

pH	Use	Ailment	Notes
2.5	Cleaning	Disinfectant	Non-chemical cleaning agent that disinfects. The food industry and medical institutions have used acidic water for decades. Kills bacteria, viruses, MSRA; acting as a sanitizer. Studies show this works better and faster than bleach.
2.5	Cleaning	Rust spots, hard water stains	Removes rust stains and hard water spots on chrome.
2.5	Cleaning	Soap Replacement	Sanitize hands without chemicals.
2.5	Cleaning	Washing Metal	Utensils, knives,
2.5	Food	Produce: Remove waxy or oily varnish	First soak in 11.5 pH LivingWater to remove pesticides, dirt, grit, sand. Then rinse in 2.5 pH to sanitize.
2.5	Human	Cold Sores, Fever Blisters	Gargle with 2.5 pH and spray bottle on areas affected, mix with 5.5 pH
2.5	Human	Diaper Rash	Rinse with 11.5 pH water to remove excess oils. Rinse with 6.0 pH. Gently apply 2.5 pH in any broken skin or active regions. Fine mist spray of 5.5. Repeat 2-3 times per day. Make it part of your morning and evening routine. Acidic excrements are often the contributing factor to diaper rash. Give your child 8.5-9.5 pH water to neutralize the cause. If things continue, eliminate detergents.
2.5	Human	Eye Wash	Rinse eye with 2.5 pH, soaking 1-2 minutes - disinfect. Rinse with 11.5 pH for a minute. Repeat on other eye, unless you only have one. Do this at least once per week to eliminate issues.
2.5	Human	Facial Lift	Spraying 2.5 pH water on the face tightens the skin and 'lifts'. Second, spray 5.5 pH on your face to tone the skin.
2.5	Human	Kills candida yeast, bacteria, pathogens.	2.5 acts as bleach and sanitizes open wounds. The extra oxygen helps seal the wounds, causing clotting. Repeat at least 2-3 times daily, depending on extent of injury.
2.5	Human	Personal Care - Eczema, psoriasis, acne, burns, rashes, diaper rash, poison ivy/oak/sumac	Rinse with 11.5 pH water to remove excess oils. Rinse with 6.0 pH. Gently apply 2.5 pH in any broken skin or active regions. Fine mist spray of 5.5. Repeat 2-3 times per day. Make it part of your morning and evening routine.
2.5	Human	Pink Eye	Spray bottle, spray infected eyes regularly to relieve the itch and eliminate the bacteria.
2.5	Human	Poison ivy, oak and sumac	Spray 2.5 and 11.5 on infected area and surrounding to break up oils and kill off allergens.
2.5	Human	Replace Mouth Wash	Gargle with 2.5 pH to disinfect raw areas in the mouth. Then use 9.5 pH to balance the pH in your mouth. May relieve root canals, periodontal disease, thrush, open sores in the mouth.
2.5	Human	Sinus Infection	Buy a spray bottle from pharmacy and squirt in nose, 2-4 times day. Let sit for 3 minutes and flush with 11.5 pH.
2.5	Human	Stop bleeding	2.5 acts as bleach and sanitizes open wounds. The extra oxygen helps seal the wounds, causing clotting. Repeat at least 2-3 times daily, depending on extent of injury.
2.5	Human	Strep, Sore Throat, Cough or Irritations	Gargle with 2.5 a few times per day. Keep a spray bottle with you to cure the itch.
2.5	Human	Toe or Finger Nail Fungus	Soak hands and or feet at least once daily to disinfect and eliminate fungus.
2.5	Human	Warts, Skin Tags, Moles	Soak a bandage and secure it over the area. Change 1-2 times daily. Results can take up to 60 days.
5.5	Cleaning	Face Soap Replacement	Use morning and evening to wash your face. Spray after cleaning.
5.5	Cleaning	Replace Fabric Softener	Add one gallon per load to rinse cycle to replace Fabric Softener.
5.5	Cleaning	Replace Hair Conditioner	Spray on hair in place of conditioner. If using any conditioner, they coat the hairs so water cannot penetrate. Make sure hair is clean.
5.5	Cleaning	Replace Window Cleaner	Replace all window, glass, mirror cleaner with 5.5 pH
5.5	Food	Preserve Flavor before freezing	Spray on meat, fish, produce prior to freezing them to preserve their flavor.
5.5	Human	Cold Sores, Fever Blisters	Gargle with 2.5 pH and spray bottle on areas affected, mix with 5.5 pH

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5.5	Human	Diaper Rash	Rinse with 11.5 pH water to remove excess oils. Rinse with 6.0 pH. Gently apply 2.5 pH in any broken skin or active regions. Fine mist spray of 5.5. Repeat 2-3 times per day. Make it part of your morning and evening routine. Acidic excrements are often the contributing factor to diaper rash. Give your child 8.5-9.5 pH water to neutralize the cause. If things continue, eliminate detergents.
5.5	Human	Dry Eye	Keep a drip bottle for eye drops anytime they feel dry.
5.5	Human	Personal Care - Eczema, psoriasis, acne, burns, rashes, diaper rash	Rinse with 11.5 pH water to remove excess oils. Rinse with 6.0 pH. Gently apply 2.5 pH in any broken skin or active regions. Fine mist spray of 5.5. Repeat 2-3 times per day. Make it part of your morning and evening routine.
5.5	Human	Rashes - diaper rash	Spray on skin to relieve itch and irritation.
6.0	Food	Boil food in 6.0	
6.0	Human	Skin Toner	Use after a bath or shower to hydrate with micro-clustered water. Repeat as often as you wish thru-out the day to keep the skin hydrated.
6.0	Pets	Cats and dogs	Dogs may allow you to spray on them and brush into their fur. Cats may be better if you spray on the brush and then brush them. Their coats will shine right up and cleaning will be easier for them with less chemicals, neutralized dander.
6.0	Plants	Plants and vegetation	Plants are sensitive to acidic or alkaline water. 6.0 has been known to revive a dying plant. Like people, they need a better pH to thrive.
7	Human	Clean Water	Drink with meals, starting 30-60 minutes prior and 30-60 minutes after - to optimize digestive chemistry. Use for baby formula for the same reason. Use similar guidelines for medications as with meals. Proper digestion is better with a neutral pH.
7.365 - 7.465	Human	Blood	THEY tell us 'healthy human blood is in this range'.
7.8	Human	Blood	BUT, pathogens cannot live in this pH and we FEEL BETTER. Probably less profitable, for THEM.
8.5	Human	Improve you pH	Most people begin with 8.5 pH water and work your way up 1/2-pH when you have had 5-7 days with no detox symptoms. You may want to increase the pace if there is a reason to improve alkalinity sooner. Drink more water if you feel symptoms. They go away faster and you will feel AMAZING.
8.5 - 9.0	Plants	Cut Flowers	LivingWater extends life of cut flowers.
8.5 - 9.0	Plants	Plant Care	LivingWater restores the freshness and extends life of plants.
8.5 - 9.5	Human	Diaper Rash	Rinse with 11.5 pH water to remove excess oils. Rinse with 6.0 pH. Gently apply 2.5 pH in any broken skin or active regions. Fine mist spray of 5.5. Repeat 2-3 times per day. Make it part of your morning and evening routine. Acidic excrements are often the contributing factor to diaper rash. Give your child 8.5-9.5 pH water to neutralize the cause. If things continue, eliminate detergents.
8.5 - 9.5	Human	Hair color can return with healthier pH	
8.5 - 9.5	Human	Weight Loss	Drink 1/2-hour prior to eating. Consuming LivingWater fills the system, reducing over-eating.
9.5	Food	Black Tea	Using 9.5 pH LivingWater to prepare Black Tea warm or cold. The micro-cluster water will create the same potency
9.5	Food	Coffee	Using 9.5 pH LivingWater to prepare Coffee warm or cold. The micro-cluster water will create the same potency.
9.5	Food	Green Tea	Using 9.5 pH LivingWater to prepare Green Tea warm or cold. The micro-cluster water will create the same potency
9.5	Food	Herbal Tea	Using 9.5 pH LivingWater to prepare Herbal Tea warm or cold. The micro-cluster water will create the same potency
9.5	Food	Soups	Use 9.5 pH for all soups.
9.5	Food	Sprouting	Soak and rinse nuts, seeds, grains or legumes in Living Water for faster sprouting.
9.5	Food	Stir Fry	9.5 pH is best for steaming a stir fry.
9.5	Human	Spider Veins	when consistently consuming clean, high pH water - spider veins improve.

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9.5	Human	Vision will improve	when consistently consuming clean, high pH water - fog disappears.
11.5	Cleaning	Bathroom	Toilet bowl stains, mineral stains in toilet, tub, shower and sink.
11.5	Cleaning	Carpets, Clothes, upholstery and rugs	Remove oil-based stains. Use in your steamer and its even more potent. Make things look new.
11.5	Cleaning	Cutting Boards, Dish Clothes	Break up greasy fats, proteins residue before rinsing in 2.5 pH to sanitize.
11.5	Cleaning	Floors	Removes dirt, grease and grime from hardwood floors, ceramic tiles. Lifts things from crevices. Polishes.
11.5	Cleaning	Laundry	Reduce the detergent used by adding a quart of strong alkaline water.
11.5	Cleaning	Laundry Soap	Use 1-2 quarts per load as a detergent substitute. Eliminates odors.
11.5	Cleaning	Less Dish Detergent	Less water is required to rinse dishes with 11.5 pH.
11.5	Cleaning	Paint thinner	Clean up oil-based paints
11.5	Cleaning	Polish Silver	Soak in 11.5 pH for 10-20 minutes, longer if severely tarnished.
11.5	Cleaning	Replaces Goo Gone	
11.5	Cleaning	Sinks, Oven, Pipes	Replace Liquid Plumber, Drano and cleaners.
11.5	Cleaning	Stain Removal	Extra strength absorption removes coffee, soy sauce, oil stains, grease stains from clothing.
11.5	Cleaning	Stove Tops, Ovens, Vents, Kitchen	11.5 pH cuts thru greasy things and helps lift the grime.
11.5	Food	Ice Cubes	This will improve the acidic nature of most drinks, raising the pH.
11.5	Food	Meat, Fish, Poultry	Rinse in 11.5 pH to remove the proteins and fats bacteria thrive on. This will also remove odor.
11.5	Food	Meats	Soak 20-30 minutes to clean and tenderize. You may find you want to reduce spicing, as it soaks in better.
11.5	Food	Produce	Soak for 5 minutes to remove wax coating, pesticides, greasy coatings. Rinse with 2.5 pH to sanitize.
11.5	Food	Produce: Remove waxy or oily varnish	First soak in 11.5 pH LivingWater to remove pesticides, dirt, grit, sand. Then rinse in 2.5 pH to sanitize.
11.5	Food	Rice, Beans	Soak 5-10 minutes before rinsing with 9.5. Soak remainder of time in 9.5 if they need ot be softened.
11.5	Human	Acid Reflux, Indigestion	Drink 2 ounces of 11.5 pH, then one quart of 9.5 pH. Do not consume anything for 45 minutes and repeat until symptoms subside.
11.5	Human	Arthritis, Gout	Soak in 11.5 pH to draw acids out thru your skin, at the region affected
11.5	Human	Bug Bite Relief, Sunburn, Swelling	Spray or hold wet compress on affected area. Keep area wet. Repeat at least 2 times per day for 30 minutes each time. Lengthen time and repeat more often if more severe reactions.
11.5	Human	Chemotherapy	Drink 11.5 pH when going thru chemotherapy. This should lessen side effects. The high pH will reverse metabolic acidosis. Antioxidants will assist with healing. Use topically on chemo burns, at least once daily.
11.5	Human	Diaper Rash	Rinse with 11.5 pH water to remove excess oils. Rinse with 6.0 pH. Gently apply 2.5 pH in any broken skin or active regions. Fine mist spray of 5.5. Repeat 2-3 times per day. Make it part of your morning and evening routine. Acidic excrements are often the contributing factor to diaper rash. Give your child 8.5-9.5 pH water to neutralize the cause. If things continue, eliminate detergents.
11.5	Human	Eye - Neutralize grease in your eye	spray or dropper into your eye as needed, until relief.
11.5	Human	Eye - Reduce swelling around the eyes	Close eyes and spray around them. Swelling will reduce
11.5	Human	Eye Wash	Rinse eye with 2.5 pH, soaking 1-2 minutes - disinfect. Rinse with 11.5 pH for a minute. Repeat on other eye, unless you only have one. Do this at least once per week to eliminate issues.
11.5	Human	Food Poisoning	Drink 2 ounces of 11.5 pH, then one quart of 9.5 pH. Do not consume anything for 45 minutes and repeat until symptoms subside.
11.5	Human	Make-up Remover	Spray on face, allow it to sit for a few seconds and wipe away. No chemicals.
11.5	Human	Personal Care - Eczema, psoriasis, acne, burns, rashes, diaper rash, poison ivy/oak/sumac	Rinse with 11.5 pH water to remove excess oils. Rinse with 6.0 pH. Gently apply 2.5 pH in any broken skin or active regions. Fine mist spray of 5.5. Repeat 2-3 times per day. Make it part of your morning and evening routine.

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