



Why Athletes need Kangen Water

Amazing improvements in performance have taken place for athletes who have introduced Kangen Water® into their lifestyle and training regimen.

Kangen Water® has changed the possibilities for numerous athletes. Marathoners are running better times than when they were 20. Hockey players are coming off the ice with no body aches. Gymnasts are more flexible. Even weekend warriors are getting better muscle definition with less strain.

Effects Of Kangen Water®

There are numerous effects that Kangen Water® can provide for muscular movement, performance and flexibility. Every breath you take, every time a muscle contracts, there are metabolic acids that are produced, such as lactic and pyruvic acid. The presence of these acids creates a burning sensation in the muscle, muscle fatigue and muscle weakness. This prevents further exertion of the muscle until recovery takes place.

The more water that you have available in the tissues, the easier it is for these acids to be removed from the muscle tissue. This can hasten recovery time and lessen micro scar tissue and weakness from the metabolic acids. When this water is Kangen Water®, then the higher alkalinity will reduce acidic residue even further and faster, with less possibility of injury. Athletes and trainers know that even small changes in pH can really affect performance, because muscles do their best work in a very narrow pH range. This is why when metabolites lower pH muscle function is reduced and the production of ATP energy is also reduced. So the more acidity that is present, the less muscles can contract. Even the electrical stimulus necessary for peak performance drops significantly.

Fitness and Health

The important thing to know is that just because an athlete is fit, doesn't mean he's healthy. In fact, many athletes suffer from chronic injury, inflammatory disorders, even early cancer. The high level of metabolic acids chronically present in muscle tissue could be a strong factor. Combining Kangen alkaline water with an alkaline-dense diet is the answer. By increasing alkalinity and reducing acidic byproducts, the body's buffering systems can work more efficiently and effectively.

Getting away from the high-protein, high carb, energy bar, sports drinks pattern and turning to more fruits, vegetables, whole grains and nuts can be more than supplying food; this new pattern can be therapy.

Super Hydration and Athletic Performance

The super hydration that is the hallmark of restructured Kangen Water® makes performance amazing. Electrical signaling is lightening fast, more oxygen gets to the cell increasing VO2 max and acidic waste that is often stored in fat cells is easily removed. And this type of hydration is unique because it reaches every cell. Hydration drinks used by athletes have high levels of acidity, which rob the body of alkalinizing minerals and steal vital calcium from bones, cartilage and tissues.

The restructuring of the water also means it is absorbed into tissues faster than any other type of water. And all the minerals are already present in the water and in a form that every cell has access to.

Individual Examples and Professional Verification



Wade Lighheart, 3 -Time Canadian Natural Bodybuilding Champion

Wade came back after several years of retirement from body-building to win the Canadian Natural Bodybuilding Championship.

He has written a book about his experience with Kangen Water® and has said that within days of drinking the water, he lost a significant amount of body fat and was able to train more than double his peak volume levels with no pain, no fatigue and no inflammation.

Wade shares his personal success story using Kangen Water® as well as the science behind HOW this remarkable water works. He also presents critical information about hydration, dehydration, acid-alkaline balance, and the role of free radical damage in relation to sports injury. He shows how others can use Kangen Water® to dramatically speed up recovery times, improve VO2 MAX (oxygen carrying capacity), and decrease the chance of injury.



Dan Hill– the youngest ever pro admitted into the International Federation of Body Builders — has endorsed Enagic Kangen Water.



Jillian Michaels, famous weight loss & fitness expert, and trainer on NBC's "The Biggest Loser" recently endorsed Kangen Water from Enagic on Los Angeles KFI AM Radio Talk Show as the special ionized alkaline micro-fine water people should be drinking for weight loss and getting their bodies back into balance. And recently in an interview she again endorsed Kangen Water: "I use a Kangen water filter for drinking water and put in stainless steel canteens – never bottled water."



Shan Stratton, Sports Nutritional Consultant

Shan is a Sports Nutritional Consultant for the NBA, NFL, MLB, PGA, LPGA, NASCAR, NHL, NY YANKEES, AZ DIAMONDBACKS, HOUSTON ROCKETS, LA DODGERS, etc. He has worked with countless famous athletes like Kurt Warner, Maria Sharapova, Reggie Jackson, Cynthia Cooper and on and on. **He states that drinking Kangen Water is the missing link to overall health and performance for athletes after promoting and counseling the use of high quality supplements, enzymes, and probiotics to the athletic community for over 15 years.** Shan did quite a bit of due diligence on Enagic, as a company before by going to the California USA headquarters. There, he met with executive staff and scientists, and personally investigated the integrity of both the company and the products. The reason for this is that he has tremendous integrity at stake with his involvement with so many high powered sports figures and coaches internationally. Shan is known internationally for his training sessions and corporate speaking events as a nutritionist, a sports supplementation specialist, and a renowned motivational speaker. Shan is committed to the mission of changing the "sick care" of America and the world over to a true Health & Wellness Care system. He is passionate about being an International speaker helping educate the world

about the tremendous health benefits of drinking alkalized, antioxidant-charged, super-hydrating Kangen Water from the only company that has the seal of approval from the Japanese medical community. Enagic, the manufacturer has the distinction of having the ONLY equipment certified to be a MEDICAL DEVICE by the Japanese Ministry of Health – and the only equipment in the world to be tested and guaranteed for quality and safety by the prestigious Japanese Association of Preventative Medicine for Adult Diseases.

Susan Lark, MD, The Chemistry of Success: Secrets of Peak Performance

In her book, *The Chemistry of Success: Secrets of Peak Performance*, Susan Lark, MD, talks about the role of acid/alkaline balance in peak performance and health. The following is her assessment of alkaline water.

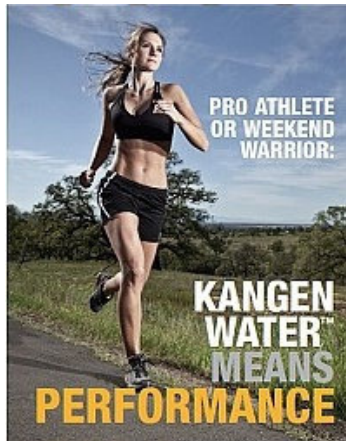
“The benefits of the alkaline water created through electrolysis far exceed just its ability to gently raise the pH of the cells and tissues of the body and to neutralize acids. Because the alkaline water has gained a significant number of free electrons through the electrolysis process, it is able to donate these electrons to active oxygen free radicals in the body, thereby becoming a super antioxidant. By donating its excess free electrons, alkaline water is able to block the oxidation of normal tissue by free oxygen radicals.”

She continues by noting that another significant benefit of the electrolysis process is that the cluster size of the alkaline water is reduced by about 50 percent from the cluster size of tap water. “This allows ionized alkaline water to be much more readily absorbed by the body, thereby increasing the water’s hydrating ability and its ability to carry its negative ions and alkalizing effect to all the cells and tissues of the body.

“If you are overly acidic, an alkaline water device can provide a safe, gentle, and effective way of restoring the pH balance of all the cells in your body as well as providing excess free electrons to act as super antioxidants,” Lark recommends.

Most people, including most athletes, do not consume enough alkaline mineral-rich foods, such as nuts, fruits, and vegetable. Instead their diets contain high amounts of acid-forming foods, such as meat, fish, poultry, eggs, and dairy. Because of this dietary imbalance, they may be at risk for increased acidosis that affects overall health and sports performance.

Since proper hydration is also a key factor in preventing exercise fatigue, consuming ionized Kangen Water before, during and after exercise can help.



In addition to a compromised performance, not consuming enough water can lead to muscle cramps, general tiredness, and a lack of coordination.

In short, an athlete who is adequately hydrated will almost always perform better than one who is not.

Southern Californian Charles A. Pechin, Athletic Trainer to High-Performance Athletes, uses and endorses the Enagic SD501 water called Kangen™

Athletes develop lactic acid in their muscles when they compete or workout. Alkaline hexagonal water combats the challenging side effects of exertion. Southern Californian Charles A. Pechin, Athletic Trainer to High-Performance Athletes, uses and endorses the Enagic SD501 water called Kangen™. Here is what he has to say...

- Hexagonal Kangen Water® is ahead of any other kind of water for rapid recovery from exertion because of its superior absorption and permeation qualities.
- The alkaline properties of Kangen Water® prolong the elasticity of the muscles which creates better performance and greater stamina.
- Kangen Water® presents with higher alkalinity which facilitates better permeation of cell membranes. It does this quicker than any other water and leads to a more rapid recover from injury.
- Kangen Water®'s efficacy is attributed to its hexagonal structure of its molecules. Hexagonal water goes deeper into the interstitial tissue where it feeds and baths the cells at the cellular level. This principle is called "micro-clustering."
- Hexagonal Kangen™, more than any other water or liquid, oxygenates the muscles and creates the very best in hydration.
- Better hydration means that muscles return to their normal elastic state quicker thus giving a greater range of motion.
- Waste from lactic acid build-up that occurs when stress is placed on muscles during work-outs and competition is more quickly removed at the cellular level when drinking Kangen Water®. Again, muscles return more efficiently and more rapidly to a normal elastic state allowing for the body's quicker recovery after exertion.
- Muscles perform with greater range of motion when hydrated with Kangen Water®.
- Stamina and energy increases and the 'wall' can be dramatically reduced or eliminated when staying hydrated with Kangen Water®.

In his work with high-performance athletes and in his personal life, Chuck has found Kangen Water® is water he simply can't do without.

What The Experts Are Saying About Alkaline Water?

Alkaline water: What the experts say.

Why is alkaline water important to your health?

Our bodies function best when they are neither too acid nor too alkaline. Unfortunately most of us have become acidic due to diet, drink, and stress—both psychological and from pollution. Acidity or alkalinity is measured by “pH”, which ranges from 0 on the acid side to 14 on the alkaline. Neutral is pH7. Our blood system is always working to keep itself in the narrow range of pH 7.35 to 7.45. Drinking alkaline water helps the body maintain a healthy pH level.

While fruits and vegetables are alkaline foods, many other common foods are acid producing. Stress, smoking, alcohol, and a sedentary lifestyle also add to the acidity of the body.

How then do you reduce harmful acidic toxins in the body?

To assist the body in being more alkaline you can choose to: eat an 80% alkaline food (fruit and vegetable)/ 20% acid food diet (grains etc.); or supplement with alkaline substances (such as vegetable juices—especially beet, carrot and greens). But alkaline diets can be difficult to follow and may become boring after time. The easiest way to assist your body in becoming more alkaline is to drink alkaline water, the product of alkaline water ionizers. Experts speak about alkaline water:

“International studies show that populations with little or no history of illness, such as cancer, drink higher (pH) alkaline waters. After all potential risk factors were considered and factored out, it became evident that they had been drinking waters with a pH of 9.0 to 10.0.”

Dr. Leonard Horowitz in “Aids and Ebola”

Dr. Sherry Rogers **“Alkaline water rids the body of acid waste. After carefully evaluating the results of my advice to hundreds of individuals, I’m convinced that toxicity in the form of acidic waste is the primary cause of degenerative disease.”**

Dr. Sherry Rogers, author, “Detox or Die”

Dr. Theodore Baroody “It is my opinion that ionized (alkaline) water will change the way in which all health practitioners and the public approach their health in the coming years.”

Dr.Theodore Baroody in “Alkalize or Die.”

Dr. Robert Atkins “The cells and fluids in most people’s bodies...are overly acidic. This can cause a lot of health problems. It prevents your body from neutralizing and disposing of harmful, poisonous toxins and leaves you more susceptible to the cell-damaging free radical oxidation that leads to cancer and other diseases.”

Dr. Robert Atkins, noted author, health and diet expert.

“Alkaline water, produced by a Water Ionizer has become the most important advancement in health care since Sir Alexander Fleming’s discovery of penicillin.”

Dr. William Kelley, College of Metabolic Medicine, author “Cancer Cure”.

Dr. Susan Lark “Peak performance and optimal health depend on the body’s ability to maintain a slightly alkaline state in virtually all of our cells and tissues...Drinking four to six glasses of alkaline water a day will help to neutralize over acidity and over time will help to restore your buffering ability.”

Susan Lark, M.D. in “The Chemistry of Success”.

“...If the blood develops a more acidic condition, then these excess acidic wastes have to be deposited somewhere in the body. If this unhealthy process continues year after year, these areas steadily increase in acidity and their cells begin to die. Other cells in the affected area may survive by becoming abnormal; these are called malignant. This is the beginning of cancer....Modern medicine treats these malignant cells as if they were bacteria and viruses. It uses chemotherapy, radiation and surgery to treat cancer. Yet none of these treatments will help very much if the environment of the body continues to remain acidic.”

Dr. Keith Morishita, “The Hidden Truth of Cancer.”

“There are two strategies that you can use to restore your body’s alkaline reserves, which are needed for detoxification and destroying oxygen free radicals:

- 1. Avoid indigestible acids. These are found in soft drinks, particularly colas...**
- 2. Drink alkaline water. Metabolic processes create acidic waste products, so it is necessary to restore your alkaline reserves. An effective way to do this is by drinking alkaline water.”**

.Ray Kurzweil and Dr. Terry Grossman, M.D. in "Fantastic Voyage: live long enough to live forever"

Tony Robbins "Alkalize your body and live a healthier, more energized, and ultimately more fulfilling life. Our acid-alkaline balance is a baseline determinant of our physical health. When you break your old eating patterns, you will find yourself getting back to the real you, filled with the vitality and energy that you desire and deserve."

Anthony Robins, Author of "Awaken The Giant Within"

REFERENCES:

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"The Miraculous Properties of Ionized Water" by Bob McCauley

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"Your Body's Many Cries For Water" by F. Batmanghelidi, MD

Corporate Site: www.Enagic.com