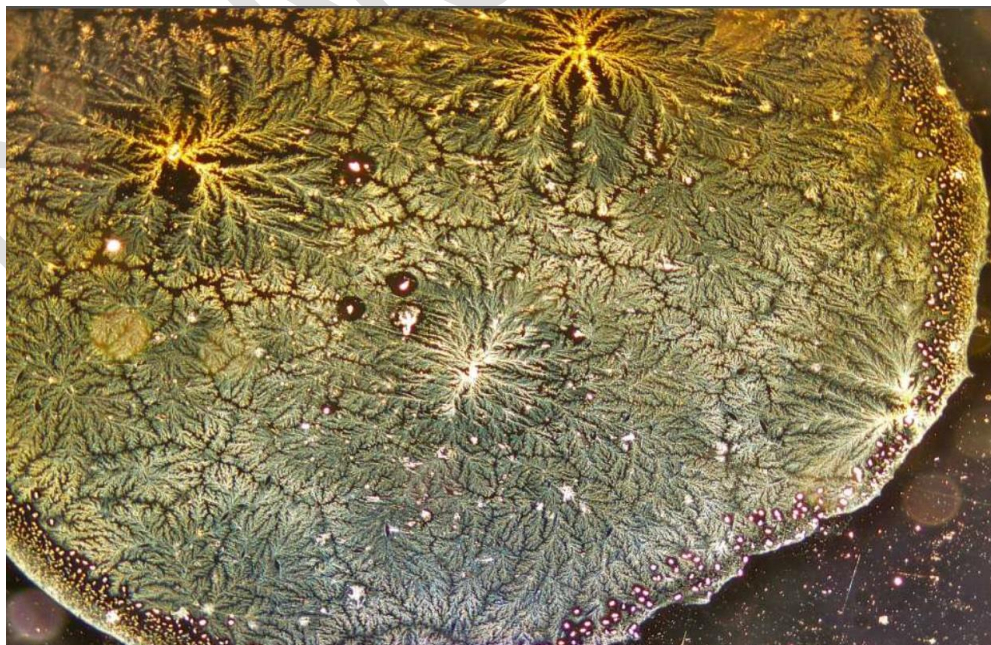


"All other Water Ionizer manufacturers claim that they restructure and micro-cluster water. Chanson can prove that they do." John





UNTREATED WATER, TAP WATER BEFORE THE IONIZATION



## 4. It can help you with your medical condition

Water from a water ionizer has been extensively researched for the last 50+ years and may be helpful for all the below conditions; [Click here to see the full list of studies performed on molecular hydrogen.](#)

- Acidosis / Alkalinisation
- Oxidative Stress / Antioxidant
- Athletes – See also Mitochondrial Disorder as Mitochondria are where energy is produced and antioxidant
- Arthritis / Joint disorder
- Cancer
- Diabetes
- Digestive System
- Immune System and Allergies
- Metabolic Syndrome – Triglyceride, Cholesterol, Blood Pressure, Atherosclerosis
- Mitochondrial Disorders
- Neurodegenerative Diseases: Parkinson's', Alzheimer's
- Weight Loss / Obesity
- Other
- Renal Failure
- Acid Reflux
- Skin conditions
- Detox

Many researchers and scientist now agree that as much as 97% of all diseases are caused by an imbalance in the body which to leads to an unhealthy terrain. This terrain is the breeding ground for the symptoms of disease.



Alkaline water from a Chanson Water Ionizer is one of the most effective ways to help balance your body and achieve homeostasis.

your body and achieve homeostasis.

## Why do we need water?

- Your body consists mainly of water (on average about 70%). Liver is 90%, brain is 85%, blood is 83% and the bones are 35%.
- It is estimated that at least 75% of South Africans are dehydrated to such a degree that it affects their health in a negative way.
- Virtually everyone in SA has one or more toxic chemicals lodged in fatty tissue from drinking treated tap water.
- In South Africa millions drink water from municipal supplies containing potentially dangerous levels of chloro- and fluoro-chemicals, lead, faecal bacteria, as well as pesticides and other impurities associated with cancer and metabolic dysfunction.
- In a University of Washington study, drinking one glass of water when feeling hungry stopped the hunger pangs in 98% of the dieters surveyed.
- The main cause of daytime fatigue and the dreaded “afternoon slump” is simply a lack of water.
- Research shows that about 8-10 glasses of water a day may significantly ease back pain and joint pain for up to 80% of sufferers.
- If the average person drank at least 5 glasses of plain water a day, the risk of getting breast cancer is decreased by 79%, colon cancer by 45% and bladder cancer by 50%.
- A person’s minimal water requirement is half their body weight in ounces daily. For instance, a 200-pound person should drink at least 100 ounces per day.

- Only a 2% drop in the amount of water in your body can bring on mental confusion such as short-term memory loss, being unable to focus and forgetting how to do simple math calculations.

“If you are going to drink water, make sure you drink the best possible water that money can buy. We believe that Chanson Water Ionizers produce the best water money can buy.” John

## 5. Different types of water produced by one machine

Chanson Water Ionizers produce water with seven different pH levels as outlined below: Not all water ionizers are able to produce this full range of pH waters.

- Strong Acidic Water pH 2.5 (not for drinking)
- Beauty Water pH 3.5 to 5.5 (not for drinking)
- Clean Water that has been filtered but has not gone through the electrolysis process. Generally, this will have a more neutral pH.
- Drinking water pH 8.5
- Drinking water pH 9.0
- Drinking water pH 9.5
- Strong Alkaline Water pH 11 and up (not for drinking)

## Acid Water is for Cleaning, Skin-Care and Beauty

Uses for Acid Water – Over 500 different uses for Acid Water

Use at a pH of about 2.5 - 3.5 for its antiseptic value. Put your ionizer on the strong acid water setting and use this water as an antiseptic, skin tonic or cleaner. You can put it in a spray-bottle for convenient use in the kitchen. Acidic Water has an astringent effect on what it comes in contact with. For this reason, it is able to tighten and smooth your skin, and is particularly effective in the treatment and prevention of acne, pimples and rashes. Moreover, its disinfecting and sterilizing ability also helps in treating minor skin wounds.

Strong Acidic Water (pH 2.7) is not suitable for drinking but is perfect for other tasks. Strong acidic water has great disinfecting power and is often used by restaurants to prevent food poisoning. This water is the strongest disinfectant of its kind! It's great for:

For your Skin, Hair and Teeth - specific benefits include:

- Strong acidic water improves many skin ailments such as Athlete's Foot
- Shampooing: When using acidic ionized water before and after shampooing, it will not only protect your hair, but also prevent hair loss, itching, and dandruff.
- Hair care - use acidic water instead of a conditioning rinse. It will reduce tangles and give your hair a healthy shine.
- Bathing: Mix in 6-10 liters of acidic water to your tap water in your bath tub. Bathing in this water will improve the overall health and beauty of your skin. Bath water - acidic water will keep your tub free of rings while keeping your skin radiant.
- Burns: Applying acidic water eases the pain of burns and accelerates its recovery.
- Sunburn: Acidic water also relieves inflammation and hastens recovery.
- Eczema and Acne: Acidic ionized water is able to kill bacteria, to keep the skin clean and to improve your skin condition.
- Brushing Teeth: If you regularly use acidic water for brushing your teeth, it will help to maintain healthy teeth with whitening, sterilizing and disinfecting results.
- Gargling: Gargling with acidic water prevents infection of germs by killing the microbes that cause colds and tonsillitis.
- Pimples, boils, infections or other skin eruptions use at the medium to strongest acidic setting and soak the infected area for 20-minute periods 2 to 3 times per day or more if desired until healed. If the area gets and stays red, reduce the acidity-level.
- Clean cuts, bruises and scrapes

- Kill acne bacteria
- Reduce inflammation and redness
- Soak burns, psoriasis or other skin sores
- Face wash or toner - the acidic water has amazing astringent properties that help to tone and firm your skin.
- Hygiene - use this water to disinfect your hands, toothbrush and more.

### For Cooking with Acidic Water

Due to its constricting effect, Acidic Water also has a wide range of cooking uses, which are:

- Cooking noodles with acidic water will prevent the noodles from becoming soggy.
- Using acidic water to coat fried dishes will help that the dish is much crispier.
- Soak fish in acidic water before cooking. It will tighten the meat of some fish, making it easier to cook.
- Washing fruits and vegetables with acidic water will kill harmful bacteria. Clean (soak for 1 - 2 min.) vegetables with acid water [2.5 - 3.5] to kill the germs without harming the healthiness of the vegetables. Then soak your vegetables in the strongest setting you can get of alkaline water [11 - 11.5] for another 5-10 min. What this does is dissolve the pesticides from the surface of your vegetables. Farmers are using pesticides today that are oily, because the oily pesticides don't wash off easily in the rain. However, this makes them also not easy to wash off in your sink! Now you can counteract that by soaking your non-organic vegetables in the strong alkaline water. The water will turn a brownish colour. That's the dirt and pesticides becoming released. After 10 minutes, Pour that water out and soak once more in some fresh alkaline water for another minute or so, and you're ready to go. Washing veggies and fruits will maintain their vibrant colours.

- Fried food - will come out crispy.
- Frozen food - when you spray your food with acidic water prior to freezing, you're ensuring that the flavour will not be lost when thawed.
- Cooking beans - they will cook to perfection in less time! Beans can be soaked in alkaline ionized water for a shorter time before cooking. Cooking rice with alkaline ionized water helps prevent spoilage.

#### Health:

- Gargle to relieve a sore throat and kill germs
- Used in hospitals in Japan to sterilize endoscopes and heal skin ulcers
- This water kills HIV and other viruses such as staph, strep, Candida, athlete's food fungus,
- Teeth: Used for brushing and gargling Sanitize your tooth brush (soak for 20-30 minutes) effectively removes plaque from teeth. Have healthier gums. Brush with ionized acid water instead of toothpaste. Rinse with tap or alkalized water.
- Gargle to relieve mouth sores and to prevent infection by germs including the microbes that cause colds and tonsillitis.
- Removes bad breath.
- Sore throats: In the odd chance of a sore throat, try gargling with strong acidic water several times per day and see if that helps.
- Acts as an astringent to tighten skin and remove small wrinkles. Relieves chapped hands and dry, itchy skin.
- Excellent therapy for fungus such as athlete's foot.
- Helps heal and disinfect cuts, blisters, scrapes, rashes, burns and wounds.
- Accelerates recovery when applied to bruises, sprains, eczema and other skin problems.
- Helps heal diabetic skin ulcers.
- Alleviates the pain and speeds recovery of burns.
- Relieves inflammation and speeds recovery from sunburn.

- Provides relief from mosquito bites, bee stings, poison ivy and poison oak.

## In the Kitchen and Cleaning

Strong acidic water has excellent disinfecting powers that can prevent food poisoning. e. coli, salmonella and a host of pathogens in as little as 30 seconds.

- Cleaning and disinfecting - strong acidic water kills germs and bacteria, sanitizing your home in the most important places: the bathroom and kitchen. Strong acidic water was approved as a food product disinfectant in June 2002 in accordance with Food Hygiene Law.
- Wash and rinse dishes. Your glasses will come out sparkling clean.
- Clean work surfaces, cutting boards, etc. and rinse dishes with high level acid ionized water.
- House cleaning: Acidic water works as an agent to sterilizing, preventing odors, removes dirt and grime as well as unseen germs.
- Polishing: Acidic ionized water effectively cleans mirrors, glass, knives, and eyeglasses.
- Cleaning: Use acidic water to wash and disinfect your cutting boards, tableware and pots and pans (when soaked overnight, stains and burns are easily removed).
- Sponges: Fungal and bacterial growth is stopped, preventing bad smells and contamination.
- Washing hands: Wash your hands with acidic water to effectively remove odors and itching.
- Washing Vehicles: The dirt is removed much more easily when using acidic water.
- Polishing - polish mirrors, windows and more for a high sheen.
- Housecleaning - acidic water removes dirt from ceramic tiles, hardwood floors, and more without leaving a sticky mess behind.
- Disinfect knives, cutting boards and counter tops (soak for 20-30 minutes)

- Sanitize dish rags and sponges (soak for 20-30 minutes)
- Soak fish to remove impurities.
- Clean your house without using toxic chemicals
- Proven to kill MRSA (methicillin resistant staph aureus)
- Rinse cycle - soaking your clothes in acidic water before the spin cycle will soften your apparel.
- Removing stains - leave your clothes to soak in acidic water for a full day.

#### Miscellaneous Uses:

- Pet care - it gives your pet soft and shiny fur when you brush with it.
- Pets: Bathing your pets in acid water helps to prevent skin disease and itching and also leads to an overall healthier coat of fur.
- Flower Arrangement: Coat the stem of the flowers into diluted acidic water and your flowers will look fresh for a much longer time.
- Bathe pets in MILD acidic ionized water for silky fur and healthy skin.
- Improves healthy plant growth.
- Plants require less water.
- No need for pesticides.

#### Commercial uses:

Acid ionized water with high oxidant levels (O.R.P. of +1100mV) is currently used in American and Japanese hospitals in the treatment of bedsores, operative wounds with complicated infections, and diabetic ulcers. This water is sometimes referred to as "super oxide water". It is used extensively in Japan's medical facilities for the sterilization of surgical equipment and wounds. For the same reasons, it has been adopted by the food service industry for the sterilization of kitchen utensils and the cleaning of seafood and meats. In agriculture acid ionized water is used effectively on plants to kill fungi and moulds. For example, it is sprayed on sprouts, wheatgrass, and germinating plants in nurseries to prevent mould. Golf courses have used it to vastly reduce their reliance on pesticides and herbicides.



# Strong Alkaline Water

Strong Alkaline Water (pH 11.5) is not safe for drinking. It's a grease-cutter and is also used for Cleaning

Uses for High pH Alkaline Water pH 11+

- You can pour 7 – 14 litres of it in with your laundry and not need to use detergent.
- You can use for cleaning greasy areas, like floors, stoves and countertops.
- Strong alkaline water is used to remove pesticides and impurities from your vegetables and fruits, which remain if cleaned with regular water.
- If oil and strong alkaline water are combined, the water actually emulsifies the oil! This makes this type of water ideal for:
  - Cleaning - It's great for kitchen countertops, bathrooms, and more.
  - Sanitizing - It's great for utensils, kitchen tops, etc.
  - Oil removal - Remove oily substances from hard to clean items such as the outdoor grill.
  - Plants - Strong alkaline water is used to kill fungi and other plant diseases. This is especially noteworthy because agriculture workers do not have to wear any protective gear when applying strong alkaline water to plants.

[pH 10.0](#) (High alkalinity water):

High alkalinity water has a detergent-like effect and is able to dissolve and draw out oil-based substances (pesticides are often oil-based and not removed with standard water). pH 10.0 high alkalinity water more effectively emulsifies oil, cleans oily or greasy items, strips oil-based pesticides off produce and infuses vegetables with negative ions that retard their degeneration. Some specific uses include:

- Clean cutting boards, knives and dishes
- Sterilize (soak) vegetables, beef, pork and fresh fish. It also helps to bring out natural flavours and reduce acid.
- Great for making soups
- First rinse rice in pH 8.5 alkaline water and then cook that rice in pH 10.0 water to quicken cooking time, reduce damage to the rice and maintain its natural flavour.
- Remove spots and stains
- Reduce detergent use
- Meats- for taste and tenderness, soak for 20 minutes
- Soak vegetables to remove bitterness. Boil vegetables in this water to help maintain their nutrients and colour.
- Effectively remove pesticides from fruits and vegetables
- Infuse vegetables with a high negative ORP providing a ready supply of antioxidants.

## Alkaline Water in Cooking:

- Enhances food flavours.
- Decreases food's acidity.
- Improves nutrient absorption by the body.
- Removes bitterness that some vegetables may have
- Cooking beans - they will cook to perfection in less time! Beans can be soaked in alkaline ionized water for a shorter time before cooking. Cooking rice with alkaline ionized water helps prevent spoilage.

Ionized Water (pH 8.0 - 10.0) is safe for drinking and makes your drinking water more flavoured. Ionized water helps to balance your body's pH level. With continued use, ionized water helps to replenish your calcium levels and balances your body's pH.

### It is ideal for:

- Drinking - There is a lighter taste, no unpleasant odour, and a sweet flavour.
- Food preparation - Removes the harsh taste and strong smell of foods such as onions and meats.
- Rice - Produces very fluffy rice. "Coffee and tea", you'll enjoy a richer flavour than ever before.
- Soups and stews - The ingredients will have purer flavour, lessening the need for additional seasoning such as salt.
- Plants - They thrive when watered with pure water.
- Animals - Your animals will experience increased health and energy as well as decreased body odour.
- Crafts - Pure water is perfect for dying cloths.
- Colon cleansing - Pure water helps to remove accumulated waste when used with a colon cleansing unit.
- Clean Water (pH 7.0) removes chloride, rust and cloudiness from your water, creating absolutely delicious water. It is great for:

- Taking medication - Ionized clean water is quickly absorbed and helps your medication be assimilated quicker as well.
- Baby food: Clean water is ideal when preparing baby formula.

## **pH 9.5**

- This is the level most adults choose to drink.
- This is also a good level for making tea; it enhances natural flavours and shortens stewing time.
- If you drink alcohol, this level of water is good to help with hangovers.

## **pH 9.0**

- After drinking pH 8.5 water for one to two weeks, drink this water for one to two weeks before drinking 9.5 pH.

## **pH 8.5**

- Use this level when you first start drinking alkaline water. Drink this level for one to two weeks before progressing to 9.0 pH.
- This is also a good level for mixing with powdered milk and for those with gastro-enteric issues.

## **pH 5.5 (Mild Acid Beauty water):**

Beauty-Water (put your ionizer on the 3<sup>rd</sup> level of alkalinity and save the water that comes out of the bottom hose [pH 4 - 6] to use for rinsing and soaking your hair after washing, rinsing your face and sensitive skin areas regularly without need for added soaps)

Because human hair and skin is mildly acidic, acid water is used restore sheen to hair and smoothness to skin. It can relieve dry itchy skin, including the itchiness resulting from poison ivy and poison oak. Helps in the treatment of acne and eczema.

Use for personal cleansing and as an astringent (a substance that tends to shrink or constrict body tissues, usually used as a topical application). Two common examples are calamine lotion and witch hazel. Specific uses include:

- Restores shine to hair /lends silky softness to skin
- Has excellent cleansing and astringent qualities -tightens pores like a toner
- Ideal for bathing sensitive skin & Infants
- Relieves sunburn
- Relieves skin problems such as psoriasis, rashes, eczema and dryness
- Athlete's foot
- Minor burns and scratches
- Insect bites

## **Other uses for higher pH ALKALINE and Low pH ACIDIC Water**

- Brush teeth to clean & whiten; rinse your mouth to kill germs and bacteria.
- Gargle to kill germs and bad breath
- Makes great tasting coffee and tea (removes acidity/acid taste)
- Great for cooking pasta/noodles
- Use to make batter for fried foods – makes them crunchier
- Great for cleaning windows
- Use in your humidifier

# FAQ – Frequently Asked Questions

## Common Questions on Alkaline Ionized Water

### How much should I drink?

At least 1 litre for every 25 kg of body mass. If you are detoxing, you can increase this to 1 litre for every 15 kg of body mass. If you are training you can add an additional litre for every hour of exercise. When increasing your water, intake ensure that you increase your electrolytes. This can be achieved with something as simple as rock or sea salt.

### What is ORP (Oxygen Reduction Potential)?

ORP is the electrical charge needed to reduce or slow down oxidation (decay). Alkaline water must have a negative ORP in order to be considered beneficial to drink. ORP provides the ability to reduce oxygen's ability to oxidize. ORP can be measured through an [electronic hardware device](#). A negative ORP value (meaning a surplus of electrons) in ionized alkaline water is evidence of its antioxidant power. ORP can be measured with an [ORP meter](#).

### Are the pH and ORP produced by a Chanson Water Ionizer always the same?

Values and quality of alkaline water will vary from region to region due to differences in source water. In cases where local water has excess minerals the taste may be affected, or the alkaline water produced may have too high of a pH level.

Since water pressure from the faucet affects the production of alkaline water, it is important to confirm that genuine alkaline water is being produced by regularly checking that it is set to the correct pH level and checking for small bubbles. pH can be measured with a [pH Meter](#)

Can I use a [water ionizer](#) if my source water is from a well?

The efficiency of electrolysis can drop when well water is used since it tends to hold a lot of free carbon dioxide and only a small amount of electrolytic minerals. If you are using well water, we recommend that you contact us at [sales@designerwater.co.za](mailto:sales@designerwater.co.za) a copy of your well water report so we can make recommendations as to specific [pre-filters](#) that will greatly improve the taste and performance of your ionized alkaline water.

Can I use a Chanson Alkaline Water Ionizer with a Reverse Osmosis (RO) System?

The process of osmosis literally strips the water of ALL minerals, which are the primary key to electrolysis. The solution is to add a remineralisation cartridge between your RO system and your Chanson Water Ionizer.

Can I make my baby's formula with alkaline ionized water?

In the case of infants under one year old, the intestinal movement is generally different from adults since breast milk or milk is the only thing they consume. Therefore, the use of alkaline ionized water is not encouraged until the infant begins to consume more sophisticated foods. In any case, alkaline water should not be used to make formula for infants. Use the purified water (pH 7) setting instead. If your baby is suffering from acid reflux you can use level 1 on the ionizer.

Can you become too alkaline?

It is a good question. We challenge you to become too alkaline! Even if you were to drink nothing but pH water at a pH level of 11 for months, you would not become too alkaline, unless you are also on a strict diet of RAW greens and vegetables and you never get stressed or angry.

The general guideline for tap water is that tap water be alkaline! That is right; tap water must be over 7 pH. It is very easy to see how pH your internal body is, just go to your local pharmacy or health food store and buy some urine pH test strips and test your first urine of the morning. If you are under 7 you are acid no matter how much water

you drink, and if you are over 7 you are alkaline. If you are at an 8 then you would be TOO pH. But we have never seen or heard of anyone hitting a pH of 8.

There is a disease called “alkalosis” where the body is over alkaline and less than 2% of the population is susceptible to this disease. If you do not eat well, do not drink ionized water, and do not exercise, yet your urine pH is an 8 then you fall in that 2%.

Keep in mind, 80% of the benefits of ionized water is not the pH, it is the ORP or antioxidant power. Hundreds of thousands of users have been drinking nothing but alkaline water for many years.

Soft drinks, beer, coffee and juice (as well as almost all of the foods we eat) can have PH levels of 5 or lower. Alarmingly, one cup of coffee needs 20 glasses of ionized water to neutralize the acid consumed. Getting frustrated or angry also floods the body with acids, therefore it is not easy to take such an acidic environment and become over alkaline.

You asked for studies, but who will pay for this study? Certainly no drug company will. Alternative products rarely have studies to back them up, but in our case we have hundreds of studies specifically on ionized water and many of them can be seen in our research section.

Ionized water has some critics out there but none are calling it dangerous, they only question its potentials. One thing we do have is 30 years of clinical use in both Japan and Korea including hundreds of hospitals who administer the water, with zero lawsuits filed or claims of sickness or damage in any way. The same is true in the USA, Europe and South Africa although these countries have not been enjoying Chanson ionized water for as long.

One thing we can say for sure is that Chanson ionized water is safe and three decades in Japan and Korea have proved that, while Russians have safely been consuming ionized water for around eight decades. There are thousands of customers drinking Chanson Ionized Water, and we have yet to receive any complaint regarding health for any reason. Drink with Confidence!



## What is the “Cluster Theory” of Deoxidized Water?

Approximately 15 years ago, with the help of the [nuclear magnetic resonance](#) (NMR) appliance, a theory that water does not exist in single unit molecules was confirmed. Water molecules form molecular clusters of approximately 13 water molecules. These clusters constantly repeat an aggregation/disaggregation process. The quality of water and its ability to hydrate directly depends on the size of its clusters.

For example, small clusters have active molecules that increase the capacity of water to dissolve elements (solubility), let elements pass through (permeability), and let heat and electric charge pass through (conduction). Electrolysis gives the water molecules similar charge, which causes them to repel each other and break apart.

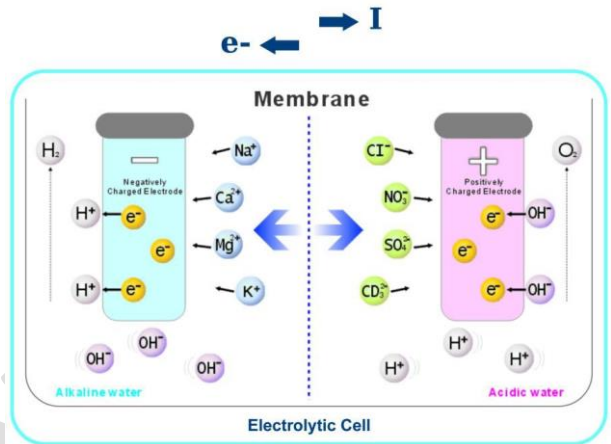
Alkaline ionized water has clusters made up of five to six water molecules resulting in a lower molecular weight, better solubility, permeability, and conduction. Standard tap water contains about 12-15 water molecules per cluster.

### Is your water micro-clustered?

Chanson ionized alkaline water is micro-clustered, alkaline, ionized, structured, electrolyzed and reduced. [Click here to see our micro-cluster report.](#)

## How does a water ionizer work?

To ionize means to gain or lose an electron. Direct current flows from (-) pole to (+) pole. Electron current ( $e^-$ ) is opposite to current ( $I$ ), so the movement of electrons flows from (+) pole to (-) pole.



## Should I use acidic water or strong alkaline water to wash fruit and veggies?

If you were to use acid water to clean fruit and veggies for a fear of bacteria then just do a dip in the acid not a soak, as you do not want them to absorb the acid and then consume it. After the dip you can go to alkaline for a soak. We recommend soaking in standard 9.5 PH water, as a stronger level will infuse the vegetable with too much ORP. We used to use a 10.5 until we discovered it was making the fruits have up to a -700 ORP and that in nature these fruits or veggies will never be below -100. So 9.5 PH water will still wash and clean them but infuse a much lower ORP, much more natural.



How can ionized water provide both excess oxygen and antioxidants if oxygen is oxidizing?

While traditional water contains free oxygen (O<sub>2</sub>) which is actually a free radical that oxidizes the body, ionized water binds oxygen to hydrogen resulting in a safer delivery of oxygen to the cells. Ionized water also has negative ORP (Oxygen Reduction Potential) which means it is full of antioxidants that seek out free radicals.

Won't my stomach acid render alkaline water consumption useless?

No. There is no hydrochloric acid pouch in our body, and the stomach wall makes sodium bicarbonate to alkalize our food not digest our food. HCL is only produced when we eat or drink acid-forming foods and drinks and is balanced in equal proportion by sodium bicarbonate production. When we consume alkaline forming foods and drink alkaline ionized water, the body does not need the sodium bicarbonate production and thus the HCL production is not required either!

Can't I make my own alkaline water with lemon juice, baking soda or pH drops?

Yes, technically the pH level of water can be modified slightly by adding certain substances; however, they will not necessarily reach the optimal pH level of 9.5. More importantly, alkalizing the water without the use of a water ionizer will not reduce the ORP, so the water will still be oxidizing to the body and create free radicals which destroy cells. Ionization is also the only way to micro-cluster the water, which allows it to hydrate up to six times better than non-ionized water, and detoxify cells more thoroughly.

Is alkaline water a scam?

You will find so-called "Alkaline Water Scam" pay-per-click ads on the Internet. These alkaline water scam ads and pages are just fake hooks used by certain disreputable water ionizer companies to build on negative curiosity and trick you into going to their site so they can sell you a water ionizer. Alkaline water is not a scam and water ionizers are not scams.

As a matter of fact, while most people in South Africa haven't heard of alkaline water or water ionizers, they have been around for a very long time and have a very reputable history of helping people and having many benefits.

Electrical energy pioneer Michael Faraday invented electrolysis in the 1800s. His device separated water into hydrogen and oxygen. Later Russia worked to improve the utilization of the technology and by 1966 the Japanese Health and Rehabilitation Ministry confirmed that alkaline ionized water was beneficial for health improvement and medical use.

Today over 30 million people in Asia use water ionizers to assist in their good health.

The use of alkaline ionized water to support and benefit good health is now becoming widely available to people in North America, Africa and Europe. Chanson has been selling and servicing water ionizers for over twenty years in Asia.

Many medical studies have been done on the use and benefits of water ionizers and alkaline ionized water and clearly prove that alkaline ionized water is nothing close to a scam. We have many of the studies available here on our site for your review. We invite you to read them and then try one of our ionizers for yourself and see why we like to say that Chanson Water® is the possibility of a miracle.

[If I live in a place where the tap water already has an alkaline pH, do I still need a water ionizer?](#)

**YES!** All tap water is regulated to be at least a neutral (7 pH). However, we never started having any health benefits from our tap water because it lacked ionization. Even when water has an abundance of alkaline minerals, it does not mean that your body can absorb them all. Water ionizers restructure the water, reducing surface tension and making the alkaline minerals in the water bioavailable (more easily absorbed by the body).

The process of ionization also creates an abundance of free-radical fighting anti-oxidants which can help slow the aging process. Because the water clusters of ionized water are smaller than regular water, it can hydrate up to six times better than conventional water and better detoxify your cells. And finally, all tap water should be filtered before consuming.

## Isn't reverse osmosis the best water filtration process?

While reverse osmosis rids tap water of virtually all nasty toxins, contaminants and bacteria, making it as pure and crystal clear as can be, the problem with reverse osmosis (R/O) is that it works TOO well. In addition to removing all the impurities, it also strips the water of all the valuable alkaline minerals your body needs to thrive.

Essentially, R/O water is dead, lifeless, and never found in nature, and most bottled waters on the market today are made with R/O water.

Due to the removal of alkaline minerals, R/O water has an acidic pH level instead of a neutral or alkaline pH which municipal tap water sources mandate. It also has a positive oxidation reduction potential (or +ORP) value, which means it is oxidizing to the body and creates cell-damaging free radicals.

On the contrary, alkaline ionized water from a Chanson water ionizer is full of bioavailable minerals, has an alkaline pH and an energizing, free-radical fighting -ORP. Chanson ionizers duplicate what happens in nature when water runs over rocks through electrolysis, separating alkaline and acidic ions in the water, leaving healthy, mineral-rich drinking water closer to what nature intended.

However, because the on-board filter(s) that all brands of water ionizers come with provide a level of filtration far inferior to R/O systems, we strongly recommend pairing a [drinking water pre-filter](#) with your water ionizer.

[For further reading on this topic, Reverse Osmosis Studies, How RO Water Negatively Impacts Health](#)

## About Chanson and their Water Ionizers:

- [Chanson ionizers](#) save you money by using less power than any other brand without skimping on performance
- Our ionizers make some of the highest and lowest pH levels of any water machine on the market at full flow without chemical alteration
- Chanson offers the longest lasting and most compact ionizers in the world – up to 60% smaller than the competition!
- All ionizers undergo a [29 point inspection](#) by nine different inspectors before leaving the factory

## Ionizer Plates & Performance:

- Our Japanese solid titanium plates are twice dipped in platinum and baked using patented technology
- The platinum used on our plates has been independently lab tested to be 99.998% pure platinum
- Our Chanson [Miracle M.A.X. ionizer](#) has huge plates that exceed the performance of 9 plate water ionizers, and our 9-plate [Revolution](#) exceeds the performance on 11 plate ionizers
- We developed the first ionizer to use Himalayan salt to make strong acid water for customers with source water performance problems
- Chanson 2.7 pH [acid water has been third party verified to](#) kill ecoli and staphylococcus bacteria
- Chanson doesn't add chemical additives in their filters

## Safety and Certifications:

- Chanson Water is Better Business Bureau accredited (BBB)
- Chanson Water is BPA Free
- Chanson Water is ISO 9001 Certified
- Chanson Water is verified of Conformity with CE directives
- Chanson Water cares with hazardous substances (RoHS)

- Chanson Water is member of Water Quality Association
- Chanson Water comply to National Standard Foundation International (NSF)
- Chanson Water is anti-bacteria certified
- Chanson Water is Russian Safety Compliant



Chanson Water Ionizers come in two forms, Above Counter and Below Counter

Between ourselves and the other Chanson agencies across the world we have tested and compared almost all existing ionizers. We can without a doubt confirm that Chanson produce the best value for vs quality and performance ionizers on the market. Even our smallest ionizer produces strong alkaline and acid water that compares with 9 plate ionizers from other vendors. That is why we only stock one brand and have turned down numerous other agencies. Our commitment is to always offer the best quality products, at the best possible price, with the best possible service. We believe that Chanson Ionizers deliver and over-exceed those commitments. They are also quite possibly the only manufacturer that has 3rd party verified results confirming that their water is micro-clustered, structured and that their acid water kills germs on contact. The other huge differentiator is that all our ionizers are able to use Himalayan Rock Salt to produce strong acid and alkaline water. Strong acid and alkaline water are reason enough to invest in your own ionizer without considering the drinking water benefits.

**[See Our Range of Chanson Water Ionizers available from Designer Water](#)**





## Other Alkaline Water Products Available from Designer Water

- [Alkaline Water Refills](#)
- [Bottled Alkaline Water](#)
  - [Alkaline Water Bar](#)
- [Inline Alkaline Water Filter](#)

Thank You for Your Interest In The Ultimate Guide To Alkaline Water!

We sincerely hope you found this information useful and valuable. If you would like any further information you can contact us at the links below.  
Stay safe and hydrated!

Email: [sales@designerwater.co.za](mailto:sales@designerwater.co.za)

Tel: 087 550 1231

Web: [www.designerwater.com](http://www.designerwater.com)

