

Some of the Benefits of Alkaline Water – High pH – (Hydroxyl Ions)



Drinking Alkaline water – drink after exercising as alkaline water replenishes the electrolyte balance 3 times more than other waters because of its smaller water cluster it is more easily absorbed and recuperation is faster. It also helps with fatigue problems because of this. Sleep is helped if you drink a glass ½ hour before bedtime.



Cooking – when cooking with Alkalised water the food absorbs the water easier, which enhances the natural taste and texture of the food being cooked. Foods cook quicker because of the smaller water molecules in alkalised water.



Tea, Coffee and other beverages – Alkaline water also adds flavour and brings out the best in beverages. Beverages taste smoother they don't have that acidic taste / tang. Tide marks on cups take longer to establish themselves and are easy to clean away.



Vegetables – wash vegetables with alkaline water and get the maximum tastes and flavours from them in salads etc. The bitter tastes that can sometimes be experienced are taken away when washing / rinsing with alkaline water.

Other Benefits

- Gives you lots of Energy – electrolyte / oxygen.
- Washes the acidic wastes from the body
- Helps digestion and digestive problems
- Hydrates your body 3 times more effectively than conventional water and bottled water.
- Nutrients are absorbed more efficiently into the body.
- Foods cooked with ionized water taste better, their nutrients are absorbed better by the body.
- Powders such as flour are mixed more thoroughly and smoothly
- Ionized water boils faster and cools down faster
- Promotes regularity with constipation.
- Promotes healthier skin and complexion.
- Promotes overall health and healing by bringing the body into balance.
- Healthy cells live in an Alkalized environment.
- Helps with diabetes.
- It is also good for Animals as well as Humans.

Some of the Benefits of using Acidic Water – Low pH - (Hydrogen Ions)

EXTERNAL USE ONLY - Do not Drink



Skincare – Acid water acts as an astringent that is very effective for skin care because human skin and hair should be mildly acidic. Use the acid water externally to bring back the smoothness to skin and sheen to hair.



Flowers – stay fresh longer when ACID water is used. Dilute the Acid water at 1 part to two parts of pure filter water (not Alkaline). Both of these waters are available when using the Masterpiece unit to help keep your flower arrangements fresh.



Brushing Teeth – use Acid water for brushing teeth and removing plaque helps with gum disease. Gargle for a sore throat. If amalgams are present use high level alkaline water. Athletes foot – use acid water to help remove the foot fungus. Vaginal Thrush – use as an external douche, relieves itching and helps to resolve the vaginal thrush.



In the Kitchen – Use ACID water for cleaning work surfaces, dish clothes, cutting and bread boards. Cups and dishes rinsed in ACID water after washing are sterilised on level 5. Cups do not have a “tide” line of tea or coffee as easily if at all, dependant on the water supply / area.

Other Benefits

- Helps to resolve aerobic bacterial problems.
- Helps to heal cuts, blisters, scrapes, or rashes.
- Provides excellent relief from MOSQUITO BITES or BEE STINGS
- Provides excellent relief from POISON IVY & POISON OAK
- Your hair feels great after rinsing with it
- Very good for Skin and complexion
- Relieves chapped hands & dry, itchy skin
- Effectively removes plaque from teeth, use it instead of toothpaste rinse with Alkaline.
- Wash your vegetables, fruits, meats and fish with it to remove bacteria.
- Gargle with it to relieve sore throats or other mouth sores.
- Works as an astringent to pull skin tighter e.g. wrinkles can be helped.
- Helps in the treatment of acne and eczema.
- Is very good in the treatment for fungus such as athletes foot.
- It is very good to use as an external vaginal douche for thrush and itching.
- Promotes plant growth and their general health.
- Extends the life of cut flowers.